

CitrusRoute

PERSONAL TRAINING

Health Benefits of Pumpkin Seeds

Newsletter October 2014

1. Heart Healthy Magnesium

Magnesium has been shown to benefit your blood pressure and help prevent sudden cardiac arrest, heart attack, and stroke.

2. Zinc for Immune Support

Zinc is important to your body in many ways, including immunity, cell growth and division, sleep, mood, your senses of taste and smell, eye and skin health, and insulin regulation. Being Zinc deficient is associated with increased colds and flu, chronic fatigue, depression, acne, low birth weight babies, learning problems, and poor school performance in children.

3. Plant-Based Omega-3 Fats

Raw nuts and seeds, including pumpkin seeds, are one of the best sources of plant-based omega-3s (**alpha-linolenic acid or ALA**). ALA is converted by the body into more essential omega-3 fats, EPA and DHA.

4. Prostate Health

Zinc is important for prostate health. Pumpkin seed extracts and oils may play a role in treating benign prostatic hyperplasia (BPH, or enlarged prostate). Research suggests that both pumpkin seed oil and pumpkin seeds may be particularly beneficial in supporting prostate health.

5. Heart and Liver Health

Pumpkin seeds, rich in healthy fats, antioxidants, and fibers, may provide benefits for heart and liver health, particularly when mixed with flax seeds.

6. Tryptophan for Restful Sleep

Pumpkin seeds are a rich source of tryptophan, an amino acid (protein building block) that your body converts into serotonin, which in turn is converted into melatonin, the "sleep hormone." Eating pumpkin seeds a few hours before bed, along with a carbohydrate like a small piece of fruit, may be especially beneficial for providing your body the tryptophan needed for your melatonin and serotonin production to help promote a restful night's sleep.



Fall Boot Camp

No Boot Camp classes on
Thanksgiving weekend!

Enjoy time with your friends &
family eating delicious food!

See everyone the week after!

Sundays at 5:30 pm

Mondays at 7 pm

Pumpkin Muffins

Ingredients:

4 eggs
1 cup Brown Sugar
1 cup canola oil
1 can of pumpkin
3 cups whole-wheat flour or substitute
1 tbsp. cinnamon
2 tsp. baking powder
2 tsp. baking soda
1 tsp. salt
1 cup chocolate chips or raisins
(optional)

Instructions:

Beat eggs. Add sugar, oil, and pumpkin then beat thoroughly.
Mix dry ingredients in a separate bowl.
Mix dry ingredients with wet and mix until smooth.
Stir in chocolate chips.
Fill greased muffin cups.
Bake at 375° for 15-20 minutes.



Watch for:

- Osteoporosis workshops
- November indoor boot camps
- Urban Poling Lessons

Private personal training sessions also available with Registered Kinesiologist.

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Contact Cindy today.

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