FALL AT KINNI HEALTH & WELLNESS

Apples • Wedding Bells • Learning • A Little Camper Progress



Fall is here—and apparently so is a whole lot of life!!

The days are getting shorter, apple season is in full swing, the camper project continues, fall education is starting...and most importantly, we are getting ready to celebrate wedding #2!

Before Mom Duty officially takes over, I have a few clinic reminders, a little apple nutrition, a yummy fall recipe and some upcoming opportunities to learn together.

🍎 Apple Season

💍 Wedding #2

📚 Fall Classes

🏕️ Camper Life

Kinni Health & Wellness

💍 WEDDING #2 IS ALMOST HERE!

Our second daughter is getting married, which means Mom Duty will officially be in full force!

SEPTEMBER 30
LAST CLINIC DAY

Last day for:

- Supplement purchases
- Clinic appointments
- Questions or needs before I leave

CLOSED OCTOBER 1–4

OCTOBER 5
BACK IN THE CLINIC

PLEASE PLAN AHEAD!

Take a peek at your supplements now. If you're going to run out while I'm gone, please don't wait until the last minute to let me know.

Then I'm trading practitioner mode for Mom Mode for a few days—and soaking up this very special time with our family.



It's Apple Season!

Kinni Health & Wellness

One of the BEST things about fall in Wisconsin? Fresh apples!

Apples give us carbohydrates along with fiber, vitamin C, potassium and a variety of plant compounds. Keeping the peel gives you even more of what the whole fruit has to offer.



Whole Apple > Apple Juice

An apple and apple juice may start in the same place—but they don't act quite the same once we eat them.

Eat the apple!

- You keep the fiber
- It takes longer to eat and digest
- It's more filling
- You're getting the whole-food package

What about the sugar?

Apples contain natural sugar—and that's okay!

Different varieties can vary in sweetness. Rather than worrying about finding the "perfect" apple, think about how you eat it.

If blood sugar balance is your goal:

- Choose a tart apple you enjoy
- Pair it with protein or healthy fat
- Eat the whole fruit instead of drinking the juice

Try:

Apple + nut butter
Apple + cheese
Apple + a handful of nuts



One of my favorites? A crisp Granny Smith with nut butter. Easy peasy!

FALL RECIPE SPOTLIGHT

Grain-Free Apple Crisp

Because we can't talk about apple season without talking about apple crisp!

This recipe from Mary's Whole Life combines Honeycrisp and Granny Smith apples with warm fall spices and a grain-free nut, date and coconut topping.

It's gluten-free, made with simple ingredients, and still gives us something yummy to enjoy.

And remember—dessert can still be dessert.



GET THE APPLE CRISP RECIPE

KINNI TIP:

Want to support blood sugar balance? Enjoy your apple crisp after a meal containing protein, healthy fat and fiber rather than eating it by itself when you're hungry.

CAMPER UPDATE

Slowly...but surely!

For those of you following along with our camper adventures—we're still at it!

Progress isn't quite as fast as we'd like, but we're slowly getting to the point where we can start painting the interior.

Now we're hoping Wisconsin gives us a nice, LONG, warm fall so we don't have to close everything up for winter too early this year.

There is definitely still work to do, but we're getting there!



And somewhere between camper projects, clinic life and wedding preparations...I'm getting ready for a busy fall of teaching! 😂

LET'S LEARN TOGETHER THIS FALL!



GUT + INFLAMMATION MASTERCLASS

What does your gut have to do with inflammation throughout your body?
More than you might think!

Join Premier Chiropractic + Kinni Health & Wellness for a FREE 45-minute masterclass where we'll make inflammation simple, talk about the gut-body connection and give you practical ideas you can actually use.

Plus, dinner is on us! 👇
Space is limited, so registration is required.

REGISTER FOR THE FREE MASTERCLASS

RIVER FALLS COMMUNITY EDUCATION

I'm excited to be back teaching through River Falls Community Education this fall!

Could Inflammation Be the Reason You Feel This Way?
Tuesday, October 20
6:30–7:30 PM

Healthy Holiday Treats: Guilt-Free Indulgence
Tuesday, November 10
6:30–7:30 PM

Both classes:
River Falls High School, D101
$17 per class

REGISTER FOR COMMUNITY EDUCATION

See the next page for complete Community Education class details.

RIVER FALLS COMMUNITY EDUCATION CLASSES

COULD INFLAMMATION BE THE REASON YOU FEEL THIS WAY?

Join us and learn what inflammation is (in a way that makes sense), why it shows up in so many ways, common root causes, and simple steps to start feeling better!

Instr: Brandi Raverty, Kinni Health & Wellness

Date: Tues Oct 20

Time: 6:30–7:30 pm

Place: River Falls High School, D101

Fee: $17

HEALTHY HOLIDAY TREATS: GUILT-FREE INDULGENCE

Discover how to make delicious holiday treats without refined sugar, processed flours, and unhealthy fats. Learn simple swaps for traditional baked goods, explore natural sweeteners, and sample festive desserts that support wellness without sacrificing flavor.

Instr: Brandi Raverty, Kinni Health & Wellness

Date: Tues Nov 10

Time: 6:30–7:30 pm

Place: River Falls High School, D101

Fee: $17