
FOOD IS MEDICINE

•SIX NUTRIENT RICH FOODS TO IMPROVE YOUR HEALTH. •



SPINACH

Rich in magnesium and Vitamin C, spinach helps lower blood pressure and the stress hormone Cortisol.



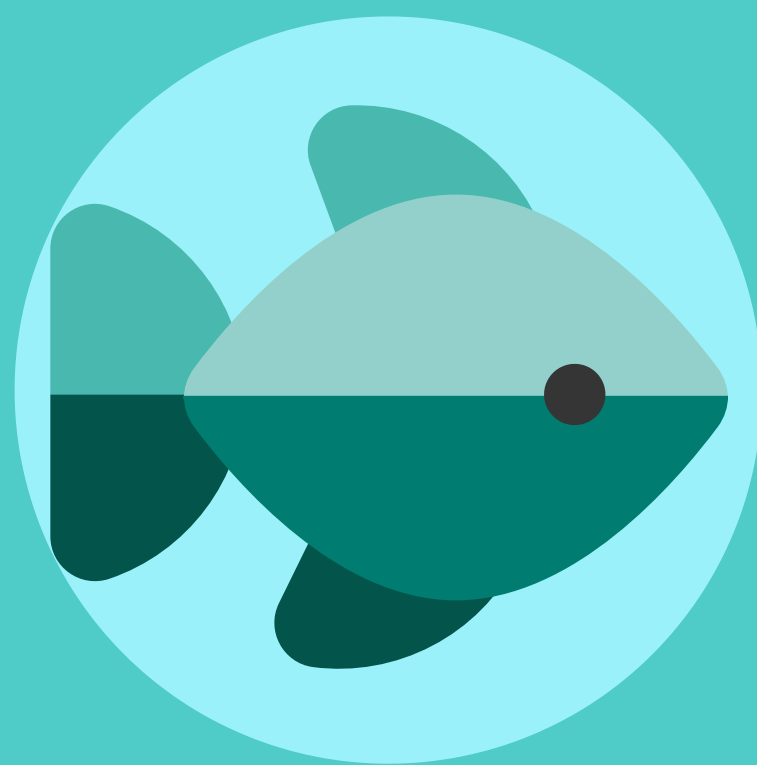
COFFEE

Studies have found moderate levels of coffee to stimulate blood flow to the brain and enhance cardiovascular function and respiration.



ORANGES

Oranges are rich in the antioxidant Vitamin C, which helps prevent chronic disease. Vitamin C also helps lower blood pressure.



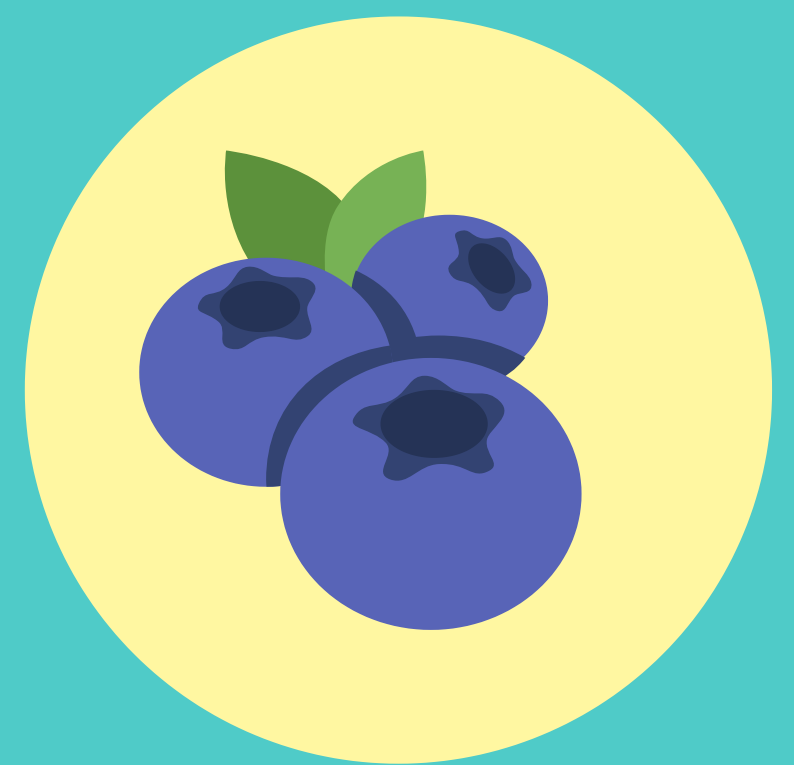
FATTY FISH

Salmon, tuna, and other fish high in Omega-3's help boost your mood by boosting serotonin levels. Fatty fish also have anti-inflammatory properties.



BROCCOLI

Contains natural compounds such as sulforaphane, which are thought to have cancer-fighting abilities. Broccoli is also high in vitamin C, fiber, calcium, and folate.



BLUEBERRIES

Rich in antioxidants and Vitamin C, this high fiber, low sugar berry is a great snack to assist in lowering blood pressure and preventing chronic disease.