



HOLISTIC
HEALTH NUTRITION



Eating a Rainbow



White Foods

Immune Support
Gut Health
Stomach Protection
Ulcer Prevention
Cholesterol Lowering
Heart Healthy



Yellow Foods

Heart Healthy
Lower Cholesterol
Healthy Joints
Eye Protection
Cancer Prevention
Healthy Skin



Top Tips for Buying

Four Green

Two Red

Two Yellow

One Orange

One Purple

A Spice you have
never tried

A Herb you have
never tasted

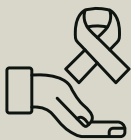


Purple Foods

Heart Healthy
Improves Memory
Anti-aging
Healthy Blood Vessels
Healthy Urinary System

Orange Foods

Heart Healthy
Immune Support
Skin Protection
Eyesight Protection
Antioxidants



Red Foods

Heart Healthy
Skin Protection
Helps Cell Renewal
Prevent Cancer
Blood Pressure lowering
Healthy Blood Vessels



Green Foods

Protect Stomach
Support Eye Sight
Healthy Bones
Immune Support
Improves Digestion
Prevents Cancer