

HEALTH & NUTRITION

DISCOVER YOUR POTENTIAL

FEATURED ARTICLE

The Aches & Pains of Getting Older

MOST PEOPLE SEE ACHEs AND PAINs AS A NORMAL PART OF GETTING OLDER. ARE YOU DOING THE RIGHT THINGS TO SUPPORT YOUR BODY THROUGH THE AGING PROCESS AND KEEP YOUR JOINTS STRONG AND HEALTHY?

These days, almost all people over 40 experience some weakness in their weight-bearing joints. But, we also don't have the healthiest of diets these days either... Coincidence? I think not!

Joints in the knees, hands, wrists, elbows, hips, ankles and over 200 bone surfaces in the back are all subject to degenerative changes, but that doesn't mean we can't provide the right tools to ward these changes off or keep them at bay.

Cartilage is the rigid connective tissue that provides skeletal support and protects the underlying bone tissues. After water, collagen is the second most abundant ingredient in cartilage and is the "glue" that holds cartilage together.

The body needs precursors in order for healthy collagen synthesis. These include amino acids, vitamin C, iron, copper, and manganese.

So, the next time you want to write off your joint pain or stiffness as "just getting older", I challenge you to take a look at your diet - is it giving your body what's needed to keep your joints functioning well?

Ingredients for Healthy Joints

- + Water - This essential nutrient makes up 65-80% of the cartilage tissue. Drink at least 1/2 your body weight in oz. daily to support and lubricate your joints.
- + Amino Acids from Quality Proteins (including collagen protein, grass-fed meats, wild fish, pastured chicken/turkey)
- + Essential Fatty Acids help to regulate the body's inflammatory system, reducing swelling and pain (found in coconut oil/ coconut milk, avocado, nuts/seeds, wild fish)
- + Antioxidants and Minerals found in organic fruits and vegetables.
- + Exercise - Mild to moderate daily movement.

Consider what adding some grass-fed collagen protein (*see this month's recipe for more info on collagen protein*) and some extra servings of veggies may do for you...

If you are struggling with joint pain and need guidance on how to bring your body back to balance, come on in for a complimentary nutritional therapy consultation.

? DID YOU KNOW

Our diet effects more of our life than most of us would like to admit. In fact, all those breads, pastas, cookies, starbucks drinks and more are void of nutrients and even worse, ultimately result in hormonal imbalances that control our every day life and mindset. Even a healthy diet that is not properly balanced (ie. too many carbohydrates resulting in underlying blood sugar issues) can play with our minds by influencing our hormones. Sounds crazy? Well, it's true!

We look at the world through the glasses of our hormones:

- + If you have too little serotonin, the world looks depressing.
- + If you have too much testosterone, the world looks aggressive - too little and the world looks meek.
- + Too many glucocorticoids make the world look stressful
- + And the list goes on....

If you haven't accepted that your diet is influencing more than just your health, perhaps it's time to take a deeper look.

HEALTH & WELLNESS TIP

Changes can be overwhelming, but the good news is that sometimes, a little bit can go a really long way!

Each week or month (whichever is realistic for you), pick one health change that you would like to make and focus on only that one to start and master.

Perhaps first, you just drink more water - that can help with digestion, joint pain, muscle aches and more!

Seemingly little changes have a big impact! Go for it!

UPCOMING EVENTS

SATURDAY OCTOBER 1ST - 9AM

StrongFirst Tactical Strength Challenge



INTEGRATIVE NUTRITIONAL THERAPY

with Jessica Sullivan, Nutritional Therapy Practitioner

CALL TODAY FOR YOUR COMPLIMENTARY CONSULTATION

(845) 547-0479 or email us at info@nourishmonroe.com

Featured Food

Pumpkin is considered a winter squash, like acorn or spaghetti squash and is rich in carotenes. Pumpkin delivers a powerful punch of vitamin C and B1, folic acid, pantothenic acid, potassium and dietary fiber. Winter squashes have been shown to have a protective effect against many cancers, heart disease and type 2 diabetes, with pumpkin consumption being the most protective of the squashes.



