

# EAT to LIVE

## HOW HEALTHY EATING CAN HELP YOUR MIND AND BODY



### HELPS PROTECT YOU FROM:

- Heart Attack & Heart Failure
- Type 2 Diabetes
- Stomach Cancer
- Colon Cancer
- Sexual Problems



**HEALTHIER WEIGHT**



**LOWER BLOOD PRESSURE**

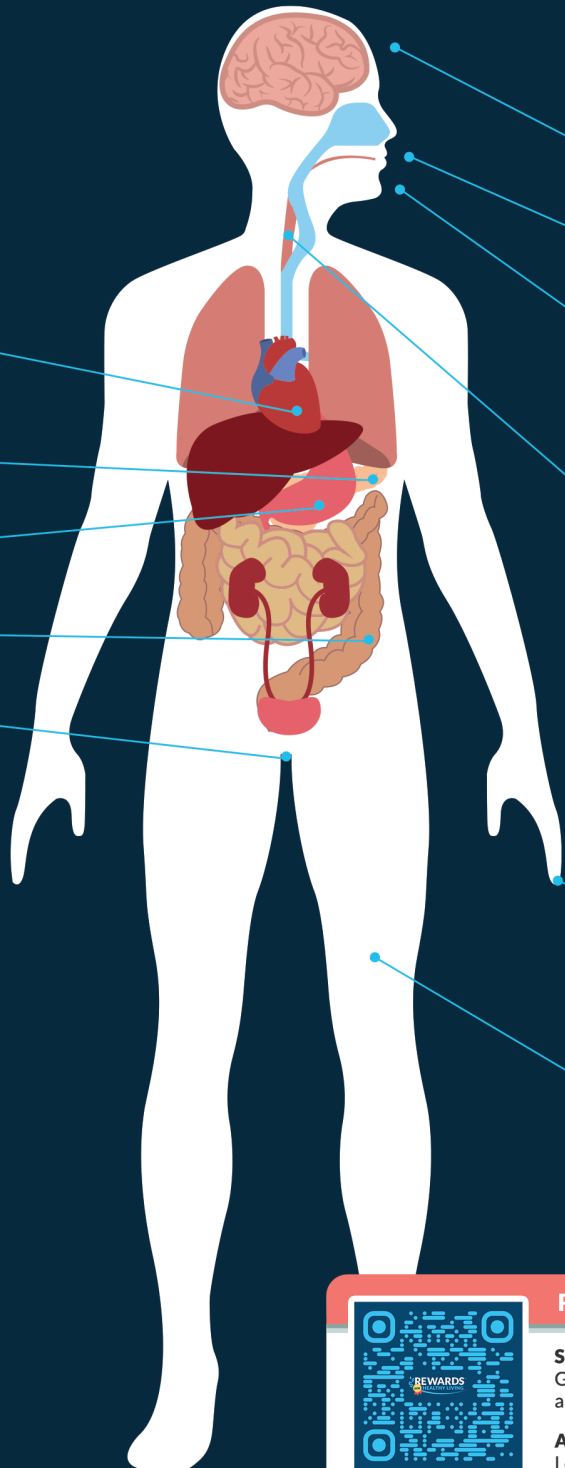


**MORE ENERGY**



**MORE RESTFUL SLEEP**

## LONGER LIFE!



**CLEARER THINKING**

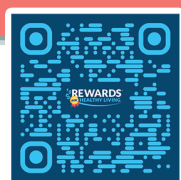
**STRONGER TEETH**

**BETTER MOOD**

**LESS HEARTBURN**

**HEALTHIER SKIN, NAILS & HAIR**

**STRONGER BONES**



### REGISTER TODAY!

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