



## Big News! Mushroom Hot Cocoa, & Fall Faves

Happy fall, y'all! Autumn is upon us, and the days are getting shorter, nights getting longer, air getting crisper. It's the last day of September and it's pretty nuts how fast this month has gone by. It's been almost a year that we've been sending newsletters out, and we are thrilled that you've stayed on with us. It's been a journey of learning for us too, and we are very grateful. 😊 With that said, we have some exciting things in store for you in the weeks to come, and we're really excited to share it all with you! So let's get straight to it.

### Fall Favorites

So it's officially fall up here in the Northern Hemisphere, and the EGFam loves this time of year. Cozying up, slowing down, resting... The energetic shifts, the new beginnings, it's all so interesting to observe as the seasons change. How do we at the EGTeam get into the fall spirit? Here are some of our favorite products we love during this cozy season. Move aside pumpkin-spiced lattes!

*This week's fall faves:*

**Four Sigmatic Mushroom Hot Cacao Mix:** An organic blend of cacao powder, reishi mushroom, cinnamon, cardamom, stevia, and coconut palm sugar. Think drinking mushrooms is weird? Think again!

☕ You won't even notice, as this perfectly blended mix will get you feeling full-on autumn. The added adaptogenic (power to promote homeostasis/ balance in the body) reishi mushroom has been shown to lower stress and improve sleep, which is particularly nice before bedtime. EG is all about this hot cocoa. Plus, the founder is from Finland, where mushrooms are a-plenty! 🍄

**Roasted Pumpkin Seeds:** 🍂 Chock-full of iron, copper, zinc, magnesium, manganese, vitamin K, and phosphorus, pumpkin seeds boast a great nutritional profile. They're also high in fiber, as well as antioxidants, so say goodbye to inflammation. EG loves buying raw, shelled pumpkin seeds, and toasting them with some pink salt. Throw a few on a pan, a dash of salt, and once they start to pop a bit, you'll know they're ready. Eat as a snack, add to a smoothie or salad, so many options!

**Uvex Blue-Blocking Glasses:** Perhaps you remember some newsletters ago, us talking about the issues with blue light? As the darker nights approach, and we find ourselves spending more time indoors, (and perhaps looking at screens), we've noticed how crucial it is to wear these blue light blocking glasses, particularly in the evenings. The EGFam has been wearing these for a few weeks now, and they've noticed a reduction in headaches, much better sleep, and even less eyestrain! 🕶️



## EndorphinGirl® News

Big news today, friends!! The EndorphinGirl™ Chakra Handbook 📖 is finally finished! We've published it through the Amazon platform, and it's available in print simply by ordering through your Amazon account. We're very excited about this and hope you find it both useful and fun to read! Any feedback is, of course, always appreciated. Our first book published (as the EndorphinFam), and we must say that it most certainly will not be our last!



We have a special surprise coming your way regarding Essential Oils, and we'll announce that to you in next week's newsletter, so stay tuned! Seeing as it's October, surprises seemed fitting for the month. 😊 In any case, the free **Essential Oils Course: Part 1** is still available if you want to get an Essential Oils head start.

EndorphinGirl™ Barbara is back east and teaching morning yoga classes in Hasbrouck Heights, NJ, at the local Coffee Shop on the Boulevard and Walter Avenue, as well as in NYC. Give her a ring or send an email if you're in the neighborhood and interested in dropping by, or if you'd like private sessions! 🧘

## EGFam Updates

A quick EGFam update! EndorphinGirl™ Barbara is back teaching yoga in both NJ and NYC, and preparing for that surprise we're about to announce! Stay tuned.

EndorphinDaughter™ Mia is continuing with her hikes, yoga, and most importantly, rest; she couldn't be more thrilled to be on a travel detox these days! EndorphinSon™ Erik has been upping his training and nutrition these last few weeks, as he nears the El Tour de Tucson cycling race. Endorphing times for him, that's for sure! How about all of you EndorphinReaders...what endorphin-filled fall adventures have you been up to these days?



**Stay tuned for more adventures with EndorphinGirl®!**