

Paris Holistic Health



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Newsletter

Peter, Peter, Pumpkin Eater

This nursery rhyme is about a man who couldn't afford a house for his wife so he set her up in a spacious one room pumpkin shell. This brings me back to my childhood when carving jack-o-lanterns was always a fun family event and yet I never thought of pumpkins as a source of food. Now that it is autumn, the stores are full of pumpkins in preparation for Halloween. I now know that pumpkins are not just for carving into jack-o-lanterns but that they are good to eat and provided a wonderful source of vitamins, minerals and even have medicinal benefits.

Most of the pumpkins you see in the stores are hardy hybrids specific for Halloween decorating. They tend to have a larger cavity, be really stringy, and are not very flavorful. If you want to use a pumpkin in your meal or to make puree for use in baking, then look for ones that are labeled as sugar or pie pumpkins. These pumpkins have more flesh and a sweeter flavor.



Pumpkins are a delicious fruit (yes, they are in fact botanically speaking a fruit even though they are generally referred to as a vegetable) and they are packed with nutritional value. They are high in vitamins A, C, and E; three well known antioxidants that support our bodies by reducing oxidative stress. They are also a good source of B vitamins essential in energy production and cellular metabolism. Pumpkins are high in iron, magnesium, potassium, phosphorus, copper, and manganese. They are also high in fiber and are a good source of alpha linoleic acid, an omega-3 fatty acid that supports our cardiovascular system.

Medicinally, eating pumpkin can help to reduce dampness in the body that contributes to damp conditions like eczema and edema. This fruit helps to balance out blood sugar levels making it an ideal choice for diabetics and people with hypoglycemia. Finally, it may help in removing mucus from the lungs, bronchi and throat benefitting people with wet asthma or recovering from a cold.

So while you are at the store buying a pumpkin for carving your jack-o-lantern, pick up a sugar pumpkin and enjoy its many health benefits. Oh and don't forget to roast the seeds for a tasty treat. If you have never done this before, go here http://www.simplyrecipes.com/recipes/toasted_pumpkin_seeds/ for directions.

I hope that you enjoyed learning about the benefits of pumpkin. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary session. Come and get to know us and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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