



September 2014 Newsletter

Fall Fruits and Vegetables to Boost Immunity!

In the summertime it is so natural to consume lots of fresh fruits and vegetables! The warm weather, farmer's markets and picnics in the park all call for fresh fruit and vegetable salads. However, winter comes along and it usually includes weight gain, depression and cold/flu season. Fall comes with its share of immune boosting fruits and vegetables. We just need to be aware of what is currently in season. Keep our love for fruits and veggies going throughout the year to protect and boost our immune systems. Prepare your body to get through the upcoming seasonal changes.

- 1. Apples** - This is an obvious fruit that we associate with Fall, but aside from the fresh, crisp crunch what other benefits do we receive from this tasty fruit? Apples are packed with antioxidants and vitamin C and reduce chances of asthma and diabetes. Also, a good source of fiber and potassium!
- 2. Pumpkins** - Another produce we associate with Fall are pumpkins and pumpkin seeds! They contain Vitamins A and C, zinc and potassium for more immune boosting power. The seeds are a good source of omega-3's for heart health.
- 3. Sweet Potatoes** - Betacarotene in sweet potatoes helps the body absorb iron and protects from sensitivity to sunlight. It may also reduce the risk of arthritis.
- 4. Carrots** - Another provider of betacarotene and also Vitamin A for healthy eyes, skin and immune system.
- 5. Winter Squash** - Yet another vegetable full of betacarotene! The darker the color, the more nutrients it contains. Also, a great source of fiber and Vitamin C. Protects against cancer and type 2 diabetes.
- 6. Broccoli** - Full of calcium and vitamin C and can also reduce the risk of cancer.
- 7. Cauliflower** - Contains Vitamin K which helps avoid the loss of calcium. Good to team up with broccoli! Promotes bone strength and health!
- 8. Cabbage** - Also has cancer fighting abilities and may calm stomach issues and ulcers.
- 9. Dark leafy greens** - Leafy greens offer a wealth of benefits! Packed with folate, calcium, vitamin C and many other vitamins. The darker, the better! A good portion of our menu should include greens.
- 10. Garlic** - A must have for cold/flu season! Garlic is a natural antibiotic and antioxidant, to protect and promote health. Add to soups and sautee veggies for flavor and health benefits!

Source: <http://day2dayjoys.com/2013/10/fall-fruits-and-vegetables-to-boost-immunity.html>



Fall Sessions are about to begin!

Zumba
with Cheryl



Mondays @ 9:30am starting
September 8th

Gentle & Restorative Yoga
with Jenny



Thursdays @ 1pm starting
September 4th &

Sundays @ 12:45pm starting
September 7th

DIY Peel Off Face Mask

Items Needed:

- 1 egg white
- 1 tsp. lemon juice
- 1/8 cup water
- 2 tbsp. almond bran

Remove Egg Yolk,

Mix Ingredients, Apply to Face,

Peel After 20 Minutes

Removes Dead
Skin Cells
Improves Color



Foods that lower cholesterol

When the doctor measures your cholesterol levels, two types are being considered: First, LDL, otherwise known as the "bad cholesterol"; and second, HDL, considered the "good cholesterol." LDL delivers cholesterol to the body. Too much of it is a bad thing as it can build up in the arterial walls and restrict blood flow. HDL removes cholesterol from the bloodstream. Too little HDL is also risk factor for future heart disease. High cholesterol levels are attributed to several factors, such as genetics, dietary choices, body weight and smoking. Fortunately, you can choose to eat certain foods that will help lower cholesterol naturally, reducing the risk of a future heart attack or stroke.

