



CLINIC UPDATES | MONTHLY NEWS

It's Pumpkin Spice Season

Whether you enjoy the leaves turning and the temperature shifting or you long for the hot summer days, there's no stopping that Fall is just around the corner. And for a lot of us, that means that pumpkin spice season is upon us. Businesses have started to capitalize on this, especially coffee companies. And while it may seem benign enough to go and order a drink that everyone else is, let's take a moment to see exactly what is in one of the most popular drinks of the year.

In a Starbucks grande (medium) pumpkin spice latte there is:

- 304 calories
- 13.9 grams of fat
- 32.6 grams of sugar (just over 8 teaspoons of white, refined table sugar)

If you are on a plan of 1,000 calories a day, this serving size is a third of your daily calorie allotment!

For the sugar, this one drink includes two additional teaspoons of sugar than is recommended daily for women and just one teaspoon below the daily recommendation for men.

**For reference, women are recommended to limit added sugar to 6 teaspoons a day and 9 teaspoons for men.

When it comes to health, knowledge is power and the more you investigate and know, the better choices that you are able to make. Splurging on a special treat from time to time should definitely be built into your health plan. Learning more about the food we consume, helps us to really appreciate these treats when we indulge!

Combined Clinic Weight Loss in August:
~140 lbs !!!

The Power of Positive Thinking

A theme that has been arising is that of self-negativity. Starting a health journey is hard and sticking with it can prove to be even more challenging. More often than not, when we slip up, we jump on the self-doubt, negative train and it can be hard to turn that feeling around. If you find yourself in this situation, don't underestimate the power of positive thinking. You can do this quietly or by talking out loud to yourself. Maybe you decide that every time you catch your own reflection, you will say something kind to yourself. A good general rule to have in place before saying something critical of yourself is: if I said this to a stranger on the street, how would they react? We are so much tougher on ourselves than we are others. So instead of shame or guilt, start celebrating and appreciating all of the hard work that you are doing day in and day out!

Benefits of daily positive thinking include:

- Lower rates of depression
- Reduction in stress
- Increased immunity
- Improves mood by promoting the release of endorphins
- Enhances coping skills by boosting problem-solving abilities
- Optimism fosters healthier lifestyle choices, such as regular exercise and balanced nutrition

Incorporating positive thinking into daily life starts with small, consistent actions like smiling more, practicing positive self-talk, and surrounding oneself with supportive people. These simple steps can create a ripple effect, significantly enhancing overall mental health and well-being.

THE MORE YOU KNOW

Buy in-season fruits and vegetables such as butternut squash, brussels sprouts, apples, broccoli & pears



Homemade Pumpkin Spice Latte



Acorn Squash Soup



Exercise Method of the Month: **WALKING**

Benefits of walking 20 minutes a day

- **Help your heart:** Two long-term Harvard studies found that simply walking may reduce your risk of heart disease by up to 30 percent.
- **Slim down:** Regular brisk walking, when combined with healthy eating, is hugely effective for weight loss and regulation. Walking also helps to reduce visceral fat, also known as belly or abdominal fat which is especially dangerous to our health.
- **Support brain health:** Studies suggest that the hippocampus—the part of the brain that is key to memory—can be expanded through regular walking.
- **Improve your mood:** Walking helps release endorphins that instantly improve your mood and trigger a positive feeling in the body.
- **Sleep better:** Exercise like walking boosts the effect of natural sleep hormones such as melatonin, helping you doze off faster and sleep more soundly.

[VISIT OUR WEBSITE TO CHECK OUT OUR RECIPES AND BLOGS](#)