

The average person will consume nearly a pound and a quarter of candy during Halloween, equaling roughly 33 fun sized candy bars or around 5000 calories. Most of us have no choice but to participate in the annual Halloween ritual; even if we don't have children to take trick or treating, we still have parties to go to and candy to buy for all the trick or treaters in the neighborhood. And if we're not careful, having all this candy on hand can throw our eating strategies totally out of whack. The good news is that with some determination and deliberate steps, we can keep Halloween from turning us into pumpkin-shaped figures. Here are six ways to avoid the dangers of Halloween candy:

## 6 TRICKS TO AVOID TREATS

### STICK TO YOUR REGULARLY SCHEDULED SNEALS®

Don't be tempted to skip a few Sneals® on Halloween so you can bank your calories for those sweet treats that are sure to head your way. The worst thing you can do is not eat; if you're hungry you will have no willpower to resist. Instead eat your usual Sneals® during the day with a high protein Sneal® right before the Halloween festivities begin. If you feel full you will not be as likely to go overboard on the treats.

### TAKE CONTROL

Okay, yes it is Halloween, a holiday dedicated to treats. In order to survive this holiday without derailing your diet, control your binge. Make it exact, 'you'll only have three 'fun-sized' candies the entire night.' Then you can spread them out or have them all at once. If you have a plan you're most likely to stay in control.

### BE THE 'BORING' HOUSE ON THE BLOCK

If you are the kind of person who will eat whatever is around the house, don't set yourself up for failure by stocking up on candy. Have you considered passing out non-candy goodies? Perhaps from the dollar store, toys, temporary tattoos, sticker, etc. Or healthier options like boxes of raisins or nuts? You might get some kids thinking you're not the coolest house on the block but at least their parents will like you!

### LIMIT MINDLESS EATING

Are you going to a Halloween party where there is sure to be endless treats? Keep your hands busy, your purse in one and a glass of water in the other. If your hands are full they are not going to be grazing the candy bowls or buffet. This will significantly reduce your temptation to nibble.

### BUY YOUR CANDY LAST MINUTE

Buy your candy the day of Halloween, that way you are not tempted to dip into the candy stash on a daily basis. Also don't buy your favorite candy, buy candy you don't particularly like that way you're not lured in, if you are a chocolate fan then go for the gummy or tart candies.

### FOR THOSE OF YOU WHO DID SPLURGE – BOUNCE BACK

If you are in a sugar coma on November 1st, don't freak out! One day will not hurt you; it is the mindset that triggers the mental game of, 'I blew it' that can lead you to ditch your diet. You just need to recover, make sure to stick to your six healthy Sneals® the next day and drink plenty of water and you will be ok.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



### Now Offering Bio-Identical Hormone Replacement Therapy

As men and woman age, many experience a decline in their hormone levels. These imbalances cause weight loss or gain, depression, sleep issues, loss of libido, fatigue, hot flashes, night sweats and so many others.

Fortunately, these hormonal imbalances can easily be managed and corrected with personalized bio-identical hormone replacement therapy.

### Bioidentical Hormone Therapy Is The Most Natural Way To Treat Medical Issues Caused By Hormone Imbalances.

Our goal here at Physician's Plan is to balance hormones with the use of customized compound medication to replace the hormones your body isn't producing.



### What Can Bio-Identical Hormones Do For You?

- |   |                               |                         |
|---|-------------------------------|-------------------------|
| Reduces carb cravings/increases metabolism      | Reduces irritability/anxiety  | Uplifts mood            |
| Helps restore normal sleep patterns             | Adds moisture to the skin     | Slows bone loss         |
| Reduces hormonal headaches/migraines            | Reduces vaginal dryness       | Slows aging             |
| Improves and enables brain function             | Reduces water retention       | Protects against cancer |
| Prevent hardening of the arteries/heart disease | Regulates the menstrual cycle | Lowers LDL/raises HDL   |

### Post Halloween Sale!



Even the healthiest among us can't help but get into the Halloween fun, and while everything's good in moderation, sometimes a night of temptation means going overboard (no regrets!). Now we need to get you back on track! **Enjoy 15% OFF** online ONLY, November 1st (purchase of \$75 or more). Don't forget to use the coupon code **BACKONTRACK23** at checkout.



# BREAST CANCER

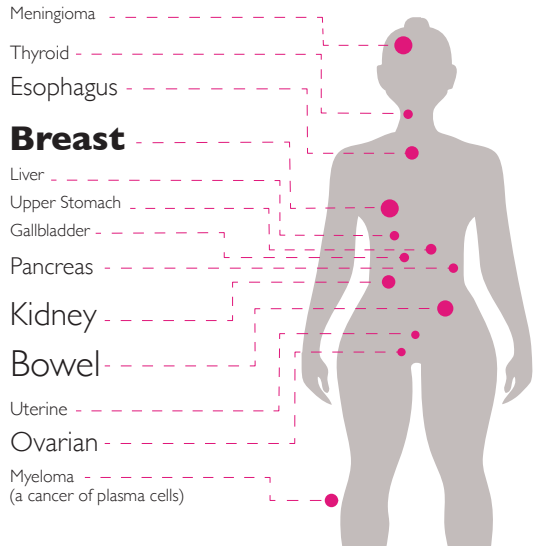
HOW YOUR WEIGHT AFFECTS YOUR RISK

## Obesity & Breast Cancer Risks

The National Cancer Institute says that weight gain is a major risk factor for developing breast cancer. Gaining weight in adulthood appears to increase the risk of breast cancer before and after menopause. One large study found that women who gained about 20 pounds after age 18 had a 15% higher risk of breast cancer compared to women who gained little or no weight. Women who gained 55 pounds or more had a 45% higher risk.