Choose pumpkins and other winter squashes that are firm, heavy for their size and have dull, not glossy, rinds. Always store outside of direct sunlight or extreme heat/cold.

Pumpkin and other winter squashes can be used in a variety of fun ways throughout the year!

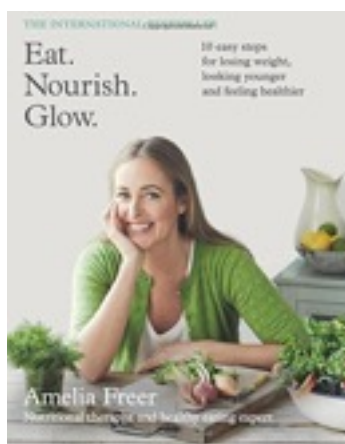
- + Cook your winter squash as a substitute for mashed potatoes.
- + Use spaghetti squash as a substitute for pasta in your favorite dish by baking or steaming until cooked and using the "strings" of the squash for your noodles topped with sauce.
- + Top pureed winter squash with cinnamon and honey for a delicious treat.
- + Combine pureed winter squash with applesauce. Serve alone or use as an oatmeal topping.
- + Roast your pumpkin or other squash with honey, balsamic vinegar and garlic.
- + Make a squash soup using quality store-bought or homemade broth.
- + Add to stews and other hearty fall recipes for extra nutrition and flavor.

However you choose to enjoy your winter squash make sure to balance your meals with a good ratio of proteins and healthy fats to accompany these healthy carbohydrates.

Book Recommendation

Eat. Nourish. Glow.

Amelia Freer



Eat. Nourish. Glow. provides a simple 10 step program from nutritional therapist and celebrity consultant, Amelia Freer, to rid your kitchen and your body of irritating foods that could be damaging your health.

Intimidated? Don't be. Freer shows you how to gradually wean yourself off of gluten, sugar, and dairy; quit the snack habit; cut back on caffeine and alcohol; and incorporate nutrient-rich foods into your daily diet.

The book also includes 25 easy and delicious recipes to help get you started on a better path of health and wellbeing. This is an essential guide for anyone seeking

to make positive changes and is written in a humorous, easy-to-read and supportive tone.

Eat. Nourish. Glow. is available on [amazon.com](https://www.amazon.com) in both kindle and paperback versions.

RECIPE OF THE MONTH

Pumpkin Spice Smoothie



Fall is here and this smoothie is the perfect way to satisfy your pumpkin spice craving. Packed with vitamins and minerals, this smoothie is great for breakfast or a late night snack!

Pumpkin provides tons of antioxidants and healthy carbohydrates while the coconut milk fills you up with important good-for-you fats. Coconuts contain medium-chain fatty acids which are easily absorbed and preferentially used as an energy source, the burning of which actually increases the body's metabolic rate. Blackstrap molasses provides a ton of potassium, a significant mineral for heart function and overall muscle health and sea salt provides other trace minerals to help our body function optimally.

To up the nutritional balance of this smoothie even more, add 1-2 tbsp of grass-fed collagen protein. Great Lakes brand collagen is available on amazon.com or your local health food store and adds flavorless, easily absorbable protein with no added junk! It's your best bet for a protein supplement.

Make this to your liking by tweaking the recipe a bit. A tad more liquid turns it into a smooth creamy drink, while a bit less creates a thick pumpkin spice pudding you can enjoy with a spoon.

Ingredients:

- + 1 cup bpa-free canned organic pumpkin
- + 3/4 cup full-fat coconut milk, chilled
- + 1 1/2 tsp raw honey
- + 1/2 tsp blackstrap molasses
- + 1 tsp pumpkin pie seasoning or cinnamon
- + 1/4 tsp sea salt

In a blender or food processor, combine all ingredients and blend until smooth. Makes 1 serving. This will be a thick, almost pudding consistency, for a thinner smoothie add an additional 1/4 cup of coconut milk or water.