

## **‘NUTRITIONAL TIPS’**

### **EAT YOUR BEANS**

Nutrient compounds called **‘Flavonoids’** have been found to be effective antioxidants that help protect against heart disease and cancer.

These **‘Flavonoids’** are found in the coating of such beans as navy, pintos, kidney, great northern and black beans.

Beans (‘Vegetables’) and fruits are necessary sources of very important **‘Daily Fiber’**. Don’t fall short of a sensible regimen! There are accompanying risks!

Stay **‘Hydrated’**!

A really sensible way to keep your water intake adequate to satisfy your needs is to ‘Drink 12 Ounces Of Fresh Clear Water’ as your feet hit the floor in the morning. If you want to be really efficient in this routine, add a heaping tablespoon of ‘Psyllium Fibre’ (‘Metamucil’). Use generic ‘Psyllium’ as it is about 1/3 the cost!

The benefits of **‘Hydration and Adequate Fibre’** is regularity among other direct benefits, including great soft full skin.

They are also readily available in fresh grapes of both the red and white varieties. The skins contain the beneficial nutritional agent ‘Bio-Flavenoids’.

By the way, good quality red wine also contains the same ingredients but in reduced concentrations over the natural skins. Red and purple grapes are higher in this nutrient than are the other strains.

Enjoy!

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

### **SATISFACTION GUARANTEED**

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