

# September 2016 Newsletter



## Fall Vegetable Curry

Embrace Indian flavors by making this vegetarian meal that only takes about 30 minutes from start to finish. **Yield:** 4 servings (serving size: 1 cup curry and 2 tablespoons yogurt)

### Ingredients

- \* 1 1/2 teaspoons olive oil
- \* 1 cup diced peeled sweet potato
- \* 1 cup small cauliflower florets
- \* 1/4 cup thinly sliced yellow onion
- \* 2 teaspoons Madras curry powder
- \* 1/2 cup organic vegetable broth (such as Swanson)
- \* 1/4 teaspoon salt
- \* 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- \* 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- \* 2 tablespoons chopped fresh cilantro
- \* 1/2 cup plain 2% reduced-fat Greek yogurt



### Preparation

1. Heat olive oil in a large nonstick skillet over medium-high heat. Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth and next 3 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro; serve with yogurt.

**Nutritional Information:** Calories 231, Fat 3.9g, Protein 10.4g, Carbohydrate 40.8g, Fiber 8.6g, Cholesterol 2mg, Iron 2.5mg, Sodium 626mg, Calcium 106mg

**Source:** <http://www.myrecipes.com/recipe/fall-vegetable-curry>

## 6 Ways to Stay Healthy This Fall

*Our health tends to be put on the back burner when the colder weather begins; combine that with the stress that the upcoming holidays can bring and we have a recipe for disaster. With that in mind, here are 6 ways to stay motivated and maintain your health routine this fall*

- 1. Set Goals and Limits** - If goals are excessively restrictive or vague, you will be less likely to rise to the challenge. Establish clear nutrition and health goals (dessert two times a week; a half-hour walk five times a week, etc.). Consistency is key to success with anything in life, but especially when it comes to your health.
- 2. Your Daily Game Plan** - Make your daily routine habitual and try to keep things at the same time each day. Keep up with your workouts, natural health regimen (yoga, chiropractic adjustments, acupuncture) and develop a consistent routine for healthy eating. Once you experience how great your body is designed to feel and function – you will feel sluggish and unsettled if you start missing your adjustments, workouts or eating unhealthy, which in itself is a strong incentive to get back on track
- 3. Fall Superfoods** - Eating seasonal fruits and veggies ensures your produce will be less expensive, more nutritious and definitely taste better, which in turn means you'll be likely to eat more of these healthy foods. Summer may be ending, but with fall superfoods like pumpkins, apples and Brussels sprouts ripening now, eating in season can be just as healthy now.
- 4. Boost Your Immune System** - Unfortunately for some, back to school time can also mean getting sick time. To help avoid that this fall, be sure to follow these simple tips: limit your sugar intake, eat simply and nutritiously, get regular chiropractic adjustments, and boost up your supplements.
- 5. Stay Hydrated** - This is an easy one to follow in the summer, but come fall, you may not feel as parched. However, staying hydrated is still crucial to keeping your body running at its best.
- 6. Keep Moving in the Cold** - You don't have to go outside to move more throughout the work day. Try fashioning a DIY standing desk or workstation, take meetings on the go or simply do a few laps around the office when you can as the weather cools.

Source: <http://www.mindbodygreen.com/0-6301/6-Ways-to-Stay-Healthy-This-Fall.html>

## Twisting Windmill



Legs extended and lifted up 90° and then dropped to one side and then the other.





**Perfect Form:** Avoid bouncing your feet off the floor before you move back up to centre.



## Fall Superfoods

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They're the perfect excuse to get cooking on cool nights!



-  **APPLES** Harvest season: **August–November**
  - Full of antioxidants • 4 grams of dietary fiber per serving
-  **BRUSSELS SPROUTS** Harvest season: **September–March**
  - 1/2 cup contains more than your DRI of vitamin K • Very good source of folate • Good source of iron
-  **PARSNIPS** Harvest season: **October–April**
  - Rich in potassium • Good source of fiber
-  **PEARS** Harvest season: **August–February**
  - Good source of vitamin C and copper • 4 grams of fiber per serving
-  **RUTABAGA** Harvest season: **October–April**
  - Good source of fiber • Good source of vitamin C
-  **CAULIFLOWER** Harvest season: **September–June**
  - Compounds that may help to prevent cancer • Phytonutrients may lower cholesterol • Excellent source of vitamin C
-  **SQUASH** Harvest season: **October–February**
  - Contains omega-3 fatty acids • Excellent source of vitamin A
-  **PUMPKIN** Harvest season: **October–February**
  - Rich in potassium • More than 20% of your DRI of fiber • Good source of B vitamins
-  **SWEET POTATOES** Harvest season: **September–December**
  - Excellent source of vitamin A • Good source of iron • Anti-inflammatory benefits
-  **TURNIPS** Harvest season: **September–April**
  - The roots are a good source of vitamin C • Turnip leaves are an excellent source of vitamins A, K, and folate
-  **POMEGRANATES** Harvest season: **August–December**
  - A UCLA study showed pomegranate juice has higher antioxidant levels than red wine • Good source of vitamin C and folate
-  **DATES** Harvest season: **September–December**
  - Low in fat • Good source of fiber • Good source of potassium
-  **KIWI** Harvest season: **September–March**
  - More vitamin C than an orange • Good source of potassium and copper
-  **GRAPEFRUIT** Harvest season: **September–April**
  - More than 75% of your daily recommended intake (DRI) of vitamin C • Good source of lycopene • Contains pectin, which has been shown to lower cholesterol
-  **TANGERINES** Harvest season: **November–April**
  - Good source of vitamin C • Good source of beta-carotene



Note: DRI=Daily Recommended intake Edited from: <http://www.health.com/health/gallery/0,,20307323,00.html>

FALL IN LOVE  
WITH TAKING  
CARE OF  
YOURSELF.  
MIND.BODY.  
SPIRIT.

### DIY Apple Hydrating Mask

\* 1/2 an apple \* 1 tablespoon warm milk \* 1 egg yolk \* 1 tablespoon pure oatmeal (optional, but recommended)

#### Directions:

1. Puree the apple in a food processor, blender, or any other appliance used to puree food. (Leaving the peel on the apple is optional.)
2. Add the warm milk, and mix until blended.
3. Add the egg yolk and break it a bit. Next, mix it in and be sure to bind all three ingredients together.
4. If you see that your mixture is a bit too runny, add a bit of oatmeal to make it more spreadable.
5. Spread the mixture on your face. Using the back, curved part of a spoon is the easiest way.
6. Leave on for 10-15 minutes, and wash/rinse it off with warm water.
7. Pat dry with a towel.



Source: <http://www.wikihow.com/Make-an-Apple-Facial-Mask>

Yoga with Jenny  
this Fall!

Hatha or Vinyasa Yoga  
Wednesday September 14<sup>th</sup>  
@ 7:30pm

(Type to be determined based on  
interest of participants)

Gentle & Restorative Yoga  
Sunday September 18<sup>th</sup>  
@ 12:15pm