

The Beet



WHOLE FOOD OF THE MONTH: PUMPKIN

Pumpkins contain antioxidants, such as alpha-carotene, beta-carotene and beta-cryptoxanthin. These can neutralize free radicals, stopping them from damaging your cells. Pumpkin is also loaded with nutrients that can boost your immune system. For one, it's high in beta-carotene, which your body turns into vitamin A. Studies show that vitamin A can strengthen your immune system and help fight infections. Conversely, people with a vitamin A deficiency can signal a weaker immune system.

5 HEALTHY RECIPES USING PUMPKIN

- [Pumpkin Seeds](#)
- [Pumpkin Soup](#)
- [Spicy Pumpkin Chili](#)
- [Gluten and dairy free Pumpkin Pie Cupcakes](#)
- [Gluten free Pumpkin Pie](#)

CURRENT EVENTS TO DO WITH FAMILY / FRIENDS

- [Arizona State Fair](#)
- [Arizona Taco Festival](#)
- [Phoenix Greek Festival](#)
- [Schnepf Farms Pumpkin and Chili Party](#)
- [Salt River Fields Balloon Spooktacular](#)

ARIZONA FALL FEST - Visit with us at our booth, Grocery Games!

Started 15 years ago by Kimber Lanning with just 27 vendors at the Duck and Decanter parking lot, the festival was a way to bring local business and Arizonans together to build pride in our local community and support our local economy. Now, it has grown to host over 200 vendors and 30,000 attendees - the biggest community event at Margaret T. Hance Park!

Saturday, Nov 2nd @ 10am. Totally free!

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- healthy pumpkin recipes
- detox with natural cleaner
- witch way yoga
- the best sleep apps
- featured champion
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ONE CUP OF COOKED PUMPKIN

Calories: 49
 Fat: 0.2 grams
 Protein: 2 grams
 Carbs: 12 grams
 Fiber: 3 grams
 Vitamin A: 245% of the Reference Daily Intake (RDI)
 Vitamin C: 19% of the RDI



CLEANING SUPPLY TRICKS

Homemade granite cleaner: There are plenty of homemade natural cleaners out there, but granite is a picky material when it comes to cleaning. Some store-bought cleaners can strip the protective sealant off your beautiful granite. Vinegar or lemon juice is acidic and can etch its surface. Baking soda can be too abrasive and can also scratch. Even plain old soap and water won't do the trick. Soap can leave a film if too much is used, and plain water isn't great either because it doesn't disinfect and can often leave streaks. All a granite cleaner really needs is a little alcohol added to water. Alcohol both disinfects and evaporates quickly so the cleaner doesn't leave streaks behind. Basil is antibacterial and antiviral, and grapefruit pairs well with basil and is used in this granite cleaner for its range of antimicrobial benefits

NATURAL GRANITE CLEANER INGREDIENTS

- ½ cup vodka (or rubbing alcohol)
- 1 and ½ cups water
- ½ tsp castile soap
- 7 drops basil essential oil
- 20 drops grapefruit essential oil (OR roughly 20-30 drops of essential oil of your choice)
- 16 ounce spray bottle



REFRAME: TOP 3 REASONS TO GIVE MEDITATION A TRY:



#1: MEDITATION REDUCES STRESS

Feeling the weight of the world on your shoulders? Meditation is incredibly effective at reducing stress and anxiety.

#2: MEDITATION INCREASES YOUR SENSE OF WELL-BEING

Want to fill your life with happiness and energy? Mindfulness meditation increases your psychological functioning and in the process improves your sense of well-being.

#3: MEDITATION INCREASES YOUR SENSE OF CONNECTEDNESS AND EMPATHY

Feeling a little disconnected from those around you? Try compassion meditation. Lovingkindness meditation (sometimes called Metta) is a compassion-based meditation that enhances brain areas associated with mental processing and empathy.



OCTOBER WORKOUT OF THE MONTH: YOGA WITCH WORKOUT – REPEAT 5 TIMES

1. Downward Dog – 15 sec
2. Warrior III – 15 sec
3. Warrior II – 15 sec
4. Tree – 15 sec
5. Bridge – 15 sec





**WELLNESS CHAMPION OF THE MONTH:
JENNIFER WEST, PEORIA USD**

I became a champion because I really wanted and needed motivation to spur me to action to get myself healthier. I figured helping others become healthy would help me to become healthy.

My favorite thing about being a champion is helping my coworkers learn how to use the Wellstyles app and seeing them start earning points toward their goal. I have been able to influence health at my school by increasing knowledge and awareness and having more people start using Wellstyles.

My personal health journey is one of becoming better. I am currently working on losing weight and managing my stress. I will be adding in an exercise component to help boost my moods. I am not perfect with my health, but a journey is a process. It took me time to gain weight and it will take time to lose weight, but if I keep working at it, I will succeed.

MAKE YOUR OWN SPF:

Fun fact: you can make any lotion that you love, off brand or scented or otherwise into sunscreen, and you can control the SPF yourself with just two ingredients:

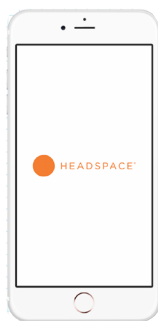
zinc oxide and carrot seed oil

In relation to the amount of lotion you're starting with, you can increase the amount of SPF you want in your homemade sunscreen by adding more zinc oxide, or by using less. Here's a general chart for zinc oxide recommendations:

- SPF 2-5: Use 5% zinc oxide
- SPF 6-11: Use 10% zinc oxide
- SPF 12-19: Use 15% zinc oxide
- SPF 20+: Use 20% zinc oxide

If you wanted to make homemade sunscreen with an SPF of 20, you would calculate 20% of the amount of lotion you're starting with. So if you have 4 ounces of lotion, you would use .8 ounces of zinc oxide. Using measuring spoons, one ounce is about the same as 2 tablespoons, so .8 ounces would be 1 tablespoon + 2 teaspoons. A few drops of carrot seed oil help to infuse the mixture and absorb into skin.

THE 7 BEST SLEEP APPS THIS YEAR, ACCORDING TO EXPERTS



- HEADSPACE
- NOISLI
- PZIZZ
- SUMBER
- CALM
- SLEEP CYCLE
- TEN PERCENT HAPPIER



FROM YOUR WELLNESS TEAM:

Did you know that Americans purchase nearly 600 million pounds of candy a year for Halloween? Between the handfuls of candy corn and Hershey's chocolate, how much do you really know about the sugar found in your favorite Halloween treats?

According to the American Heart Association, the recommended daily allowance for added sugars or caloric sweeteners is less than 6 teaspoons (25g) per day for women and less than 9 teaspoons (37.5g) per day for men. However, on average an American consumes roughly 20 teaspoons of added sugar daily, equaling 6 cups of sugar a week and roughly 152 pounds of sugar a year. The excessive intake of carbohydrates in the form of refined sugar is single-handedly the biggest contributor to chronic illness and disease at this time. Refer to the tips below for ways to reduce your Halloween sugar intake and start improving your health today!

Tips for reducing your intake of refined sugars this Halloween:

- Make your favorite Halloween recipes with less sugar than they call for and gradually reduce the amount until the optimal taste for the least amount of added sugar is achieved.
- Swap refined sugars for unrefined alternatives like raw honey, blackstrap molasses, and real maple syrup.
- Start buying candy back from your children.
- Hand out fun toys, activities or pencils instead of candy.
- Try a costume party or family outing instead of trick or treating.

Yours truly,
Your Wellness Team

