

3 TOP HEALTH GOALS: Date_____

1.

2.

3.

RECOMMENDATIONS:

NOURISH: **NuPlus** (12 foods) Cell Regeneration – next cell stronger than one just replaced

BALANCE: **Quinary** (50 foods) All the organs working together, functioning as designed. All organs are divided into 5 Systems: Immune, Digestive, Respiratory, Circulatory, and Glandular. A symptom is system that is weakened and is called a disease, a sickness, and one experiences a symptom/s

CLEANSE: **Calli** (5 foods) nourishes cleansing organs: liver, colon, kidneys, lungs, skin to help them do their work of cleansing the cells, tissues and blood.

Healthy Sweet: **Sunnydew** – nourishing for healthy blood sugars, and anti-inflammatory. Makes everything taste extra good.

ADDITIONAL SUGGESTIONS: