



OCTOBER
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Well NEWS

A Monthly Insight into Health and Wellness



Reduce your Breast Cancer Risk

Some of the risk factors relating to breast cancer can not be changed such as family history, age, and genetics. But, there are other risk factors that are in your control. While addressing these risk factors will not prevent breast cancer, it can help lower your risk.

1. **Keep your weight in check.** Being overweight or obese increases breast cancer risk. This is especially true for women after menopause and for those who gain weight as adults. An increase in fat tissue raises estrogen levels, insulin levels and other hormones. These have all been linked to increased risk of certain cancers including breast cancer.
2. **Exercise regularly.** Regular exercise is such a healthy habit to have and specifically breast healthy. The difference in risk from the most active to the least active women is typically around 25%. The American Cancer Society recommends getting at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week.
3. **Limit time spent sitting.** There has been a lot of recent evidence to support that sitting for extended periods of time, no matter how much you exercise, is harmful. It is also shown to increase the likelihood of developing cancer. In a study by the American Cancer Society, women who sat for 6 or more hours a day outside of work had a 10% greater risk of breast cancer compared to those who sat for less than 3 hours.
4. **Limit alcohol.** Although it is unknown why or how, alcohol consumption is shown to increase breast cancer risk. Research has shown that as little as 3 to 6 glasses of wine a week can have a slight increase on breast cancer risk. Limiting alcohol is especially important for women who have other risk factors for breast cancer.
5. **Avoid or limit hormone replacement therapy (HRT).** HRT has been used by many women in the past to help control night sweats, hot flashes, and other troublesome symptoms of menopause. Research now shows that postmenopausal women who take a combination of estrogen and progesterin are more likely to develop breast cancer.

**Be strong,
you never know
who you are
inspiring!**



Cake Mix + Canned Pure Pumpkin

Ingredients

One 18.25-oz. box moist-style cake mix
One 15-oz. can pure pumpkin

Preheat oven to 400 degrees.

Combine ingredients in a large bowl. Mix thoroughly -- batter will be VERY thick -- and transfer to a baking pan sprayed with nonstick spray; bake in the oven until a knife inserted into the center comes out clean. (Refer to cake-mix box for pan size and approximate bake time.)



Featured Anti-Inflammatory Food

Sweet Potato

Eat more sweet potatoes by trying out one of these great recipes!

Sweet Potato Soup

Ingredients

2 sweet potatoes or yams, diced	1 cup vegetable broth
½ yellow onion, sliced	2 garlic cloves, minced
1 (14oz) can of coconut milk	1 tbsp dried basil
	salt and pepper, to taste

Directions

Dump everything in the crockpot and mix together. Turn crockpot on high for 3 hours, then put the mixture in a blender or food processor and puree until smooth.

Sweet Potato and Lemon Chicken

Ingredients

¼ cup olive oil	1 large lemon, sliced
4 chicken breasts	2 tbsp rosemary
1 1/2 sweet potatoes, cubed	5 garlic cloves, crushed
1 large lemon, squeezed	Salt and pepper, to taste

Directions

Preheat the oven to 450. Warm the olive oil in a large skillet over medium high heat. Season chicken with salt and pepper and put breast side down into the skillet. Add the sweet potatoes to the pan and cook until chicken is browned (about 8 – 10 minutes). Next take the contents from the skillet and put it in a roasting pan for the oven. Turn the chicken so the breast side is facing up now and top with the lemon juice, rosemary and garlic. Place the sliced lemons over it all. Bake for 40 – 45 minutes or until the chicken is completely cooked through.



Special Feature
from our partner:
**Feed your
Vitality**

Sweet potatoes have many vitamins that give it anti-inflammatory properties. For example, one sweet potato has about half of the recommended daily amount of vitamin C. They also contain vitamins A and E that can help relieve inflammation in the body.



Check us out at:

www.feedyourvitality.com

Newsletter Quiz

1. How much exercise should be done to reduce the risk of breast cancer?
2. What vitamins are found in sweet potatoes?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by October 31, 2015

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“Feed Your Vitality is my opportunity to it pay forward. It is the opportunity to support people who are facing weight loss or health issues in their journey toward feeling better and experiencing the vitality they are meant to enjoy.”

- Ashley Nanney, Owner

Feed Your Vitality

About Us

We know how difficult it can be to cook meals that support a healthy lifestyle at home – that’s why we’re committed to doing it for you. Feed Your Vitality is a company that is



dedicated to shopping, preparing, cooking, and serving our customers vibrant, whole foods made with fresh ingredients. Once a week we deliver meals that are designed to be freezable and are easy to reheat

while reducing and eliminating additives and preservatives, processed foods, GMOs, and soy. Our meals contain no gluten or grains, corn, dairy, refined sugars, high fructose corn syrup, or legumes. While all of our foods follow Paleo and Anti-Inflammatory guidelines, we also have menus that follow doctor recommended diets including allergen free, SHAPE ReClamed and hCG. These meals

can be delivered to your home or office from downtown St. Louis to O’Fallon, Missouri. Aside from delivering delicious meals to your door, Feed Your Vitality also offers a variety of hands-on Paleo/Anti-Inflammatory classes



to provide you with the tips and tricks necessary to enjoy life while living a healthy lifestyle. Feel free to visit Feed Your Vitality’s website or give us a call to find out more information about all of the services offered.

10% off

New customers will receive 10% off of their first order by mentioning the promo code **WellWorks10** at the time of purchase.

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