



Healthy Fall

Health Information
September 2024



Here we are again with a new month. Time is sure flying by. Here comes the cooler temperatures and hello PUMPKIN everything! This month I wanted to focus on having a Healthy Fall. I don't know about you but, I love the beautiful colors we are blessed with this time a year. Enjoy September and let us welcome fall with open hearts and minds. My information came from WebMD, Mayo clinic, and CDC.

Did you know seasonal allergies are not just for the summer?

Allergies are very common to hang around until the end of autumn. Ragweed and falling foliage can contribute to outdoor mold and spore growth. Also fallen leaves and wood piles hold the perfect hiding places for these allergens.

Take advantage of the in-season veggies for fall:

1. Beets
2. Brussels sprouts
3. Cabbage
4. Carrots
5. Cauliflower
6. Eggplant
7. Kale
8. Squash

Here are a few tips to help you enjoy a healthier holiday:

- Prioritize protein
- Reduce use of butter
- Remove the turkey skin
- White meat is healthier than dark meat
- Use smaller amounts of salad dressings
- If you want dessert take a small amount and plan for it in your meal
- Eat more fruits and vegetables instead of candy
- Drink plenty of water
- Eat slow
- Enjoy the time with family and friends

Enjoy the beautiful weather and Stay Active. Spending time outside can boost our moods and help our overall wellbeing. Plus this time of year you can see the beautiful colors and cooler temperatures.

Be prepared for the illnesses. Wash your hand frequently, eat healthy, exercise, drink water, get plenty of rest, and follow up with your doctor if you are not feeling well. Also, you can get a flu vaccine to help protect you against the flu.

Ways to help with less daylight. This time of year the daylight starts to get shorter and shorter. This can cause Seasonal Affective Disorder. Here are some tips to help with SAD.

- Make a habit of getting outside and go on a daily walk. The fresh air and the change of scenery can help your mood.
- Add Vitamin D to your diet
- Stick to your commitments and plan a fun activity
- Be involved with family and friends
- Move your body and be active
- Reach out if you are struggling with this

Thank you for taking the time to read or glance at this information and hopefully you find it helpful. Have a wonderful and blessed day. Please enjoy ***The Starfish Story***.

Blessings,
Danielle



THE STARFISH STORY

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean.

Approaching the boy he asked: "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Do you realize there are miles of miles of beach and hundreds of starfish?" "You can't make any difference."

After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said;
"I made a difference to that one."

— Loren Eiseley

