



Full Bodied Nutrition

Your Holistic Hub



Hello, OCTOBER!

'Tis the season for pumpkins and apples! Eating seasonally has so many health benefits that the body understands. Eating locally supports local farmers, but it also means less transportation which reduces our global impact, less refrigeration, less shelf time and more fresh possibilities which all equals MORE NUTRIENT DENSE and better taste. Farmers markets are bursting with fresh local apple and pumpkin varieties.

Some important health benefits of apples and pumpkins include being especially high in antioxidants. Apples and pumpkins contain flavonoids, which are a group of phytonutrients that are highly bioactive (have an effect of living tissue) and play a wide variety of different roles in plants, animals and humans.

Also included are polyphenols, which are micronutrients that we get from plant foods and can provide antioxidant and disease protection. These micronutrients give a plant their color as well as help to protect it from various dangers.

Vitamin C is another important antioxidant to mention. It promotes health by providing protection against free radicals, it is required by the body to produce collagen (which plays a critical role in the structure of our bodies and are the framework of our skin and bones). Vitamin C is also necessary to make certain neurotransmitters, which carry signals around our brains and throughout the Nervous systems.

An apple a day really does keep the doctor away!



Upcoming

My goodness how time flies by! Welcome Fall. Brisk mornings, changing leaves and sweater weather... our

favorite!

This month we be launching a monthly meal subscription plan. This will offer our clients the ability to have all their monthly meals planned out, based on your likes, dislikes, food allergies or intolerances. We do the planning work, you enjoy the meals. Included in this service will be 3 nutritious meals and 2 healthy snack options along with a weekly grocery list. Let's take the guess work out of mealtime! Stay tuned for more details.

Furthermore, Come Dine with Us will be airing on Facebook Live, on October 31st at 6 pm (EST).



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Nourishment: Apples contains soluble fibre, in the form of pectin, which aids in digestion and insoluble fibre which promotes regularity. They are easy to pack, store and transport. They can help to regulate blood sugar due to their polyphenols.

Lifestyle: As we move into the colder months, we tend to want to stay inside where it is warm. Keep in mind that we need sun and fresh air for mood regulation, for energy levels, and for sleep. Get dressed warm and head outdoors! We live in a great city where we have beautiful walking or bike paths. What a great opportunity to reduce stress and see all the colors of fall.

Psycho/Spiritual Connection: Did you know that fear is the emotion of the bladder and kidneys. These organs are associated with the water element. It normally is an adaptive emotion, however it can become chronic when we ignore it. Kidney issues can arise if we are dealing with fear, such as a change in life direction or unstable living conditions.

NSV: This month's non scale victory goes to Janice, while doing yard work, shoveled 4 large loads of river rock and relocated them without injury, pain or any negative repercussions. Feeling strong!

One's Wellbeing: This is your reminder that it's so important to take time for you...for doing what makes you happy. Some great examples include reading, listening to music, volunteering, working out, having a spa day, laughing with loved ones, spending time outside in nature, drawing and journalling. Only when we take care of ourselves can we take care of others.

Wellness Challenge: This month's Wellness Challenge is about reducing our exposure to chemicals, including Electromagnetic toxicity. This month we will be

sharing information how to reduce our exposure and reduce our toxic load.

Light of any kind can suppress the secretion of melatonin which is our sleep hormone. It throws off the body's biological clock, also known as our circadian rhythm, out of whack. As a result our sleep suffers. No bueno!

Harvard Medical School suggests avoiding blue light screens (cell phones, ipad, computer screens, TV) for 2-3 hours before bed.

We are asking you to start with one hour before bed. Try creating a new bedtime routine. Having a bath, reading a book, dimming the lights in your home, using candles and using a salt lamp are all good ways to help promote the production of melatonin.

Reducing blue light exposure, getting enough sunlight during the day and practicing grounding can help restore the circadian rhythm.

Follow us on Facebook and Instagram for more tips about our Wellness Challenge!

**Wishing you well,
Janice and Ginette**



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