

Spring PRODUCE GUIDE



ASPARAGUS

- Folate
- Fiber
- Zinc
- Vitamins A, C, E, K
- Reinforces the digestive system



PEAS

- Omega-3 fat
- Magnesium
- Beta-carotene
- Strong anti-inflammatory properties



CHERRIES

- Iron
- Potassium
- Melatonin
- Vitamins A, C, E
- Rich source of antioxidants



FENNEL

- Calcium
- Amino acids
- Essential oils
- Manganese
- Supports heart health



AVOCADO

- Folate
- Protein
- Vitamins C, E, K
- Monosaturated (good) fats
- Aids in detoxification

Learn more about healthier food and lifestyle choices!
integrativenutrition.com



THE SUN IS STRONGEST
 BETWEEN 10AM AND 4PM

The Lupus Foundation of America says photosensitivity is common in people with lupus: 40% to 70% of people will

find that their disease is made worse by exposure to UV rays from sunlight or artificial light.

The foundation offers the following tips:

- Choose light bulbs that have the lowest possible irradiance.
- Use UV-blocking shades to cover windows
- Consider tinting the windows of your car.
- Wear clothes that cover you and a hat and sunglasses.
- SPF 100 is available, make it your best friend



Rich Houde and Christine Stearns-Houde
 Ambassador for the
 Lupus Foundation of America

SUPPORTING THE LUPUS FOUNDATION OF AMERICA

Bay Area HEALTH & WELLNESS EXPO

Join us as we celebrate health in our community!

Saturday, May 20, 2023

10am – 3pm

Hammock Bay Town Center

(425 Victory Blvd, Freeport)



FREE Fun for the entire family
 Community Vendors
 Health Screening and Education
 Live Entertainment
 Prizes and Give-a-ways

422 25
 where image is everything YEARS

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Dimensions of wellness include emotional, spiritual, physical, social, intellectual, environmental, occupational, and financial

