



## Improving Your Numbers

**Cholesterol:** Flaxseeds, cod liver oil, leafy greens, spirulina/chlorella, hemp seeds, pumpkin seeds, walnuts, sprouts, squash, chia seeds and cabbage. Essential fatty acids affect all cells in the body, are the backbone on hormone production, improve skin, hair, nails, lower blood pressure, supply EPA and DHA for the brain, decrease inflammation and reduce the risk of blood clotting to name a few!

**Triglycerides:** Flaxseeds, cod liver oil, hemp seeds, pumpkins seeds, chia seeds, walnuts, spirulina/chlorella

**Glucose:** Flaxseeds, cod liver oil, wheatgrass, spirulina/chlorella, oatmeal, beets, black pepper, millet, carrot, asparagus, broccoli, figs, raspberries, strawberries, apples, sweet potato, spinach, avocado, lemon, grapefruit, lime, blueberry, stevia, cinnamon and dandelion root

**Homocysteine:** Almonds, asparagus, avocados, wheatgrass, spirulina/chlorella, beans, beets, brussel sprouts, blackberries, cabbages, cantaloupe, dates, grapes, raisins, leafy greens, oranges, sweet potatoes, walnuts, sunflower seeds, prunes, rice and bee pollen

**High Sensitive C-Reactive Protein:** Flaxseeds, cod liver oil, wheatgrass, spirulina/chlorella, greens, sea vegetables, alfalfa, green tea, lemon and mineral water, and all alkaline foods and beverages

**Blood Pressure:** Healthy fats (especially extra virgin olive oil and avocados) hydration, sleep, meditation, diaphragmatic breathing, regular exercise, wheatgrass, spirulina/chlorella, bananas, almonds and figs

**Healthy Bones:** Almonds, greens, figs, broccoli, organic yogurt, oats, seaweed, sunflower seeds, beans, apples, grapes, raisins, cabbage, beets, avocados, garlic, millet, bananas, celery, oranges, parsley, peppers, sweet potatoes, strawberries, pineapple, rice, yellow dock, alfalfa and dandelion, wheatgrass, spirulina/chlorella

**Vitamin D:** Cod liver oil, leafy greens, wheatgrass, spirulina/chlorella, sweet potatoes, sunflower seeds, parsley, mushrooms and alfalfa. For the most part, the body manufactures its own vitamin D through a process stimulated by exposure of the skin to ultraviolet rays from the sun

**Digestion:** Chew your food, exercise, hydration, wheatgrass, spirulina/chlorella, greens, healthy fats, organic yogurt, sprouts, raw foods, pineapple, watermelon, broccoli, asparagus, avocados, walnuts, almonds, warm water with lemon or lime, probiotic (mega flora) slippery elm, aloe vera juice and comfrey