

Could adding certain foods to your diet improve your memory?

Foods like Salmon rich in omega-3 fats called DHA can improve brain power.



Visit [{INSERT LOCATION NAME}](#) to learn more from Dr. Ann with **Eat Right for Life**.



Dr. Ann

Plant-based foods are loaded with disease-fighting agents called phytochemicals that can turn bad genes off and good genes on.

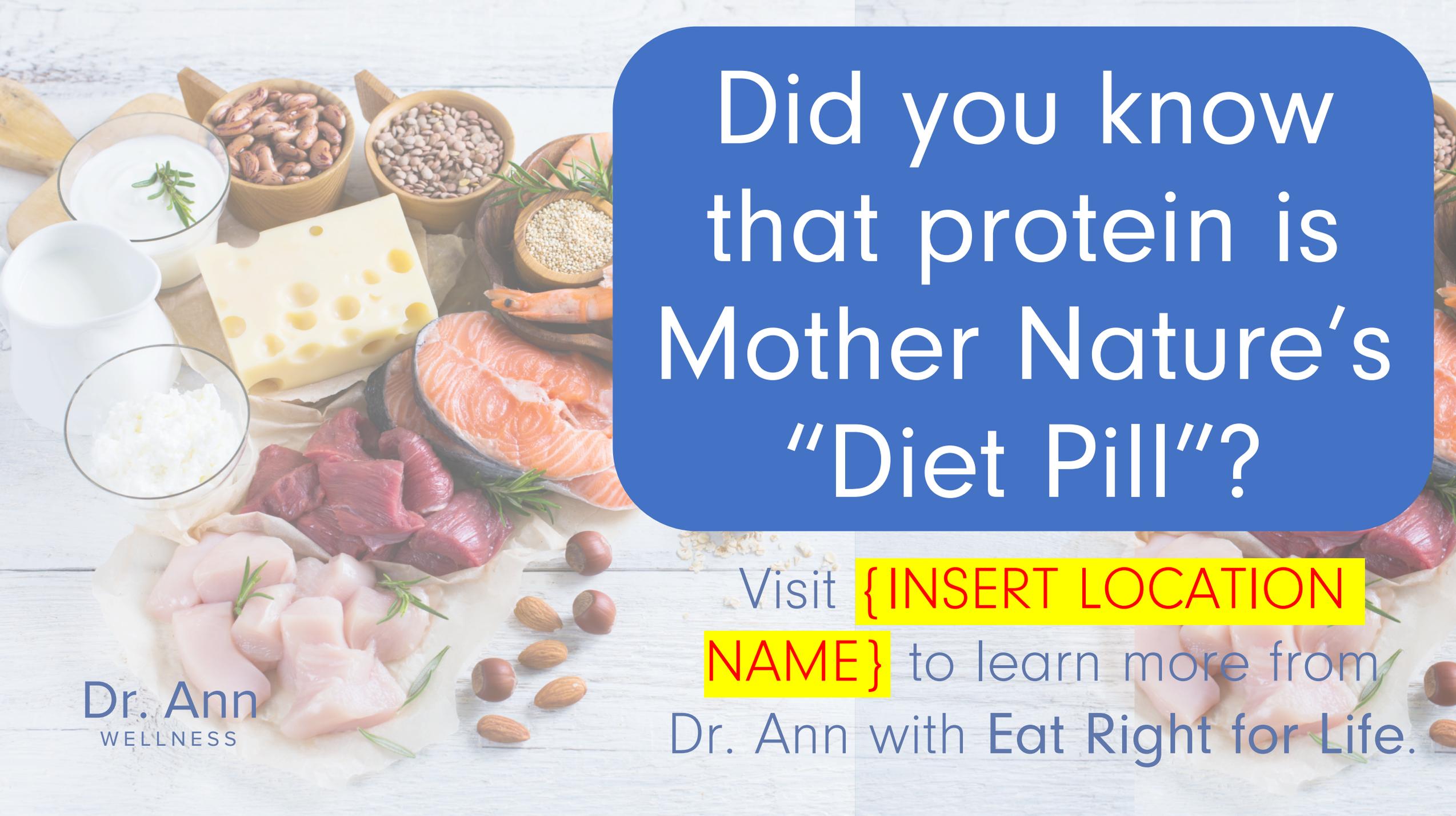


Dr. Ann
WELLNESS

Learn what foods offer the most of these life-saving compounds by visiting **{INSERT LOCATION NAME}** to learn more from Dr. Ann with **Eat Right for Life.**



Dr. Ann
WELLNESS



Did you know
that protein is
Mother Nature's
"Diet Pill"?

