

Advisor

For Members of Healthy America Association



5 Health Benefits of Oranges Beyond Vitamin C

(Family Features) Healthful eating starts with the ingredients you use, so it's important to use fresh, seasonal ingredients that pack a nutritional punch. One of the easiest ways to meet your daily nutrient needs is to eat a variety of whole foods like fruit (which about 80% of the U.S. population doesn't get enough of, according to the USDA Dietary Guidelines for Americans), because they provide a unique mix of beneficial nutrients that can't always be found in a supplement.

Consider an option like delicious California Navel and Cara Cara oranges, which are in season and available nationwide, offering a wide variety of health benefits. Oranges are best known as an excellent source of vitamin C to support a healthy immune system, because one orange can offer 70-100% of the recommended daily value of vitamin C depending the varietal. However, oranges also offer other important nutrients your body needs to stay healthy, including:

- Phytonutrients (beneficial compounds produced by plant foods) like flavonoids, which can help mitigate cell damage and support brain and heart health.
- Citrus is the only type of fruit packed with hesperidin and naringin, two flavonoids that offer anti-inflammatory properties.
- Potassium, which the body can't produce on its own, supports cell function, healthy blood pressure levels, bone health and hydration.
- California Navel and Cara Cara oranges are good sources of fiber, which supports gut health.
- Oranges are good sources of folate, which is particularly important to consume during pregnancy because of its role in cell growth, according to the Mayo Clinic.

Oranges are a versatile fruit, making them an easy addition to both sweet and savory dishes as well as beverages. Try incorporating oranges into your weekly meal plan with dishes like a lighter version of orange chicken or drinks like this Orange Moscow Mule Mocktail. To help maximize the flavor profile and nutritional benefits of California oranges, consider these tips:

- Numerous parts of citrus can be consumed, including the flesh, juice, zest and peel, meaning a single piece of fruit can go a long way.
- Next time you use citrus in a beverage or as part of a meal, bring it to room temperature before cooking to help ensure you get the most juice.
- Because vitamin C is water soluble, it's important to eat it fresh. When using as part of a recipe, use as little water as possible and avoid overcooking.
- For storage, it's often best to keep oranges refrigerated to help them last longer and ensure freshness.

Visit californiacitrusgrowers.com to find more information.

Orange Moscow Mule Mocktail

Recipe courtesy of Gina Homolka of "Skinnytaste"

Servings: 1

- 1 California Cara Cara orange
- 1 cup ice
- 1 bottle (6.8 ounces) light ginger beer
- fresh mint leaves, for garnish

Slice orange in quarters then cut 2-3 slices for garnish and set aside. Juice rest of orange and place in copper mug (or any glass). Fill glass to top with ice. Add ginger beer and garnish with orange slices and mint leaves.





Trending Vacation Habits in 2021

(Family Features) For many travelers itching to go on vacation, 2021 offers plenty of opportunities to get out and go. Whether it's heading to an outdoor escape or simply cozying up with loved ones while enjoying beautiful surroundings, vacation is on the minds of many.

To identify which trends will shape travel in the coming months, the 2021 Vrbo Trend Report includes data from its global vacation rental marketplace along with survey data from family travelers around the world.

When planning your next vacation, keep these trends in mind:

Finding Fresh Air

Heading to the great outdoors for adventure has long been a popular form of travel, and that desire will likely reach new heights in 2021. After a year of isolation and uncertainty, many families are seeking the serenity and escape of the wilderness.

According to the survey, four of the top five emerging destinations for 2021 are near lakes, rivers or streams where families can camp, hike and fish. At the top of the list, Emory, Texas is a mere 1-hour drive from Dallas where Lake Fork offers a top fishing spot for catching largemouth bass, and the area is also home to the A.C. McMillan African American Museum.

Also making the list are the Red River Gorge in Slade, Kentucky, which is near Mammoth Cave National Park, and Abermarle Sound, the gateway to North Carolina's legendary Outer Banks where bald eagles, peregrine falcons and other storied high-flyers are abundant.

Cozy is King

The search for coziness and comfort is nothing new for travelers, and the pandemic has only heightened the need for a place to relax and unwind. Many travelers looking for an escape are opting for cabins and chalets, which provide inviting spaces to make family memories while also recharging the proverbial batteries.

Typically nestled near mountainsides, forests and lakes, cabins and chalets offer open spaces so families can leave behind the hustle and bustle of everyday life while being surrounded by natural beauty, which has led to an increase in demand for Vrbo cabins by nearly 25% and chalets by almost 20% year-over-year.

Going All Out

After a year of canceled trips, families may have found a new appreciation for travel and have a sense of urgency to finally take that dream vacation. When travel eventually returns to pre-COVID-19 levels, many are thinking big – 65% of respondents plan to travel more than they did prior to the pandemic, 33% are willing to spend more money than they traditionally would and 54% said they're more likely to book that bucket list vacation.

Among those willing to increase their vacation budgets, 46% plan to travel farther away, 55% said they'll stay longer and 48% have nicer accommodations in mind.

A Vacation Do-Over

It's common for families to miss their loved ones and seek to make up for lost time. In fact, according to the survey, families who were forced to cancel a 2020 vacation are ready for a redo. Rather than scrapping their trips entirely:

- 44% of travelers who had a trip canceled due to COVID-19 plan on rescheduling the same vacation.
- 54% of respondents who want a redo said they were looking forward to going to that destination.
- 31% of travelers said the main reason they want to go on their next trip is to spend quality time with family.

Find more 2021 travel inspiration along with the full Trend Report at vrbo.com.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Healthy America Association will be held at 1630 Des Peres Road, Suite 140, St. Louis, MO 63131, on Wednesday, December 29, 2021 at 11:30 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY **Healthy America Association** **December 29, 2021 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **HEALTHY AMERICA ASSOCIATION**

The undersigned member of Healthy America Association does hereby constitute and appoint the President of Healthy America Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Healthy America Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Jim Zimmermann, Nolan Broughton and Steve Bunce
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2021

Signature _____

Name (please print) _____

Please date and sign and return promptly to 1630 Des Peres Road, Suite 140, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
November 29, 2021
Date

The Advisor Newsletter is published by:
Healthy America Association

For information regarding your membership
and association services, call or write:

**Membership Services Office
Healthy America Association
1630 Des Peres Road
Suite 140
St. Louis, MO 63131**

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.