Inside this Month's Issue:
Boost Your Immune System
Gratitude for Mindful Living
Recipes That Boost Immunity
Talk About Your Meds & Take Back Drug Day 2020
As Fall approaches be sure you are practicing well-being habits that support a healthy immune system. The excitement of cooler weather and holiday fun, also aligns with cold and flu season. There is also the continued threat of COVID-19. To do your best to protect yourself, focus on the things you have control over.

**Protect Yourself**

- Continue COVID precautions - mask up, practice social distancing and wash hands frequently
- Don’t skip your flu shot - get it early if possible
- Rest well - lack of sleep will weaken your immune system
- Keep stress under control - too much worry can lead to an exhausted system
- Eat to protect - see page 5 for more tips on eating for immunity

**Take Control**
DID YOU KNOW?

2 MINS

On average, every 2 minutes a woman is diagnosed with breast cancer in the United States. Don't let your busy life get in the way of regular wellness check-ups and cancer screenings. NationalBreastCancer.org

35TH

This month marks the 35th annual Talk About Your Medications Month. Medication adherence and safety are vital parts of maintaining your health. Get resources and important information to help you stay on track with health and meds, both prescription and OTC: Talk About Your Meds Month

9.9 MILLION

According to the 2018 National Survey on Drug Use and Health, 9.9 million Americans misused controlled prescription drugs. October 24th is this year's Take Back Drug Day.
A POSITIVE OUTLOOK

The Mindful Practice of Gratitude

There are many different ways to practice being more present and living mindfully. GRATITUDE is on the top of our recommended list. Regularly practicing gratitude can help improve your mood, significantly increase happiness and may even improve your physical health.

CHANGING YOUR PERSPECTIVE:

Viewing your life and the world with a grateful heart will help you eliminate excuses and blame while working towards your wellness goals.

It is easy to get caught up on challenges or the things we can’t do. By practicing gratitude, you will begin to experience a shift. It is much easier to move forward when focused on the positive.

"The more GRATEFUL I am, the more BEAUTY I see."

-Mary Davis
IMMUNE-BOOSTING MEALS

One of the best ways to boost immunity with food is to prepare and eat more meals that are made up of variety of fresh and healthy ingredients. *Try one of these powerful recipes:*

**Ultimate Fall Salad**

**Tumeric Pumpkin Soup with Cocounut & Lime**

**Acorn Squash with Brown Rice and Turkey Sausage**

**BBQ Salmon and Brussels Bake**

"*Every time you eat it is an opportunity to fuel the body.*"

TOP IMMUNE-BOOSTING EATING HABITS

1. Eat more fruits and vegetables, a plant-based diet is best.
2. Keep your sugar intake low.
3. Stick to drinking water, herbal teas and limit sodas, alcohol and sugary drinks.
4. Include more beans, lentils and nuts are great sources of zinc and many other immune-building vitamins.
The SB Wellness Team encourages you to go the extra mile for your health this month. Work on habits that will support your immune system and stick to scheduled doctor's visits and current treatments. Stay well and stay safe!

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