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Natural Health News

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EVERGREEN SPA & WELLNESS CENTER
ELY, MN

NATURAL REMEDIES FOR BETTER SLEEP

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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
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Insomnia is our nation's silent health crisis. Almost half of all adults report having difficulty sleeping, but less than 10% discuss the issue with their doctor. I cannot overemphasize the critical importance of adequate sleep. Deep, restorative sleep cycles are a fundamental part of your body's repair process. Research suggests that chronic sleep loss raises your risk of metabolic syndrome by as much as 45 percent. It compromises the activity of appetite-controlling hormones, leading to a higher risk of both obesity and diabetes. Sleep deficiencies also suppress the immune system and the libido, decrease productivity, and can lead to other disorders like depression, chronic fatigue, heart disease, and cancer. Some of the potential causes of insomnia include: stress and anxiety, vitamin and mineral deficiencies, sugar handling imbalances, stimulants (caffeine and/or alcohol), lack of exercise, food and environmental allergies/sensitivities, hormone imbalances, restless leg syndrome, breathing disorders (asthma and sleep apnea) or hypothyroidism. If you suffer from insomnia, you may find that the gentle treatment suggestions in this newsletter will help you get a good night's sleep. If they don't, perhaps you want to call me at: 218-365-2288 to set up an appointment for a complete health assessment to determine the cause and to establish a wellness protocol with nutritional support. The first rule for insomnia sufferers is to monitor caffeine intake strenuously. Do not have any products containing caffeine—such as coffee, black tea, or chocolate—for 8 hours before you go to sleep. Drink alcohol only in moderation, and don't have any within 2 hours of going to bed. Sugar is another common culprit. After lunchtime, avoid sugary foods, even sweet fruits. At dinner, eat foods that are high in L-tryptophan, a chemical that stimulates serotonin, which in turn helps you produce melatonin and helps you sleep. Turkey, chicken, tuna, live unsweetened yogurt, etc. would be the best choice. Again, avoid simple carbohydrates and sugar completely and opt for complex carbohydrates, such as whole grains, if any. Deficiencies of calcium and magnesium can lead to insomnia. Be sure your diet is high in leafy greens, sesame and sunflower seeds, almonds, and walnuts. The B-vitamins are also essential for good sleep. Brewer's yeast or nutritional yeast is the best source. You can sprinkle some on your dinner salad or add a teaspoon to a bedtime glass of water or a green drink. However, have your last glass of water 2 hours before bedtime, or you will be up for other reasons. Simple changes to your lifestyle will often have a very beneficial impact, such as: get plenty of exercise during the day; try to go to bed at the same time each night, and treat your bedroom as a restful sanctuary by avoiding exposure to electro-magnetic fields (get the TV and computer out of your bedroom; use battery clocks near the bed!) and keep your bedroom in complete darkness. If there is even the tiniest bit of light in the room it can disrupt your circadian rhythm and your pineal gland's production of melatonin and serotonin. You should also get to bed as early as possible. Our systems, particularly the adrenals, do a majority of their recovering during the hours of 11 PM and 1AM. In addition, your gallbladder dumps toxins during the same period. If you are awake, the toxins back up into your entire system and cause further disruption to your health. You should also establish a bedtime routine. This could include meditation, deep breathing, using aromatherapy or indulge in a massage from your partner. The key is to find something that makes you feel relaxed, then repeat it each night. Most importantly, put your work away at least 2 or more hours before bed. This will give your mind a chance to unwind so you can go to sleep feeling calm, not anxious. OVER

There are natural sleep aids in the form of herbs, minerals, and nutritional supplements. One of them is calcium.....calcium is the body's natural tranquilizer. Just make sure it is a form of calcium the body can easily absorb such as CALCIUM LACTATE by Standard Process. There is also a mineral compound called MIN-TRAN which contains calcium lactate in combination with kelp and other minerals. Both supplements are available at the Evergreen Cottage—please make sure you ask for assistance. The most common herb to treat sleeplessness is Valerian. It was even used in ancient Greece to calm restlessness and nervousness. Valerian can be taken in the form of tea, tincture or pills. Sometimes a simple cup of valerian tea can induce sleep. Peppermint is another calming nerve herb that is frequently mixed with valerian for flavor. It is a digestive herb, as well as calming to the nervous system. Passionflower tea can aid with sleeplessness. In addition to teas, herbal compresses can be placed over the face, or under the pillow. Lavender is frequently used in this manner. Simply place fresh or dried lavender flowers into a small cotton bag and tuck it under your pillow to induce sleep. Lemon balm is another herb known to calm the nervous system and induce sleep. If you have trouble with frequent rising at night, do not drink tea too close to bedtime, but rather a few hours before. You will have the same medicinal effects from the herbs, but avoid the discomfort of a full bladder. Essential oils can have a dramatic relaxing effect. Many can help you get to sleep. Lavender, neroli, chamomile, and ylang ylang are some of the best. Marjoram is another sleep-inducing oil that has the additional benefit of warming and relaxing the muscles. You can add some drops of any of these oils to a bath or a massage oil, or sprinkle a few drops on your pillow. You might also like to add the oil to a diffuser in your bedroom. Most people with insomnia would benefit from a professional massage as well as home and self-care techniques. Take a hot shower, bath, or sauna before bed, it will facilitate sleep. If you have poor circulation, I recommend you wear socks to bed. The feet often feel cold before the rest of the body. A study has shown that this reduces the chance of waking up during the night. SWEET DREAMS!

