



# FALL INTO WELLNESS

OCTOBER 2022

Monthly Insight Newsletter

## October: Breast Cancer Awareness Month

Ribbons are being worn, pink products are all over the place and events are happening to raise money and awareness about one of the most common types of cancer.

Breast Cancer Awareness Month exists to ensure every woman has access to routine screenings, education, and support that could be lifesaving. [Here](#) are a few ways you can help raise awareness this month:

## Mindfulness Can Change Your Life - Here's How

Do you often find yourself with a full mind, thinking about what happened yesterday or what your to-do list is for the next week? Is your brain constantly on a hamster wheel trying to analyze, think and figure things out? Let's put an end to this!

Mindfulness has become a buzzword in recent years. Yet, mindfulness is more than just a buzzword. It's a technique that can help improve focus, reduce stress, help pain management and improve overall well-being.

You may be asking, well what exactly is mindfulness? And how can it help me?

Mindfulness is focusing your awareness on the present moment and acknowledging how you feel in that moment. It is taking note of your surroundings, your thoughts, and sensations to root yourself in the present time.

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### Key Takeaway

Mindfulness is most powerful and effective when incorporated into everyday, mundane activities like grocery shopping, laundry, or washing dishes.



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## IMMUNITY

### Fall has arrived and so has the start of cold and flu season

Do you feel like it is inevitable that you will get sick every time fall rolls around? Well, there are a few things you can do to prevent sickness so you can keep having fun all season. These three things are exercising, eating healthy, and reducing stress. Let's talk about how these relate to immunity.



#### Immunity and Exercise



We have all been told that we need to exercise in order to stay healthy. It is easy to brush off, but regular exercise helps to strengthen the heart and keep your bones strong. It also increases circulation providing more blood flow and helping the immune system work more effectively. Exercise also has anti-inflammatory properties in the body and decreased inflammation also enhances the immune system. Exercise also prevents obesity which decreases immune function impairing the cells that attack infections.

#### Immunity and Eating Healthy



An apple a day keeps the doctor away! There is some truth to this statement, but it's not just for apples. When we think of immunity, our thoughts go to that dreary time of year when colds and viruses are running rampant. But what if there is a way to increase your health in a natural way – whether you're sick or not? It's true that good nutrition can play a huge role in boosting the body's immune system and specific foods can help you heal faster from an illness or surgery.

Some of the best foods to eat for immunity are fruits and vegetables, fiber, and protein. Foods that contain probiotics, such as yogurt and kefir, are also beneficial because they are good for gut health which is where 70% of our immune system is located.

Also, reducing processed foods, sugar, and drinks that have few nutrients is a great way to easily boost your immune system.

#### Immunity and Stress



If you work with your immune system, it'll reward you with a stronger defense against illness; on the other hand, if you stress it unnecessarily, it'll run down and become less responsive. Constant stressors push your immune system and deplete its ability to fight off illness. It's important to take time to "refill your tank" and practice self-care. This is a great time to incorporate the mindfulness practices we talked about earlier.



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# COMMUNITY NEWS

## Lunch and Learn With Illiett from Chasinbalance

Last month, National Marketing Group Services had the privilege of hosting a Lunch & Learn at Village of Key Biscayne. Illiett from Chasinbalance spoke on "Back to the Basics of Nutrition". She used the three R's: **Reflect**, **Replace** and **Reinforce** to explain how to examine your current routines and habits to make impactful adjustments, and apply conscious intention when making food selections.

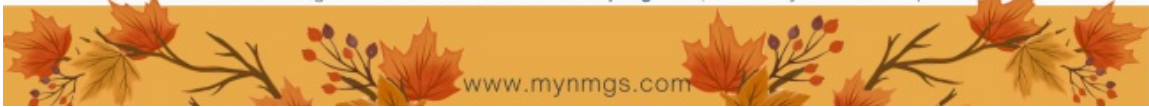
**Thank you so much to everyone who participated! You are helping to create awareness of the importance of nutrition and living a healthy lifestyle. We appreciate your support!**



A special thanks to:



Interested in learning more about our **lunch & learn programs**, contact your NMGS representative



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National Marketing Group Services, Inc. | 7705 NW 48th Street, Suite 100, Doral, FL 33166  
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