

# MAKE A HEALTHY TRANSITION TO FALL

TAKING CARE OF YOURSELF BY UTILIZING A  
HEALTHY DIET AND HERBAL SUPPORT

# WATER AND FLUID INTAKE

- MAINTAIN HYDRATION WITH SUFFICIENT INTAKE OF PURE, CLEAR, FILTERED OR BOTTLED WATER. AVOID SUGARY DRINKS AND DRINK JUICE IN MODERATION. CONSIDER DILUTING JUICE WITH WATER OR SODA WATER TO SATISFY SODA CRAVINGS.

# A HEALTHY DIET

- PROTEIN IN THE FORM OF LEAN MEAT, FISH, BEANS, LENTIS, EGGS, TOFU AND NUTS SUSTAINS ENERGY LEVELS.
- COMPLEX CARBOHYDRATES IN THE FORM OF WHOLE GRAINS PROVIDE ENERGY AND FIBER.
- FRUITS, VEGETABLES AND LEAVY GREEN VEGETABLES PROVIDE ENERGY, ANTIOXIDANTS AND FIBER.

# A HEALTHY DIET

- IF TOLERATED, MILK AND MILK PRODUCTS SUCH AS YOGURT, CHEESE AND COTTAGE CHEESE, PROVIDE CALCIUM, MAGNESIUM AND PROTEIN. FOR THOSE WHO CANNOT TOLERATE MILK, SOY MILK, RICE MILK, ALMOND MILK, AND HAZELNUT MILK ARE OPTIONS (SWEETENED AND UNSWEETENED VARIETIES), BARRING ANY NUT ALLERGIES.

# ESSENTIAL NUTRIENTS

- ESSENTIAL FATTY ACIDS ARE REQUIRED FOR BRAIN CELLS TO COMMUNICATE PROPERLY. GOOD SOURCES ARE FISH, FLAXSEEDS AND FLAXSEED OIL
- B VITAMINS HELP THE BODY CONVERT FOOD INTO ENERGY. THEY ALSO IMPROVE NERVE FUNCTION AND REDUCE STRESS. GOOD SOURCES ARE NUTRITIONAL YEAST, WHOLE GRAINS, RICE, NUTS, MILK, EGGS, FRUITS AND GREEN LEAFY VEGETABLES.

# ESSENTIAL NUTRIENTS

- CALCIUM HELPS BUILD STRONG BONES AND AIDS NERVOUS SYSTEM FUNCTION. GOOD SOURCES ARE DAIRY PRODUCTS, SARDINES AND TOFU. MAGNESIUM CALMS THE NERVOUS SYSTEM AND MUSCLES, AND KEEPS THE HEART RHYTHM STEADY. GOOD SOURCES ARE GREEN VEGGIES SUCH AS SPINACH, LEGUMES, NUTS, SEEDS, AND WHOLE UNREFINED GRAINS.

# ESSENTIAL NUTRIENTS

- RECOMMENDED AMOUNTS OF CALCIUM: 1,300 MG FOR KIDS 9 TO 18; 1,000 MG PER DAY FOR ADULTS 19 TO 50; AND 1,200 -1,500 MG PER DAY FOR MEN AND WOMEN OVER 51.
- REQUIREMENTS FOR VITAMIN D WERE LAST SET IN 1997 AND MAY BE INADEQUATE! GETTING YOUR VITAMIN D LEVEL CHECKED BY YOUR DOCTOR IS A GOOD IDEA IF INADQAUTE LEVELS ARE SUSPECTED.

# BALANCING ACTIVITY AND REST

- SET ASIDE TIME DURING THE AFTERNOON FOR A NAP OR RELAXATION SESSION. THIS ALLOWS FOR BETTER REST WHEN BEDTIME COMES AROUND.

# BALANCING ACTIVITY AND REST

- START DOWN TIME A HALF HOUR BEFORE ACTUAL BEDTIME. SHUT OFF TV, COMPUTER, VIDEO GAMES, ETC.
- A WARM BATH WITH ESSENTIAL OIL OF LAVENDER, YLANG YLANG OR BERGAMOT IS RELAXING BEFORE BED.
- READING, BOOKS ON CD, OR RELAXATION CDS ARE HELPFUL TO INDUCE SLEEP.

# RELAXATION HERBS

- CHAMOMILE AND LAVENDER TEAS ARE MILD AND CALMING. PEPPERMINT TEA CAN CALM AND SOOTHE AN UPSET STOMACH.
- VALERIAN TINCTURE OR CAPSULES ALONE OR COMBINED WITH OTHER CALMING HERBS IS A GOOD SLEEP INDUCER. PASSION FLOWER AND KAVA ARE ALSO GOOD FOR RELAXATION AS WELL AS SOOTHING CRAMPS, ANXIETY, AND TENSION HEADACHES.

# DISCLAIMER

- THE ADVICE GIVEN IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. HERBAL SUPPLEMENTS ARE NOT EVALUATED BY THE FDA.