

# CARIBOO QUARTERLY



## Change of Seasons

And just like that it's Winter. Well, not exactly, but it's like we skipped Fall and went right into Winter!



## Did You Know?

According to the Farmers Almanac the Winter of 2020/2021 calls for well above average amounts of snow in our region this year.

**Make sure you are prepared! Have extra food, prescriptions and supplies on hand in case you are not able to leave your home.**

**Cariboo**  
HOME & HEALTH  
SERVICES

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## Nutrition for Health

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



When it comes to our overall health these days allopathic doctors are often quick to cure what ails us with a pill or antibiotic or some other form of unnatural band-aide for our condition. What has been long forgotten is what Hippocrates said: “Let food be thy medicine and medicine be thy food.” There was nothing said about loading our systems with medication.

This is not to say that we never need to take medication, but not everything that ails us needs to be sorted out with a pill. In fact, with good nutrition, we can often avoid the need for medications. It is all about being proactive rather than reactive. Eat the rainbow. Sounds like a rather odd statement, but the choice to eat colourful vegetables and fruits will ensure what you are consuming is loaded with natural antioxidants, nutrients, and vitamins.

Think of naturally occurring deep reds, greens, oranges, and yellows. Whole grains are especially important as they carry the fibre we need as well as many of the B vitamins.

Continue reading:

<http://cariboohomeandhealthservices.com/nutrition-for-health/>



<https://www.facebook.com/CaribooHomeHealthServices>

## Reasons to enjoy every day:

1. There are people in your life who love you and depend on you
2. The world needs more happy people
3. Happy people are healthier
4. Every day is a new opportunity
5. Your joy may bring happiness to the life of another
6. You get lessons from the worst days and memories from the best ones
7. Blaming a day will not give you happiness
8. You were given another one
9. One day will be your last
10. Being happy is a choice, no matter what is going on around you
11. Being happy can reduce your stress
12. You only get one life to enjoy, have no regrets

*...For yesterday is but a memory, and tomorrow is only a vision; but today, well lived, makes every yesterday a memory of happiness, and every tomorrow a vision of hope. Look well, therefore, to this day!*

## Take time to enjoy each day...