It is important for both men and women to keep a healthy weight. Managing weight is a challenge for most people in the U.S. In Fact, according to the Centers for Disease Control and Prevention (CDC), about 69% of American adults are over weight.

CANCERS ASSOCIATED WITH BEING OVERWEIGHT & OBESE:

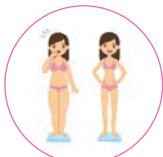


### Breast

- Meningioma
- Thyroid
- Esophagus
- Breast
- Liver
- Upper Stomach
- Gallbladder
- Pancreas
- Kidney
- Bowel
- Uterine
- Ovarian
- Myeloma (a cancer of plasma cells)

WOMEN WHO ARE OVERWEIGHT OR OBESE AFTER MENOPAUSE HAVE A **30-60%** HIGHER RISK OF DEVELOPING BREAST CANCER THAN THOSE WHO ARE LEAN.

**TRUE OR FALSE?** There is nothing a woman with average risk can do to reduce her risk of developing breast cancer? **FALSE!**



### WEIGHT

Achieving and maintaining a healthy weight is recommended to reduce your risk of breast cancer, as well as several other forms of cancer, diseases and diabetes.



### PHYSICAL ACTIVITY

On average, highly active women are 25% less likely to develop breast cancer. Walk 75-150 minutes a week (approx. 20 minutes per day) to reduce your risk by 18%.



### ALCOHOL INTAKE

Compared to women who do not drink any alcohol, there is a 10%-20% higher risk of breast cancer associated with each drink per day.

# FALL IN LOVE WITH SOME OF OUR FAVORITE COZY FALL RECIPES!

## MINI MEATLOAF



**Ingredients:**

- 1/2 teaspoon vegetable oil
- 1/2 onion, chopped
- 1 garlic cloves, minced
- 1/4 teaspoon dried thyme
- 1/4 cup ketchup
- 1 tablespoons packed light brown sugar
- 2 teaspoons apple cider vinegar
- 1 egg
- 1/4 cup skim milk
- 1 teaspoons Dijon mustard
- 1 teaspoons Worcestershire
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon hot sauce
- 1/2 pound lean ground beef
- 1/2 pound lean ground turkey
- 1/2 cup fresh whole-wheat breadcrumbs
- 1/8 cup fresh parsley, chopped

**Lets Cook :** Preheat oven to 350° F. Heat oil in a large nonstick skillet over medium-high heat. Add the onion and cook until soft, about 5 minutes. Stir in the garlic and thyme cook for about 15 seconds. Set aside to cool. Meanwhile combine the ketchup, brown sugar and vinegar, set aside. In a separate bowl, mix the egg, milk, mustard, Worcestershire, salt, pepper and hot sauce. In a large bowl, mix the meats together and add the breadcrumbs, parsley, onion mixture and egg mixture until evenly combined and it no longer sticks to the side of the bowl. Line a baking sheet with foil and lightly coat with cooking spray. With wet hands, shape the meat mixture into 4 (4 x 2-inch) loaves and space evenly on the sheet.

Serves 4: Per Serving(per loaf): Cal: 295 | Protein: 36g | Carbs: 19g | Fat: 8g



## EGG DROP SOUP

**Ingredients:**

- 4 Packet or 4 Scoop UNJURY® Chicken Soup Flavor\*
- 4 Medium Egg
- 4 Cup Water

Serves 4: Per Serving: Cal: 160 | Protein: 27g | Carbs: 2g | Fat: 4g



## WARM-ME-UP CHICKEN CHILI

**Ingredients:**

- 1 tablespoons olive oil
- 1 pounds skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1/2 cup chopped onion
- 1/2 cup celery stalks, chopped
- 1/2 cup green or red bell pepper, seeded and chopped
- 1/2 cup poblano chile peppers, seeded and chopped
- 3 tsp minced garlic
- 1 tablespoons ground cumin
- 1/2 tablespoon chili powder
- 1/2 tablespoon dried oregano
- dash of crushed red pepper
- 1/2 can (28oz) tomato puree
- 1 cans (28oz) diced tomatoes
- 1/2 can (15oz) black beans, rinsed and drained
- 1/2 can (15oz) can pinto beans, rinsed and drained

**Lets Cook:** In a large pan heat oil over medium-high heat. Add chicken; cook and stir until browned. Remove half of the chicken. Add onion, celery, peppers and garlic. Cook for 5-6 minutes or until the onion is tender, stirring occasionally. Stir in cumin, chili powder, oregano, crushed red pepper and salt. Cook and stir for 2 minutes more. Return chicken to pan. Add tomato puree and undrained tomatoes to pan; stir to combine. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes, stirring occasionally. Stir in the drained black and pinto beans. Simmer, covered, for 10 minutes more. Season to taste.

Serves 4: Per Serving: Cal: 272 | Protein: 30g | Carbs: 38g | Fat: 4g | Fiber: 12g

**Lets Cook :** Whisk the egg in a bowl. Set aside. Measure water into a microwave-safe mug. Place water in microwave and heat until simmering. Using a fork, slowly mix the whisked egg into the water until the egg forms a stringy consistency. Let the water-and-egg mixture cool to 140° F. Once the water-and-egg mixture has cooled, slowly whisk in UNJURY until well combined.