

Natural Health News

January 2017

EVERGREEN SPA & WELLNESS
ELY, MN



SOUP CLEANSING TO START THE NEW YEAR

I hope you had a wonderful holiday season. The beginning of a new year is a good time to reset our bodies after having overindulged in foods like sugar, caffeine, alcohol and refined foods. The shorter days, cooler weather and the overwhelming amount of food placed in front of us during the holiday season can lead to a feeling of lethargy, depression, cravings, and moodiness. It is normal and healthy to slow down during the winter time. Winter is a time of dormancy; it is about settling down into a comfortable space, reflecting on simple things, eating warming foods and conserving energy. So, what kind of foods should you be eating to create balance during the winter months? **VEGETABLES.** Vegetables are the great equalizer of our crazy American diet. And root vegetables, harvested in the fall, are especially important. The roots of any plant are its anchor and foundation; they are the essential parts that support and nourish the plant. Root vegetables lend these properties to us when we eat them, making us feel physically and mentally grounded and rooted. Roots are a rich source of nutritious complex carbohydrates, providing a steady source of necessary sugars to the body. Instead of upsetting blood sugar levels like refined sweet foods, they regulate them. Since they absorb, assimilate and supply plants with vital nutrients, roots likewise increase absorption and assimilation in our digestive tract. Long roots such as carrots, parsnips, and Daikon radish are excellent blood purifiers and can help improve circulation in the body. Round roots like turnips, radishes, beets and rutabagas are nourishing to the stomach, spleen, pancreas and reproductive organs and can help regulate blood sugar and moods. The weather really does affect our moods and health as dramatically as it can affect our roads. This time of year it is also important to consume warming spices. Soups are an excellent way to boost our immune system in the winter as they will flood our bodies with powerful nutrients. In fact, 'souping' or soup cleansing is the new juicing. As fans of juicing know, it is easier to ingest a ton of nutrients if we drink them rather than eat them. But compared with juicing, soup cleanses tend to have more fiber and less sugar. The main difference between 'souping' and simply eating lots of healthy food all day is that our bodies get the nutrition without expending much digestive energy since the nutrients have already been broken down. Consuming soups is an easy and cost-effective way to combat inflammation, weight gain, fatigue and joint pain while promoting glowing skin and hair, improved memory, reduced stress, organ regeneration and more natural energy. I recommend one day of 'souping' for anyone who has not tried a detox or elimination diet before, or who is not used to eating many vegetables. Try a three-day to five-day cleanse if you are hoping to reduce uncomfortable symptoms, or are aiming to kick off a healthy weight-loss journey. Having a good supply of nourishing bone or vegetable broth on hand is a must. ~over~

Sonja Jewell

NTS, CMT, CCWFN

Evergreen Cottage
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

STORE HOURS:

Monday – Saturday
9 am-5 pm
CLOSED SUNDAYS

SPA HOURS:

