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Natural Health News

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EVERGREEN SPA & WELLNESS CENTER
ELY, MN

ESSENTIAL OILS TO THE RESCUE

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Retail Store
Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



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Essential oils have curative and preventative properties. They can regulate mood and emotions and boost energy levels—which is a definite plus when summer weather has you wilting. After a long day at work or at play in the hot summer sun, the soothing qualities of aromatherapy will help you to relax, refocus, and refresh. The scent of peppermint is refreshing, and it makes a cooling skin tonic. Put a few drops in a spray bottle with some distilled water, and spray it on your face and body for an instant chilling effect; then store the bottle in the refrigerator for future use. In the summer, a lukewarm bath with essential oils of peppermint and juniper will help revive and refresh. Just add 8 to 10 drops of oil while the tub water is running. Soak for at least 15 to 30 minutes for the most therapeutic effect. A bath with peppermint oil, or wintergreen oil, and/or birch oil will also alleviate itching from insect bites or sunburns. Speaking of pesky bugs, citronella oil and/or geranium or lavender oil used in a vaporizer or put into topically applied lotions, oils or creams, will naturally keep bugs away. Many conventional bug repellents contain harsh, potentially toxic chemicals, most notably DEET, thought to have adverse effects on the brain, particularly in developing fetuses and young children. But you and your family can breeze through summer bug- and chemical-free by applying a number of natural herbs and essential oils known for their ability to ward off insects. Dilute a few drops of one or more of the following essential oils in a vegetable oil base: CITRONELLA, LEMON EUCALYPTUS, ROSE GERANIUM, PENNYROYAL, CELERY. There is also a simple but effective remedy for calming inflamed bug bites by applying a banana peel—fruit-side down—directly on the bite and hold it there until the itching or burning subsides. Bananas have a high anti-oxidant compound and quickly bring relieve to inflamed areas. Don't forget about summer road trips. Being in a hot, stuffy car stuck in traffic is no fun. Bring a small spray bottle filled with water and add a few drops of peppermint and/or eucalyptus oil and spray this a few times. It will help you stay alert and reduce feelings of road rage and frustrations. Also, the scent of lemon, rosemary, thyme, sage or lemongrass can awaken the senses. We often use BASIL, THYME, and LEMONGRASS as seasonings, but elsewhere in the world they are commonly used as bug repellents. Crushed LEMON THYME has 62% as much repellent effectiveness as DEET, and some studies indicate that traditional thyme repels mosquitoes even longer than DEET. Every one of these essential oils will be effective in warding off flies, ticks, gnats and mosquitoes. Mint, especially PEPPERMINT, is effective against ants. You can spray a mixture of one cup of water to 2 teaspoons of essential peppermint oil wherever you see them in the house. Dab a little diluted peppermint oil on yourself—and your picnic basket—to keep the party crashers at bay....and out of your foods. The essential oils in PINE tend to send fleas packing, while CEDARWOOD oil makes common houseflies flee the premises.

TAKE ACTION AGAINST GE ALFALFA

The US Department of Agriculture announced on January 27 that it will once again allow unlimited, nation-wide commercial planting of Monsanto’s genetically-engineered (GE) Roundup Ready alfalfa, despite the many risks to organic and conventional farmers. Last spring more than 200,000 people submitted comments to the USDA highly critical of the substance. Instead of responding to these comments and concerns, including expert comments from farmers, scientists, academics, conservations, and food safety and consumer advocates, the USDA has chosen instead to listen to a handful of agricultural biotechnology companies. USDA’s decision to allow unlimited, nationwide commercial planting of Monsanto’s GE Roundup Ready alfalfa without restrictions flies in the face of the interests of conventional and organic farmers, preservation of the environment, and consumer’s choice. This means GE alfalfa can be planted without any federal requirements to prevent contamination of organic and non-GE crops. It also means that GE alfalfa does not have to be labeled, making it difficult for consumers to identify and avoid. The USDA has become a rogue agency in its regulation of biotech crops and its decision to appease the few companies who seek to benefit from this technology comes despite increasing evidence that GE alfalfa will threaten the rights of American famers and consumers, as well as damage the environment. In the coming months, we will be seeing USDA proposals to allow unrestricted plantings of GE sugar beets, and GE corn and soy crops designed to resist toxic pesticides, such as 2-4D and Dicamba, highly toxic pesticides that pose a serious threat to our health and the environment. To win these critical and difficult battles, the entire organic community, and our allies in the conventional food and farming community, will have to work together.

Now is the time to unite in actions. We need to work together to restore sanity to our food system, stop the deregulation of GE crops and join together against the forces that are seeking to silence hundreds of thousands of Americans. I urge you to let the White House know that you do not support the deregulation of GE alfalfa. For more information visit www.nongmoproject.org. To send a message to protest to President Obama, visit the Organic Trade Association website’s action alert center: www.ota.capwiz.com.

JULY SPECIALS IN THE WHOLE FOODS PANTRY

Ginger People—Ginger Soother Drink 12 oz.	25% OFF
Kombucha Wonder Drink—8.4 oz. assorted	30% OFF
Made—Organic Beverages 16 oz. assorted	25% OFF
Manitoba Harvest—Hemp Seeds 12 oz.	20% OFF
Natural Nectar—Veggie Squares 4 oz.	50% OFF
Napa Valley—Organic extra-virgin olive oil 25.4 oz.	30% OFF
Seven Stars—Organic Yogurt	25% OFF
Beauty without cruelty—Daily SPF15 Facial Lotion	25% OFF
Clean Well—Disinfectant Spray or Wipes	25% OFF
Kiss my face—Sun care products assorted	20% OFF

AND MANY MORE ITEMS!



The garden suggests there might be a place where we can meet nature halfway.

-Michael Pollan