



Full Bodied Nutrition

Your Holistic Hub



Happy September Friends!

Was your summer celebrated with Family and Friends, Blue skies and Sunshine, Dinner and Drinks?

September is a good time to get back into routine. Summer vacations are over, the days are getting shorter and we are starting to get ready for the winter months. Here are some ideas that can help you brace the winter months that are around the corner, with open arms.

Invest in a good pair of boots, some warm clothing and learn to dress like an onion...in layers! Prepare the car with winter tires and an emergency kit in case of you get stuck in a jam. Better safe than sorry.

Find a winter activity that you enjoy. Fall and winter hikes mean NO BUGS so that needs to be celebrated! Snowshoeing, cross-country or downhill skiing and skating are great ways to get outside and enjoy the winter months. Get outside and enjoy some fresh air and keep moving!

Prepare warming foods like nourishing stews and soups that help to warm you up from the inside. Treat yourself to warm Epsom salt or bubble baths.

Fall and winter houses holidays like Thanksgiving, Christmas, Hanukkah, New Years and Valentines day! Get festive and add some sparkle to those holiday times with loved ones.

Plan a To-Do list of new things you would like to try, either indoors or out! Maybe you want to master baking cookies, take up knitting or try downhill skiing!

Upcoming



We are excited to share with everyone that we are now currently offering **Corporate Packages** and **Lunch 'n Learn** opportunities. Contact us for more information.

We are always excited to talk about **Come Dine with Us**.

Join us for our live broadcast. A cup of deliciousness, spoonfuls of laughter with a splash of learning. Why would you want to miss it?? Our next broadcast is September 26th at 6 pm (EST)

See you in the kitchen!!



The Holistic Hub

Nourishment: During the summer months, it is easy to get our fill of Vitamin D. It can, however, be a little more tricky as we move into shorter days. Vitamin D is a fat soluble vitamin and a vital part of allocating calcium to bones, but it also affects many other aspects of our health. Good sources of Vitamin D in foods include salmon, sardines, cow's milk or fortified non dairy beverage, tuna, eggs and Shitake mushrooms.

Lifestyle: Vitamin D deficiency has been linked to increased risk of depression, osteoporosis and muscle weakness. Vitamin D can be acquired through **SAFE SUN EXPOSURE**, foods, and supplements and works best in the presence of calcium and Vitamin A.

Psycho/spiritual Connection: Did you know that the if the Crown Chakra, based at the top of the head, is "blocked", one might experience issues with the sleep and wake cycle and feel disconnected from your body or with others? Some ways to help support the Crown Chakra are to spend more time outdoors, in the fresh air, sunlight and in nature.

NSV: This months NSV goes to Ginette, Janice, Jenna-Lee and Lisa. They successfully completed their first, but not last, 5 km Girl Mud Run in 1 hour 12 minutes! Way to go girls!! The run was a community fundraiser for Breast Cancer.

One's Wellbeing: Ginette had the opportunity to help a stranger and pay it forward this month that touched her heart and it emphasize the importance of being a kind person. In today's society, kind is, unfortunately, no longer the norm. The people she helped told her that they would finally be able to "sleep peacefully" with the help that Ginette was able to provide them with. It costs nothing to be a

kind human.

Wellness Challenge: Our Wellness Challenge this month is all about KINDNESS. Help someone cross the street, let them in front of you in line, open a door for someone, make eye contact and smile... it will change their day and yours as well.

Wishing you well,
Janice & Ginette



©2019 Fullbodiednutrition.com | Fullbodiednutrition

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®