



Nutrition Stop News

Ready For Your Fall Routine?

September is here... and it will be officially fall in just a few weeks. For many of you your children are back in school with regular times for going to bed and getting up in the morning. So much different than the relaxing ways during the summer time when routine goes out the door. Hopefully, you're settling into a more normal everyday schedule. There's something to said about that, because it brings comfort to not just moms and dads that work, but anyone who thrives on knowing what they can expect. The key to bringing back or introducing a routine to a child or even ourselves is to do so gradually. Transitions can be tricky for any of us, but when we ease into them it lessens stress and anxiety.

So now that it's fall let's bring up the questions of... how is our healthy eating going... are we drinking enough water... getting our daily exercise... fresh air and sunshine, and proper rest ?

What type of changes do we need to make to feel our best and have the energy we need to fulfill the call of God in our lives and to be all that we can be for ourselves and others we are responsible for?

Fall is a good time to reevaluate...we don't have to wait to the new year to decide to make healthy choices. Let's do it now!

Nutrition Stop Is:

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Eat apples with the skin on to get the nutrients; many of the nutrients are in the skin or just under the skin (most of the vitamin C and A are in the skin).

Yum!

Apples have been found to be the most heavily pesticide-contaminated produce product.

All of **Nutrition Stop's** apples are non GMO and organic apples.

It's Apple Time

Walk into **Nutrition Stop** anytime of the year and you will find tasty organic apples on our produce shelves in the fridge. September is the time for the new crops and apple season really jumps in. The bulk of the harvest happens starting September through November.

You'll find a variety of different apples coming in each week.

My mom never used the word "powerfood" when she spoke about apples. "An apple a day keeps the doctor away" was probably the first nutrition advice I remember her saying.

There are so many benefits to eating apples, but we sometimes need a reminder.

- Apples are filled with soluble fiber (5 grams) on average. This fiber has been shown to reduce intestinal disorders, including IBS, diverticulitis, hemorrhoids, and possibly cancer of the digestive system.
- Helps control insulin levels by releasing sugar slowly into the bloodstream.
- Cleanses and detoxifies, which helps eliminate heavy metals, such as lead and mercury.
- Apples provide pectin, a type of soluble fiber that works by binding to fatty substances in the digestive tract— including cholesterol and toxins— and promoting their elimination.
- Apples provide natural constipation relief through the fiber, but also because pectin in apples is also considered a natural diuretic and has a mild laxative effect.

**So there you have it...lots of great reasons
why it is good for you to eat apples every day!**

Apple Cinnamon Baked Steel Cut Oatmeal

Ingredients:

- 1 cup organic steel cut oats (bulk bin)
- 1/4 cup organic maple syrup
- 1 tablespoon chia seeds + 3 tablespoons water
- 2 tablespoons Ojio organic coconut oil, melted
- 1 teaspoon organic Ceylon cinnamon
- 1 teaspoon organic vanilla
- 1/4 teaspoon Celtic sea salt
- 2 cups Cadia organic unsweetened almond milk
- 1 organic apple, chopped
- 1/2 cup organic raisins (or optional goji berries)



Preheat oven to 375 degrees.

Combine chia seeds with water and let sit for a few minutes.

In a large mixing bowl combine oats, maple syrup, chia mixture, coconut oil, cinnamon, vanilla, and sea salt. Stir well to combine. Add in almond milk, apple chunks, and raisins. Stir everything together once more.

Place oatmeal mixture into a greased 8x8 baking dish. Bake in the oven for 50-60 minutes or until oatmeal is golden brown and center is cooked through. Remove from the oven, let cool and enjoy. Place any leftovers in a sealed container in the fridge. Reheat later and enjoy.

Staff Favorite

Josh's Staff Pick:

Tierra Farm Certified Organic Fair Trade Coffee



I am a huge coffee lover and always enjoy a good cup of coffee in the morning. So that's why I choose Tierra Farm Certified Organic Fair Trade Coffee. I pick from either the Premium Espresso or the Colombian, both will not disappoint. Intoxicating aromas, full smooth flavor and a thick crema is what you should expect from these fine brews. They are also Certified Organic and Fair Trade which is a win-win in my book! (PLUS...they keep me more vascular than my manager Rick.) Ha...Ha... JK ~ Josh Svoboda



Nature's Shield Protective Blend



NOW Solutions Nature's Shield is a contemporary version of the famed Four Thieves Vinegar that's been used in various forms for centuries. Made with Clove Bud, Lemon, Cinnamon Bark, Eucalyptus, and Rosemary oils, Nature's Shield is blended for aromatherapeutic use, but can be used for a variety of other purposes.

What Makes Nature's Shield Protective Blend So Special?

Nature's Shield Protective Blend is a versatile essential oil known to support a healthy immune system. Use as a non-toxic household cleaner to eliminate environmental and seasonal threats or create a relaxing, energizing aroma by diffusing. Ideal for freshening and cleansing.

Suggested Use

Add to a diffuser for cleaner-smelling air, or to a glass spray bottle by adding 30 drops to 1 ounce of water.

Great blend to promote a healthy environment!

Great

Do-

It-

Yourself

Recipe!

Copycat Thieves Oil Recipe

40 drops clove essential oil

35 drops lemon essential oil

20 drops cinnamon essential oil

15 drops eucalyptus essential oil

10 drops rosemary essential oil

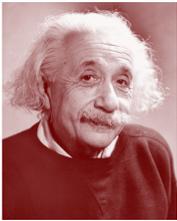
Put all the above drops in a small dark glass bottle!

That's it!

Thank you Dawn for the recipe!



A hundred times every day
I remind myself that my
inner and outer life depends
on the labors of other men,
living and dead, and that
I must exert myself in order
to give in the same measure
as I have received and
am still receiving.



Albert Einstein

The Last Word...

"Whatever you do, work at it with
all your heart, as working for the
Lord, not for human masters..."

- Colossians 3:23-24 (NIV)



We're On The Web!
WWW.NUTRITIONSTOP.COM
And We're On Facebook!

We will be closed Monday, September 2nd
in observance of Labor Day!
Have a fun and safe holiday



★ H A P P Y ★
Labor Day