

September is official National Yoga Month

Join the Yoga Month celebration: YogaHealthFoundation.org



One Week Free Yoga

Get the Yoga Month Card for ONE WEEK FREE YOGA at a local yoga studio for FREE and experience the proven health benefits of yoga.

[Get ONE WEEK FREE YOGA now.](#)

Yoga Month Events

Hundreds of community events are organized each year in celebration of National Yoga Month every September. [Find yoga events near you!](#)

A Time for Yoga

Yoga Month's celebration culminates with The Time for Yoga, a global community yoga practice. [Join us for yoga on September 30!](#)

September is Whole Grains Month

Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye . Whole grains even include popcorn!

ANTIOXIDANTS, VITAMINS AND MINERAL - Whole grains have valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

HEALTH BENEFITS OF WHOLE GRAINS - The [medical evidence](#) is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. People who eat whole grains regularly have a lower risk of obesity and lower cholesterol levels. Specifically those who eat three daily servings have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%!

Recipe of the Month

Whole Grain Crackers

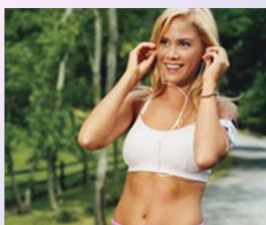
Ingredients

- 4 c. Whole grain flour (your choice)
- 1 cup Rolled oats, or 1 cup popped amaranth, or half and half
- 1/2 c Shortening, or butter
- 2 cups Buttermilk, yogurt, cream or sweet milk
- 1 tsp Salt
- 1 tsp Baking soda

Choose one or more of the following:
Kosher salt, Onion powder, Cheese powder, Bacon bits, Herbs or spices & BBQ sauce

Preparation

Place all ingredients into a large bowl and mix until it forms a ball. Divide dough into small portions and roll out on a lightly floured surface as thin as you can. The thinner it is rolled out, the better it will taste. Cut out as desired and bake at 275 on a greased sheet pan or parchment paper until the edges start to brown lightly. Store in an airtight container; they will stay fresh as long as they are kept dry. [Compliments of: MealsMatter.org](#)



Move of the Month: Walking ... Your Way to Good Health!

ArthritisToday.org

Why walk?

- Live longer – an average of 1.3 years longer than your couch-potato peers.
- Increase your mobility – Those who started with 10 min a day, and worked up to 40 min a day within three months increased their physical functioning by 25%.
- Better mood – Stimulates brain chemicals like serotonin & endorphins.
- Reduce your risk of diabetes – Researches think that walking improves the way that our body processes insulin. It can also reduce belly fat which can decrease odds of developing diabetes.
- Reduces memory loss & boosts brainpower – walk 40 min three times a week and help prevent a decline in brain function associated with aging.

