

WLOV Health Newsletter

October 2012

Tips from Your Kitchen – Make your kitchen your medicine cabinet

While you should always see the doctor for serious ailments, you may be able to soothe minor complaints with these inexpensive products already in your pantry.

Salt

Use it for: Athlete's foot

A saline solution provides a hostile environment for fungus, decreases excess perspiration, and softens skin so antifungal meds can penetrate deeper. Soak your feet for 5 – 10 minutes in a mixture of 2 teaspoons of salt per pint of warm water.

Tonic Water

Use it for: Restless Legs

A 6 ounce glass of tonic water before bed might calm symptoms of restless legs syndrome; the quinine it contains helps stop repeated muscle contractions.

Lemon

Use it for: Age spots

Cut a few wedges and place them directly onto your age spots for 10-15 minutes a day. The acid in the fresh lemon juice may help lighten the age spots but it won't happen overnight. You'll notice a difference in 6- 12 weeks. Watch carefully; overuse may cause the upper level of the skin to peel.

Honey

Use it for: Cuts and Scrapes

This natural sweetener contains 3 powerful wound-healing components: sugar for absorbing moisture so bacteria can't survive, hydrogen peroxide to disinfect, and the nectar-based compound propolis to kill bacteria. An added bonus: Honey dries to form a natural bandage.

Olive Oil

Use it for: Eczema

Packed with inflammation-reducing antioxidants, olive oil is the basis of many moisturizers; used alone, it's free of chemical irritants you may find in store-bought creams. Rub 1 teaspoon per square inch of skin, creating a seal that keeps skin from drying out.

Milk

Use it for: Anxiety

To calm yourself before bedtime, pour a glass of warm milk. The old wives' tale of having warm milk really does work. Milk contains the amino acid tryptophan, which can

bring on relaxation.

Apple Cider Vinegar

Use it for: Bruises

Apple cider vinegar is an excellent natural anti-inflammatory. Dab a little on a cotton ball and rub it directly on a bruise, or make a paste out of the vinegar and an egg white or petroleum jelly and smear it on the bruised area.

Chamomile Tea

Use it for: Calluses and corns

If your feet are prone to bumps and lumps, soak them in a diluted chamomile tea bath. The tea will soothe and soften hard skin. The brew will





stain your feet, but it comes off easily with soap and water.

Baking Soda

Use it for: Urinary tract infection

It makes the bladder more alkaline, which

prevents bacteria from multiplying. Drink a solution made with $\frac{1}{4}$ teaspoon of baking soda mixed in 8 ounces of water at the first sign of symptoms. Continue this once a day until you see a doctor, get a culture, and start taking antibiotics.

Ginger

Use it for: Stomachaches

This root is well-known as a stomach soother. It's great for relieving just about any gastrointestinal illness, including motion sickness. To make a tea, steep a teaspoon of ground fresh ginger in hot water for 10 minutes, then strain.

(www.prevention.com)

October Birthdays!!!

Sheldon Morrison	Oct. 7
Violet Brown	Oct. 9
Robert Landon	Oct. 11
Crystal Verbonac	Oct. 13
Jacob Cantin	Oct. 15
Yvonne Pitchenese	Oct. 16
Jamieson Pitchenese	Oct. 29
Henry Chief	Oct. 29

Recipe of the month

Mini Pumpkin Cheesecake

What U Need!!!

- 1 $\frac{1}{2}$ cups white sugar
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp ground nutmeg
- $\frac{1}{8}$ tsp ground cloves
- $\frac{1}{8}$ tsp pumpkin pie spice
- 2 tblspn all purpose flour
- 3 (8 ounce) pkgs cream cheese – softened

- 4 eggs
- 1 (15 ounce) can pumpkin puree
- $\frac{1}{4}$ cup sour cream
- 1 tsp vanilla extract
- $\frac{1}{4}$ tsp almond extract
- 24 mini graham cracker pie crusts
- 1 $\frac{1}{2}$ cups whipped cream
- 1 pinch ground cinnamon or more to taste

What 2 Do!

- Preheat oven to 350 degrees F. Mix sugar, cinnamon, nutmeg, cloves, pumpkin pie spice, and flour in a small bowl.
- Beat cream cheese in a large bowl until fluffy. Beat in eggs, pumpkin puree, sour cream, vanilla extract, almond extract, and sugar and spice mixture; mix until smooth and thoroughly combined. Spoon mixture evenly into the mini pie crusts.
- Bake in preheated oven until cheesecakes are set, about 30 minutes. Cool on wire racks for 10 minutes. Refrigerate for 90 minutes before serving.
- To serve, top each mini cheesecake with whipped cream and a pinch of cinnamon.



Weird But True – Health Fact

The human body generates enough heat in half an hour to bring water to a boil. Our bodies expend enough calories to keep us at a steady temperature of 98.6 degrees which is high enough temperature to boil water.

(www.hubpages.com)

Eco- Living Tip

Recycle or reuse plastic products since it takes approximately 400 years or more to decompose in the environment.

Thanks!!

Thanks to Miranda Redsky and Crystal Verbonac for all their hard work in organizing and planning the first annual fall harvest.

Quote of the Month

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.

- Ann Wigmore



October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Open Fitness Room 4-6 Swim Fit 6-8	3 Youth Centre open 4-5:30 Crib 6-8	4 Open Fitness Room 4-6 Open Gym 4-5:30 Swim Fit 6-8	5	6
7	8 Thanksgiving	9 Open Fitness Room 4-6 Swim Fit 6-8	10 Youth Centre Open 4-5:30 Crib 6-8	11 Open Fitness Room 4-6 Open Gym 4-5:30 Swim Fit 6-8	12	13
14	15 Sewing 4-6 Beading 4-6 PJ Party 7-9 @ youth centre	16 Open Fitness Room 4-6 Swim Fit 6-8	17 Youth Centre 4-5:30 Elder's Gathering 4-7 Movie Night 6:30 - 9 Crib 6-8	18 Open Fitness Room 4-6 Open Gym 4-5:30 Swim Fit 6-8	19	20
21	22 Sewing 4-6 Beading 4-6 Parents & Tots Night 4-6 @ learning centre	23 Open Fitness Room 4-6 Swim Fit 6-8	24 Cooking for Life Classes 4-7 Youth Centre 4-5:30 Crib 6-8	25 Open Fitness Room 4-6 Open Gym 4-5:30 Swim Fit 6-8	26	27
28	29 Sewing 4-6 Beading 4-6 Parents & Tots Night @ learning centre 4-6	30 Open Fitness Room 4-6 Swim Fit 6-8	31 Hallowe'en Crib 6-8			