

REMEDY NEWSLETTER

DATE

Topic of the Week:

IF YOU AREN'T EATING OATMEAL, YOU SHOULD BE. HERE'S WHY.

AS THE WEATHER COOLS DOWN AND WE BEGIN THE SEARCH FOR WARM, COMFORT FOOD, OATMEAL SHOULD BE AT THE TOP OF YOUR LIST. ON ITS OWN, OATMEAL IS A NUTRITION POWERHOUSE. JUST 100 GRAMS OF OATMEAL (ABOUT 2/3 OF A CUP) CONTAINS ABOUT HALF OF YOUR DAILY REQUIREMENTS OF THIAMINE AND MAGNESIUM, AS WELL AS GREAT LEVELS OF IRON, FOLATE, VITAMIN B6, PHOSPHORUS, ZINC, AND SELENIUM. THESE VITAMINS AND MINERALS ARE CRUCIAL FOR OPTIMUM HEALTH. ADDITIONALLY, THE SAME SERVING SIZE OF OATMEAL CONTAINS ONLY 70 CALORIES, 2 GRAMS OF FIBER, AND 2 GRAMS OF PROTEIN. THE BEST THING ABOUT OATMEAL, THOUGH, IS THE VERSATILITY. ADDING TOPPINGS TO YOUR OATMEAL TURNS THIS BASE INTO A MEAL AND BUMPS THE NUTRITIONAL IMPACT UP TO THE NEXT LEVEL. TOPPING YOUR BOWL OF OATS WITH SOME FRESH BERRIES, BANANA COINS, AND NUTS (OR NUT BUTTERS) WILL GIVE YOU ADDED BENEFITS SUCH AS ANTIOXIDANTS FOUND IN DEEP-COLORED BERRIES, POTASSIUM FOUND IN BANANAS, AND HEALTHY FATS FROM THE NUTS (THEY ADD SOME EXTRA PROTEIN, TOO). CINNAMON TASTES GREAT ON OATS, TOO, AND HELPS TO CONTROL BLOOD-SUGAR LEVELS. WITH ALL THESE GREAT OPTIONS AND INCREDIBLE BENEFITS, THERE'S NO REASON NOT TO CUDDLE UP WITH A WARM BOWL OF OATMEAL THIS WINTER. YOUR BODY WILL THANK YOU.

COMMUNITY EVENTS

11/15/2018

BEAUTY THROUGH NUTRITION



BEAUTY COMES FROM THE INSIDE OUT! DID YOU KNOW THAT WHAT YOU EAT CAN HAVE AN EFFECT ON YOUR SKIN, HAIR, NAILS, AND MORE? IF THIS SOUNDS INTERESTING TO YOU, JOIN US FOR OUR BEAUTY THROUGH NUTRITION EVENT! ENJOY A 1-1.5 HOUR SEMINAR ABOUT OPTIMIZING YOUR BEAUTY THROUGH BMI

(BODY, MIND AND INTAKE). WE WILL BE HAVING SPECIAL GUEST SPEAKERS IN HOUSE TO DISCUSS DIET, HOLISTIC PRACTICES, AND PROPER SKINCARE AS WELL AS A SMALL COOKING DEMONSTRATION AND BEAUTIFYING REFRESHMENTS. DON'T MISS THIS AMAZING CHANCE TO GET EDUCATED ON HOW SMALL CHANGES CAN MAKE AN INCREDIBLE DIFFERENCE IN YOUR SKIN AND BODY. THE EVENT KICKS OFF AT 6:30PM! ADMISSION IS FREE. TICKETS ARE AVAILABLE NOW ON OUR FACEBOOK AND EVENTBRITE PAGES.

11/29/2018

PILATES NIGHT

IT'S NOT TOO LATE TO GRAB A SPOT IN OUR PILATES NIGHT! INSTRUCTOR KATHLEEN ROGERS WILL BE VISITING THE REMEDY EXCHANGE TO GUIDE YOU THROUGH A FULL PILATES SESSION. THIS AB-FOCUSED WORKOUT WILL HELP TO IMPROVE YOUR CORE STRENGTH, BALANCE, AND FLEXIBILITY. AND DON'T WORRY-

WE'VE GOT THE PERFECT POST-WORKOUT SMOOTHIE FOR YOU AFTER YOUR SESSION. THE WELLNESS WARRIOR IS A DELICIOUS BLEND OF PROTEIN, GREENS, SPIRULINA SUPERFOOD POWDER, AND RIPE MANGO SURE TO SATISFY YOUR TASTE BUDS AND REFUEL YOUR MUSCLES. ENROLL NOW IN-STORE OR ONLINE!



LUNCH SPECIALS AND GIFT CARDS NOW AVAILABLE

LUNCH TIME JUST GOT BETTER. WE ARE NOW OFFERING A BOGO 50% SOUP AND SALAD SPECIAL DAILY FROM 2-5PM. GET ONE OF OUR DELICIOUS SALADS (LIKE OUR CEASE-THE-DAY, GREEK GODDESS, PESTO CHICKEN, OR APPLE SWEET POTATO) AND YOU'LL RECEIVE 50% OFF A WARM CUP OF SOUP- A MATCH MADE IN HEAVEN!

GIVE THE GIFT OF WELLNESS! REMEDY EXCHANGE GIFT CARDS ARE NOW AVAILABLE IN-STORE FOR PURCHASE. PLUS, YOU'LL RECEIVE A TREAT FOR YOURSELF AS WELL- GET \$10 FOR YOURSELF WITH THE PURCHASE OF A \$50 GIFT CARD, AND A \$20 GIFT WITH THE PURCHASE OF AA \$100 CARD!



@theremedyexchange



The Remedy Exchange



781-245-2159



theremedy.exchange