

# Natural Health News

March 2012

EVERGREEN SPA & WELLNESS  
ELY, MN

## MIND / BODY HEALING

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### Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



Happy St. Patrick's Day

Listen to Sonja's  
"Natural Health  
& Wellness Hour"  
EVERY  
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from 6-7pm on  
WELY (94.5 FM)  
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According to conventional wisdom, battling illness is nothing short of an act of war. We battle cancer or fight colds, shielding the body from nasty foreign invaders, usually in the form of pathogens (germs) that threaten to colonize us with disease. In response, our body sends out troops in the form of antibodies to defend itself. If the good guys win, our health prevails. If the bad guys win, we get sick. But the newest way to think about healing (which also, coincidentally, is the oldest way) is how to nurture what's good rather than destroying what's bad. Our body already knows how to restore itself. We just have to provide the tools it needs for repair. My conviction is that healing is less about battling illness and more about nourishing life. We all have natural mechanisms for ongoing healing in our bodies and conducting our everyday lives in ways that nurture those mechanisms is a key part of preventing and recovering from illness. Not to say that conventional medicine doesn't have its place. Nurturing the body's innate healing abilities through lifestyle choices has long been a cornerstone of disciplines such as Traditional Chinese Medicine. The idea is to maintain a state of harmony so we don't have to send in the troops to fight a war. Once considered a radical idea in Western medicine, the mind's power over the body has gained considerable respect over the past couple of decades, thanks to a growing body of neurological research and new technologies. Researchers have established that biochemicals, released from the brain during various mood states, affect how well the body repairs itself. Negative feelings (such as anxiety, fear, and loneliness) have been shown to trigger stress hormones such as cortisol, which inhibit the immune system, while positive feelings (like happiness, love, and peacefulness) can boost our healing ability through feel-good neurotransmitters such as dopamine. There is evidence that the brain and state of mind plays a very important role in healing. The great news about healing is that our minds and bodies know instinctively how to do it—if only we would allow them. Unfortunately, in the past 60 years or so, we have developed a number of habits that get in the way of our natural healing mechanism. Our diet, for instance, has shifted away from whole foods and toward processed nutrient-deficient, low-fiber, high-sugar foods that trigger cellular inflammation which makes it hard for our body's natural defenses to take hold and makes it easy for cancer and other diseases to gain control. Reduced immune function is also associated with a sedentary lifestyle and increased isolation and depression. It is not a single stressor that makes one sick. It is the cumulative effect of many stressors on the body, mind, and spirit that wear you down and make you vulnerable. When clients tell me that they don't have time to get a massage or take time to prepare and eat healthy meals, I usually ask, "Do you have time to be sick?" Relaxation and pleasure are healing states of mind and if we don't visit them regularly, we compromise the body's ability to recover from its daily traumas. Anything you can do to reduce your stress response will pay off on the healing front. Taking time to admire a work of art, listening to music, or tending a garden aren't just extracurriculars but part of a comprehensive insurance plan. On the next page I will outline healing strategies and lifestyle changes to keep your self-healing system vital—and intact. - OVER -

## WAYS TO BOOST HEALING

1. Reduce stress: it's not a single stressor that makes you sick. It's the cumulative effect of many stressors on the body, mind, and spirit that wear you down and make you vulnerable. Find ways of reducing your stress levels and nurture a healing state of mind. Create time to clear your mind every day with meditation, prayer, yoga or relaxation exercises. (\*see note on ESSENCE WORK)
2. Talk it out: Hostility is bad for your health. Studies show it can raise levels of cytokines, behavior-regulating proteins in the immune system that are associated with arthritis, osteoporosis and other conditions. Learn to resolve conflicts by expressing your problems. Research has confirmed that people who speak their minds are less likely to suffer from depression and irritable bowel syndrome. If you aren't ready to express your problems aloud, get those negative emotions out some other way: Write them down or have a private venting session. (\*)
3. Get to bed: Sleep and immune health are linked. Many of the body's major restorative functions—tissue repair, muscle growth, protein synthesis—happen mostly or exclusively during sleep. Studies have linked sleep deprivation with lowered immune ability and increase obesity and inflammation, all of which are risk factors for heart disease, cancer, and stroke.
4. Eat plenty of healing foods: Create an inner healing environment by feeding your body nutrients that boost immune function and lower inflammation. Eat lots of veggies and fruits which provide you with vitamins, minerals, plus disease-fighting antioxidants. Protein provides the amino acids that are the building blocks of the immune system. Eat wild-caught fish and lean meats; vegetarian options include beans and legumes, nuts, and seeds. Opt for foods low in sugar to help reduce inflammation. The gastrointestinal tract plays a critical role in the immune response because its large surface area comes into contact with so many microorganisms and potential pathogens. Eating fermented foods promotes beneficial bacteria, or probiotics, in the digestive system, crowding out disease-causing bacteria and keeping them out of the bloodstream. Add fermented foods to your diet by eating yogurt, kefir, miso, tempeh, unpasteurized pickles and sauerkraut.
5. Move it: It is hard to overstate the benefits of being physically fit. Regular moderate exercise promotes circulation, strengthens heart muscles, and increases nutrient delivery and oxygenation of cells—all of which are critical for healthy immune function.

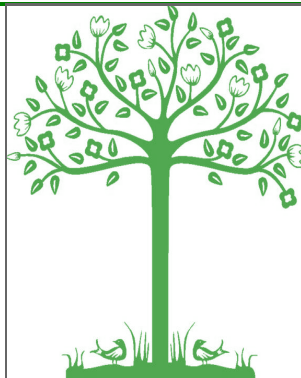
## MARCH SPECIALS

Natural Sea—Salmon fillets (frozen)	25% OFF
Rising Moon Organics—Grilled Veggie Pizza (frozen)	25% OFF
Mt. Vikos—Feta Cheese Crumbles and Portions	25% OFF
A. Vogel—Soothing Pine Cough Drops	25% OFF
Good Health—Olive Oil Chips— 5 oz. variety	25% OFF
Macrolife Naturals—MacroGreen Bar—Apple Lemon	20% OFF
Mt. Vikos—Assorted Fruit Spreads	25% OFF
Woodstock—Raw Almond Butter 16 oz.	25% OFF
Organic India—Tulsi Teas—assorted	20% OFF
Ginger People—Ginger Beer—4 pack or single	20% OFF

AND MANY MORE ITEMS

"Within each of us, nature has provided all the pieces necessary to achieve exceptional health and wellness, then left it up to us to put them all together."

~ Diane McLaren



## \* ESSENCE WORK

EssenceWork is an energy healing technique that gently resolves deeply rooted issues on many levels; physical, emotional, mental and spiritual. It is ideal for those who have been unable to overcome obstacles no matter what form of remedial efforts have been pursued.

This healing technique helps abandon negative patterns, helps overcome depression, releases stress and anxiety, greatly enhances your health and well-being, and helps you experience peace of mind in order to enjoy balance and harmony.

EssenceWork assists a person with:

- \* clarifying and changing belief systems
- \* lifting depression or feelings of uncertainty
- \* gaining self appreciation and enthusiasm
- \* manifesting a core purpose

If you are interested in an EssenceWork session, please call **CATHERINE PRANSKATIS** at **970-369-7712** (cell). She is located in Ely.