By Appointment



ZingerBug.com

Getting prepared for a soup cleanse will involve sourcing organic ingredients, and making or buying soups, broths, herbal teas and infused waters. If you choose to buy soups instead of making your own, be on the lookout for excess sugar, sodium and preservatives. Just as important, if you have some deeply entrenched habits, such as caffeine in the morning, sugar or alcohol during the day, it will be helpful to spend a few days in advance of the cleanse finding ways to curb dependence on those items. Ideally, your cleanse day(s) should be free of alcohol and caffeine. Begin your day with 16 ounces of room temperature water with lemon to flush out toxins. Prepare your body for the day with hot broth such as miso, which is packed with enzymes and protein, or enjoy a hot broth (bone- or vegetable-based) spiked with miso or seaweed. Hot broths are healing for the gut, especially consumed on an empty stomach. Seaweed such as Kombu is rich in iodine, which is important for good thyroid function. Miso (if not heated above approximately 110 degrees) is also full of living probiotic microbes, enzymes and protein. About an hour after the broth, enjoy a smoothie blended with nut milk. This provides healthy fats which will reduce inflammation and boost energy. The minerals and vitamins will also rev up your metabolism. Lunch should be a hot, vegetable-based soup that includes a healthful fat, such as olive oil, to help your body assimilate the fat-soluble vitamins in the vegetables. The fiber will help you feel full, and you will be feeding the friendly microbes in your gut. Hot soup is always soothing. If you need more energy by afternoon, enjoy another cup of warm broth. Dinner should be like lunch, except the soup of vegetables and healthy fats should also include legumes or starchy vegetables, such as lentils or sweet potatoes, to help you feel satiated through the night. You may include an optional warm vegetable broth or a relaxing herbal tea at night before bed. A soup cleanse of any length is an infusion of energy and a feeling of being lighter on your feet and clearer in your head. To boost your immune system make sure to include shiitake mushrooms in your soup recipes. Here is a great immune-boosting soup recipe: Place **2 TBSP. olive oil** in a large pan over medium heat. Add **1 red onion (minced), 1 green chile (minced), 4 garlic cloves (minced), and fresh ginger root (minced, 2-inch piece)**. Cook for about 5 minutes, until the onion softens. Add **2 medium organic sweet potatoes (diced, skins left on) and 4 ounces shiitake mushrooms (sliced)** along with **2 handfuls Goji berries**. Stir well, then add enough **vegetable stock** to cover all the ingredients. Simmer well for 10 to 15 minutes, until the potatoes are soft. Season with **salt and pepper**. Carefully add the soup to a blender in batches, and blend into a smooth, vivid orange soup. Makes 4 servings. This one-pot wonder of a soup is an absolute powerhouse when it comes to dealing with colds and flu. *"In the midst of winter, I found there was within me, an invincible summer". ~ Albert Camus*

JANUARY SPECIALS

Traderspoint Creamery—Cheese Wedges, assorted	30% OFF
Barbara's Bakery—Cheese Puff Multipack	30% OFF
Bissinger's—Chocolate Bars, 3 oz assorted	25% OFF
Bob's Red Mill—New variety of Muesli, 14 oz.	25% OFF
Chosen Foods—Avocado Oil Mayo, 12 oz. assorted	25% OFF
Dang—Rice Chips (Original, Sriracha or Coconut), 3.5oz	25% OFF
Jeff's Naturals—Marinated Artichoke Hearts, 14.5oz	25% OFF
Natural Value—Org. Refried Beans (black or pinto)	25% OFF
Lesser Evil—Coconut Oil Popcorn (non-GMO), 5oz.	25% OFF
Nutzco—Power Fuel (Mixed Nut Butter), 12oz.	25% OFF
Snack Factory—Apple Strawberry Fruit Sticks, 2.75oz	25% OFF
Taza—Chocolate Bar (Coconut Almond or Espresso)	25% OFF
Van's—GF Snack Crackers with Pepperjack Cheese, 5oz	25% OFF
Woodstock—Trail Mix (Caveman Mix or European Escape)	25% OFF

AND MANY MORE ITEMS!

Organic Roots  Bistro

BUSINESS HOURS:

MONDAY through SATURDAY 9 AM—5 PM
Closed Sunday

WE LOOK FORWARD TO SERVING YOU!

CREAMY CARROT-GINGER SOUP

Heat a large stockpot over medium heat and add **3 TBSP. extra virgin olive oil**. Add **2 large onions (chopped)**, reduce heat to low, and cover. Cook until onions are lightly golden and tender. Stir in **1 tsp. fresh cracked pepper**. Add **10 large organic carrots (cut into 1/4-inch pieces)** and **6 cups chicken broth**, and bring to a boil. Reduce heat to simmer and add **freshly grated ginger root (1 inch-peeled)**. Cover and cook until carrots are tender, about 25 minutes. Transfer mixture to blender, add **1 cup fresh-squeezed orange juice**, and blend until smooth. Add **salt**, to taste. Return soup to pot to warm slightly before serving or pour into a glass container and store in refrigerator for up to 3 days. Makes six 12-ounce servings.