

# Natural Health News

March/April 2020

EVERGREEN SPA & WELLNESS  
ELY, MN

## HEALING IS WITHIN US



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### STORE HOURS:

Tuesday – Saturday  
9:30 am-5:30 pm

**CLOSED SUNDAYS  
& MONDAYS**

### SPA HOURS:

By Appointment

It has been an extraordinary few weeks as our world faces historic challenges with the growing COVID-19 pandemic. My heart goes out to those who are fighting for their lives or have lost their lives due to this crisis, as well as their families and loved-ones. Has the world been called to recess to examine our behavior and develop a constructive recourse? I strongly believe that it is going to take a global shift in consciousness to solve this crisis. Another vaccine is not the only answer. Rather than focusing on the villain (the virus being merely the manifestation of a symptom), it is time to treat the cause and ask ourselves some pertinent questions such as “how did we get to this crisis in the first place?” As a holistic health practitioner with almost 30 years of clinical experience, I know that the healing principles encompass detoxification and nourishment on a physical, emotional and spiritual level. When I work with wellness clients my goal is to treat the root of the cause to promote healing to avoid future crisis. The same healing principle applies to this crisis. Our planet is severely diseased on all levels which in turn causes our bodies to be filled with toxins which in turn weakened our immune system. Perhaps more than anything, this crisis shows us that we are all interconnected in a global matrix. Our bodies are God-given gifts, incredible machines equipped with an innate intelligence to heal ourselves. This time of forced isolation may be the perfect time to spring into action to restore healing to our bodies as well as our planet. Our immune systems are impaired because our foods are over-processed and loaded with chemicals, additives, hormones, pesticides, GMOs and antibiotics which have led to our immune dysfunction. I believe our planet as well as our bodies have reached the limit on our toxic load on all levels and Mother Earth calls for drastic measures, a change of action and healing. Let’s remedy it by putting pressure on food manufacturers and the legislature to clean up our foods. As consumers we have the power to make it happen. Let’s use our isolation to support organizations that fight for our rights to have access to clean and good foods such as [www.westonaprice.org](http://www.westonaprice.org) and [www.EWG.org](http://www.EWG.org). Our bodies are currently exposed to over 80,000 chemicals. Therefore, choose and buy organic and natural foods, support farmer’s markets, local organic farms and businesses, and if possible, start planning a garden to grow some of your own food. Also, let’s put pressure on the legislature to help clean up our planet. It is time for all of us to take responsibility and work toward a clean planet to ensure a safe and healthy environment for our children, grand-children, and future generations. Take this time to teach your children about the importance of eating healthy foods, raise awareness about reading labels and making sound choices. Introduce them to more vegetables and teach them how to prepare healthy meals. Let’s go back to the basics of life: clean air, clean water, clean foods, good self-care and kindness toward others to help unleash the power and healing within us. Let’s work on improving our educational system to ensure the growth of responsible citizens. Teach them respect, good morals, and arm them with important life lessons for a bright future. ~over~



In addition, let's put pressure on the legislature to change our current medical system from a disease-based model to one of prevention and wellness. Medical doctors should be required to have knowledge and training in nutrition rather than overmedicate and increase toxicity in a patient. If we all pour energy into making positive changes for ourselves as well as our planet we will stand a chance to survive, stop the suffering and prevent another outbreak. To help you understand the necessary shift in our medical model, I would like to present the fascinating history behind the "germ theory" of disease (developed by Louis Pasteur) versus Antoine Bechamp. Louis Pasteur (1822—1895) was a French biologist, microbiologist and chemist renowned for his discoveries of the principles of vaccination and pasteurization and is referred to as one of the fathers of germ theory. While Pasteur was advocating the notion of germs as the cause of disease, another French scientist, named Antoine Bechamp, advocated a conflicting theory known as the "cellular theory" of disease. Bechamp's theory is almost completely opposite to that of Pasteur's. Bechamp noted that germs are opportunistic in nature and in his research he found that it was only when the tissue of the host became damaged or compromised, that these germs began to manifest as a prevailing symptom (not cause) of disease. To prevent illness, Bechamp advocated not focusing on killing the germs but rather on the cultivation of health through diet, hygiene, and healthy lifestyle practices such as fresh air and exercise. The idea is that if the person has a strong immune system and good tissue quality (or "terrain" as Bechamp called it), the germs will not manifest in the person and will have good health. It is only when their health starts to decline that they become victim to infections. Germs are opportunistic in nature and only attack the weak. To treat illness, Bechamp's cellular theory also applied. His focus was more on restoring the health of the patient's body through healthy lifestyle choices. He saw the infection as the state of the illness and not the primary cause. Pasteur and Bechamp had a long and often bitter rivalry regarding who was right about the true cause of illness. Ultimately Pasteur's ideas were accepted by society and medicine and Bechamp was pretty much forgotten. The practice of Western medicine is based on Pasteur's germ phobia which gives rise to the use of vaccinations, antibiotics, and other antimicrobials. The irony is that toward the end of his life, Pasteur renounced the germ theory and admitted that Bechamp was right all along. I agree and perhaps it is time to apply his principles.

### IMMUNE SOUP (PALEO AND DAIRY-FREE)

Coat a stock pot with **coconut oil** over medium heat. Add **2 shredded carrots, 1 small chopped onion, 5—10 cloves minced garlic, and 3 TBSP. minced fresh ginger.** Cook about 5 minutes until soft. Add **3 - 4 cups broth** (chicken broth has been shown to increase your immune system's ability to fight bacteria and virus. You can also use vegetable or mushroom broth). Turn down to simmer, and cook about 15 minutes or until vegetables are as soft as you like. Add **3 cups spinach and 8 sliced shiitake mushroom caps** and cook an additional 5 minutes until done. Add **curry powder, turmeric, and sea salt** to taste. Remove from heat and add **juice of one lemon.** You can also add leftover chicken or cooked shrimp for added protein. Enjoy!

Now more than ever it is important to include immune-boosting, nutrient-dense foods and eliminate alcohol, sugar, and processed foods that stress and impair your immune system—your natural defense mechanism. With this particular virus it is important to keep your mucous membranes healthy by staying hydrated and using the neti pot or nasal sprays to keep your nasal passages healthy. This hydrates mucous membranes in your nose and flushes pathogens and irritants. You know the drill with hand washing, social distancing, and getting enough sleep and avoiding stress. Some specific foods to include to strengthen your defenses: bone broth, garlic, green and herbal teas, berries, zinc-rich foods like sunflower seeds and nuts, legumes, and grass-fed meats. Foods high in vitamin C, such as citrus, broccoli, red pepper, kiwi, and berries. Medicinal mushrooms like shiitake, chaga, reishi, turkey tail have strong anti-viral and immune-boosting properties. Also, take a probiotic because your gut health is the foundation for your immune health. Cat's Claw and Andrographis are effective anti-viral herbs.

Organic Roots  *Bistro*

### BUSINESS HOURS:

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