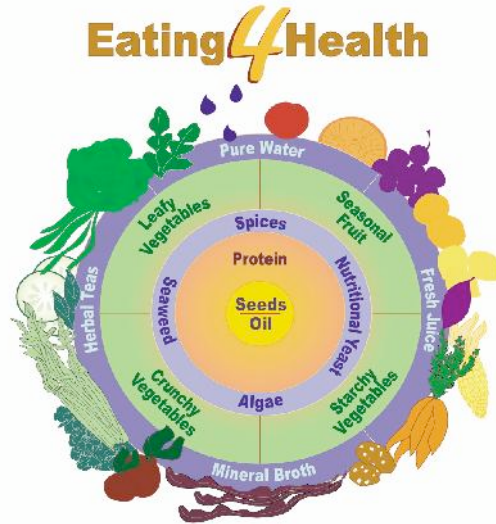


Lose the Blues : Eating for Health Approach

Ramona Richard, BA, NC - Academic Supervisor, Bauman College

Way of Life Lecture Series - Presented March 11, 2009



GENERAL NUTRIENT SUPPORT

Drink Green or Herbal Tea

Eat protein breakfast, lunch & dinner

Essential Fatty Acids: 1-2 grams EPA/DHA/day - or more

Multi Vitamin/mineral: Including vitamin B complex at 50 or 100 mg

Herbal Nerve Tonics: Wild oat, skullcap, vervain, hops, CA poppy

BOOSTER FOODS

Algae, nutritional yeast, seaweed, spices

Nourish blood, brain, glands, nerves, muscles

Choose from a wide variety

Energizing, enhance metabolism: garlic, cayenne

Anti-oxidant: turmeric, rosemary, basil, oregano

Sea veggies - excellent mineral sources

Cinnamon helps balance blood sugar

Green powders - alkalinizing!

Enhance healing of tissue damaged by toxicity & malnutrition

Milk Thistle, NAC, Vitamin C to support liver detoxification; eat cruciferous veggies 1X/day

