



**Have you struggled with HAIR LOSS.....BRAIN
FOG.....FATIGUE/EXHAUSTION.....LINGERING COUGH?**

COVID has touched ALL of us either directly or indirectly and has had a tremendous impact on our physical and emotional health. This affects many of our body systems leaving them out of balance. Our spines have suffered, our diet , weight gain ("The COVID 20" lbs), as well as, the things we did to reduce stress. All of these have frequency (electrical, as well as chemical) signatures. The sessions we do here are gentle, non-invasive and effective at restoring balance and stability in these areas

Come in for your SYSTEM REBOOT!

**On FRIDAYS, for the month of APRIL, we are featuring a \$75,
30-minute session to REBOOT!**

This is for EVERYONE!

So feel free to Pass this opportunity on to your friends and family!

Schedule Your REBOOT NOW!

BRAIN-tastics: What you eat MATTERS!

One of the greatest health threats we face as we get older is cognitive decline. As we age, connections between brain cells weaken and cells can't communicate with each other as effectively, leading to problems with memory and cognitive ability. Cognitive decline doesn't have to be an inevitable part of aging. Take preventative measures as soon as possible to help with your brain health.

Food is a major contributor to short-term and long-term effects on our brain.

You may have witnessed the short-term effects of food on your brain: a sugar rush after too much candy or a mental fog from hunger. But what we eat also affects us in the long term.

Starting in the womb and continuing into old age, our diets don't just shape our bodies, but our brains as well.

Poor diets lead to a host of medical issues: obesity, cardiovascular disease, diabetes, and certain cancers. But diet also influences the brain and can increase the risk for mental disorders and neurodegenerative diseases. Researchers are uncovering the details of how the foods we consume affect our cravings, our moods, and even our memories.

Our brains are sculpted by what we eat. If it's too much fat, too much sugar, or just too much, there may be permanent consequences for our brain function. Keeping our brains in shape is one more reason to clean up our diets. Read ON!



15 FOODS THAT SUPPORT BRAIN HEALTH

1. Avocados
2. Beets
3. Blueberries + Other Berries
4. Bone Broth
5. Broccoli + Other Cruciferous Veggies
6. Celery
7. Coconut Oil
8. Dark Chocolate
9. Egg Yolks
10. Extra Virgin Olive Oil
11. Green Leafy Vegetables
12. Rosemary + Other Herbs
13. Salmon + Other Oily Fish
14. Turmeric
15. Walnuts + Other Nuts

[Click HERE](#) for more information about what EACH of these foods affect the Brain.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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