

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

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#### Retail Store Hours

Monday-Saturday

10 am-6 pm

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## BLOOD SUGAR ROLLER COASTER

Blood sugar issues plague the United States at epidemic rates, and blood sugar imbalances cause emotional swings. *Hangry* is now a common term. A lack of steady glucose causes a state of panic in the body and causes us to be snappy, irritable, fatigued, and sometimes manic. Here is a simplified explanation how blood sugar works: when we consume carbohydrates, they get converted into glucose. The hormone insulin is then released from the pancreas to move the glucose into the cells where it can be used as fuel. Any excess is converted into a stored form of energy for later use through the liver. Between meals, as our glucose levels naturally fall, the liver produces glucagon to start the process of using stored energy back into ready-to-use glucose. The adrenal glands are the back-up emergency system. In a healthy person, the adrenals should never be a part of blood sugar regulation. When blood sugar levels fall too low, the adrenal glands are signaled to release adrenaline which helps kick the body into gear to convert stored fat and protein into quick energy. Using adrenaline to regulate blood sugar is extremely taxing on the body since most of us have adrenal glands that are already exhausted. The overall concept is pretty simple, but our modern nutrient-poor diet over the last few generations has caused drastic changes to this process. If you often wake up between the hours of 2-3 AM, either wide awake or sweaty or shaky, it is a symptom that your liver can't produce the necessary glucagon needed to raise glucose levels while you sleep. Americans consume more than 180 pounds of sugar per person each year. Sugar is added to many of our foods and we also regularly eat foods that have a natural form of sugar or simple carbohydrates in them. Milk, juice, grains, and fruit all contribute to the carbohydrate overload. Add that to the coffee that contributes to blood sugar imbalances, and it tells a scary story indeed. It is theorized that normal glucose levels should follow a bell curve and stay within 80-100mg/dL at all times. I say theorized because it happens so rarely that it is hard to say what our bodies have done naturally throughout history. We are force-feeding our bodies so many carbohydrates, mainly refined ones, that it causes an EMERGENCY need to lower blood sugar. It is no wonder Type 2 diabetes is an epidemic. Never before in the history of mankind have we had an emergency need to lower blood sugar. Thankfully, we can reverse this condition when the blinders of misinformation and denial are lifted and when we start eating a healthy diet with only whole foods in the form of good quality protein, healthy fats and carbohydrates primarily in the form of vegetables.

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## REFINED SUGARS ARE HARMFUL TO YOUR HEALTH

Numerous studies link refined sugars to weight gain, insulin resistance, type 2 diabetes, fatty liver, high blood pressure, heart disease, high triglycerides, gout, chronic inflammation, dental caries and other adverse effects. The efficiency of white blood cells, essential parts of the immune system, can be reduced significantly for several hours after consuming refined sugar. Susceptibility to environmental toxins is increased. A drop in blood sugar after a sugar high can cause muscle spasms, cause or worsen migraines and tension headaches. Consuming refined sugars adversely affects hormone levels. It can lower sex-hormone-binding-globulin which plays a key role in controlling the amount of estrogen and testosterone available in the body and can reduce testosterone levels in the blood by up to 25%. The risk of pancreatic cancer may be increased and possibly cancer of the breast, ovaries, prostate, etc. Refined sugars have adverse effects on your diet because nutrient-empty sugar replaces consumption of nutrient-dense foods and depletes or imbalances many nutrients in the body. Reaction times are slower when we eat foods with refined sugars. The adrenal glands become more stressed, causing a rapid adrenaline rise which can lead to hyperactivity, crankiness, nervousness and difficulty concentrating. The nervous system can be affected causing lowered cognition, depression and anxiety. Mineral relationships in the body are upset. Disrupted minerals mean loss of tissue elasticity and function; osteoporosis and other structural problems are possible. Your body **can** tell the difference between nutritionally-empty refined sugars and naturally occurring sugars in whole foods like fruits and vegetables which come with numerous nutrients and co-factors—all working synergistically—that help metabolize their sugars. When refined sugars are consumed, nutrients needed to metabolize or process the sugars have to be taken from the body's reserves. Eventually the body becomes nutrient-deficient. Traditionally, stalks of sugar cane were chewed by peoples in areas where it commonly grows. The stalk juice did **not** cause dental cavities or any other health problems. In areas where modern refined and processed foods took over and traditional diets were discarded, health deteriorated. Restoration of native foods, including whole sugar cane juice, improved people's health. Dr. Weston Price documented such occurrences. Besides sucrose, whole sugar cane juice contains chlorophyll, small amounts of minerals, vitamins, enzymes, fiber, etc. all working together as a unit. **Refined sugars to avoid** include **sucrose, fructose, glucose, dextrose, maltose, dextrin, corn syrup, brown sugar** (white sugar with a tiny amount of molasses), **high-fructose corn syrup, agave** (is heated to break down its inulin-containing starch; genetically-modified enzymes and a chemically intensive process convert it into a highly refined fructose syrup, like high-fructose corn syrup), **sugar alcohols** (xylitol is a refined carbohydrate and its long-term effects on health are unknown), **stevia (stevia as a packaged sweetener is not ground leaves or a liquid concentrate and is a highly refined sweetener and long-term effects are not known), brown rice syrup** (is cooked rice starch that is malted or converted to syrup by using enzymes and evaporation; it is refined and contains only a few minerals but at least it is all natural), molasses (from either sugar cane or sugar beet is boiled three times, each time extracting more sugar, making it less sweet; after the third boil, the result is blackstrap molasses which contains small amounts of some minerals; sulfur dioxides may be added as a preservative).

