

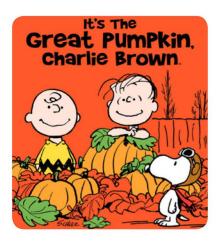
## Health/Notes

WEEK TWO - OCTOBER



## **Pumpkin Pie**

It's not just for breakfast any more!



phone: 412.351.3360 web: www.willclower.com

## The Super Food That's Super Delicious!

- 1. Got High Blood Pressure?
  - Pumpkin's potassium helps reduce it!
- 2. Want To Boost Immune System?
  - · Pumpkin's vitamin C keeps you healthy.
- 3. Want To Fight Cancer Before It Fights You?
  - Pumpkin's beta-carotene works for you.
- 4. Want To Get All These Health Benefits?
  - · Eat pumpkin pie.
  - Make pumpkin soup.
  - Bake pumpkin pieces (w cinnamon and butter).

