

Phone: 218-365-2288

[www.elywellness.com](http://www.elywellness.com)

# Natural Health News

*May 2011*

E V E R G R E E N   S P A & W E L L N E S S   C E N T E R  
E L Y , M N

Sonja Jewell

NTS, CMT

Evergreen Cottage  
146 E. Chapman  
Ely, MN 55731

Retail Store Hours

Monday-Saturday  
10am-6pm  
(Closed Sundays)



Listen to Sonja's  
**"Natural Health & Wellness Hour"** every  
Wednesday from  
6—7 PM on  
WELY (94.5 FM)  
or listen on-line  
at  
[www.wely.com](http://www.wely.com)

## **IT TAKES GUTS TO BE BEAUTIFUL**

Our skin never lies. Sloppy skin care, poor nutrition, sleepless nights, stress can wreak havoc on your face. The skin leaves nothing a secret! Millions of people experience dark circles, blotchiness, acne and loss of the skin's natural glow. In response, we spend hundreds of dollars on lotions, creams, serums and wrinkle treatments, all the while looking for the latest quick fix and never mind understanding why these conditions exist in the first place. Being consumers we get mixed messages about which way to turn when confronted with the confusing array of options that are available. Finding effective products that do not contain hormone-disrupting chemicals makes the search all the more challenging.

Beautiful skin is clearly an inside job—this is the foundation for any effective skin treatment program. Understanding the impact and presence of chemicals and toxins in our environment brings into focus the importance of choosing healthier, more organic foods to build healthy bodies. It also illustrates the need for understanding ingredient labels in order to avoid the potentially dangerous effects that foods and poorly formulated cosmetics and skin care products may have on your skin. More and more consumers understand that you ARE what you EAT, and that good nutrition and healthy ingredients are the core of any effective skin treatment. The exact same thing applies to the topical treatment of the skin. Here is the most important fact: in order to create deep, lasting change in the appearance and health of the skin, you have to approach treatment both nutritionally and topically. In other words it goes from the inside out. The Standard American Diet (S.A.D.) lacks all of what we need to be healthy—much less look good. The good news is you can take back control of your health and your looks with a basic understanding of your diet and how your digestive system works. In other words—it takes guts to be beautiful! Beautiful, blemish-free skin begins with a healthy digestive system. Rounds of antibiotics, birth control pills, hormone replacement therapy and other medications are used for many skin conditions that have root causes located deep within the digestive system and can actually make the original problem worse. Stressful life-styles, side effects from various medications and toxins in our water and food supply all contribute to the national epidemic of poor gut function and weakened immune system. These lead to chronic degenerative disease which destroys the friendly intestinal flora required for a healthy digestive tract. "Leaky gut" is a widespread syndrome which is caused by the absence of beneficial flora that line the intestinal walls. When undigested particles begin to pass through the compromised GI lining into the bloodstream, the body may begin to treat such particles as foreign invaders and stage immune responses that can wreak havoc in the form of new allergies, rashes, eruptions as well as more serious auto-immune disorders.

- To be continued on next page -

Another culprit is the chemical reaction that happens in the body when we eat simple sugars and starches. For example, when we eat sugar or white bread, the effect on the body is an outburst of inflammation. Eating simple carbohydrates with a high glycemic index also causes blood glucose levels to spike and crash. Internally, sugar molecules attach themselves to protein fibers in every cell and this damaging process is known as glycation. The end products of glycation—Advanced Glycation End products—are known as AGE for short. As it happens, AGE is exactly what they do to our bodies and appearance. It accounts for accelerated aging, yellowing and stiffness of the skin and decreased circulation. Eating sugary and starchy foods shows up on the skin as a loss of radiance, dark circles under the eyes, the loss of tone, puffiness, increase of fine lines and wrinkles, and increased pore size. These foods also worsen acne, which is a systemic, inflammatory disease. I am not exaggerating when I say that sugar can rob you of your youth, health, and beauty. Glycation also robs the skin of its natural moisturizer which results in greater dryness and sagging. So, if we know that eating sugar causes wrinkles, one of the best things you can do for your skin is stay off sugary foods and refined carbs whenever possible. To effectively fight premature aging it is important that you adopt an “inside-out-approach.” First, follow a healthy, anti-inflammatory diet; eat more fresh fruits and vegetables and fish; increase your intake of healthy fats—avocados, coconut oil, olive oil, butter, flaxseed oil—in your daily diet and add fish oil supplements. Remember, you have to develop the guts to be beautiful. The smartest strategy for healthy skin is your effort to re-establish the friendly flora in your gut that keeps your body in balance and has your digestive system working. Make sure to avoid bacteria-disrupting drugs and contributing lifestyle factors. Take probiotics and digestive enzymes daily. Eat cultured foods like yogurt, kefir, sauerkraut, etc. daily. Reduce stress whenever possible. Then, combine this approach with effective topical treatments and clean up your skin care routine. This includes detoxifying your make up bag as well by starting to read labels. Avoid the daily use of aggressive, acid based skin care products; they cause the destruction of the skin’s protective barrier and lead to chronic inflammation. Repair and nourish the barrier function of the skin and help reduce inflammation by replenishing vital lipids. Look for serums or creams containing cold pressed olive oil, evening primrose oil, grape seed oil, almond oil, coconut oil, etc. Remember, never put anything on your skin you would not be able to eat. You may be better off just applying these oils directly to your skin rather than spending money on expensive lotions and potions. Try natural, plant-based enzymes to help reduce wrinkles and smooth coarse, discolored skin texture. Pumpkin and papaya enzymes are specifically helpful because they are loaded with natural vitamin A (beta carotene) for extra antioxidant benefits. They naturally brighten skin discolored from the effects of glycation.

Use daily UV and environmental protection to prevent free radical damage and avoid chemical based sunscreens which cause sensitivity and toxicity. Look for natural products that contain titanium dioxide and micronized zinc oxide—these are total UV blocks that will not clog pores or cause irritation. Also, coconut oil naturally filters out damaging UV rays. Now you are set—armed with the tools you need to take charge of your looks and your health! You will be amazed by what a huge difference adopting these simple strategies can make for your skin—and your life!

### MAY SPECIALS IN THE WHOLE FOODS PANTRY

Santa Cruz—Organic Peach Lemonade 32 oz.	25% OFF
Good Health—Olive Oil Potato Chips w/ sea salt	25% OFF
Amande—Almond Milk Yogurt—6 oz. assorted	25% OFF
Ginger People—Ginger Chews 4.5 oz.	25% OFF
Truroots—Sprouted Organic Grains assorted	20% OFF
Woodstock—Organic Pickles and Sauerkraut	25% OFF
Raw Revolution—Nutritional Bars assorted	25% OFF
R.W.Knudsen—Organic juices assorted 32 oz.	30% OFF
Manitoba Harvest—Organic Hemp Seeds 12 oz.	30% OFF
Spectrum Essentials—Organic Flax oil 8 oz. only	30% OFF
BioKleen—assorted natural cleaning products	30% OFF
CleanWell—Foaming hand-wash 9.5 oz. assorted	30% OFF
Kiss my face—Sun Care Products assorted	30% OFF
AND MANY MORE ITEMS!	

The WHOLE FOODS PANTRY will be moving to its new location across the street this month. Our new expanded business—ORGANIC ROOTS—will continue to be committed to organic, sustainably produced foods. Make sure to visit our new DELI & BISTRO which features nutritious artisan cuisine with fresh, seasonal, organic and local ingredients. Daily specials! DINE-IN OR TAKE OUT. 141 E. Chapman St, Ely Phone: 218-365-2799



“There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after the winter.

~Rachel Carlson