

Fit for fall

A sound immune system makes it easier to fight infections during transition from summer to fall.

How to strengthen your body's defenses

 <p>Outdoor exercise Hiking, running or cardio workout stimulates immune system, blood circulation, lungs and improves mental balance</p>	 <p>Relax Stress damages the immune system; relax by reading, listening to music</p>	 <p>Wellness Take a warm bath; add thyme oil to help the respiratory tract; don't bathe longer than 15 minutes</p>
 <p>More light Enjoy daylight as long as possible; light affects brain, immune system and hormones such as endorphins</p>	 <p>Sleep During fall and winter the body needs more energy; a good night's sleep regenerates the immune system</p>	 <p>Shower Switch between warm and cold showers in the morning; this strengthens the muscles, improves circulation and nervous system</p>
 <p>Food Lots of fruit, vegetables; light and low-fat nutrition with lots of vitamins; low alcohol intake</p>	 <p>Fluid Support metabolism and immune system by drinking lots of water or herbal tea; mucous membranes in mouth and nose stay humid and don't dry out</p>	 <p>Sauna Use sauna every second week; warmer body temperatures help the immune system fight infections</p>

Source: Stern, health magazines Graphic: Staff, TNS

Cooking some Cider-braised chicken

Gretchen McKay

Pittsburgh Post-Gazette

Fall ushers in a different kind of cooking for many home cooks. When the weather gets cooler, we're happy to trade cooking outside on the grill for baking, roasting or sauteing dinner on the stovetop.

CIDER-BRAISED CHICKEN WITH APPLES AND BRUSSELS SPROUTS

5 slices bacon, chopped
8 bone-in, skin-on chicken thighs (about 3 1/2 pounds total)
2 medium tart red apples, cored and cut into wedges
1 12-ounce bottle hard cider
1 tablespoon chopped fresh thyme or fennel seed
2 tablespoons whole grain mustard
1 teaspoon kosher salt
12 ounces fresh Brussels sprouts, trimmed and halved if large (2 cups)

Cooked couscous, rice or noodles, for serving

In a very large skillet, cook bacon over medium heat until crisp. Remove from pan to paper towel-lined plate, reserving drippings in skillet.

Add chicken to pan with

drippings, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet. Add apples to the skillet and cook 4 minutes or until browned on both sides; remove from skillet. Drain and discard drippings from skillet.

Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits.

Bring to boiling; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes. Add Brussels sprouts. Cover and cook 5 minutes. Add apples and cook, uncovered, 3-5 minutes more or until chicken is done (at least 165 degrees).



Tami Ransom Pyle
Agent
Ransom - Pyle Agency
108 W. Myrtle
Angleton, TX 77515
Tel 979.849.9145
Fax 979.849.0576
tpyle@farmersagent.com




Neal Insurance Agency
101 W Mulberry
PO Box 901
Angleton, TX 77515
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<http://www.neal-insurance.com/>

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