Visit **{INSERT LOCATION
NAME}** to learn more from
Dr. Ann with Eat Right for Life.

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FIBER IS THE ROCK STAR OF ALL NUTRIENTS.

It can protect you from heart disease, diabetes, cancer, and dramatically improve your weight control.





Learn how to **BE SURE** you are getting enough of this life-giving agent by visiting **{INSERT LOCATION NAME}** program, **Eat Right for Life**, by Dr. Ann.





WHOLE GRAINS are
one of the very BEST
FOODS for preventing
and fighting DIABETES.

Learn how delicious and easy it is to eat more whole grains by visiting [{INSERT LOCATION NAME}](#) to learn more from Dr. Ann with Eat Right for Life.

Dr. Ann
WELLNESS



Beans are one of the top foods for brain health, heart health, weight control and diabetes protection.

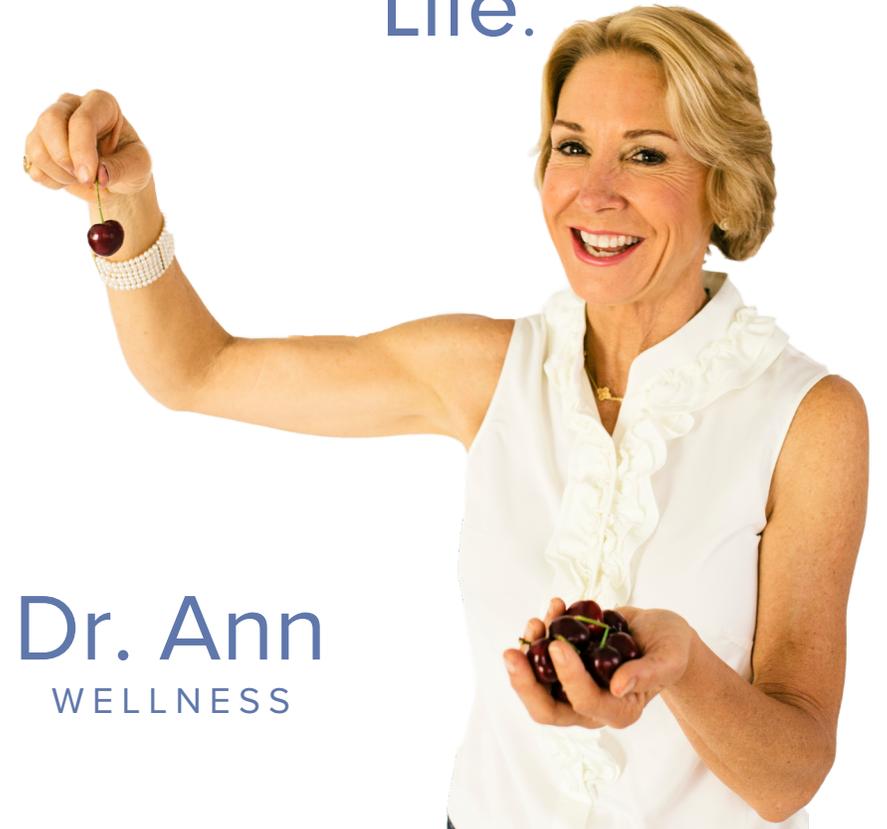
Tune into **{INSERT LOCATION NAME}** to learn more from Dr. Ann with Eat Right for Life.



