

4 SUPERFOODS to incorporate into our lives for **NUTRITION** & **NOURISHMENT**



LEMON

1. Aids in Detoxing and Digestion
2. Burns fat and accelerates weight loss
3. High in Vitamin C
4. Relieves constipation
5. Alkalizes the body



AVOCADO

1. Good Healthy fats that aid in weight loss and burn fat!
2. Prevents & assists arthritis
3. Reduces and Reverses Aging
4. High in Vitamins A,C,K & B6
5. High in Fiber, Potassium & Folic Acid



GINGER

1. Rids Colds and Flus
2. Aids in weight loss and detoxification
3. High in Magnesium and Relieves muscle pain
4. Reduces inflammation
5. Relieves migraines & headaches



COCONUT

1. Accelerates Weight Loss
2. Lowers Cholesterol
3. Improves Diabetes
4. Aids digestion
5. A great natural skin Moisturizer
6. High in protein & calcium