

‘NUTRITIONAL TIPS’

FUELING A HEALTHY BRAIN

Do you ever find yourself in the middle of a thought and suddenly it’s gone? Or maybe in the middle of the afternoon your mind begins to wander? Your brain may be trying to tell you something.

Your brain needs fuel just like the rest of your body. Since the brain cannot store glucose, it needs a continuous source of fuel from foods. Start with a nutritious breakfast and continue with healthy meals and snacks through the day.

Foods like blueberries, strawberries, prunes and fatty fish show a positive benefit to short-term memory.

Try to consume more of these foods by mixing fruit in cereal, yogurt or pancake batter and by consuming fatty fish two times a week.

There is no substitution for a healthy balanced diet made up primarily of naturally grown foodstuffs. That includes not eating meats that are syringed full of steroids! Our children have been and are affected dramatically by such hormonal additives. People just seem bewildered by our children being sexually mature by the age of 12 to 15! It is no wonder!

Irradiation to prolong ripening and shelf life is very suspicious indeed!

Be wary of these and any additives or treatments.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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