

October 2021



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group



About Us

We believe that living a healthy lifestyle is a key component to every day life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

Our Benefits Broker

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5 Ways to Look After Your Health This Autumn

Allergies, fatigue, exercise routines; it's a great time to start thinking ahead and prepare your body for tackling cold-weather ailments that could soon be heading our way.

As we head into autumn, it might be a good idea to review your cold weather health routine – after all, it has been over a year since you've had a chance to practice. We've compiled a quick list of five key ways to stay on top of your health and wellbeing this month – many of which will guarantee a more enjoyable autumn for you and your family.

Allergies be gone

For some, allergens can make our lives miserable. Mold, dust and fallen pollen are all culprits of change of season sniffles and wheezes. The best way to tackle allergies is to see your doctor or local health practitioner and get tested. Identifying clear triggers that affect you the most makes it easier to avoid them, or to address them proactively.

There are also new ways of treating seasonal allergies. Acupuncture, for instance, has emerged as one solution for what's ailing you this autumn. The World Health Organization believes acupuncture can provide benefits to those suffering from acute sinusitis, acute rhinitis, cold, acute tonsillitis and acute bronchitis. Botox has also emerged as a new treatment for sufferers of severe allergies. Be proactive and talk to your GP about your options today.

Cool weather fitness

As the days get shorter and the nights longer, motivation to keep up with your summer fitness routine can significantly drop. Exercising earlier in the day is one way of battling your change-of-season fatigue. Getting into an early workout routine will guarantee you stay on top of your health regimen and also free you up for more downtime in the afternoons to relax and unwind.

Another great way to keep moving as it gets cooler is by utilizing household chores like gardening, raking leaves, cleaning out wardrobes, and packing away your summer gear. Including these jobs into your everyday activities will keep you moving all autumn long.

[Try these simple yoga poses to start each day right and improve immunity and wellness.](#)

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Immunity Boosters

Now is the perfect time to boost your natural immunity and give your body the best chance at defending yourself against some of those pesky change-of-season bugs that will soon be floating around – not to mention, the dreaded cold and flu season. Traditional Chinese Medicine teaches the five-element theory where foods are inextricably linked to season, flavor, color, and organ. Foods that reflect the season's colors are most beneficial to our bodies during that time of the year. Autumn is a season for white foods; think root vegetables, pears, radish, onions, garlic, white beans, winter melon, tofu, cauliflower and jicama – a type of turnip.

White foods are high in allicin, which reduces blood sugar and has strong anti-inflammatory and antioxidant properties purported to support the lungs and large intestine. Try also boosting your diet with foods that are naturally orange, red, yellow and deep greens – autumn-like colors. Think pumpkin, squash, oranges, carrots, lemons etc.

[Fight the cold naturally with these delicious foods: Best immune boosters](#)

Keep your eye on the sun

Even though it feels like the sun has disappeared, never to be seen again, that doesn't mean the damaging effects for your skin aren't still there. Whether you're heading to the park to walk the dog, catching up with friends for a coffee or planning on doing some gentle exercise over the weekend, remember to always wear some sunscreen to protect your skin from premature aging and even skin cancer.

[Click here to read the full article: "Allergies to Immunity: 5 ways to look after your health this Autumn"](#)



Recipe of the Month

ROASTED HONEY CINNAMON ACORN SQUASH

INSTRUCTIONS

- Preheat oven to 450 degrees F (230 degrees C). Cover a baking sheet with aluminum foil and spray with nonstick cooking spray.
- Place acorn squash slices, olive oil, salt, and pepper in a large bowl and toss to cover all the slices evenly. Place slices in a single layer on the prepared baking sheet and drizzle with honey and cinnamon.
- Bake in the preheated oven for 20 minutes. Turn each slice carefully. Continue baking until tender and well browned, about 10 minutes more. Move slices onto a serving plate and sprinkle with blue cheese, green onions, and almonds.



INGREDIENTS

- cooking spray
 - 1 acorn squash - halved lengthwise, seeded, and cut into 3/4-inch slices
 - 2 tablespoons olive oil
 - ½ teaspoon salt
 - ⅓ teaspoon ground black pepper
 - 2 tablespoons honey
 - 1 teaspoon ground cinnamon
 - 1 ounce crumbled blue cheese
 - 2 green onions, thinly sliced
 - 12 smoked almonds, chopped
- Full recipe [here](#).