

## + Mind

**Cinnamon** has properties that uplift and energize the **mood**. It also has **antiseptic and antiinflammatory** properties, which are especially beneficial during flu season. Additionally, studies have indicated cinnamon can treat **diabetes**. Try 1 tsp. in a smoothie for daily benefit.



## Body

### *Don't forget your FLU SHOT this Fall*

Protects you and your loved ones

Decreases severity and duration of the flu if illness does occur

Lowers likelihood of major flu complications, such as pneumonia

Individuals with chronic medical problems are at higher risk for worse flu outcomes, including hospitalizations, so get your shot today!

## + Spirit

If you can see your path laid out in front of you step by step, you know it's not your path. Your own path you make with every step you take. That's why it's your path.

Joseph Campbell

## Spirit

### *I Have Arrived*

*We believe that happiness is possible only in the future. That is why the practice "I have arrived" is very important. The realization that we have already arrived, that we don't have to travel any further, that we are already here, can give us peace and joy. The conditions for our happiness are already sufficient. We only need to*

*ourselves to be in the present moment, and we will be able to touch them.*

*-thich nhat hanh*

  
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