Natural Health News

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EVERGREEN SPA & WELLNESS ELY, MN

CANCER PREVENTION

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Tuesday — Saturday 9 am-5 pm CLOSED SUNDAYS & MONDAYS

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Nobody ever wants to hear those three terrifying words: "You have cancer." And yet, the American Cancer Society reports that slightly less than one in two men and slightly more than one in three women will develop cancer in their lifetime. Cancer is the most feared disease but it can be prevented through diet and lifestyle choices according to the American Institute of Cancer Research. It is estimated that only 5 to 10% of all cancers are related to genetic defects. Recent studies have revealed that the majority of cancers are not linked to genetic abnormalities but are linked to other factors such as smoking, our environment, poor diet, physical inactivity and obesity. The good news is that simple changes can significantly reduce cancer risk. For example, the National Cancer Institute reports that exercising 30 to 60 minutes a day can reduce the risk of developing colon cancer by 30 to 40%. What's more, research suggests that even genetic predisposition to cancer can be influenced through diet and lifestyle. Genomic researchers emphasize that we have more control over our health than we may believe. Diet is one of the most profound ways one can reduce the risk of developing cancer. Countless studies have confirmed the cancer-protective effects of the Mediterranean diet. A recent one, published in the May 2015 issue of the British Journal of Cancer found that women who ate a Mediterranean diet reduced their risk of developing uterine cancer by 57%. Hallmarks of the Mediterranean diet are fruits, vegetables, whole grains, nuts, spices and olive oil. This diet also includes yogurt and red wine in moderation. As for protein, the emphasis is on fish, cheese, eggs and poultry, with red meat eaten only a few times per month. The Mediterranean diet is effective at reducing cancer risk due to whole, minimally processed foods brimming with health-protective elements, such as antioxidants, anti-inflammatory compounds, lots of fiber and healthy fats and beneficial bacteria. Another key benefit of the Mediterranean diet comes from its wide array of colors. Hundreds of studies have shown that people who eat more colorful fruits and vegetables are less likely to get cancer. Researchers have identified more than 25,000 different phyto-nutrients in plant-based foods. Best of all, the Mediterranean diet is delicious, inexpensive and convenient. Unlike so many other fad diets, this diet is also time-tested as people living around the Mediterranean Sea have been eating this way for around 5,000 years. While the Mediterranean diet is not vegetarian, it does focus largely on fruits and vegetables. The key is to consume two-thirds or more of your plate as plant foods so the animal protein then becomes a side portion. A 2015 study in JAMA International Medicine demonstrated that including fish in the diet lowers the rate of developing colon cancer significantly in comparison to vegetarians, vegans or meat eaters. ~ over ~ .

Processed meats should be avoided entirely but lean, grass-fed beef is a source of healthful essential fatty acids. Farmraised fish, especially salmon, can be high in toxic chemicals such as antibiotics. Always choose organic meat and wildcaught fish. Exercising, managing stress and getting enough sleep can all reduce cancer risk. Perhaps most importantly, if you smoke, you should quit. Smoking is a leading and direct cause of a variety of cancers—not just lung. The simple step of sitting less can significantly reduce cancer risk. One of the reasons movement is so important is that it helps maintain normal body weight. According to the AICR, obesity is now directly linked to an increased risk of nine different cancers including common cancers such as prostate, breast and colon. Exercise improves mood, enhances sleep, decreases fatigue and reduces not just cancer mortality, but overall mortality. The next lifestyle factor to address is stress management. While we cannot often control the amount of stress we are under, we can control how we react to it, and we can support our bodies during stressful times. It is important to focus on the things that bring joy to your life. Taking nature walks, reading, meditating and many other practices can help you relax and get more joy out of life. The key is to find what resonates with you and then make time—even if it's just a few minutes a day. Adequate rest is another key to reducing cancer risk. Numerous studies have illustrated the dangers of lack of sleep. Inadequate sleep is linked to reduced immunity, increase insulin resistance, poor digestion, hormonal imbalance, increased inflammation and weight gain. Researchers have discovered that while you sleep, brain cells shrink by 60% so that waste materials can be more easily removed from the brain. In addition, a full night's sleep helps balance appetite hormones. When you don't get enough sleep, your body produces more ghrelin, a hormone that stimulates appetite. That's one connection between lack of sleep and obesity. But while sleeping is essential, sleeping pills are not the way to get it. A 2012 study demonstrated that even minimal use (just under 18 pills a year) of prescription sleeping medication was associated with a 3.6-fold increase in cancer risk compared to those who took none. There are some foundational dietary supplements that have been significantly shown to reduce cancer risk such as vitamin D and omega-3 essential fatty acids. Because your cells need a certain amount of essential fatty acids to function properly and yet your body cannot manufacture them you must consume them in your diet through fish, nuts and seeds.

SEPTEMBER SPECIALS

Amira—Rice, assorted, 1 lb.	30% OFF
Back to Nature—GF Cereal, Sprout & Shine, 10 oz.	30% OFF
Barbara's Bakery—Cheese Puffs, assorted	30% OFF
Dang—Coconut Chips, assorted	30% OFF
Field Day—Organic Pretzels, 8 oz.	30% OFF
Honey Acres—Honey Mints in pouch, 6.25 oz.	30% OFF
Late July—Mini Sandwich Crackers, 5 oz. assorted	30% OFF
Mediterranean Organics—Organic Preserves, 13 oz.	30% OFF
Organico Bello—Organic Tomato & Basil Sauce, 25 oz.	30% OFF
R.W. Knudsen—Blueberry Pomegranate Juice, 32 oz.	30% OFF
Citrus Magic—Veggie Wash, 32 oz. refill	30% OFF
AND MANY MORE ITEMS!	



SEPTEMBER HOURS:

TUESDAY through THURSDAY 9 AM—6 PM
FRIDAY & SATURDAY 9 AM—8 PM
Closed Sunday & Monday
LUNCH SERVICE 11 AM—2 PM DINNER SERVICE 5 PM—8 PM
Dinner reservations are recommended!

SUPER SLIMMER SMOOTHIE

Blend the following ingredients with 4 ice cubes in a blender:

1/3 cup grapefruit (peeled)

1/4 cup fresh or frozen organic cherries

1/4 cup avocado (peeled with pit removed)

1/2 cup plain yogurt

1/3 cup vanilla whey protein powder

1 TBSP. almonds

Pinch of cayenne pepper

1/2 of filtered water

