

Fall Health Tips and other things

(Courtesy of the Midland SDA Church Health and Wellness Team)

Did You Know?

That when you sneeze, 100,000 germs fly out of your nasal canal at approximately 100 miles per hour? No wonder a lot of people try to muffle "ahhh-choos" in public. Whether you hold your sneeze by pinching your nose or closing your mouth, stifling a sneeze is not a good idea. Occasionally, people will cause some damage to their sinuses or middle and inner ear including ruptured eardrums if they stifle a very violent sneeze," says Dr. Szekely, an immunologist in the Department of Pulmonary, Allergy and Critical Care Medicine at Cleveland Clinic. Sneezing is a protective reflex. It means an irritant has gotten into your nose that your body wants to keep from getting to your sinuses or lungs. The fall season brings with it outdoor allergies and also marks the beginning of the Flu season. Remember not to hold your sneezes but to cover your mouth with the inner side of your elbow joint or cover them with tissues. When you sneeze, your body is trying to rid itself of the intruder!

That September is child Obesity awareness month and also fruit and vegetable awareness month? With the availability of fresh fruit and vegetables during this harvest season, eat more fresh fruit and vegetables in order to get the most benefits from the natural state of fresh produce. So, write, tweet, blog, text, about fresh fruit and share your favorite fresh vegetable recipes with friends or on social media if you can!



Important Tips to Remember this Fall

- **Get your influenza vaccine**
- **Wash your hands with soap and water or use hand sanitizer before eating or touching your face or eyes.**
- **Get your furnace checked before turning it on during the upcoming cold months**
- **Use humidifiers if possible to keep air moist when at home**
- **Drink plenty of fluids**
- **Move more, it's good for you!**
- **Get enough rest at the end of the day or in between because healing and cell repair, takes place when we are resting/sleeping**



Our Vegetable of the Month-

Butternut Squash

Some facts about butternut squash:

- Butternut squash is one of the most common varieties of winter squash. It also offers a good supply of vitamin A, potassium, and fiber.
- Contrary to the name, it is grown in the summer and harvested in the fall but it keeps well for several months after harvest.
- According to the United States Department of Agriculture (USDA) National Nutrient Database, one cup of cooked, cubed butternut squash, containing around 205 grams, contains; 82 calories, 1.8 grams (g) of protein, 0.18 g of fat, and 21.50 g of carbohydrate, including 4 g of sugar and 6.6 grams of dietary fiber.
- A cup of cubed butternut squash also provides 582 mg of potassium, more than the amount available in a banana.
- The World Health Organization (WHO) recommend a daily potassium intake of at least 3,510 mg for adults, while the American Heart Association (AHA) and the Institute of Medicine (IOM) recommend 4700 mg per day.

Try Our Simple Roasted Butternut Squash this fall

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste



Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes and Enjoy!

“So whether you eat or drink or whatever you do, do it to the glory of God”! 1 Corinthians 10:31