## MARCH SPECIALS

Mt. Vikos—Feta Crumbles & Portions	25% OFF
Citrus Magic—Solid Odor Absorber (Citrus or Lavender)	25% OFF
Earth Balance—Peanut Butter with Flaxseed	25% OFF
Field Day—Sweet Potato Tortilla Chips, 5 oz.	25% OFF
Lesser Evil—White Bean Bites, Kale & Roasted Garlic	25% OFF
Annie's—Gluten-free Granola Bars, 4.9 oz. box	25% OFF
Bob's Red Mill—Organic Quinoa Grain; variety	25% OFF
Garden of Eating—Org. Butternut Squash Tortilla Chips	25% OFF
Harvest Bay—Flavored Coconut Water, 8.45 oz.	25% OFF
Koyo—Organic Rice Crackers, 3.5 oz, variety	25% OFF
Halo—Baked Seaweed Chips, 3 oz., variety	25% OFF
Pamela's—Gluten-free Fig & Jam Cookies, variety	25% OFF
Suzie's—Puffed Buckwheat Thin Cakes, 4.6 oz.	25% OFF
Vermont Smoke & Cure—Turkey Sticks, variety	25% OFF
Simply 7 Snacks—Quinoa Chips with Sea salt	25% OFF
Auomere—Fresh Mint Herbal Toothpaste	25% OFF

AND MANY MORE ITEMS!

## HEALTHIER, UNREFINED SWEETENERS

**DATE SUGAR** is ground-up dates containing all the nutrients and fiber. **PALM SUGAR** comes from the sap of unopened coconut blossoms. It is unrefined organic sap, no additives are used, no bleaching, and no stripping of minerals takes place; its higher in antioxidants than refined cane sugars. **BARLEY MALT** is made from fermented barley whose starches have become sweet. **MONK FRUIT** is a sweet dark-green melon that is crushed, mixed with hot water, filtered and spray-dried to form a sweet powder. Avoid this product if it is mixed with erythritol, sucrose and molasses. **MAPLE SYRUP** (sap from maple trees that is boiled and concentrated) contains at least 20 healthy compounds and nutrients. Use pure maple syrup only! **EVAPORATED CANE JUICE** may be unrefined or refined. The original unfiltered, unrefined, unbleached organic whole cane sugar (it's squeezed, dried and ground—that's it) is available as "Rapunzel Organic Whole Cane Sugar" and contains nutrients. **RAW HONEY** also contains many nutrients and has antimicrobial properties. It can also be used topically to help heal wounds, including burns, and inhibits scar formation. Heating honey decreases its antimicrobial activity. Botulism spores are found in some honey and other raw foods. A healthy immune system can deal with these spores but it is not recommended to give honey to infants less than a year old. Using honey topically is fine at any age. Make sure to get unprocessed, **raw** honey, not the ultra-filtered, refined and heated types. You can find all these items at the Evergreen Cottage.

“One of the first duties of the  
physician is to educate the masses  
not to take medicine.”

William Osler 1849 –1919  
described as the Father of Modern Medicine