



Landman & Associates, Inc.



*Antioxidants- Food as Medicine*



**Food is very powerful. Eat Your Way to Health**

Food based antioxidants contained in everyday foods like blueberries, strawberries, melons, broccoli, cabbage, romaine lettuce, onions, garlic, black beans, chickpeas, lima beans, brown rice, oatmeal, almonds, walnuts, are very powerful and work to squash bad substances that we produce in our bodies and are exposed to from our environment called **FREE RADICALS**.

**FREE RADICALS** are documented for over 50 years to cause significant damage to our cells and tissues on a daily basis as we age. Some of the visible signs of free radical damage are increasing aging spots on the face and skin, increased joint pain from inflammation in the body, and increased weight gain, especially around the mid abdominal region. Gone un-checked, they are one of many contributors to the big three: diabetes, heart disease, and cancer. Free radical production occurs daily, and healthy foods mentioned above are our weapons to render them inert.

Start adding berries or melon to your morning

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BACK TO SCHOOL DISCOUNTS

**BACK to SCHOOL Specials:**

20% Discount on all Vitamins: Nutrametrix, Xymogen, Metagenics.

10% Discount on all Nutrition Visits, Initial and follow-up visits thru Sept 30th.

**Landman & Associates, Inc.**  
**954-792-7303**

breakfast or protein shake.

Add extra carrots, lettuce, tomato, broccoli to your salads and sandwiches or main meals for lunch and dinners.

Fresh and frozen fruits and vegetables are all good in providing valuable nutrients and antioxidant potential.

Snack on veggies, hummus, almonds and walnuts for in-between meals for nutrient dense treats.

**Enjoy these healthy foods with family and friends.**

**Alix**



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