

Mindful



Health

Newsletter

Vol. 2 • Issue #11

Immune System

Do you feel like you are on a treadmill that never ends? Do you feel like there aren't enough hours in the day? Do you seem to be getting a cold? Have you been skipping meals and eating the chocolate that is on the office? Welcome to the holiday season.

The holidays seem to be the most hectic time for people because there is so much to do and very few hours in the day. As a result, people gain weight and they end up getting sick. Here are 10 tips to keep your immune system high and your waistline trim throughout the insanity.

1. Focus on exercise that stimulates your lymphatic system. Jump on a rebounder, go for a run, do jumping jacks or jump rope. Get a massage. All of these things help to stimulate your lymphatic system, which ultimately helps your body to detoxify.

2. Drink ginger tea, take vitamin C and Zinc. All of these items help to keep your immune system strong and will help to ward off colds and the flu.

3. Add garlic to your food — it is also a powerful immune system booster.

4. Try pear juice — it is the most hydrating fluid and the body breaks it down like it is food or fuel.

5. Take a good probiotic, which helps to keep beneficial bacteria in your digestive system and keeps the body healthy overall.

6. Eat every 3.5 to 4 hours. Keep nuts and seeds on hand for snacks as well as vegetables, organic cheese, protein, berries and coconut.

7. Eliminate sugar. Sugar immediately decreases immune function! Use spices such as cinnamon, nutmeg and clove, which all help with digestion, blood sugar balance and joint and muscle pain. Clove also has anti-inflammatory and anti-bacterial properties.



8. Try to eat something before you go to a holiday party with unhealthy food. Do not save your appetite for the big meal. If you have a snack before you leave you will be less tempted to eat something you should avoid.

9. Come in for a detoxification foot soak, which will rid the body of excess toxicity just by soaking your feet in charged water. It is painless and beneficial for the body.

10. If you do eat unhealthy food don't beat yourself up about it. The stress you cause from feeling guilty is detrimental to your health. Instead, pick yourself up and start over tomorrow!

Come visit my website at
www.mindfulhealth.biz
for more information.

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 245-3129 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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Recipe

PUMPKIN PIE

Adapted from www.WholeFoods.com

Serves 8

- ¾ cup packed natural brown sugar
- 1½ tsp cinnamon
- 1 tsp ginger
- ¼ tsp nutmeg
- ⅛ tsp cloves
- ¼ tsp salt
- 1 can (15 oz) pumpkin, or 1 ¾ cups cooked fresh pumpkin
- 3 eggs
- 1 cup half & half
- 1 unbaked 9-inch pie shell



In a large mixing bowl, stir together the brown sugar, spices and salt. Use your clean fingers to really mix it well.

Crack the eggs into the bowl and whisk them into the brown sugar mixture with a wire whisk. Add the pumpkin, whisking it in completely.

Gently whisk in the half and half. Pour filling into unbaked pie shell and bake at 375°F for 45 minutes or until set.

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