

# Fall into Health: Dr. Akoury's Guide to Seasonal Eating

*Highlighting the Nutritional Benefits of Autumn's Bounty*

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/EINPresswire.com/ -- As the seasons change, so do the delectable offerings at our local markets, and Dr. Akoury is excited to educate the community on the exceptional health benefits of fall foods. With the arrival of autumn, a cornucopia of nutrient-rich choices becomes readily available, and Dr. Akoury encourages everyone to take advantage of these delicious and wholesome options.



Embrace the season's superfood: Pumpkins! Packed with vitamins, minerals, and 94% water, they promote vision health, a robust immune system, and overall well-being.

## Pumpkins: Nature's Nutrient Powerhouse

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Autumn carries more gold in its pocket than all the other seasons.”

*Jim Bishop*

Pumpkins, often associated with autumn festivities, are more than just decorative gourds. These vibrant orange wonders are packed with essential vitamins and minerals. Boasting a remarkable 94% water content, pumpkins are naturally low in calories, making them a smart choice for those watching their weight. Furthermore, they are rich in beta-carotenes, which the body converts into vital Vitamin

A. Vitamin A is essential for maintaining healthy vision, bolstering the immune system, supporting reproduction, and promoting overall growth and development.

## Broccoli: An Immune-Boosting Superfood

Broccoli, another star of the fall season, is a powerhouse of nutrition. This cruciferous vegetable is an excellent source of Vitamin C, renowned for its immune-boosting properties. Surprisingly, just a 1/2 cup serving of broccoli contains more Vitamin C than half an orange. Additionally,

broccoli is high in dietary fiber, promoting healthy digestion, aiding in cholesterol control, and supporting heart health.

### Carrots: The Crunchy Antioxidant Heroes

Carrots are abundant in high levels of beta-carotenes, contributing to the body's Vitamin A needs. Beyond that, they are rich in antioxidants, which have been linked to cancer prevention, cholesterol reduction, and the promotion of eye health. Carrots are also a weight-loss-friendly food, making them an excellent addition to any diet plan.

### Sweet Potatoes: A Wholesome Gut and Brain Food

Sweet potatoes are a fall favorite with a multitude of health benefits. They are brimming with dietary fiber, antioxidants, and Vitamin A. Sweet potatoes contribute to a healthy gut and brain while providing a satisfying and nutritious meal option.

### Onions and Garlic: Heart-Protective Alliums

Onions and garlic are more than just flavor enhancers in your fall dishes. They are good for heart protection and contain high levels of organosulfur compounds, known to reduce cholesterol and blood pressure.

### Spinach: The Nutrient-Rich Leafy Green

Spinach, a staple of fall salads, offers a treasure trove of health benefits. It is a rich source of iron, essential for growth and development, as well as Vitamins C and E, which play pivotal roles



Elevate your plate with the power of onions and garlic! These flavorful alliums aren't just tasty; they're heart-protective and loaded with organosulfur compounds that help lower cholesterol and blood pressure. Spice up your health naturally!



Meet Dr. Akoury: Your Trusted Wellness Guide! With years of holistic health expertise, she's dedicated to enhancing your well-being naturally. Discover a healthier, happier you with Dr. Akoury by your side.

in immune support and antioxidant properties. Moreover, spinach is abundant in potassium, vital for maintaining fluid balance within cells, and magnesium, crucial for muscle and nerve function, as well as energy production. Emerging research also suggests that spinach may possess anti-cancer properties.



Educational Disclaimer: Always  
Prioritize Your Health

Dr. Akoury reminds everyone that this educational article serves as a guide to understanding the health benefits of fall foods. However, it is not a substitute for professional medical advice or treatment. Individuals are encouraged to consult a licensed medical physician before making any changes to their medication, diet, or lifestyle.

Dr. Akoury wishes everyone a healthy and wonderful fall season, filled with the nourishment of nature's bounty.

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\*Along with Dr. Akoury's 40+ years of personal knowledge and experience, the following source(s) were used to write this article:

<https://www.healthline.com/nutrition>

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