Dear Friend,

The cool autumn breezes are certainly a welcome relief from the summer’s hot, humid dog days. And the colorful leaves take my breath away! It’s also apple-picking season. So visit a local orchard and bring home a bushel—along with a gallon or two of fresh cider. Apples are one of nature’s most delicious treats, and they’re so versatile, too. Bite into one, or use a few in your baked goods and sauces. Then check out these terrific tips.

In the News...

What’s in a Name?
The folks at the Corn Refiners Association—the makers of high fructose corn syrup—are hoping to improve their image by changing the name of the product to corn sugar. And who can blame them? These days, consumers check the labels on the food they buy so they can avoid high fructose corn syrup, which has the reputation of being worse for you than sugar. All the hype has led to a 20-year low in sales of the sweet stuff, even though sugar and high fructose corn syrup are the same, nutritionally speaking. The Food and Drug Administration has to approve the name change. But in the meantime, start cutting back on all sugar, no matter what the label says! www.bakersbesthealth.com

Don’t Be a Big Chip Off the Old Block!
Some people think that if their parents are overweight, as well as their grandparents and siblings, then it’s inevitable that they’ll be overweight, too. Well, get off that couch and think again! According to a new study, regular exercise can reduce the genetic risk of obesity by up to 40 percent.

Take a Shot
Now that flu season is right around the corner, the Centers for Disease Control and Prevention announced that this year’s vaccination will protect against three flu viruses, including last year’s bugaboo, H1N1. The CDC recommends that everyone over the age of 6 months get vaccinated.

This Season’s Hot Topic...

Think Pink!
Those little pink ribbons are everywhere this time of year, from the labels of some of your favorite products to the helmets of NFL linemen. The ribbon has become an international symbol of breast cancer awareness, and serves to remind women that regular screening allows for early diagnosis and treatment of the disease. Screening is typically covered by health insurance.
insurance, but if you don’t have coverage, the American Cancer Society can tell you about any low-cost or free mammography programs in your area. Log on to www.cancer.org for more information.

**The Apple of Your Eye**

It turns out that there’s a lot of truth to the old adage that an apple a day keeps the doctor away. A recent Finnish study shows that men and women who ate one apple every day had a lower risk of embolic stroke (the kind caused by a tiny blood clot blocking an artery in the brain) than those who were half-hearted in their apple munching. So here’s the rest of the skinny on apples: They help your body battle cancer, diabetes, heart disease, and high cholesterol, as well as stroke. Plus, just one little apple every day promotes regularity. And let’s face it, we can all do with a little regularity!

**Winter Allergy Alert**

Just when you think it’s safe to take a breath, hold that thought because winter allergies are about to kick in. Once you turn on the furnace, you start stirring up allergens like mold, pollen, and dust mites—which trigger sneezing, stuffy noses, and itchy eyes. So keep your allergy meds handy and try these timely tips:

- Wash your bedding once a week in hot water, and dry it on the highest heat.
- Cover your mouth and nose with a mask whenever you dust or vacuum.
- Change the filter in your furnace frequently.

**Gently Refresh and Detoxify Your Colon for Optimal Health!**

A diet that’s high in fat, calories, and processed foods impairs the proper function of many bodily systems, especially digestion and elimination. As a result, undigested food can just sit in your gut, triggering gas, constipation, and bloating. But the select blend of tummy taming ingredients in our **Cleansing Colon Formula** supports your system to gently clean, refresh, and detoxify your colon for optimum performance.*

Check it out on our website: [www.bakersbesthealth.com](http://www.bakersbesthealth.com)

---

**Chunky Fresh Applesauce**

This recipe is a great way to get your daily dose of delicious. Enjoy it as a side dish with lean ham or chicken, or top your morning’s whole-grain waffles with it.

- 4 apples (washed, cored, and cut into bite-size chunks)
- 1/3 cup of raisins
- 1/4 cup of coarsely chopped walnuts
- 1/8 teaspoon of ground nutmeg
- 1/2 cup of water

Place the apples, raisins, walnuts, cinnamon, nutmeg, and water in a heavy saucepan. Bring to a boil, then cover the pan and reduce the heat to low. Simmer until the apples are fork-tender, stirring occasionally. Serve the applesauce warm or cold. (Yield: Four servings.)

---

Log on to [www.bakersbesthealth.com](http://www.bakersbesthealth.com) for fantastic features like:

- **Power-packed creams** and super supplements that’ll help you look and feel great.
- **Beauty secrets** fresh from the Health & Beauty Editor’s desk.
- **Baker’s Blog** for the Best of Health each and every week.
- **Special offers** and tips, tricks, and tonics that can’t be beat.
- **Plus much, much, more!**