

# VANILLA SUGAR SCRUB

This recipe is actually made in two different batches. The Scrub to look like candy corn. The white layer is only scented with vanilla. The Vanilla Pumpkin batch will come out a sandy brown color.

## INGREDIENTS

### Vanilla Sugar Scrub

- \* 1 cup sugar
- \* 1/4 cup coconut oil
- \* 1/2 tsp. vanilla extract

### Vanilla Pumpkin Sugar Scrub

- \* 2 cups sugar
- \* 1/2 cup coconut oil
- \* 1 tsp. pumpkin pie spice
- \* 1/2 tsp. vanilla extract
- \* 1/4 tsp. cinnamon
- \* 1/8 tsp. ground clove
- optional: red and yellow liquid food coloring

## INSTRUCTIONS

### Vanilla Sugar Scrub

1. Heat the coconut oil on the stove until melted.
2. Add vanilla extract and stir until fully combined.
3. Add vanilla and coconut mixture to the sugar and stir.

### Vanilla Pumpkin Sugar Scrub

1. Heat the coconut oil on the stove until melted.
2. Add spices and vanilla, and stir until fully combined.
3. Add liquid to sugar, and stir.

At this point, the mixture will be a light brown color. It can be used now, if you'd like, or you can divide it into two bowls for coloring.

**To create the yellow layer** - 4 drops of yellow food coloring

**To create the orange layer** - 4 drops of yellow and 3 drops of red for the red layer.

This amount of food coloring in the scrub will not stain your skin :)

Source: <http://www.smartschoolhouse.com/diy-crafts/vanilla-pumpkin-sugar-scrub/2>



## FALL SKIN CARE TIPS

Adjust your skin care routine for fabulous fall skin.

*As the days grow shorter, the temperatures drop, and the air becomes drier, your skin may lose precious moisture. Autumn is a time of transition, and the best autumn skin care routines will correct any summer damage that has occurred and prepare your skin for winter. Sun, chlorine, & saltwater may have taken a toll on your skin throughout the summer, so fall is a time to exfoliate & moisturize.*

**Follow these fall skin care tips for fabulous, healthy skin:**

**DITCH THE SOAP.** Fragrant soapy scrubs might feel (and smell) wonderful after a day at the beach, but they leave your skin dry. When fall arrives, switch to a soap-free hydrating cleanser. It's time to put away the gels and bring out the creamy body wash.

**EXFOLIATE WITH AN OIL-BASED SCRUB.** The summer sun and chlorine may have left your skin feeling dry and flaky. Start the new season off with a full-body exfoliation session. Oil-based scrubs are wonderful because they exfoliate and hydrate.

**SWITCH FROM LOTION TO CREAM.** As the air becomes drier, your skin needs a thicker moisturizer. Creams provide a stronger oily barrier, which means they both reduce water loss from the outer layer of skin and provide hydration to this layer of skin at the same time.

**PROTECT YOUR LIPS.** Start moisturizing now to prevent dry, cracked lips this winter. Use a non-petroleum based lip balm for best results.

**INVEST IN HAND CREAM.** Hands often become dry and cracked during fall and winter. An ounce of prevention really is worth a pound of cure. Start moisturizing your hands now to ensure soft, supple hands all winter long.

Source: <http://awomanshealth.com/fall-skin-care-tips/>



OCTOBER  
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NEWSLETTER



Creating Community  
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## 5 HOT HEALTH TIPS FOR OCTOBER

### HONEY! MY THROAT HURTS

When you're starting to get that scratchy sore-throat feeling, try these soothing solutions.

1. A dollop of honey in a warm lemon drink or herbal tea.
2. Gargle with warm salt water (1 tsp/5 mL of salt in 1 cup/250 mL of water).
3. Suck on sugar-free throat lozenges, hard candy or ice pops.
4. To help you sleep, try a humidifier or vaporizer with a little eucalyptus oil in your bedroom.