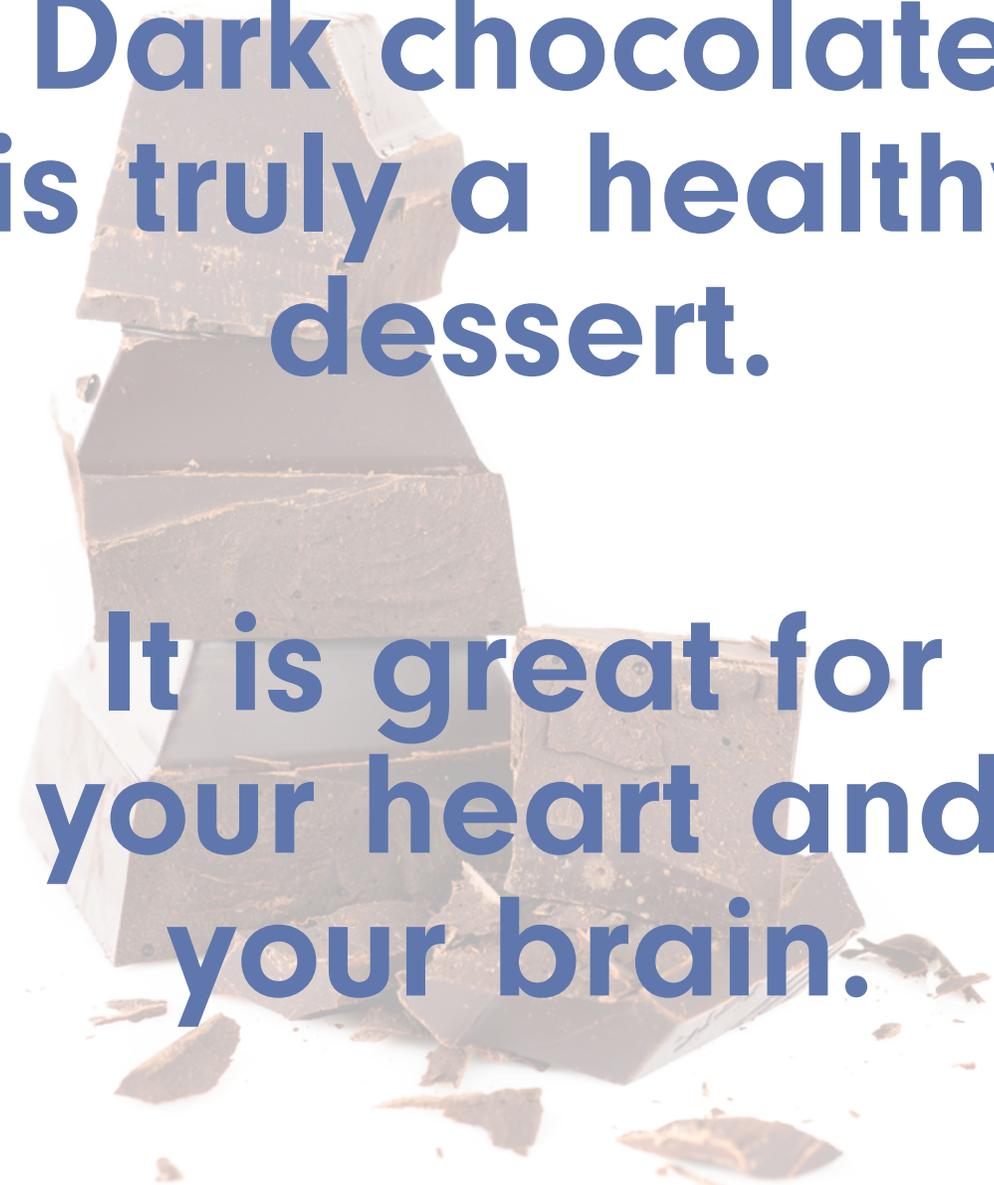
Inflammation is a key driver of our most deadly diseases.

Thankfully, there are loads of delicious foods that offer up a big dose of anti-inflammatory
P O W E R.

Visit **{INSERT LOCATION NAME}** to learn more from Dr. Ann with **Eat Right for Life.**



