



## Happy Halloween

- **Nutrition Tips & Pumpkin Health for the Fall**

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### Foods For The Fall

With Halloween's arrival and temperatures beginning to feel more like fall, it's time to eat more foods ideal for seasonal health. The fall season which signifies the transition from the warmth of summer to the cold of winter and although we feel the effects less in Southern California, our bodies still react to the subtle changes and our immune system typically become more vulnerable.

Increase sour tasting foods such as apple cider vinegar, Greek yogurt, kefir, kombucha, kumquats, lemons, limes, sauerkraut, tamarind, pickles, sour cherries and grapefruit.

Reduce food that are pungent in flavor such as Chilies, mustard greens, onions, radishes, raw spinach, turnip, mustard seeds and most strongly flavored spices.

Eat more warming foods and less raw and cold foods as well as local in season produce and organic when you can.

[A chart of cooling and warming foods can be found here](#)



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### Boast Your Immune System

Boast your immune system with foods that have Vitamin C, immuneenhancing properties and reduce inflammation: Mushrooms, pears, citrus fruit, sweet potatoes, ginger, scallions, almonds, Echinacea, ginseng, garlic, spinach, oats and barley, black tea and of course some good old fashion chicken soup. Increase your soups, stews and congees. A great breakfast congeeto start your days off will provide more energy throughout the day and boast your immune system.

[Congee Recipe](#)



## Pumpkin Each Day May Keep The Doctor Away

Pumpkin and Pumpkin seeds have many health benefits and are a fantastic addition to your Fall meals.

Pumpkin seeds are medicinal and in Chinese medicine we call them Nan Gua Zi. We use them for treating anxiety, killing intestinal parasites, preventing prostatic diseases and kidney stone formation, treating urgent urination, urinary frequency, dysuria, urinary incontinence, and nocturia. They are beneficial in pregnancy, improve low milk supply and also protect alveolar bone and gum health in the elderly. These benefits are because pumpkin seeds are rich in amino acids, unsaturated fatty acids, vitamins, carotenoids, phosphorus, carotene, zinc, potassium, magnesium, iron, calcium, and vitamin E. Men in particular should eat the seeds or pumpkin seed oil each day for prostate health, 30 grams or 1/4 cup a day.



Pumpkins, Nan Gua, are great for keeping your appetite at bay due to the high fiber content and are low in calories as well. They have anti-aging properties, protect and renew the skin and increase the production of collagen. Pumpkin can be used as a 20 minute rejuvenating facial mask which also exfoliates and leaves your skin glowing and healthy. They benefit the eyes, your moods, sleep and boost your immune system. They are believed to lower blood pressure, have cancer fighting properties and promote heart health. They are rich in Tryptophan, alpha hydroxyl acids, vitamin A, carotenoids, potassium, phosphorus, dietary fiber, mono-unsaturated fat, iron, niacin, selenium, zinc, and B complex, beta-carotenes, potassium, vitamin C, B-complex group of vitamins like folates, niacin, vitamin B-6, thiamin and pantothenic acid. It is also rich source of minerals like copper, calcium, potassium and phosphorus, dietary fiber and mono-unsaturated fatty, iron, niacin, selenium and zinc. If you plan to roast the seeds, rinse in a colander and shake dry and place them evenly on a paper bag to dry overnight. Adding oil and sea salt is a standard recipe or get creative with the spices you like. Roasting for 15 to 20 minutes at 160 or 170 F should do the trick, roasting for any longer affects the oils in the seeds and they lose some of their nutritional value. This is also why I recommend air drying in a cool location rather than drying them out in the

oven.

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