



Converse Wellness *...be well*

◆◆◆ IMMUNE BUILDING ◆◆◆

The snow has come, the cooler temps are here, in true Wyoming fashion the weather has changed its mind rather quickly in between seasons. People tend to stay indoors more during the fall and winter months, obviously our survival depends on it. Without fresh air and regular sun exposure our body's natural defense system lowers. There are simple ways to keep integrity in the delicate gel of the body that is the immunity. If these bodies are all well attended to our quality of life increases to support health, vibrancy, and wellness.

1. The physical body- literally made of what we eat. This is the tissue you can touch feel and see grow bigger with lots of food and shrink with little or no food. This body needs to MOVE, get in touch with your physical body and move even in small bursts.
2. The breath body- the body's ability to move breath and oxygen into the blood. The breath is super underrated in our culture. Seal your lips and breath as much through the nose as possible (the fine nose hairs serve as a natural filter for junk and gunk).
3. The mental body- our thoughts and inner dialog. Throughout our days we talk to ourselves and have millions of thoughts, are your thoughts true and positive? Do they support your highest good? Check in with your mental body by recognizing your own thoughts several times throughout the day.
4. The emotional body- the feelings and emotions we experience. Emotional intelligence is the ability to perceive and change your emotions to provide motivation for the tasks you want to accomplish in life.
5. The spirit body- your true Self. Connecting to the spirit body requires that we sit without distraction and find ease in each day. The spirit body fulfills our sense of purpose and guides us into higher conscious states of life.

IMMUNE INTEGRITY REQUIRES US TO MOVE THROUGH ALL THESE BODIES EACH DAY? HOW DO WE DO THIS SIMPLY? WELL MOVING THE PHYSICAL BODY AND FINDING TRUE RELAXATION EACH DAY IS KEY. MOVE AND REST, IT REALLY IS THAT SIMPLE. WHAT IS TRUE REST THOUGH? WELL RELAXING WITHOUT A SCREEN IN FRONT OF YOUR FACE, A GLASS OF WINE IN YOUR HAND OR A BOOK IN YOUR FINGERS. TRUE RELAXATION ASKS THAT WE CHILL COMPLETELY OUT, GET IN TOUCH WITH OUR BODIES, THOUGHTS, FEELINGS, AND SPIRIT. WE HAVE A CHALLENGE FOR YOU ON THIS VERY TOPIC!

Digital Detox Challenge

October 1st- 14th we challenge you to spend 15 minutes a day completely relaxing! This means without a screen, a drink, a television show, or music. Just you and your body and silence. No, sleeping does not count.

Simply record your minutes in relaxation on the log provided. Each participant will receive a FABULOUS prize and drawing will be held for self-care prizes and gift cards.

Reap the benefits of detoxing from your digital media! Get in tune with your self and listen to what your body is telling you!



Recipe Corner

Check out this Creamy Chicken Soup with Mushrooms!



- 1 tablespoon olive oil, 8 ounces boneless, skinless chicken thighs, cut into 1-inch chunks, Kosher salt and freshly ground black pepper, 2 tablespoons unsalted butter, 3 cloves garlic, minced, 8 ounces cremini mushrooms, thinly sliced, 1 onion, diced, 3 carrots, peeled and diced, 2 stalks celery, diced, 1/2 teaspoon dried thyme, 1/4 cup all-purpose flour, 4 cups chicken stock, 1 bay leaf, 1/2 cup half and half, or more, as needed*, 2 tablespoons chopped fresh parsley leaves, 1 sprig rosemary.
- Heat olive oil in a large stockpot or Dutch oven over medium heat. Season chicken thighs with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
- Melt butter in the stockpot or Dutch oven over medium heat. Add garlic, mushrooms, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
- Whisk in flour until lightly browned, about 1 minute. Whisk in chicken stock, bay leaf and chicken thighs, and cook, whisking constantly, until slightly thickened, about 4-5 minutes.
- Stir in half and half until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.
- Serve immediately, garnished with parsley and rosemary, if desired