

Natural Health News

June 2019

EVERGREEN SPA & WELLNESS
ELY, MN



LOWERING YOUR TOXIC BURDEN

Our bodies are exposed to an unprecedented number of toxins in our environment. The list of poisons includes pollutants, pesticides, carcinogens and hormones in our food, air, and water, electromagnetic radiation, antibiotics, prescription drugs, irradiated foods, mercury toxicity from dental fillings, X-rays, and the list goes on and on. Each of the toxins we encounter and absorb into our bodies makes a hit on our immune system and lowers our immunity. Our immune system is unfortunately a limited resource. Every hit to the immune system takes away resources that could be fighting disease, especially cancer. Avoiding and getting rid of toxins is a sure way to lower your toxic burden and boost your immune system. We spray 1.2 billion pounds of pesticides on non-organic produce every year, there are now over 2,800 FDA-approved food additives in our food, and we feed over five million pounds of antibiotics every year to farm animals to make them grow faster. The EPA estimates that 40 percent of U.S. fresh water is unusable and there are 1,300 different chemicals in the average EPA-approved city drinking water. There are close to 80,000 chemicals in regular use, half of these in direct contact with humans. Eating any commercial farm animal today adds to our hormone overdose because large corporate farms use hormones to increase animal growth and output—and these hormones are passed on to us when we eat these animals or their products. Since 1995, Europe has banned the use of hormones in farm animals because of the link to human cancer. Europe has also banned American beef because of our continued use of hormones on livestock. The modern cow produces 25 times more milk than a cow did just 50 years ago. A good part of that increased production is due to drugs, antibiotics, and artificial hormones. In fact, cow's milk turns out to be a hormonal delivery system as it contains over 50 different hormones. Numerous studies have shown links between the hormones in dairy products and the development of hormone-related cancers. A healthy adult body has around 60 trillion cells and about a third of these make up our immune system. The essence of our bodies boils down to cells. Cellular activity is the basis of all life and part of this miracle is that our cellular structure is able to repair itself when cells malfunction. Cellular malfunctions occur all the time. In fact, the average person gets anywhere from 1 to 10,000 cellular malfunctions in their body every single day. Chances are certain that you have cancer cells in your body and your immune system is (hopefully) already repairing the DNA damage. The mechanisms in our body for repairing damaged cells are extremely efficient—until conditions inside our bodies begin to deteriorate and cause problems. Cancer occurs when DNA damage is not repaired and cancerous cells start reproducing themselves in an uncontrolled manner. Like the germ theory, whether we get sick or die has very little to do with what germ or cancer cell we get, but has everything to do with whether we keep our bodies free of the dead matter on which these germs feed or clean up the environment in which cancer cells thrive. By changing the biochemistry of the body, we eliminate the conditions which allow cancer cells to exist and thrive. ~over~

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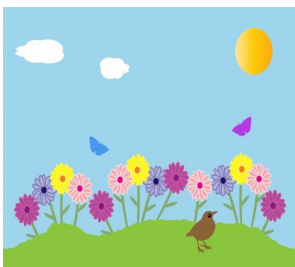
STORE HOURS:

Tuesday – Saturday
9:30 am-5:30 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment



Recent research speculates that residues of the lethal industrial solvent PCB and the pesticide DDT are found in every human on earth—as well as mother’s milk. In other words, our bodies are very contaminated and this contamination is causing cancer in some people. I say in “some” people because with the proper diet and lifestyle, our bodies are more than capable of ridding themselves of toxins, even at these high levels. Some simple steps you can take to lower your toxic burden would be to avoid all known or possible carcinogenic substances you might come across, as best you can. This would include environmental carcinogens, microwaves and microwaved food, food and water stored in plastic containers (use glass or ceramic), as well as synthetic clothing, bedding and carpets, non-stick cookware, cosmetics, conventional household cleaning products, vaccines, cigarette smoke, etc. Also invest in a good water filter for both drinking and showering. The single best way to avoid dietary toxins is to eat certified organic foods. Another step you can take is to avoid prescription drugs. Prescription drugs—without exception—are toxic to the body and all have side effects. The most common cause of side effects is the simple fact that prescription drugs are synthetic and not found in nature and stress your liver. Once your liver is chronically stressed by taking a drug every day, any additional stress you put on it, such as exposure to everyday toxins (car exhaust, pesticides, alcohol, etc.) can compromise your health because it will increase the level of toxins in your body. The liver is crucial to detoxifying your body and strengthening your immune system. Prescription drugs will hinder the detoxification pathways. Before accepting a prescription drug from your doctor, ask if there are any diet or lifestyle changes that might work instead. You’d be amazed at the number of conditions that can be improved, if not resolved outright, through a change in diet and improving other lifestyle factors such as stress levels and sleep quality. If you are taking drugs for a chronic, degenerative disease, a true anti-cancer diet will also heal those conditions while it fights cancer, so you can wean yourself off the drugs as your condition improves. Work with your physician on this and tell him or her about your changes in diet. If your physician does not support your change in diet, find one who does or call me. EMF (Electromagnetic Frequency) or EMR (Electromagnetic Radiation) are the invisible toxins that most people don’t think about. Yet mobile phones, WiFi, smart meters, cell phone towers, laptops, and many more devices are emitting a constant stream of radiation into the environment around you.

This causes damage at the cellular level and can even alter the DNA of your cells. Cell phone radiation exposure has been linked to a number of cancers including two types of brain cancer. Avoiding these radiation-emitting devices completely is difficult for most people, but limit your exposure as much as possible and look into some of the tools that counter EMF’s (www.EMFsafetystore.com). Keeping your body strong and resilient through good food, sleep, and self-care practices such as a regular detox protocol is also highly beneficial. Detoxification is about protecting your body against the very real and damaging effects of toxic buildup. Chronic toxic exposure is also a leading cause of obesity which now afflicts more than one-third of Americans. Detoxification needs to happen before weight loss because most toxins tend to live inside fat tissue and those toxins will start flooding your system and overwhelm your vital organs.

Naturally detoxify your body every day by drinking more filtered water. Start your day with lemon water. Practice oil pulling. Eat more organic green leafy veggies. Try some chlorophyll in tablet or liquid form. Chlorophyll is the green pigment found in plants and algae and can increase red blood cells and bind with toxins and heavy metals to eliminate them. Consume detoxifying teas on a regular basis such as dandelion, Holy Basil, milk thistle, or turmeric. “Unplug” during your meals and extend your non-media mealtime to a media detox. Read a book, go for a walk, listen to some music, or do a craft instead. Use essential oils as they can be a great adjunct to your detoxing goals. Experiment with peppermint to refresh the mind, oregano to help with viruses and bacteria, and frankincense to help ground and center. Breathe more and pay attention to your breath. Try meditation, spend time in nature, take saunas, book a massage and sign up for an ion-therapy foot bath at the Evergreen Cottage to help detox your whole body. Stop by or call for more information (218-365-2288).

Organic Roots  Bistro

BUSINESS HOURS:

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