



"The roots of all goodness lie in the soil of appreciation for goodness."

—Dalai Lama

Dear *{{First Name}}*,

As cold and flu season approaches, we begin to spend a lot of time discussing how to stay healthy in the face of all these coughs and sneezes around us. We wonder what fate may hold in store for us and if luck will be on our side. However, it is not luck that keeps us healthy; it is knowledge. For some helpful tools and tips on how to support your immune system this winter, read the article below.

In health,
Jane Dolan
BioMed Programs Director



Tis the Season for Staying Healthy!

Feeling run down? The FIRST thing I do when I start to feel a bit run down is to increase minerals: magnesium, calcium, zinc, boron, sodium, potassium, manganese are the ones I usually supplement. Often people will reach for vitamins first; yet they cannot work effectively without a proper amount of minerals. Make sure the supplements are good quality and in the right form, which is best decided by a qualified practitioner.



Keep in mind, when you are under times of stress, your body needs extra minerals. And of course, listen to your body – it needs rest. Go to bed early, hydrate, and consume nutrient dense, non-GMO foods.

After proper mineralization, then it is time to...[click for more>>](#)



The Goodness of Garlic

By Adam Davenport | Building your health can be easy, accessible and affordable - just eat more garlic! Grow Education has been busy leading workshops at New Bedford's public schools teaching about the health benefits of garlic and planting seed garlic for next summer's harvest!



A delicious and nutritious addition to many recipes, garlic is known for its antimicrobial properties. Use extra garlic at the start of your cold and you could quickly reduce its impacts. Garlic, full of minerals and vitamins, may even help reduce high blood pressure, cholesterol and help with detoxification if you eat it often. One of my go-to cold weather recipes is this [Miso Pumpkin Soup](#) - seasonal and full of healthy ingredients-like garlic!

At Irwin Jacobs Elementary school, students created an innovative song to help them remember how to correctly plant garlic seeds, "Pointy side up, flat side down!" Each fall, Grow students plant garlic and in the summer they are able to harvest that garlic. Watch the video below and learn this catchy tune for the next time you plant garlic!



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