



## RESTORING HEALTH &amp; RELIEVING DISCOMFORT

As autumn brings crisp air and changing colors, it's a natural time to gently recalibrate our daily rhythms for the season ahead. Grounding your days with morning light, warm nourishment, and intentional hydration keeps your energy steady and your immune system resilient. Let's embrace this crisp season by tending to our health with simple, restorative daily care. Make yourself a priority ~ you deserve it!

**Perfect Recipe for a Fall Day**

This 2-minute, highly digestible elixir is designed to support circulation, soothe digestion, and deliver grounding autumn warmth. Heat the following in a saucepan over medium heat:

- 1 cup almond or oat milk
- 1 Tbsp pumpkin puree
- 1 tsp pure maple syrup or honey
- ¼ tsp ground ginger
- ¼ tsp ground cinnamon
- a pinch black pepper & salt

Mix with a frother & pour into your favorite mug!

**Settle Into The Season**

Cooler evenings, cozy blankets and earlier sunsets make fall the perfect season to slow down and settle in. But if your mind doesn't always get the memo, Vitalay's blend of calming herbs can help support relaxation and more restful sleep. Think of it as a little extra help shifting from "go mode" to "cozy mode" at the end of the day. Like all the supplements I share, Vitalay uses thoughtfully selected plant-based ingredients to support your body naturally.

**Did you Know???**

Are you wondering why autumn leaves you feeling a bit sluggish and you are more prone to catching a bug? We will be highlighting tips on our social media this season to keep you energized and healthy. In our latest blog post you can discover how two simple daily shifts can restore your energy and offer some immune resilience: [bit.ly/46JDyD4](https://bit.ly/46JDyD4)

