

Natural Health News

February 2014

EVERGREEN SPA & WELLNESS
ELY, MN

FOODS FOR DAILY DETOX

Sonja Jewell
NTS, CMT, CCWFN

Evergreen Cottage
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

Retail Store Hours

Monday-Saturday

10 am-6 pm

(Closed Sundays)



Listen to Sonja's
"Natural Health
& Wellness Hour"

EVERY
WEDNESDAY
from 6-7pm on
WELY (94.5 FM)
or
listen on-line at
www.wely.com

This month I would like to share some foods with you that speed up the elimination of toxins out of your body. Our body is exposed to toxins and harmful chemicals every day. These come from the food we eat, the household and beauty products we use, our environment and even our water supply. Toxins become lodged in our cells and tissues, which can result in toxic overload in the liver. The best way to detoxify your body is to eat a nutrient-rich diet of healthy protein sources from grass-fed and free-range meats, organic eggs, wild-caught fish, along with healthy fats such as cold-pressed extra virgin olive oil, extra virgin coconut oil, flaxseed oil, and fish oils, which contain omega-3 essential fatty acids. These good fats help eliminate toxins and heavy metals from your body and help you absorb nutrients from food, enabling the healing process. Eating lacto-fermented foods such as kim chi, sauerkraut, kefir or yogurt will improve digestion and assimilation of nutrients. Detoxification will increase as your digestion improves. You can eat your way to better health by including nutritional superfoods in your daily diet. It is so easy to add nutrient-rich, flavorful smart-picks to your menu and create delicious meals that not only taste amazing, but will also bring long-term health benefits. Here are some of the most important superfoods that will help detoxify your body:

Blueberries—having a healthy functioning liver is critical for good health. The liver is your main filtration system. Blueberries are at the top of the list of antioxidant-rich foods to reduce oxidative stress. They are beneficial in the treatment of hypoglycemia, intestinal upsets, eye disorders, urinary tract infections and tinnitus—just to name a few. Phytochemicals in blueberries help to strengthen blood vessels and are useful in treating varicose veins and spider veins. They promote heart health and aid the lymphatic system as well as liver function.

Hempseeds—These little protein powerhouses contain all 20 essential amino acids that our body requires. They also contain the perfect ratio of omega-6 to omega-3. This reduces inflammation in our body. Hempseeds contain both soluble and insoluble fiber which is imperative for cleansing the colon. Having regular bowel movements is essential for good health because your colon is made of semi-permeable tissues. This means if your stool is not eliminated regularly, all the toxins found inside your stool will get reabsorbed into your bloodstream and create more toxins. The essential fatty acids found in hempseeds help to strengthen your cell membranes which form barriers that keep toxins out of your cells. ~ over ~

MORE SUPERFOODS THAT HELP DAILY DETOXIFICATION

Avocados—Due to their healthy fat content, avocados enable your body to absorb fat-soluble nutrients more efficiently. Many of these nutrients play important roles in the detoxification process. The monounsaturated fats found in avocados have a slightly electrical nature which allows them to split and bind toxins so they can be eliminated from the body. A 2000 study published by the American Chemical Society studied the effects of rats after being exposed to a damaging liver toxin. Scientists found that rats who were fed avocados showed less signs of the disease than those who were not fed avocados. Glutathione conjugation is a process which turns fat-soluble toxins from heavy metals, solvents, and pesticides into water-soluble forms, easily excreted by the kidneys via urine. Glutathione, one of your body's primary antioxidant, is necessary for this process to occur. This is why it is imperative you eat foods containing high levels of and precursors to this antioxidant. Luckily, avocado just happens to be one of them as does kale. **Kale** is loaded with antioxidants, anti-inflammatory nutrients, and anti-cancer nutrients. Kale is rich in the flavanoids quercetin and kaempferol in addition to 43 others making it helpful for combating chronic inflammation and oxidative stress. Kale also contains a large amount of sulfur compounds. The sulfur found in kale has been shown to support Phase II detoxification. Because of its liver-supporting properties, sulfur-rich kale is extremely potent at clearing up unhealthy skin. Green leafy vegetables (like kale) are the best source of alkalizing minerals: calcium, magnesium, iron, zinc, copper, sodium, and potassium. These alkalizing minerals neutralize the acid foods we eat and help balance pH. Kale is also able to reduce cholesterol levels and is better consumed lightly steamed/cooked than raw. Another important sulfur-rich superfood is **garlic**. It helps lower cholesterol, inhibits rheumatism, and has anti-bacterial, anti-fungal, anti-viral, anti-flatulent, and anti-cancer properties. The bottom line is: garlic is an amazing food that should be an integral part of your diet. The allyl sulfides found in garlic have been found to play a key role in cancer prevention. Fresh garlic is always the best choice and is a good alternative to antibiotics. If you want to become healthier and detoxify your body, clearly these 5 foods must be included in your diet since they contribute to the detoxification process and decrease inflammation—both of which mean reduced risk for disease, easier weight loss, and greater overall health. When you do so, you will finally experience the radiant health you deserve. It is proven, it is efficient, and it is one of the simplest way to transform your health and body in just a few day's time. Our bodies have a "built-in" detoxification process when they are given the nutrients they need to perform their job.

FEBRUARY SPECIALS

Rising Moon —Pierogi or Ravioli (frozen), 16 oz.	25% OFF
Woodstock—Extra-firm Tofu, 14 oz.	25% OFF
Mt. Vikos—Assorted Spreads	25% OFF
Natural Sea—Skip-Jack Tuna in water, 5 oz.	25% OFF
Prince of Peace—Instant Ginger-Honey Crystals	25% OFF
Woodstock—Organic 5-Grain Medley, 12 oz.	25% OFF
Woodstock—Raw Almonds or Cashews	25% OFF
Woodstock—Organic Apricots or Tart Cherries (Dried)	25% OFF
Woodstock—Organic Cranberries or Blueberries (Dried)	25% OFF
Woodstock—Organic Thompson Raisins, 13 oz.	25% OFF
Woodstock—Organic Black Mission Figs	25% OFF
Woodstock—Organic Pumpkin or Sunflower Seeds	25% OFF
Woodstock—Sesame Sticks, 6 oz.	25% OFF
Woodstock—Organic Crushed Tomatoes w/ Basil, 28 oz	25% OFF
Woodstock—Organic Walnuts, 5.5 oz.	25% OFF
Woodstock—Yogurt Pretzels, 7 oz.	25% OFF

AND MANY MORE ITEMS!

IMMUNE SOUP

Flu season is upon us and it is important to keep your immune system in tip top shape. Including foods that activate your immune system to fight invaders will help keep you healthy. Here is my favorite therapeutic immune boosting soup recipe. Make it immediately when you or a family member feels run down. Each ingredient boosts immune health, and the bone broth base increases killer T-cell activity. It is fast, easy and delicious, and it works.

Coat a dutch oven or stock pot with coconut oil over medium heat. Add 2 shredded carrots, 1 small yellow onion (chopped) and 3 TBSP. minced fresh ginger root. Cook until soft, about 5 minutes. Add 3–4 cups bone broth or organic chicken stock. Reduce heat to simmer, and cook about 15 minutes or until vegetables are soft. Add 3 cups chopped fresh spinach and 8 shiitake mushrooms (stems removed and sliced) and cook an additional 5 minutes until done. Add curry powder, turmeric, and sea salt to taste. Remove from heat; add fresh juice of 1 lemon. Serve piping hot and enjoy!

“Every single day, do something
that makes your
heart sing.”



MARCIA WIEDER