



The fall season brings plenty of things to look forward to: leaves changing color; crisper nights; and seasonal foods and traditions. It can also bring minor woes, such as drier skin, colds and even sleep disruptions. Use this Fall edition of *Balanced Living* for natural ways to address

some of these common seasonal concerns, as well as tips on managing stress and why the right level of vitamin D is so important. And don't miss our seasonal foods – three of my favorites, with delicious recipe ideas perfect for holiday meals and company!

Yours in health,

Andrew Weil, M.D.

Support Your Immune Health And Save!

Help support a healthy immune system this fall and winter. Visit the Weil Vitamin Advisor for your free, personal recommendation, and get 20% off your auto-delivery orders of \$70 or more, with promo code: VAFALL20. [Start now!](#)

6 Natural Cures For Autumn Woes

As we ease into the Autumn season, the shift in temperature and daylight hours can have an effect on our bodies, causing issues with sleep, immunity, digestion, skin, and joints. Consider these seven remedies for dealing with your autumn woes, naturally:

- 1 Arnica.** Drops in temperature can set off arthritic aches and pains, but you can help relieve the discomfort with [arnica](#) (*Arnica montana*). Try rubbing arnica tincture, cream, or gel on sore spots, but don't use on broken skin. To make

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Healthy Skin Care Tips For Fall

The seasonal transition from summer to fall can bring changes to your skin, such as dry, itchy and rough patches during the colder months. Help promote healthy, supple skin this Autumn with these seven simple tips:

- 1 Stay active.** Colder weather may make it tempting to stay indoors, but maintaining an active lifestyle will keep you and your skin healthy. Whether it's hitting the gym, working out at home, or bundling up for a walk outside, physical exercise promotes more blood circulation – which benefits the mind, body, and skin.
- 2 Continue wearing sunscreen.** While UVB rays (those which cause burns) weaken come fall, UVA rays - largely responsible for fine lines and skin aging - are present year round, at all times of day, and unaffected by clouds. Continue your summer sunscreen routine of using SPF 30 or higher into fall – and keep it up year round.
- 3 Wash with lukewarm water.** Hot water removes natural

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Seasonal Wellness Challenge



Managing Stress

This time of the year can be stressful, with holidays, visits from relatives and travel. Help manage your stress by exploring different means to naturally address it: yoga, breathing exercises and physical fitness are some ways to improve your emotional well-being. Visit our new [Spontaneous Happiness blog](#) for more stress management information!

Healthy Skin Care Tips For Fall

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oils from the skin, which can dry out skin even more. Instead, use lukewarm water when washing and try to take brief showers no more than once per day with gentle soap substitutes. Also apply moisturizer before your skin is completely dry, to trap water in the skin.

- 4 Use a humidifier. The low humidity and brisk autumn winds, combined with the dry heat from heaters, can really dry out the skin. To offset this effect, use a humidifier in your bedroom as well as other rooms you frequent to keep your skin hydrated.
- 5 Supplement with [evening primrose oil](#). Evening primrose oil comes from the seeds of a yellow wildflower that grows throughout the U.S. The oil contains an omega-6 fatty acid known as gamma-linolenic acid (GLA), which can help strengthen the skin barrier and reduce moisture loss. Consider supplementing with high-quality evening primrose oil to nourish the skin, hair, nails and even the joints.

Natural Cures For Autumn Woes

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an arnica compress, mix one tablespoon of arnica tincture in one pint of purified water. Dip a gauze pad in the mixture, and then apply it on the troublesome joint or bruised area. Look for pure arnica extract when preparing topical applications.

- 2 **Astragalus** (*Astragalus membranaceus*) is a common herb used in [traditional Chinese medicine](#) to help strengthen and support the immune system. As the seasons transition from summer to fall, this challenges our immune system. Look for standardized extracts in capsules and follow package directions.
- 3 **Echinacea** (*Echinacea purpurea*) is another immune booster to have on hand in Autumn. This herb helps treat colds, flu, sore throat, and other common infections. [Echinacea](#) comes in many forms – tinctures, extracts, capsules and tablets – and should be taken at the first sign of an illness coming on. Look for combination echinacea products (containing both angustifolia and purpurea species) standardized to four percent echinacosides.
- 4 **Calendula**. Looking for a natural solution to dry, chapped skin or lips this fall? Try calendula (*Calendula officinalis*). Not only can [calendula](#) improve skin hydration and firmness, but it can also be safely used for skin irritations. Apply ready-to-use calendula tinctures, oil, lotions, or creams directly to the affected areas (oil is the most hydrating) - look for products with at least 10-percent extract of calendula.
- 5 **Triphala**, an Ayurvedic Indian herbal mixture, is a remedy for constipation and irregularity. As seasons change, elimination and detoxification can become a bit more sluggish. Take only the capsules and avoid triphala in powdered form, using the product as directed. [Triphala](#) is best used regularly to improve bowel function, and should be taken separately from other medications.
- 6 **Valerian** (*Valeriana officinalis*) is an effective sleep and relaxation aid and treatment for insomnia that may occur with the shorter days and longer nights. [Valerian](#) comes in tincture, extract, or tablet form.