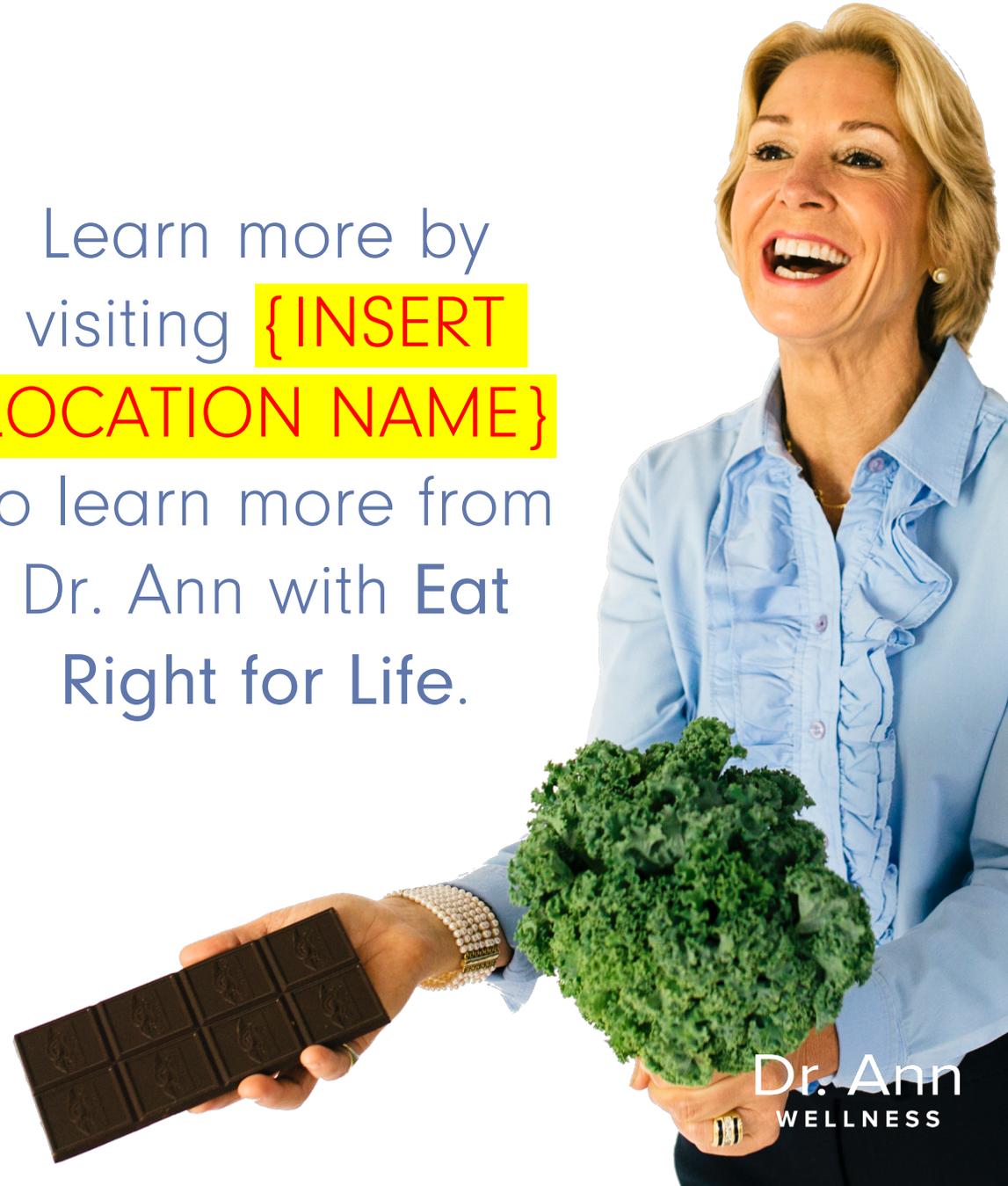
Dr. Ann
WELLNESS



**Dark chocolate
is truly a healthy
dessert.**

**It is great for
your heart and
your brain.**

Learn more by
visiting **{INSERT
LOCATION NAME}**
to learn more from
Dr. Ann with Eat
Right for Life.



Dr. Ann
WELLNESS

Dark chocolate
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It is great for
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Learn more by visiting
[{INSERT LOCATION
NAME}](#) to learn more
from Dr. Ann with Eat
Right for Life.

Did you know that consuming a handful of nuts daily can slash your risk of death from heart disease and improve your weight control?



Visit **{INSERT LOCATION NAME}** to learn more from Dr. Ann with Eat Right for Life.

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The foods you eat
have a profound
impact on your
happiness and
mental well-being.

Learn what the very best “feel good foods” are by visiting **{INSERT LOCATION NAME}** to learn more from Dr. Ann with Eat Right for Life.

Eating the “healthy fats” is one of the most powerful steps you can take to boost your heart health, your brain health, and improve your weight control.

Learn more by visiting **{INSERT LOCATION NAME}** to learn more from Dr. Ann with Eat Right for Life.



Visit

{INSERT
LOCATIO
N NAME}

to learn
more
from Dr.
Ann with
Eat
Right for
Life.

Learning how to
“power up” with the
best proteins is an
indispensable
strategy for boosting
your energy and
your vitality.