### FIRST AID AT YOUR FINGERTIPS

A staple in every medicine cabinet, cotton swabs now carry medicine, too. Rougier Pharma fills the cylinder of the swab with antiseptic, iodine or insect bite relief that's released into the tip by snapping off the other end. Perfect for travelling, the swabs are available at drugstores across the country.

### TRACK YOUR DIET

[Eatracker.ca](http://Eatracker.ca) lets you record your daily food intake and activity, then spits out personalized feedback (easy-to-follow reviews of your nutritional intake and the breakdown of protein, fat and carbs you're consuming) based on the guidelines set by Health Canada. Run by the Dietitians of Canada, this site is a good one to bookmark for a healthy approach. The best part: it's all free.

### IMPROVE YOUR MEMORY

If your mantra is "I can't remember," try improving your memory with the WETT method from The Memory Doctor (New Harbinger, 2005) by Douglas J. Mason and Spencer Xavier Smith.

**W:** Write it down. Keep an appointment calendar.

**E:** Eliminate distractions. Find a quiet space when you need to concentrate.

**T:** Take breaks. Focus on something different for a while, then go back.

**T:** Timing. If you're a morning person, do the complicated stuff before noon.

### OCTOBER IS EYE HEALTH MONTH

Adults should get their eyes checked every one to two years. For more info, call the Canadian Association of Optometrists at 1-888-263-4676 or you can visit [opto.ca](http://opto.ca)

Source: <http://www.canadianliving.com/health/prevention-and-recovery/article/5-hot-health-tips-for-october>



## PUMPKIN ROLL & APPLE HOP

Open your hips and keep your chest lifted as you squat down to pick up a pumpkin. Instead of picking it back up, stay low and walk forward in your squat as you roll your pumpkin across the patch. Slowly stand up as you reach an apple tree. Reach up to the right as you pick an apple, lifting your left leg up and out on the diagonal. As you reach up, push off your supporting leg and hop into the air, squeezing your butt and abs. Making sure to land toe to heel with a soft knee, repeat to the left, then again to the right and left. Squat back down to do your Pumpkin Roll but walk backwards this time. Repeat your Apple Hop.



Source: <http://www.redbookmag.com/body/health-fitness/advice/g460/fall-fitness-moves/?slide=1>

*Thank you FitnessWorks Members!*

*This is my last newsletter and it has been a pleasure getting to know each and everyone of you! I have made many friends over the last 6.5 years and for that I consider myself very lucky! Thank you!*

*This is not "Goodbye", just a "See You Around!"*

*With Warm Smiles & Laughs,*

*☺ Eva-Mai xo*

## ROASTED PUMPKIN-APPLE SOUP

*Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.*

### INGREDIENTS

- \* 4lbs. pie pumpkin or butternut squash, peeled/seeded/cut into 2-inch chunks (see Tip)
- \* 4 lg. sweet-tart apples, ie: Empire, Cameo or Braeburn unpeeled/cored/cut into 8ths
- \* 1/4 cup extra-virgin olive oil
- \* 1 1/4 tps. salt, divided
- \* 1/4 tsp. freshly ground pepper
- \* 1 tbsp. chopped fresh sage
- \* 6 cups reduced-sodium chicken broth or vegetable broth
- \* 1/3 cup chopped hazelnuts, toasted (see Tip)
- \* 2 tps. hazelnut oil



### DIRECTIONS

1. Preheat oven to 450 °F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

**MAKE AHEAD TIP:** Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.

**TIPS:** Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

**CUT DOWN ON DISHES:** A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

**NUTRITION:** **Serving size:** about 1 cup **Per serving:** 180 calories; 9g fat; 6g fiber; 25g carbohydrates; 3g protein; 34mcg folate; 0mg cholesterol; 11g sugars; 14381IU vitaminA; 24mg vitaminC; 62mg calcium; 1mg iron; 525mg sodium; 570mg potassium

Source: <http://www.eatingwell.com/recipe/252473/roasted-pumpkin-apple-soup/>