**SEPTEMBER SPECIALS
IN THE WHOLE FOODS PANTRY**

Bob's—Pancake/Waffle mix 26 oz. variety	25% off
Bob's—Oat products - variety	20% off
Gerolsteiner Mineral Water 33.8 oz. glass	25% off
Rising Moon—Organic frozen pizzas 11 oz. variety	30% off
Nancy's—Organic whole milk yogurt 32 oz.	30% off
Ancient Secrets—Nasal Cleansing pot and salt	30% off
Julie's—Gluten-free Lemon Ice cream sandwich (frozen)	20% off
Nutiva—Coconut chips, organic, raw 6 oz.	25% off
Nutiva—Coconut oil, organic, raw, extra-virgin 15 oz. or 29 oz.	25% off
Raw Revolution—organic bars—new variety	40% off
R.W.Knudsen—Organic Mulling Spices	15% off
Santa Cruz—Organic Fruit spread 9.5 oz. variety	25% off
Sonoma—Muffaletta and Marinated Tomatoes	20% off
Farmer's Hen House—organic large brown eggs, GR A	20% off
Ginger People—Ginger chews 4.5 oz.	25% off
Jovial—Organic Pasta products—all varieties	25% off

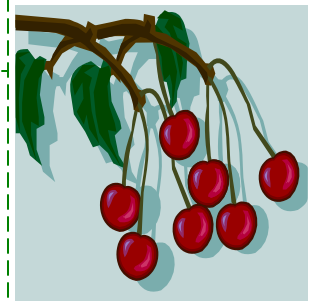
AND MANY MORE ITEMS!

QUINOA SALAD WITH CHERRIES

Try this nutty salad as a side dish or serve it over greens for a light meal. You will need 2–3 cups cooked quinoa (prepare grain according to direction).

For the dressing, mix 2 Tbsp. walnut oil, 3 Tbsp. fresh lemon juice and 1 minced shallot—season with salt and pepper.

Add this dressing to the cooked quinoa, toss gently, and refrigerate until chilled. Then add 1/2 pound of fresh cherries, halved and pitted; 1/2 cup of fresh herbs (such as parsley, chives, or mint), and 1/4 cup coarsely chopped walnuts. Toss to combine everything. Serve and enjoy!



“Eat sweet foods as you find them in nature”.

from FOOD RULES by Michael Pollan

CHERRIES AS SLEEP AID

It was discovered that tart cherries contain a significant level of melatonin and therefore is helpful as a natural sleep aid. Melatonin is a natural hormone that is produced by the pineal gland located at the base of the brain. It triggers sleepiness during night hours. An effective strategy for better sleep is to utilize nature. Tart cherries can be obtained in concentrate form and can be taken at the end of each day to improve the quality of resting time, to reset your biological clock and to encourage wakefulness during the day. Melatonin contained in cherries may also delay the effects of aging. Researchers at the University of Granada in Spain recently revealed that melatonin neutralizes the oxidative and inflammatory process caused by aging. So in other words, consuming cherries on a daily basis can help delay some illnesses related to aging. Tart cherries are readily available year-round. Dried and frozen tart cherries and cherry juice or juice concentrate are easy to find (available at the Whole Foods Pantry). Cherries contain many antioxidants which are responsible for their rich, reddish purple color. The antioxidants ease inflammation and prevent chronic illness. That could explain why eating cherries may help reduce pain in arthritis and gout sufferers. In fact, cherry juice is a virtual specific for preventing uric acid buildup and further attacks of gout. I recommend to patients with gout to take 1 teaspoon 2 times per day of cherry juice concentrate (without the sugar!) for the rest of their lives. Cherries have a low glycemic index and therefore are great for diabetics. Cherries have many nutritional benefits and you better grab them by the handful while you can. ENJOY!