

Strength in Plants *By Kate Murray*

Transform your health from the inside out



Fall Harvest Slaw

SPECIAL TO THE READING EAGLE: KATE MURRAY

day at FirstEnergy Stadium, as our community comes together to educate and inspire one another at the inaugural Guts & Glory Digestive and Wellness Expo. The event is free and open to all ages. With more than 40 exhibitors, you will find live, healthy cooking demonstrations, free group exercise presentations, a farmer's market, massage tent, yoga hut, live music, kids' obstacle course, and much, much more! Bring the entire family for

a day filled with education and inspiration to get healthy!

Stop by my table, A Silent Cure in My Back Yard, for a free sample of this recipe for Fall Harvest Slaw as well as a chance to win a box of locally grown, U.S. Department of Agriculture organic vegetables. There will be plenty of other healthy food available for sale too. This event promises to help you get started or stay motivated on your journey of

transforming your health and wellness from the inside out!

Fall Harvest Slaw

INGREDIENTS

- 1/2 head of red cabbage, shredded
- 1/2 head of green cabbage, shredded
- 4-5 fresh apples (I like Fuji because they are sweet, but you can use any variety) leave skin on and julienne
- 2-3 lbs of fresh carrots, cleaned and julienned
- Juice of 1 lemon (Squeeze fresh lemon juice over apples when you cut them to prevent oxidation)
- 1-2 cups dried cranberries (dried cherries, dates, or golden raisins work too)
- 1 cup chopped walnuts, lightly toasted

DRESSING

- 1/4 cup rice vinegar
- 1/4 cup champagne vinegar
- 3-4 tbsp. honey
- 1 tsp salt
- Freshly ground black pepper

PREP: Clean and julienne or shred the cabbage and carrots. Core and julienne the apples and toss with lemon juice, then toss cabbage, apples, and carrots together in a large bowl. Use a whisk to combine the dressing in a different bowl. Pour the dressing over the ingredients and toss well. Sprinkle with cranberries and walnuts. The salad is better after a few hours after the dressing marinates with the cabbage. If preparing the day before, wait until the day of serving to add the walnuts and cranberries. ☺

Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: asilentcure.org.

OUR SOCIETY has experienced an unfortunately sharp increase in the number of people who suffer from chronic diseases such as heart disease, cancer, mental illness and autoimmune disorders. In the past few years, it's become increasingly evident that there is a huge gap emerging between life science research and the way conventional or Western medicine is practiced.

What is the answer? You may have heard the term integrative, or functional, medicine, which is an approach in which physicians focus more on the complex interactions that make up your entire physiology instead of treating a symptom based on one independent specialty. The practice of functional medicine takes into consideration both internal (mind and spirit) and external (physical and environmental) factors that affect your overall health. By understanding the whole ecology of health and wellness, those doctors who practice functional medicine are able to integrate traditional Western medical practices with alternative medicine, creating a focus on prevention of disease through nutrition, diet, exercise and stress management.

I invite you to join me Satur-

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Saturdays and Sundays
1:00pm to 9:00pm

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