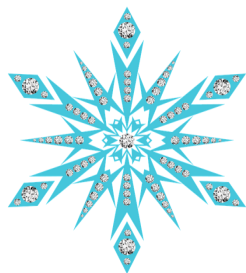


Natural Health News

January/February 2020

EVERGREEN SPA & WELLNESS
ELY, MN

IMMUNE SYSTEM BOOSTERS



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STORE HOURS:

Tuesday – Saturday
9:30 am-5:30 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment

We are continually exposed to organisms that are inhaled, swallowed or inhabit our skin and mucous membranes. Whether or not these foreign organisms lead to disease is decided by the integrity of our body's defense mechanism, or immune system. When your immune system is working properly, you don't even notice it. The immune system is an interactive network of organs, cells and proteins that protect the body from viruses and bacteria or any foreign substances. The immune system works to neutralize and remove pathogens like bacteria, viruses, parasites or fungi that enter the body, recognizes and neutralizes harmful substances from the environment, and fights against the body's own cells that have changes due to an illness. The cells of the immune system originate in the bone marrow, then migrate to guard the peripheral tissues, circulating in the blood and in the specialized system of vessels called the lymphatic system. The immune system is a huge network of cells and organisms that spans throughout the body. However, science now knows that roughly 80 percent of our body's total immune system cells reside in the upper gastrointestinal tract. When you do good things for your gut, you are also helping your immune system in a big way. A diversity of gut bacteria is the key to a sound GI tract and a robust immune system. A key part of that is to make sure you are getting enough beneficial bacteria in the form of probiotics. Stress, toxins in the air, water and soil, and poor dietary choices can create an environment where pathogenic microorganisms proliferate. Inoculating your system with **probiotics** in the form of fermented foods, whole foods, or supplements every day can turn this situation around. While your body absolutely needs probiotics for a healthy gut and immune system, the "good guys" in your digestive system need food (prebiotics) to survive. Prebiotics are sources of soluble fiber that feed beneficial bacteria. The two kinds of prebiotics, inulin and oligofructose, can be found in foods such as organic sweet potatoes, jicama, asparagus, garlic, artichokes, leeks, and onions. You can find a great probiotic and prebiotic in-one supplement at the Evergreen Cottage, called Prosynbiotic. **Vitamin C** is absolutely vital for our health in almost every way. Unlike many other vitamins, our body cannot make it. We must ingest whole foods or supplements that contain it. Vitamin C is essential for heart health and for the immune system. It is a powerful antioxidant and is often referred to as the perfect "quick-change artist" of the immune system. When it discovers a pathogenic cell, it will turn itself into a substance called DHA, or dehydroascorbic acid.

~over~

Happy
Valentine's
Day

Once inside the pathogen, it turns itself back into ascorbic acid, causing the malignant cells to self-destruct in the process. Vitamin C is also the key ingredient in the production of collagen, which—in part—is what our muscles, joints and stomach lining are made of. It is important to **stay hydrated**. To demonstrate how important staying hydrated is for your body, consider this: A person can survive without water for only about 3 or 4 days. This is because your body is at least 60% fluid. The fluids that run through your system such as your blood and lymph are responsible for major functions like the absorption of nutrients, the circulation of blood, digestion, and detoxification. When you do not drink enough water throughout the day, these systems suffer and this puts great stress on the immune system. Be sure to use only fresh, filtered water for drinking. Make sure to **lower stress**. Countless studies have proven that chronic stress can lead to lower immune function indirectly through creating imbalances in the endocrine and nervous system. Stress also raises cortisol levels, which over time can lead to inflammation and changes at the genetic level. There are many ways to lower stress, such as exercise, spending time in nature, prayer, meditation, sauna, and massage therapy. **Eat green vegetables** such as kale, broccoli, cabbage and Brussels Sprouts. These foods have pretty much all the nutrients you need for immune system health. They are packed with antioxidants and essential minerals such as calcium, magnesium and selenium. They also contain specific phytonutrients such as sulforaphane which boost enzymes that support the immune system. Most importantly, **consume less sugar**. Any kind of sugar will compromise immune function significantly. Too much sugar can lead to obesity and diabetes and can also lower white blood cell's effectiveness at destroying harmful bacteria in the gut and elsewhere. Another substance to **stay away from** for immune health is **trans fats**. While good fats are essential for immune system health, trans fats are synthetically produced and will actually turn off certain functions in the body vital to healthy immunity and cardiovascular function.

Bone broth is super high in vitamins, minerals, fatty acids, and lipids, all of which are essential for immunity. It also includes amino acids glutamine, glycine, and arginine which help regulate the immune system, support the liver, heal the gut lining, and ensure quality sleep. Insufficient sleep has been associated in countless studies with a compromised immune system as well as accelerated aging, DNA damage, and cell damage. Poor sleep will affect the abundance of beneficial bacteria in the gut and weaken your microbiome. While you sleep major organs such as the digestive system and the liver have a chance to rest and repair. It is also the time when repairing hormones such as melatonin are released. The bottom line is that in order to have a healthy immune system and a healthy digestive system, you need **quality sleep!**

Vitamin D is essential for gut and immune system health. It affects more than 100 different gene blueprints in your body. Like vitamin D and C, **B vitamins** are essential for all healthy functioning in the body. Adding **medicinal mushrooms** to your daily routine is a great way to boost immune function quickly. Some mushrooms that have been scientifically verified to do this are Lion's Mane, Turkey Tail, and Reishi. **Green tea** contains a substance called EGCG which can help the immune system by protecting cells from oxidation since it is a powerful antioxidant. The amino acid L-theanine in green tea also provides support to the germ-fighting T-cells of the immune system. **Turmeric** is a powerful anti-inflammatory that can help the body as whole, especially the immune system and body's detoxification. Curcumin, the key phytonutrient in turmeric, is also able to modulate the immune system. You will find a variety of immune boosters at the Evergreen Cottage such as **elderberry** products, **Fire Cider** (an apple cider vinegar tonic), **Immuplex**, and many more. Stay well and take care of yourself.

Organic Roots  *Bistro*

BUSINESS HOURS:

TUESDAY— SATURDAY 9:30 AM—5:30 PM
Closed Sunday & Monday