

Pumpkin Time!



From Shakespeare's reference to "pumpion" in The Merry Wives of Windsor to The Legend of Sleepy Hollow,

pumpkin is woven into

the fabric of history and cuisine. Native Americans roasted long strips of pumpkin over an open flame and ate them. Colonists made pumpkin pie by slicing off the pumpkin top; removing the seeds; filling the rind with milk, spices, and honey; and then baking the pumpkin over hot ashes. And we all know pumpkins transform into Jack-o-lanterns for Halloween decor. Today, we appreciate the pumpkin for its many gifts; rich culinary traditions, abundance of nutrients, and its versatility in healthy meal preparation, such as soufflés, soups, bread, jam, butter, and desserts.

A member of the *Cucurbitaceae* family of vegetables (along with cucumber and squash), pumpkin is cultivated around the world for both its fleshy vibrant orange meat and seeds. It is a naturally low calorie (49 calories per one cup serving), yet filling food that offers the following health benefits:

- Pumpkin contains no saturated fats or cholesterol. It is rich in dietary fiber, antioxidants, minerals, and many antioxidant vitamins, including A, C, and E.

'Pumpkin Time!' is continued...

"Eat healthily, sleep well, breathe deeply, move harmoniously."

~Jean-Pierre Barral



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Pumpkin Time! cont.

- It is also an excellent source of many natural polyphenolic flavonoid compounds such as beta-carotenes, lutein, and zeaxanthin. Carotenes convert into vitamin A inside the body, while zeaxanthin and lutein are natural antioxidants that may offer protection from age-related macular disease.
- Pumpkin is a good source of B-complex vitamins including niacin, vitamin B-6 (pyridoxine), thiamin, and pantothenic acid.
- It is a rich source of copper, calcium, potassium, and phosphorus.
- Pumpkin seeds provide dietary fiber and pack a powerful mix of protein, minerals, and vitamins: 100 g (1 cup) of pumpkin seeds provide 559 calories, 30 g of protein, plus folate, iron, niacin, selenium, and zinc.
- A handful of pumpkin seeds a day may reduce symptoms of BPH (Benign Prostatic Hyperplasia).

References : ([Link from vitaehhealthcenter.com/vitalscoop](http://vitaehhealthcenter.com/vitalscoop))

Minerals for Your Health



Minerals are important nutrients in your diet that help the body maintain good health and resist infection - including the mouth and teeth. Minerals are

inorganic elements that come from the earth, soil, and water and are absorbed by plants. Animals and humans absorb minerals from the plants they eat.

There are two kinds of minerals, **macrominerals** and **trace minerals**, that your body uses within its cells for many different jobs. Macrominerals are required in larger amounts and are necessary for processes such as building bones, making hormones, contracting muscles, and regulating your heartbeat.

'Minerals for Your Health' is continued...

Minerals cont.

They also play a role in brain function. Macrominerals include calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur. Trace minerals, including iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium, are needed in much smaller quantities.

Consuming too much or too little of any mineral can have negative effects on health. For most people in good health, a safe range for consumption of minerals has been established (see Resources). Personal variation comes into play depending on one's region, history of illness, and dietary restrictions.

Conventional wisdom dictates that the best way to get the minerals (and vitamins) your body needs is to eat a balanced diet that includes a wide variety of foods. However, recent research shows that while the vitamin content of food remains relatively stable over time, mineral content is becoming depleted. There are many reasons for this; erosion, farming practices, pollution, and even the way we cook can affect the nutrient density of both conventionally and organically harvested foods. Consequently, holistic health practitioners may recommend mineral supplementation even for someone eating the healthiest diet possible.

References: [Bionutrient Food Association](#).
Human Performance Resource Center. "[Food Sources of Minerals.](#)"
(Live links available at vitahealthcenter.com/vitalscoop)



Open House!
Join us Wednesday, Nov. 18th for our 2nd Annual Fall Open House 5-7 PM

Get rejuvenated before the holiday season starts! Come enjoy FREE herbal foot soaks, cold laser treatments, wine tastings from Woodinville Wine Cellars, and much more! *Special guest: local jewelry artist [Tracy Kreifels](#).*

We will be fundraising for [Peoria Home](#), a local charity serving victims of sexual trafficking. Special one night only offers available on our most popular healing services.

Come and mingle, see what's new, and get pampered!



Spiced Pumpkin Bread

Adapted from [Bon Appétit Fast, Easy and Fresh](#) cookbook

Ingredients:

- 1 1/2 c. all-purpose flour (or gluten-free flour mix)
- 1 1/2 c. whole wheat flour (or gluten-free flour mix)
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp baking powder
- 2 c. raw sugar (or raw honey)
- 1 c. sunflower oil
- 3 large eggs (room temp)
- 15 oz. (1 can) pure pumpkin
- 1 c. chopped walnuts (optional)

Directions:

Preheat oven to 350°F and butter and flour two 9x5x3 inch loaf pans. Sift first eight ingredients into a large bowl. In second bowl, beat sugar and oil to blend, and then add eggs and pumpkin. Mix well. Stir dry ingredients into pumpkin mixture in two additions, just until blended. Add nuts, if desired.

Divide between loaf pans. Bake approximately 1 hour 10 minutes, or until tester inserted into center comes out clean. Transfer to racks and cool in pans for 10 minutes. Cut around sides of pan with a knife to loosen. Turn loaves onto rack to cool completely.

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