Visit

{INSERT
LOCATIO
N NAME}

to learn
more
from Dr.
Ann with
Eat
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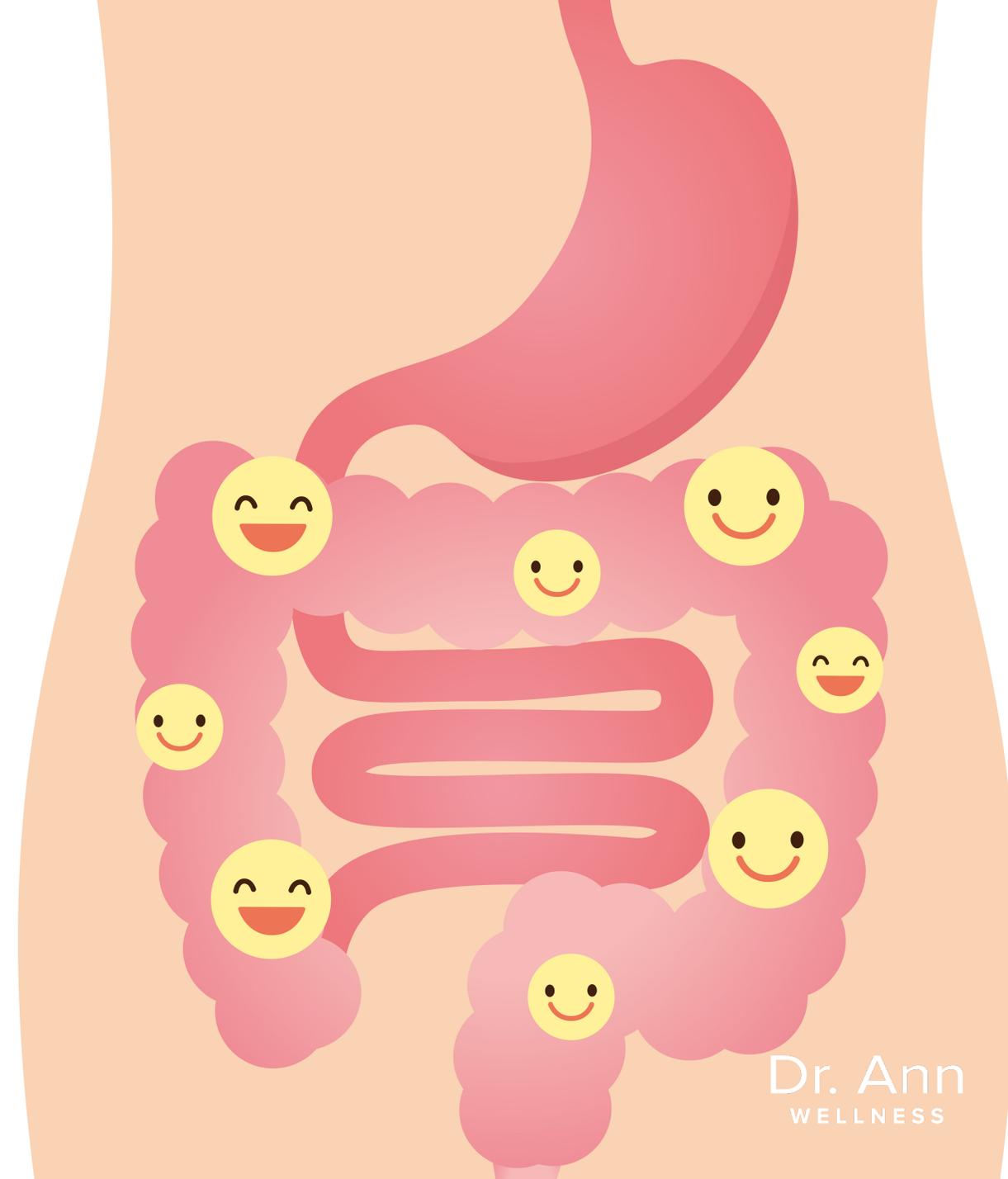


**“Power Up”
with the Best
Proteins**

Dr. Ann
WELLNESS

**The good bacteria
that reside in your
gut define your
health destiny.**

They are your most
valuable partner in
health and healing!



Learn how to nurture and feed them properly so you can thrive!

Visit **{INSERT LOCATION NAME}** to learn more from Dr. Ann with **Eat Right for Life.**

