

‘NUTRITIONAL TIPS’

AS WE AGE, WE CHANGE

As we age, our tastes change, our energy needs change and our desire to eat may also change. Sometimes this makes it hard for older adults to consume all the nutrients their bodies need.

When the desire to eat diminishes, changing what and when you eat can actually make obtaining adequate nutrition easier. Start with smaller, more frequent meals. **‘Good Snack-itis!’** Plan for easier, low-preparation meals like tuna salad and sliced tomatoes, a baked potato topped with cottage cheese or sliced turkey on whole-wheat bread.

Learn to enjoy raw vegetables and fresh fruit. They will boost your supply of very needed ‘Live Enzymes’. This fortifies your ‘Auto-Immunity’ as well.

Proper nutrition improves your ‘Cellular Vitality’ and elevates your ‘Cellular Frequency’. Better than a flue shot any day! People die from flue shots. Never known anyone to die from a sprig of celery or ripe sensual piece of papaya!

Most importantly, consume the nutrients your body needs and experiment with changes to improve your eating habits as you age.

Isn’t it terrible to get old?

Age gracefully!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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