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Breast cancer is the second most common cancer in women. About 1 in 8 women born today in the United States will get breast cancer.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram can help find breast cancer early when it's easier to treat.

Each year in the United States it is estimated that 220,000 cases of breast cancer are diagnosed in women and 2,000 in men.

The risk of getting breast cancer goes up with age. The average age when women are diagnosed with breast cancer is 61. Men who get breast cancer are diagnosed usually between 60 and 70 years old.

October is National Breast Cancer Awareness Month. Spread the word about mammograms and encourage communities, organizations, families and individuals to get involved.

GISC will be sending you the annual notices within the next few days for distribution to your staff.

If you would like more information visit:

www.breastcancer.org

I think Dr. Seuss' first name is Arthur. People who write books are arthurs so his name must be Arthur Seuss

~Marley, age 4

Written by: Lisa Sundström/Wellness Director

October Recipe Pumpkin Grilled Cheese

INGREDIENTS

- 2 cups roasted pumpkin (1/2 cup per sandwich)
- 1 cup gruyere cheese, grated
- 8 slices sourdough bread
- 4 tbs. unsalted butter
- 1 tbs. brown sugar
- 1 tsp. salt
- 1 tsp. chili powder
- 1 tsp. paprika



DIRECTIONS

1. Split pumpkin in 1/2 and scrape out the seeds.
2. Roast pumpkin cut side down at 350 degrees for 30 minutes. Turn pumpkin cut side up and roast for another 30 minutes.
3. After pumpkin cools, scoop out the flesh and mash roughly with a fork.
4. Stir together brown sugar and spices in a small bowl.
5. Butter 1 side of each piece of bread. Add butter side down to a large skillet over medium heat.
6. Spread 1/2 cup of pumpkin on bread, sprinkle with spice mixture and top with grated cheese. Add top piece of bread, buttered side up.
7. Cook sandwich over medium heat for 5 minutes per side until both sides of the bread is browned and cheese melts.

SERVES 4

Recipe compliments of *Macheesmo*



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Mistakes Healthy People Make When Buying "Health" Food

According to Devin Burke, author of "Healthy Eating in the 21st Century," even healthy people

make mistakes when choosing health food. See the most common mistakes below.

1. Mistaking gluten free as healthy. Gluten is simply a protein found in several types of grains, including wheat, spelt, rye and barley. Just because it says "gluten free" on the label doesn't mean it's healthy. In addition, gluten free packaged foods can be more processed and contain even more sugar and other harmful ingredients in an attempt to enhance the flavor and texture of the product.

2. Eating sugary processed health bars. Choose a bar that isn't over 12 grams of sugar per serving. Also, make sure it doesn't contain any artificial sweeteners such as sucralose, aspartame, saccharin or fillers, binders or isolates.

3. Drinking fruit juice. Most fruit juice is really flavored sugar water. Sugar causes body and cell inflammation which is the route of almost all disease.

4. Using agave nectar as an alternative to sugar. Agave nectar is loaded with fructose (fruit sugar). Although it is low on the glycemic index which measures its effects on blood sugar, new research suggests that excessive fructose can harm liver function and add unwanted belly fat.

5. Consuming processed organic foods. Organic food is grown without the use of dangerous chemicals, genetic modification, or the preservation process of irradiation and is much better than conventionally grown food, but even **packaged** organic foods are still very processed.

6. Avoiding fat. Foods that are high in good omega-3 fats are rich in antioxidants, vitamins and minerals and are anti-inflammatory. They also protect us from brain disease and increase cognitive ability. The only fats you want to avoid are trans fats found in processed junk food.

October book club



A MIND OF YOUR OWN

~by Kelly Brogan, MD

A New York Times best seller, "A Mind of Your Own," offers an achievable step by step 30-day action plan for women including powerful dietary interventions, targeted nutrient support, detoxification, sleep and stress reframing techniques. Heal your body, alleviate inflammation, and feel like yourself again without a single prescription.

TIP CORNER

- **USE FOOD AS MEDICINE:** Buy food from a plant, not made in a manufacturing plant.
- **LEARN TO COOK:** According to celebrity chef, Jamie Oliver, cooking from scratch is one of the most important life skills you can learn. It allows you to have complete control of what goes into your food.
- **AVOID BRIGHT LIGHTS BEFORE YOU SLEEP:** When you are exposed to bright lights in the evening it disrupts production of the sleep hormone melatonin.
- **SWAB YOUR FEET:** If you have stinky feet kill odor causing bacteria quickly by soaking a cotton ball with rubbing alcohol and wiping your soles.