

# Natural Health News

October 2012

EVERGREEN SPA & WELLNESS  
ELY, MN

## ALTERNATIVE USES FOR SUGAR

Sonja Jewell  
NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

### Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



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Sugar has been called the "sweetest poison" of them all. It is the source of all sorts of health issues. It can have devastating effects on the body, throwing it out of balance, wreaking havoc on your intestinal tract and causing bad bacteria to proliferate, which can lead to a host of health problems. When clients come in for health evaluations, sugar is one of the first things they are advised to eliminate. But wait! Before you decide to toss out that bag of sugar sitting in your pantry, consider these ways to re-purpose this ingredient to get some positive, safe and healthy results in your garden, your kitchen, your home, on your body and in your beauty routine. Read on.....

**ON YOUR BODY and FOR YOUR BEAUTY:** To relieve a tongue burned by hot food or drink, reach for the sugar bowl and sprinkle a pinch or two of sugar over the affected area. The pain will begin to subside immediately. To clean filthy hands easily and thoroughly, pour equal amounts of olive oil and sugar into the cupped palm of one hand, and then gently rub your hands together for several minutes. Rinse thoroughly and dry. The grit of the sugar acts as an abrasive to help the oil remove grease, paint and grime. Your hands will look and feel clean, soft and moisturized. No first aid kit on hand? Treat minor cuts and scrapes with a sprinkle of sugar. This ancient germ buster is naturally antibacterial, and it speeds up healing as well, says Lillian Beard, MD, author of *Salt in your Sock and Other Tried-and-True Home Remedies*. Sugar also makes an excellent face or body scrub. Simply mix in up to 1 TBSP. of granulated sugar into your usual cream or liquid face wash, or mix into your body wash to exfoliate rough skin. Use on a weekly basis for brighter, smoother skin.

Instead of using store-bought, toxic and smelly hair removers you can make your own by making a paste of sugar (2 cups), lemon juice (1/4 cup) and water (1/4 cup). Heat the ingredients in a heavy saucepan to 250 F. Let cool, then pour into a heat resistant jar. The jar will be reheated in the future. Body sugaring is a method for removing body hair that is a homemade alternative to waxing or shaving. The theory behind body sugaring is that the hair is removed by the root, and when it grows back there will be less of it and it will be softer and not stubbly as it is if a razor has been used. This recipe is ancient and is still commonly used in Brazil and Egypt. The sugar paste is inexpensive to make, keeps well and is free of chemicals. When you are ready for waxing, simply rip clean, cotton fabric into 1-inch strips. The next step is very important: Reheat the jar but let the mixture cool enough so that it won't burn your skin. Test the mixture first before applying to sensitive parts of your body. Using a popsicle stick or dull knife, spread the cooled sugar mixture onto your skin. Cover with the cloth strips, let set for a few minutes and then rip off quickly as you would a bandage. The mixture can easily be washed off anything it comes into contact with, so you can re-use the cloth strips, and if it gets on clothes or the bathroom counter, it is not a big deal. In the future you can reheat the mixture to a warm, not hot temperature and reuse. Note that reheating will thicken the paste.

## MORE SWEET SOLUTIONS

**STAIN REMOVER and FLOWER FOOD:** You can remove grass stains by making a thick mixture of sugar and a few drops of water, and then work it into the stain. Let sit for up to 30 minutes, then wash as usual. Keep bouquets of fresh flowers lasting as long as possible by adding 3 TBSP. of sugar along with 2 TBSP. of vinegar to the water in your flower vase. The sugar provides nutrients to keep the clippings alive, while the vinegar fights off bacterial infections.

**KEEP DESSERTS AND CHEESES FRESH:** You used sugar to sweeten the cake batter; now use it to keep the finished cake fresh and moist. Store the cake in an airtight container with a couple of sugar cubes, and it will stay fresh for days longer. Store a few lumps of sugar with cheese the same way to prevent the cheese from molding.

**COFFEE GRINDER CLEANER:** After a while, coffee grounds can build up and dull the grinding blades. To eliminate the mess, simply grind about a 1/3 to 1/2-cup of sugar. Dispose of the sugar or repurpose it into garden uses below. The sugar will deodorize the grinder, acting as an excellent “cleaner” for coffee and/or spice grinders.

**PEST REMOVAL IN YOUR GARDEN:** You can use sugar to create an inhospitable environment for nematodes or tiny worms. Apply 5 pounds sugar for every 250 square feet of garden. Microorganisms feeding on the sugar will increase the organic matter in the soil, thereby eliminating those nasty little nematodes.

You can also make a wasp trap by making a simple syrup solution. Boil equal parts of water and sugar together. Then, pour into an empty soda bottle. Place outdoors near the wasp nest and watch the wasps fall into the trap.

For roach infestations, scatter a mixture of equal parts sugar and baking powder over the infested area. The sugar will attract the roaches, and the baking powder will kill them. Replace it frequently with a fresh mixture to prevent future infestations.

## OCTOBER SPECIALS

Woodstock—Frozen Organic Wild Blueberries 10 oz.	40% OFF
Woodstock—Organic Salted and Unsalted Butter 16 oz.	25% OFF
Woodstock—Organic Tofu, firm, water pack 14 oz.	25% OFF
Bakery on Main—True Bars, assorted 1.4 oz.	30% OFF
Bob's Red Mill—Gluten-free Oats, variety	30% OFF
Follow Your Heart—Vegan Cheese 10 oz.	30% OFF
Endangered Species—Chocolate Bars, assorted 3 oz.	30% OFF
Mary's Gone Crackers—Gluten-free Crackers, assorted	30% OFF
Mary's Gone Crackers—Organic Sticks & Twigs Snacks	30% OFF
Namaste—Gluten-free Mixes (Cake, Muffin, Brownie,...)	30% OFF
Nana's—Gluten-free Cookie Bars, assorted	30% OFF
Woodstock—Organic Cranberry Sauce, jellied, 14 oz.	30% OFF

AND MANY MORE ITEMS!

“Happiness is like a butterfly,  
which, when pursued, is always  
beyond our grasp, but, if you will sit  
down quietly, may alight upon you.”

~ Nathaniel Hawthorne



*NEW  
FALL  
MENU!!*

Organic Roots  Bistro

### FALL HOURS:

Thursday: 11 AM—3 PM  
Friday & Saturday: 11 AM—8:30 PM  
Dinner reservations are recommended!