

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## NUTRITIONAL ROAD TO HEALTH

Sonja Jewell  
NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

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The FDA recently issued a warning that fluoroquinolone antibiotics, taken orally or by injection, carry a risk for permanent peripheral neuropathy; *Cipro* and *Levaquin* are examples. This is not the first warning issued for this class of antibiotics; in 2008 the FDA issued a black box warning about severe tendon damage and actual tendon ruptures. Two other recent studies found that these types of antibiotics increase your risk for acute liver toxicity (if you are over age 66), and destabilize your blood sugar if you are diabetic. These fluoridated pharmaceuticals have also been associated with memory loss, psychosis, headaches, depression, anxiety, kidney failure, cardiovascular symptoms, nausea and vomiting, blindness and other health problems. These drugs have the ability to penetrate into sensitive tissues like your brain and central nervous system due to their attached fluoride molecule where they can exert neurotoxic effects. Not only are these antibiotics overused in people, but also in livestock (cows, pigs, chickens, turkeys) and in our canine and feline companions. Every year in the United States, **29 million pounds of antibiotics—more than 70 percent of the total antibiotic production**—are fed to livestock for non-therapeutic purposes, such as growth promotion. These antibiotics are passed on to you in the meat and dairy you consume. Hence, the importance of consuming only organic dairy and grass fed and free-range meats. The overuse of various antibiotics has been linked to antibiotic resistant infections like MRSA, VRE and the potentially life-threatening diarrhea caused by *C. diff*. According to some research, being given fluoroquinolones is the most important risk factor in developing *C. diff*—associated diarrhea. The antibiotic overuse is leading to the "Rise of the Superbugs" that have developed near-total resistance to today's antibiotics. Again, a large part of the problem is that these drugs, which should be reserved for life-threatening infections that cannot otherwise be treated, are being vastly overprescribed. These antibiotics are thought to be very dangerous for children under age 18, adults over 60, and pregnant and nursing women, as well as for people with liver disease, diabetes, or those taking non-steroidal anti-inflammatory drugs (NSAIDs). In the **United States, which uses more than 50 percent of the drugs produced in the world**, infectious diseases are on the rise. In the past 20 years, more than thirty new diseases have emerged for which there are no cures or vaccines. Chronically ill children have grown to be chronically ill adults. The **cost of health care in the United States is the highest in the world**, and it is increasing at 17 percent a year.

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The unchecked use of antibiotics in humans and animals has resulted in antimicrobial resistance. Meanwhile, the “wonder” drugs and vaccines that are prescribed to heal us often harm and even kill us. The bugs are developing resistance faster than we can develop drugs to combat them. **There has never been a more crucial time to take charge of our own health.** The good news is that foods and herbs that support health and cure disease are readily available to everyone. A diet comprised of nutrient-dense foods without chemicals, pesticides, and hormones will pave the road to optimum health. Nearly every ancient culture used remedies created from plants and foods for the prevention and cure of disease. Throughout history, a partnership of nature’s pharmacy and the body’s inherent wisdom worked together to restore health. No scientific explanation was available for how or why plants worked. However, plants did work, and folks kept on using what our Creator has provided. For thousands of years, this was not “alternative” healing. It was the only healing there was. More than 60 percent of the world still relies on this proven traditional type of medicine. Certainly, prescription drugs are necessary and even life-saving at times. A typical American diet consists of 90 percent cooked, processed, packaged, adulterated, irradiated, and even genetically engineered foods. What we eat is sprayed with poison, chock-full of chemicals and preservatives, grown in nutrient-depleted soil, and then stored on shelves indefinitely. This “dead-food diet” results in a massive nutritional deficit. As living, growing, fuel-burning organisms, we cannot build strong new cells and maintain a healthy immune system on dead food. Simply put, “lifeless” food cannot sustain life. For almost 25 years, I have been preaching what evolving research proves: Nutrition plays a major role in the prevention, treatment, and cure of most disease. The vitamins, minerals, and antioxidants found in our food are the frontline defense against premature aging, cancer, and most illnesses. While conventional medicine is trying, and often failing, to heal with an ever-expanding grab bag of drugs, I decided to explore the road less traveled—a holistic route to vital health using nature’s remedies, remedies that do not have the life-threatening side effects of prescription drugs. My mission every day is to provide safe, efficient, effective health care at affordable rates, and to help my patients live healthier lives—avoiding unnecessary drugs or surgery—through natural health care education. I predict that nutrition will emerge as the cornerstone of preventative medicine and be recognized as the key to health and longevity in the very near future. *“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”* Thomas Edison

## DECEMBER SPECIALS

Julie’s—Organic Vanilla Ice Cream Sandwich	30% OFF
So Delicious—Organic Coconut Milk Nog, 32 oz.	25% OFF
A. Vogel—Soothing Pine Cough Drops	25% OFF
Ah!aska—Organic Chocolate Syrup	25% OFF
Better Than Bouillon—Assorted Organic Soup Bases	25% OFF
Flavorganics—Assorted Syrup, 8.5 oz	25% OFF
Good Health—Rosemary & Olive Oil Chips, 5 oz.	25% OFF
Good Health—Sea Salt & Olive Oil Chips, 5 oz.	25% OFF
If You Care—Parchment Paper	25% OFF
Kopali—Organic chocolate-covered Coffee Beans, 2 oz.	30% OFF
Dynamic Health—100% Pure Org. Tart Cherry Concentrate	25% OFF
Cibo Pesto—Artichoke Lemon Pesto, 6 oz. (frozen)	30% OFF
Lightlife Foods—Organic Tempeh—3-Grain, 8 oz.	30% OFF
Mestemacher Bread—Almond Rye Bread, 12.3 oz.	25% OFF
Aura Cacia, Mineral or Foam Bath, 2.5 oz.—assorted	25% OFF
Kiss My Face, Moisturizers, 16 oz.—assorted	25% OFF
Grainaissance—Amazake, Almond Shake (frozen)	30% OFF
and many more items!	



“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”

~ Norman Vincent Peale

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