Dietary tips to keep your cholesterol levels within a normal range

- **Switch from refined white grains to whole-grain items loaded with fibre.** Look for the words "whole grains" or "100 per cent whole wheat" on your food labels. Breads, pastas and even cookies are now available made with whole grains; as well as whole wheat, look for other whole grains such as kamut, spelt and rye.
- Enjoy **garlic** in as many recipes as you can for its cholesterol-lowering effects.
- **Eat seven to 10 walnuts or almonds per day.** Almonds and walnuts are loaded with beneficial fats called omega-3s, which protect against heart disease and high cholesterol.
- **Eat oily cold-water fish** such as salmon or tuna for its heart-healthy fats.
- **Sprinkle ground flaxseeds on your cereal or salads** or include in recipes for a delicious nutty flavour and a number of health benefits. Studies have shown consumption of flaxseeds to lower total cholesterol and LDL cholesterol. • When eating fruits such as apples or pears, **keep the skins on** to boost your fibre intake.
- **Have some oatmeal for breakfast.** Oatmeal offers high levels of dietary fibre, which has been shown to be beneficial in lowering cholesterol in over 40 studies. Oat fibre mixes with cholesterol in the small intestine and "mops up" excess cholesterol so that it is carried out of the body instead of being absorbed by the blood.
- **Add soy to your diet.** Studies show that 25 grams of soy protein per day can help to lower cholesterol and play a part in heart health.
- **Load up your plate with colourful vegetables.** Filled with fibre and phytonutrients (plant chemicals that prevent disease), they are sure winners to lower cholesterol naturally.
- **Eat more beans.** Beans contain soluble fibre that helps to optimize digestion and keep weight and cholesterol down. Add them to a salad or enjoy bean veggie patties instead of a regular beef burger.

In addition to incorporating the foods above into your meals, keeping cholesterol at a normal level also has a lot to do with what you are *not* eating. **Eliminating trans fats from the diet and keeping refined sugars and flours to a minimum** are necessary steps to take. A high intake of sugar has been linked with lowering of the "good cholesterol," HDL. Also make sure to **restrict your intake of saturated fats** such as full-fat meats and cheeses. Finally, don't forget to exercise regularly, and make sure to have regular checkups with your doctor to track your progress.

Source: http://www.canadianliving.com/health/nutrition/foods_that_lower_cholesterol.php



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Begin with a wide stance, toes pointing out and dumbbell in hand. Keep your core tight as you squat down until your knees are at a 90 degree angle. Alternate hands or hold dumbbell with both hands at the same time.

Brie, Apple, Arugula Quesadillas

Fuji apples offer a crisp counterpoint to the rich, creamy cheese. Substitute Honey crisp or Ambrosia apples, if you prefer.

Ingredients

- * 1 tbsp. Dijon mustard
- * 2 tsp. apple cider
- * 3 (10-inch) flour tortillas
- * 6 ounces Brie cheese, rind removed & cut into 1/4-inch-thick slices, divided
- * 1 Fuji apple, cored & cut into 1/4-inch-thick slices (about 1/2 pound), divided
- * 3 cups arugula, divided
- * 3/4 tsp. freshly ground black pepper, divided

Preparation

1. Combine mustard and cider in a small bowl; stir well.
2. Heat a large nonstick skillet over medium heat. Spread each tortilla with about 1 1/2 teaspoons mustard mixture. Place 1 tortilla, mustard side up, in pan. Arrange one-third of cheese slices over half of tortilla; cook 1 minute or until cheese begins to melt. Arrange one-third of apple slices over cheese; top with 1 cup arugula. Sprinkle with 1/4 teaspoon pepper. Fold tortilla in half; press gently with a spatula. Cook 2 minutes on each side or until golden brown. Remove from pan. Repeat procedure twice with remaining 2 tortillas, cheese, apple slices, 2 cups arugula, and 1/2 teaspoon pepper. Cut each quesadilla into 4 wedges.

Nutritional Information (per serving – 2 wedges):

Calories: 182, Fat: 7.4g, Saturated fat: 4.4g, Monounsaturated fat: 1.9g, Polyunsaturated fat: 0.2g, Protein: 8.2g, Carbohydrate: 20.6g, Fiber: 3.2g, Cholesterol: 24mg, Iron: 0.8mg, Sodium: 397mg, Calcium: 111mg

Source: Cooking Light OCTOBER 2010 <http://www.myrecipes.com/recipe/brie-apple-arugula-quesadillas-1000002012792/print/>

