



*hello*  
OCTOBER

Boost Your Body's Natural Defenses



Dear Reader,

As the leaves change color and temperatures drop, the arrival of cold and flu season is inevitable. While you can't completely shield yourself from these common viruses, there are steps you can take to boost your immune system and reduce your risk of falling ill. In this month's newsletter we have compiled useful tips that you can use to naturally boost your body's defenses so that you can stay healthy through the fast approaching holidays and beyond. Be sure to check out Linnea's recipe to satisfy that inevitable pumpkin spice craving! We hope you enjoy reading and thank you for taking the time to connect with us in this way. We appreciate each and every one of you!

Best In Health,

*The Teggatz Clinic Staff*



# Linnea's No Crust Pumpkin Pie

So nutritious you can eat it for *BREAKFAST!*

Feel great about enjoying this autumn favorite made with simple, whole food ingredients.

- **6oz drained and rinsed chickpeas (canned)**
- **2oz peanut butter (peanuts and salt only - read the ingredients!)**
- **6oz ripe banana**
- **6oz canned pumpkin**
  - **(pumpkin only - read the ingredients!)**
- **2oz quinoa flakes\***
- **4tsp pure vanilla extract**
- **4tsp cinnamon**
- **2tsp ginger**
- **1tsp allspice**
- **1tsp nutmeg**
- **½tsp ground cloves**



1. In a food processor or high speed blender - blend/process chickpeas. Add in peanut butter, banana, pumpkin, vanilla, and all spices and blend until a smooth batter forms.
2. Stir in quinoa flakes.
3. Pour into a greased 8" square pan - I use Extra Virgin Olive Oil Spray.
4. Bake at 350 x 35 minutes convention or slightly longer for standard oven.

Top with additional peanut butter, sprinkle of cinnamon and pinch of pink Himalayan salt!

*HALF* of this recipe is a balanced breakfast containing healthy and satiating proteins, fats, and carbohydrates.

Or cut into smaller portions and enjoy as a high protein, high fiber treat that will support a balanced blood sugar.



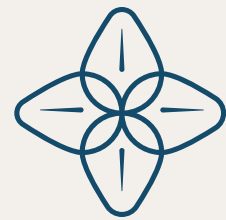
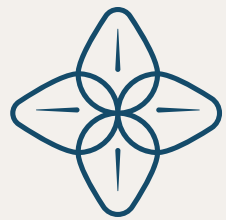
\*Never heard of quinoa flakes? I find mine at Natural Grocers. They are flat, rolled quinoa granules - similar to the oat rolling process. You can sub oats in this recipe, but the texture is far superior with quinoa flakes over oats.

**Nutritional information for  
half portion:  
496 calories  
19gm protein  
15gm fiber**

*Enjoy*

-Linnea Offerman RN, BSN, FMCHC, NBC-HWC

# Massage Therapy & Your Immune System



Massage therapy is often associated with relaxation and stress relief, but its benefits extend beyond these immediate effects. Regular massage sessions can have a positive impact on your overall health, including your immune system. Below I have listed some of the ways massage can help bolster your immune system:

**Stress Reduction:** Chronic stress can weaken the immune system, making the body more susceptible to illness.

**Improved Circulation:** Massage techniques involve manipulating muscles and soft tissues, which can stimulate blood flow throughout the body.



**Lymphatic System Support:** The lymphatic system plays a vital role in immune function by transporting white blood cells and immune cells throughout the body. Certain massage techniques, such as lymphatic drainage massage, can help stimulate lymphatic flow, aiding in the removal of toxins and waste products from the body.

**Reduction in Inflammation:** Inflammation is a natural response of the immune system to infection or injury. However, chronic inflammation can be harmful. Massage therapy has been shown to reduce inflammation by decreasing the production of inflammatory chemicals and promoting the release of anti-inflammatory substances

**Enhanced Sleep Quality:** Adequate sleep is crucial for a robust immune system.

**Stress Hormone Regulation:** Regular massage sessions have been linked to a decrease in the levels of stress hormones, such as cortisol.

**Psychological Benefits:** Psychological well-being is closely linked to immune health. Massage therapy can help to alleviate symptoms of depression and anxiety, which can negatively affect the immune system.



I am now offering massage services at the clinic and would love to assist you on your journey to better health. I hope to see you on my table soon!

*Abby Thornburg*  
Office Assistant, LMT

# SUPPLEMENT SPOTLIGHT



**“Our body’s immune system is a complex and dynamic defense system that comes to our rescue at the first sign of exposure to an outside invader. The dynamic nature of the immune system means that all factors that affect health need to be addressed in order for it to function at peak performance. The immune system is very sensitive to nutrient deficiencies. While vitamin deficiencies can compromise the immune system, consuming immune enhancing nutrients and botanicals can support and strengthen your body’s immune response.**

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