

HEALTHY LIVING WITH TAMMY



Oh how I just love pumpkins! The picture above shows not only shows pretty pumpkins, but something that can provide extraordinary health benefits. Pumpkins, a fall favorite, are incredibly nutrient-dense. They are packed with beta-carotene, which your body converts to vitamin A, promoting healthy vision, skin, and immune function. Additionally, pumpkin seeds are a great source of magnesium, iron, and zinc, making them a perfect snack for maintaining energy and supporting overall health during the autumn months!

THE MONTHLY BUZZ **Harvesting Health**

Hello everyone! Hope you all are doing well! This month we will be talking about harvesting health, what that means and what it looks like for your life! There are lots of big things to cover in this month's newsletter so we are going to jump right into it!

What is Harvesting Health?

"Harvesting Health" implies actively gathering and cultivating practices, habits, and knowledge that contribute to overall well-being. Just as a farmer harvests crops during the fall to sustain life, "harvesting health" symbolizes the effort of collecting health tips, making conscious choices, and nurturing the body and mind to sustain good health.



Practical Practices To Harvest Your Health

Here are 10 specific ways to practice harvesting your health.

- 1. Eat Seasonal Foods:** Incorporate a variety of colorful, seasonal vegetables and fruits into your meals. Pumpkins, carrots, apples, and beets are packed with vitamins, antioxidants, and fiber.
- 2. Boost Your Immune System:** Prioritize foods rich in vitamin C, zinc, and probiotics to support your immune system. Consider adding garlic, ginger, citrus fruits, and fermented foods to your diet.
- 3. Get Outside for Sunlight:** Even in cooler weather, sunlight is a natural source of vitamin D, which supports immune function and mood regulation. Aim for 15-30 minutes of outdoor exposure daily.
- 4. Engage in Mindful Movement:** Activities like yoga, walking, or stretching in the crisp fall air can help improve both physical and mental health. Focus on movements that boost circulation and flexibility.
- 5. Practice Gratitude:** Harvest mental well-being by taking time to reflect on what you're grateful for. Studies show that gratitude improves mood, reduces stress, and enhances overall mental health.
- 6. Stay Hydrated:** Fall weather can trick you into drinking less water, but it's still essential for good health. Aim to drink at least 8 cups of water a day and include hydrating foods like cucumbers and oranges.
- 7. Prioritize Sleep:** As the nights grow longer, take advantage of more natural sleep cues. Develop a bedtime routine to get quality sleep, which helps your body repair and regenerate, great for harvesting that good healthy life!
- 8. Strengthen Your Mental Health:** Focus on mental wellness by engaging in mindfulness practices, journaling, self care, or seeking support if needed.
- 9. Plan Preventive Health Checkups:** Schedule any preventive screenings or checkups. Preventive care is key to staying healthy and avoiding illness.
- 10. Detox Your Environment:** Declutter your space, reduce chemical exposure by using natural cleaning products, and maintain a healthy indoor environment. A clean, organized home supports mental clarity and reduces stress.

**By incorporating these strategies,
you'll effectively "harvest" the
benefits of good health throughout
the fall season.**

Butternut Squash Soup

This butternut soup recipe is one of my favorites during the fall season! This rich creamy soup adds the perfect touch to a cool fall day! I hope you all enjoy this one as much I do!



HOW TO MAKE -

- In a large pot on medium heat add oil, chopped squash, onion, peppers, and celery, sprinkle with salt, cook for 10-12 minutes until vegetables begin to soften
- Add stock, and seasonings, bring to boil, reduce heat to simmer, 20 minutes or til everything is tender
- Use an immersion blender to blend til smooth, simmer a bit longer
- Garnish and serve
- 2 tablespoons olive oil
- 3 pound butternut squash peeled and chopped (seeds removed)
- 1 large onion chopped (white or yellow)
- 1 large bell pepper chopped (use jalapeno peppers or hotter for a spicy version)
- 1 stalk celery chopped
- 5 cloves garlic chopped
- 2 tablespoons paprika
- 1 tablespoon fresh thyme
- 1 tablespoon fresh rosemary
- 1 teaspoon cayenne pepper
- 1 teaspoon cumin
- Salt and pepper to taste
- 4 cups chicken stock use vegetable stock for a vegetarian version – you can use up to 6 cups for thinner soup
- For Garnish. Toasted pepitas (optional), red chili flakes, fresh chopped parsley



TOUCH THEM TATA'S!

Yep! You heard that right! October is Breast Cancer Awareness month. Did you know that 1 in 8 women develop invasive breast cancer over the course of their lifetime, and it is the second leading cause of cancer death among women in the US after lung cancer? It is important to know how to do checks yourself so you can be aware of the changes within your body for early detection. I recommend to do self breast checks at least every month, so set a reminder on your calendar, and start touching them tata's!



Step-by-Step Breast Self-Exam:

1. Look in the Mirror: Stand in front of a mirror with your shoulders straight and your arms on your hips. Look for changes in the shape, size, or appearance of your breasts. Check for any visible lumps, dimpling, or puckering of the skin, especially around the nipple.

- Note any changes in the nipple, such as inversion (turning inward), redness, or discharge.

2. Raise Your Arms: Raise both arms above your head and look for the same signs of changes. Look for any fluid (watery, milky, or bloody) leaking from the nipples.

3. Feel Your Breasts While Lying Down: Lie down and use your right hand to examine your left breast and vice versa. Use a firm, smooth touch with the first few fingers of your hand, keeping the fingers flat and together. Move your hand in small circular motions, covering the entire breast from top to bottom and side to side. Use different pressure levels: light pressure for the tissue just beneath the skin, medium pressure for tissue in the middle of the breast, and firm pressure for deep tissue near the chest and ribs. Be sure to feel all areas of the breast, including up to the collarbone and into the armpit. Many women find it easiest to feel their breasts when their skin is wet and slippery, so this part of the exam can be done in the shower. Follow the same hand motions as in the lying-down exam.

What to Do If You Find a Lump:

- Don't panic; most breast lumps are benign. If you notice any unusual changes, contact your healthcare provider for a professional evaluation.

Mindful Moments

Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.

1. "I embrace the changes in nature and in my life, knowing they bring growth."
2. "Just as the trees let go of their leaves, I release what no longer serves me."
3. "I am grounded like the autumn earth, steady and at peace with where I am."
4. "I welcome the harvest of my efforts and celebrate the abundance in my life."
5. "As the days grow cooler, I nurture warmth and positivity within myself."

Breathwork Classes

I am so very excited to announce to you all that my breath work classes will be launching in the upcoming weeks! The first two classes will be, healing with grief and depression, and overcoming stress and anxiety. Breathwork is a great addition to your healing journey. It emphasizes, deep physical, mental, and emotional release through a breathing technique to calm, center, and rebalance your central nervous system. Be on a lookout for an email for additional information, and sign up.



Well, this is all to this month's newsletter, I hope you enjoyed reading it. Have questions or feedback? I'd love to hear from you! You can reach me at:

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Blessings to you all!

Healthy Living With Tammy