Valerian

Yoga Pose: Child's Pose

Used most commonly as a rest or transition pose in between other ones, the Child's Pose is one of the most recognized in yoga. Dr. Weil uses the Child's Pose to release tension and relax in between yoga poses. Here, the body rests on the floor, face down in fetal position, with either the arms stretched out in front of the body or at the sides. The head and chest bends between the legs and the forehead rests on a mat or the floor. This is a great pose for stretching the legs, hips, and back muscles.

According to a study published in *Psychological Reports*, researchers found that anxiety decreased while focused attention increased after yoga sessions including the Child's Pose. The results indicate that the Child's Pose, in conjunction with other relaxing yoga poses, can decrease overall [anxiety](#).

The health benefits of this pose include:

- **Stretched and strengthened thighs and hips**
- **Released stress in the back and shoulders**
- **Rest and recovery between yoga poses**

Get step-by-step instruction for practicing the [Child's Pose](#). The variations with this pose occur with arm placement – with options to place your arms at the sides of your body with palms facing upward or stretching them forward in front of your body. If you have knee pain or knee discomfort, you can place a rolled yoga mat or towel between your thighs and calves or directly under your knees for additional cushion.



Vitamins A to Zinc, courtesy of the Weil Vitamin Advisor

Vitamin D

Vitamin D is an essential hormone with a central role in maintaining health. As the amount of total daily sunlight decreases from summer to fall, supplementation with vitamin D is prudent. Decreased or insufficient levels of vitamin D have been linked to suppressed immunity, and heightened inflammation. [Learn more](#) about vitamin D.



Seasonal Food: Apples, Sweet Potatoes, and Garlic

Take advantage of the fall weather by enjoying these seasonal foods!

APPLES

Nothing says fall more than apple picking, an Autumn tradition in North America. This fruit is a portable source of soluble and insoluble dietary fiber, and also provides vitamin C, which helps support healthy immune function. With all the different types of apples available today, sample several to find the variety you will enjoy most. Skin colors include pale yellow, bright green and varying shades of red; the flesh can be crispy, crunchy or slightly mealy; and tastes range from sweet to tart. Choose apples free of blemishes, and always seek out organically grown apples to avoid pesticide exposure.

Try them in the [Roasted Squash & Apple Soup](#) and [Apple Oat-Bran Muffins](#) recipes!

SWEET POTATOES

A traditional Thanksgiving favorite, sweet potatoes should be a staple in any healthy kitchen. These root vegetables are an excellent source of [carotenoids](#) - antioxidant compounds that may help minimize the risk of developing lung cancer. They are also rich in vitamins A and C - natural antioxidants that help neutralize free radicals. Their orange or yellow flesh adds warm color to an evening meal and can be enjoyed mashed, served as oven-baked fries, or simply baked whole. Opt for sweet potatoes free of blemishes and cracks, but don't worry if they are misshapen - it does not affect the taste.

Try them in the [Sweet Potato Bars](#) and [French Lentil Soup With Cremini Mushrooms, Sweet Potatoes, and Thyme](#) recipes!

GARLIC

This culinary mainstay also provides many health benefits, such as possibly improving cholesterol ratios, lowering blood pressure and even reducing the risk of stroke and heart attack. [Garlic](#) also has antibacterial, antiviral, and antifungal properties, making it especially helpful in combating colds and other cold weather maladies. A simple way to help treat a cold is to eat two cloves of raw garlic at the onset of symptoms.

Try them in the [Garlic Walnut Dip](#) and [Spicy Garlic Broccoli With Pine Nuts](#) recipes!

