



Living Well Williamson

Volume 3, Issue 4

Winter Newsletter

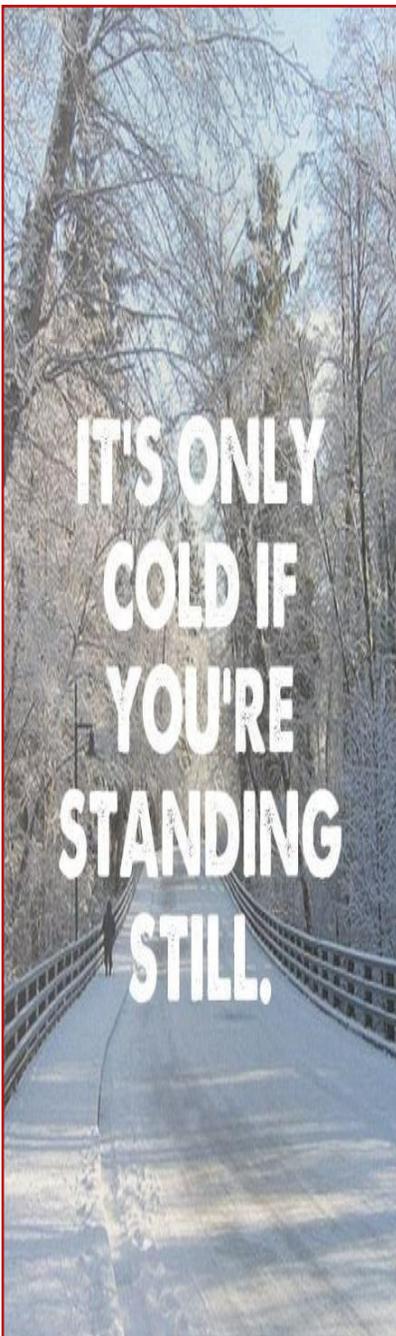


Immunity is the season's magic word.

When temperatures drop and windows and doors stay shut, viruses can thrive indoors; if your immune system isn't up to the task, you're likely to catch the latest bug to hit town. This means less energy, the possibility of health complications, and just plain old feeling awful. That's why it's essential to ward off the very real threat of colds, flu, and other scary winter germs lurking on every doorknob, in every public bathroom, and on every grab-rail of your morning train to work.

Each winter, these infections put millions of people out of commission, cost employers more than \$20 billion in paid sick days, and send more than 200,000 sufferers to the hospital. So how do you protect yourself? We've compiled a list of exactly what you need—and what you should avoid—to stay healthy during cold and flu season. These ideas made the cut not because they have fancy names or pack 400% of your daily vitamin allowances, but because they're safe, they've proven their worth in clinical studies, and our trusted experts recommended.

- * Get your flu shot
- * Use hand sanitizer
- * Take a daily multivitamin
- * Keep moving
- * Eat an healthy diet
- * Get your rest





Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- **Be careful with holiday decorations. Choose decorations that are flame resistant and retardant.**
- **Keep lit candles away from decorations and other things that can burn.**
- **Some lights are only for indoor or outdoor use, but not both.**
- **Replace any string of lights with worn or broken with worn or broken cords or loose bulb connections. Read manufacture's instructions for number of light strands to connect.**
- **Use clips, not nails, to hang lights so the cords do not get damaged.**



*Before Heading
Out on to Bed ...*

Blow Out lit candles when you leave the room or go to bed.

Turn off all light strings and decorations before leaving home or going to bed.

FACTS

! Two of every five home decoration fires are started by candles.

! Nearly half of decoration fires happen because decorations are placed too close to a heat source.

HEALTH BENEFITS OF COCONUT OIL

Helps in easy digestion

Strengthens immune system

Prevents & effectively cures candida

Prevents wrinkles, sagging skin, skin dryness & flaking

Reduces protein loss in hair & nourishes the hair



Rich in auric acid that helps maintain blood sugar & cholesterol

Effective in healing damaged tissues & infections

Treats pancreatitis & Alzheimer's disease

Prevents diseases affecting liver & kidney

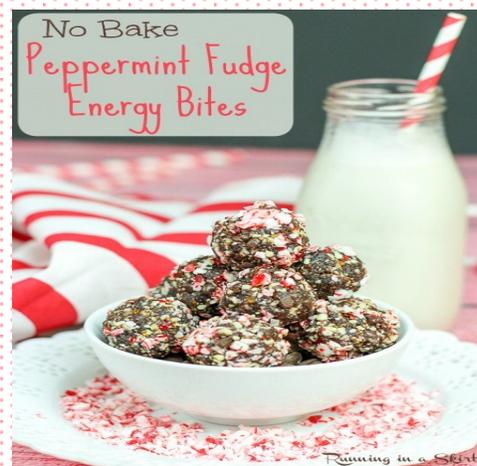
Improves bone health

Ingredients

- ½ cup raw almonds
- ⅓ cup pitted dates (about 6)
- 1 tablespoon cocoa powder
- ¾ teaspoon vanilla extract
- ⅛ teaspoon peppermint extract
- 1 tablespoon coconut oil
- 1 tablespoon mini dark chocolate chips
- ½ cup crushed peppermint

Instructions

1. Put almonds in a food processor and chop.
2. Add the dates and blend well.
3. Add the cocoa powder, vanilla extract, peppermint extract, and coconut oil. Blend for several minutes until starting to combine. Add a couple drops of water if necessary to help it move.
4. Add the chocolate chips and pulse a few final times to combine well. You don't want to pulverize the chocolate though.
5. Take a heaping teaspoon of the mixture in your hand and roll into a ball. The coconut oil will soften and it will be very messy. The warmth of your hand will allow the coconut oil to help bind the bite. You will end up pushing it more together than actually rolling it. While it is still warm press into the peppermint.
6. Allow the finished bites to set in the fridge for 30 minutes to re-solidify the coconut oil.



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Things to do in Winter:

1. Decorate your room



2. Wear warm sweaters and socks



3. Drink hot drinks

4. Make movie evenings

5. Build snowmen



6. Bake lovely cookies

7. Be nice to everyone



8. Light Candles



9. Watch the snow



10. Have a great time!