

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

Broccoli-based Medicine

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Science has proven time and again that Mother Nature is the best physician, and food is the best medicine. Broccoli, for example—and to an even greater degree, broccoli *sprouts*—have been repeatedly shown to be one of nature's most valuable health-promoting foods, capable of preventing a number of health issues, including but not limited to: hypertension, allergies, diabetes, arthritis and cancer. Studies have shown that a broccoli compound, *sulforaphane*, is able to block a key destructive enzyme that damages cartilage and has anti-inflammatory and anti-cancer benefits. This beneficial compound can also be found in other cruciferous vegetables, such as Brussels sprouts, cauliflower and cabbage. Broccoli, however, is one of the richest sources of this potent compound, and broccoli *sprouts* appear to be one of the richest sources of all. The compound also has anti-diabetic and antimicrobial activity. Sulforaphane from broccoli plays a role in activating more than 200 different genes. Specifically, it appears that broccoli contains the necessary ingredients to switch ON genes that prevent cancer development, and switch OFF other ones that help it spread. This is something current chemotherapies cannot do, *but food can!* And you don't have to consume a truckload of broccoli to reap its benefits. A recent study found that just four servings of broccoli per week could protect men from prostate cancer. One serving of broccoli is about two spears, so that's only 8 broccoli spears per week. But research has shown that fresh broccoli *sprouts* are FAR more potent, allowing you to eat far more less in terms of quantity. This is also an excellent alternative if you don't like the taste of broccoli. Best of all, you can grow broccoli sprouts at home quite easily and inexpensively. Another major benefit is that you don't have to cook them. They are eaten raw, usually as an addition to salad. Researchers have found that broccoli sprouts help protect your skin from sun damage, which could potentially lead to skin cancer. Broccoli sprouts look and taste similar to alfalfa sprouts, and are easily grown at home. I strongly recommend using organic seeds, and a pound of seeds will probably make over 10 pounds of sprouts which translates up to as much cancer protecting phyto-nutrients as 1,000 pounds (half a ton) of broccoli. Sprouts can be grown in Ball jars but you can also grow them in soil in trays. For growing instructions visit: www.rawfoods-livingfoods.com ~ over ~



Your Diet Can Be a Powerful Cancer Prevention Tool

There is little doubt that one of the best ways to improve your health is to make sure you are eating plenty of fresh, organic vegetables, ideally locally-grown, with a large portion of them consumed raw. One of the most efficient ways to optimize your vegetable intake is to add sprouted seeds. Sprouting is undoubtedly one of the best ways to increase the nutritional content of your diet, as the sprouting process tends to increase nutrient content and bioavailability of those nutrients. Sprouts also contain valuable enzymes that allow your body to absorb and use the nutrients of all other foods you eat as well. Some sprouts, like sunflower seeds, have up to 30 times the nutrient density of even home-grown organic vegetables. Remember, variety is key. So while broccoli and broccoli sprouts are the focus of this article, they should be part of a wide variety of vegetables and legumes in your diet. There are many other foods that contain other cancer-protective nutrients and compounds, as well as so-called anti-angiogenetic foods, which effectively help “starve” cancer by preventing blood vessels from forming to feed microscopic tumors in the first place, such as: berries (strawberries, blackberries, raspberries, blueberries), cherries, red grapes, kale, turmeric, nutmeg, artichokes, parsley, garlic, tomato, maitake mushrooms, and green tea. Fermented veggies are another outstanding superfood. But whatever method you choose: raw, sprouted, cooked or fermented, do make it a point to eat your veggies. This is one food group that is incredibly diverse, so there is a wide variety to choose from and plenty to suit virtually everyone’s tastes. And, as you can see, mounting evidence shows that eating vegetables every day is a cornerstone to good health, and a habit that can go a very long way toward preventing disease of all kinds, including cancer. Sprouting is a wonderful way to get the most nutritional benefits. For more information on sprouting visit the following website: www.learnhowtosprout.com

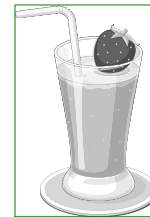
OCTOBER SPECIALS

Julie’s—Organic Ice Cream Bars, assorted	30% OFF
Natural Sea—Frozen Salmon Filets, 6 oz.	25% OFF
Woodstock—Frozen Organic Wild Blueberries or Raspberries	25% OFF
Mt. Vikos—Halloumi Cheese (Greek Grilling Cheese), 8 oz.	25% OFF
Woodstock—Organic Tofu (Extra Firm), 14 oz.	25% OFF
A. Vogel—Soothing Pine Cough Drops	25% OFF
Amy & Brian—Coconut Juice, 17.5 oz. assorted	30% OFF
Crunchmaster—7-Ancient Grain Cracker, 3.5 oz.	25% OFF
Explore Asian—Mung Bean Fettucchini or Blk. Bean Spaghetti	25% OFF
Flavor Organics—Assorted Extracts	25% OFF
Green Mountain Gringo—Medium Salsa, 16 oz.	25% OFF
Natural Sea—Skip Jack Tuna, 5 oz.	25% OFF
Patak’s—Mild Curry Paste, 10 oz.	25% OFF
Rising Moon Organics—Garlic & Basil Pasta Sauce, 14 oz.	25% OFF
SeaSnax—Seaweed Snacks, .18 oz.	30% OFF
Woodstock—Cranberry Sauce, 14 oz.	30% OFF
Yummy Earth—Fruit Snacks and Gummy Bears, 7 oz.	35% OFF

AND MANY MORE ITEMS!

BROCCOLI SPROUTS SMOOTHIE

- 1 medium banana
 - 1 stalk raw celery
 - 1/2 cup broccoli sprouts
 - Fresh mint
 - 1 TSP. Spirulina powder
 - 1/2 cup steamed spinach
- 1 cup coconut water or milk (or more if desired)
Blend all ingredients in your blender.



BROCCOLI SPROUTS-TOFU SPREAD ON WHOLEGRAIN TOAST

In a bowl mash 8 oz. tofu, 1 TBSP. white or brown rice miso, 4 TBSP. tahini, 2 TBSP. fresh lemon juice together with a fork until thoroughly mixed. Add salt and pepper to taste. Lightly chop broccoli sprouts, then fold into tofu mixture. Spread on whole grain toast and top with extra broccoli sprouts. Keep spread refrigerated in a covered jar.

Organic Roots  Bistro

will be closed during the month of October for seasonal maintenance. We apologize for any inconvenience.