



"Beloved, I pray that you may prosper in all things and

be in health, just as your soul prospers" 3 John 1:2.



Best Disease Prevention Tips for the Fall Season

Part 3: Eat, Drink & Rest

- Dr. Paulette Sedlak

What not to drink for the Fall season:

1. Avoid alcohol before bedtime — Many people have a glass of wine to relax before bedtime. However, as your liver starts to metabolize alcohol, you will become more awake. This is caused by "glutamate rebound." This is a brain chemical that excites the brain instead of calming the brain.

2. Don't drink high calorie beverages – Specialty frappes and ice cream smoothies are examples of drinks that can have more calories than an entire meal. There's a way to have yummy nutritious alternatives instead of high sugar calorie beverages.

Drinks for the Fall Season:

1. H₂O – You need approximately one-half your body weight in ounces daily. For example: If you weigh 150 lbs. you will need 75 ounces of H₂O daily.

2. Peppermint tea:

- Calms the stomach muscles and improves the flow of bile
- It can improve bloatedness, diarrhea, nausea, and can help headaches
- Can help improve indigestion
- An anti-spasmodic in treating IBS
- Good for colds and flu as an effective decongestant
- Used as an expectorant

Peppermint can affect how some medications are absorbed. Be sure to check with your doctor if you are on any prescription medications, especially diabetes or high blood pressure medicines.

3. Add cinnamon to coffee — Important health benefits of cinnamon include:

A. Cinnamon's use for its potential role in cancer prevention and treatment. It acts by reducing the growth of cancer cells and the formation of blood vessels in tumors, and appears to be toxic to cancer cells, causing cell death.

B. Powerful anti-inflammatory effects. It helps your body fight infections and repair tissue damage.

C. Cinnamon may Cut the Risk of Heart Disease. It reduces levels of total cholesterol, "bad" LDL cholesterol and triglycerides, while increasing "good" HDL cholesterol levels.

D. Cinnamon Lowers Blood Sugar Levels and Has a Powerful Anti-Diabetic Effect. It can improve sensitivity to the hormone Insulin. Studies have confirmed it can lower fasting blood sugar levels by 10–29%. In people with type 2 diabetes, about half a teaspoon of cinnamon per day has been shown to have beneficial effects on blood markers.

1 Corinthians 10:31 — "So whether you eat or drink or whatever you do, do it all to the glory of God."

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