

Natural Health News

November 2018

EVERGREEN SPA & WELLNESS
ELY, MN

TAKE CARE OF YOUR BODY



Sonja Jewell

NTS, CMT, CCWFN

Evergreen Cottage
146 E. Chapman St.

Ely, MN 55731

Phone: 218-365-2288

STORE HOURS:

Tuesday – Saturday
9:30 am-5:30 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment

Just a few days ago I received devastating news. My brother was diagnosed with throat cancer at age 51. He has been a heavy smoker and started smoking in his early teens. The prognosis is not promising and he is faced with the surgical removal of his larynx and a tracheotomy, a surgical procedure which consists of making an incision on the neck to open a direct airway in the trachea (windpipe). The resulting hole will serve as a site for a tracheal tube to be inserted; this tube allows a person to breathe without the use of nose or mouth. My brother is a very talented musician and guitarist and the reality of him losing his voice, and possibly his sense of smell and taste, must be very agonizing and so very dreadful. I hope and pray that he will have the strength to cope with the challenges that will come along the way. I have warned my brother repeatedly about the dangers of smoking and tried to stir him on a healthier path—as did many other family members—and I wish I had been more persistent before it was too late. Most people associate lung cancer with tobacco use but there are 16 cancers that can be caused by smoking. Every time a person takes a puff of a cigarette 7000 chemicals enter the lungs and spread to other parts of the body, including 69 known carcinogens. Here are some other eye-opening statistics: 1 in 8 cancer cases are caused by smoking, 1 in 5 cancer deaths are caused by smoking. It is never too late to quit. The body starts to repair itself 6 hours after the last cigarette and the risk of smoking will continually decrease after that. If tobacco smoking didn't exist, lung cancer would be a rare disease. A large portion of cancers of the mouth can be attributed to smoking, including 60% oral cavity and pharynx cancers, 77% of larynx cancers and 60% esophageal cancer cases. Cancer is largely a disease created by man. With the possible exception of stress and unresolved emotional conflicts, virtually every proposed cause of cancer has been around for thousands of years. Viruses, fungus, bacteria, parasites...they have always been present. One in every two men and one in every three women are expected to encounter cancer in their lifetime. The rise of cancer correlates precisely with the increased incidence of toxins. This includes cancer-causing additives in our foods as well as radiation from our cell phones. Cancer and most other illness is caused by a combination of toxins and poor cellular terrain. Poor cellular terrain can be described as cells which have not been properly nourished, hydrated, cleansed, and oxygenated. Cells that are put under stress by exposure to toxins, inflammation, and cellular stress can cause changes in the cellular mitochondria. In this process RNA instructions change so that the cells under stress revert to a primitive form of ATP energy production whereby the cells stop taking in oxygen and begin using glucose (sugar) to produce energy. The cells also refuse to die. They multiply, and create a protective layer which makes them harder to kill. Normally, when cells are taking in oxygen for respiration, oxidation from Reactive Oxygen Species (ROS) helps the cells undergo programmed cellular death via apoptosis. When oxygen is no longer taken in, such death does not occur. Cancer is a survival mechanism, as Andreas Moritz pointed out in his book *Cancer is Not a Disease—It is a Survival Mechanism*. Humans cannot break the laws of nature. They can only break themselves against these laws. Consider the human body and the natural laws that determine how the cells are nourished. The body is composed of between 80 and 100 trillion cells. Approximately one billion cells must be replaced every hour—24 billion cells a day. A section of skin the size of a quarter, 1/20 of an inch thick, contains: over 3 million cells, 36 inches of blood vessels, 144 inches (4 yards) of nerves, 1,300 nerve cells, 100 sweat glands. Each cell contains 300 to 800 “power plants” - mitochondria. ~ over ~



The body contains over 1,600 types of protein, each made of a different number and combination of about 20 to 22 essential amino acids. Every biochemical reaction depends upon a chemical response triggered and controlled by a specific enzyme system. Each cell must contain from 50,000 to 100,000 of these enzyme systems ready to go to work in a millionth of a second. To carry on the life process, each of the 80 to 100 trillion cells must digest constructive food, excrete waste, repair itself, and carry on other essential functions. Cancer refers to uncontrolled cell division that leads to a tumor or abnormal cell growth. Every cell requires all the known and unknown elements of nutrition. One extremely important way to prevent and/or treat cancer is nutritionally, through eating a nutrient-dense diet full of cancer-fighting foods. Today's use of processed foods, genetically engineered foods, and foods grown on depleted soil has greatly reduced the availability of proper foods needed to meet the body's requirements. As a result, the use of whole-food concentrates over an adequate amount of time is often necessary in order to correct deficiencies, promote healing, and return the body to homeostasis. Studies suggest that 30 to 40 percent of all types of cancer can be prevented with a healthy lifestyle and dietary measures. And other sources claim that this number is in fact much higher, with around 75 percent of cancer cases being lifestyle-related. Life is complicated on any given day. It is easy to forget that even the simplest of choices can lead to serious repercussions in your future. An excellent example is the decision to smoke. Smoking is not only physically addictive, it is psychologically addictive, altering the pleasure centers in your brain and rewiring what makes you "feel good." It is associated with other pleasurable activities such as socializing and drinking, which makes the habit even harder to quit. However, it is the long-term effects on your body that makes smoking a habit you need to remove from your life at any cost. It is the biggest obstacle to your health and the number one preventable cause of death and disease that exists. Smoking accounts for 1-in-5 deaths annually in the U.S.—almost half a million deaths every year that are 100% preventable. Smoking damages every single organ in your body. The most serious result of tobacco use is cancer. Every cigarette increases your risk. The only way to reduce your odds is to stop smoking. It is not easy to quit but there is help. According to a report published by the United States Surgeon General, the health benefits when you quit smoking are incredible and also immediate. Twenty minutes without a cigarette—your blood pressure drops. Twelve hours without a cigarette—your carbon monoxide levels return to normal. Two weeks without a cigarette—your lung function begins to improve. One year without a cigarette—your risk of heart disease is half that of a smoker. Five years without a cigarette—your cancer risk is cut in half. There are therapies available to support your desire to kick the habit. Cancer is a serious danger to your health and the risk is much higher if you smoke. Don't wait another minute and quit this dangerous habit. Electronic cigarettes are also on the market but they have not been confirmed safe. In addition, the e-cigarette industry has taken the approach of vaporizing at a higher than necessary temperature to get more vapor or a heavier nicotine hit. However, when you overheat glycerin and nicotine, you create formaldehyde which is a known carcinogen. I strongly advise against e-cigarettes. We all know someone who has a grandparent who "smoked and drank every day of their life and lived to be 100 years old" - and those people exist. They beat the odds. The majority of smokers will NOT beat the odds. As my brother will be fighting for his life as a result of poor lifestyle choices, I hope you will take this information to heart and take care of your body in any way you can. Your health is your most precious commodity. Please take good care of yourself.

*"Take care of your body—
it's the only place you have to live."*

- Jim Rohn

*"Those who have no time for healthy eating,
will sooner or later, have to find time for
illness."*

- Edward Stanley

Organic Roots  **Bistro**

Effective November 6th we will slightly change our store hours to better accommodate your shopping needs!

BUSINESS HOURS:

TUESDAY— SATURDAY 9:30 AM—5:30 PM
Closed Sunday & Monday



Happy Thanksgiving!

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

~ Melody Beattie

**With sincere Thanks and warm wishes.
It is our pleasure to serve you. Thank
you for your friendship and support.**

Organic Roots & Evergreen Cottage