



# Natural Holistic Health

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Sometimes I live to eat instead of eat-to-live! But, some of **the food we eat actually serves medicinal purposes**. They can help correct *chemical imbalances*, restore *sleep routines*, and even promote *concentration, memory and focus*. Who would have thought a **small change in diet could make such a big impact** in both our physical and emotional well-being. Read on to find out more.

## Does Brain Food Really Exist?

*Healing & More from Nature's Medicine Cabinet*

Doctors and nutritionists alike have long touted the benefits of a balanced diet.

But for people suffering from **lack of concentration and hyperactivity**, diet is not only important, it is *crucial* in helping to manage symptoms.

Whether food sensitivities or lack of nutrients are to blame, the **answer to many health issues may actually reside in a change of diet**.

### Try This!

Since many **food allergy symptoms mimic those found in concentration and mood disorders**, it is a good idea to experiment by eliminating the following foods in the box to the right for approximately 2 weeks to see if any improvement is noticed.

Today's modern diet often features most of these foods on a daily basis, so you may want to **try eliminating them one at a time**.

Many people have noticed an improvement of symptoms after **reducing or eliminating these foods all together** from their diet.



### Common Food Allergies

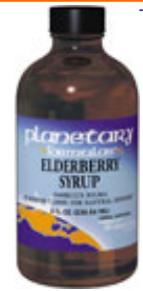
- Cow's milk
- Eggs
- Corn
- Whole wheat
- Chocolate
- Sugar

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The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



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NOW® Mushroom GlycoNutrients is a nutritional supplement designed to

There are also many **foods that actually promote concentration**. Incorporating wild salmon and berries into the diet is a great start.

Wild salmon is an excellent source of the omega-3 fatty acids DHA and EPA, which are **essential for brain growth and optimal function**.

Recent research has also shown that people who get more of these healthy fatty acids in their diet have sharper minds and perform better at mental skills tests.

As **sleep also plays a big role in optimum brain functioning**, adding in chamomile tea, warm milk, eat turkey, bananas, figs, dates, yogurt, milk, tuna, and whole grain crackers or nut butter can help. These foods are high in tryptophan, which promotes sleep.

**Foods to avoid** include bacon, cheese, chocolate, eggplant, ham, potatoes, sauerkraut, sugar, sausage, spinach, tomatoes, and wine close to bedtime.

These foods contain tyramine, which increases the release of norepinephrine, a brain stimulant.

Acai berries, strawberries, cherries, blueberries, and blackberries are also notorious for their **brain-boosting properties**. A good rule of thumb: the more intense the color, the more nutrition in the berries.

Berries also boast high levels of antioxidants, especially vitamin C, which not only supports the immune system, but is also said to help prevent cancer.

As always, natural remedies can add the extra support needed when a healthy diet is not enough.

Herbs have been used for many years to **promote concentration, memory and focus, as well as to balance the nervous and circulatory systems**. Restoring balance to our bodies is the key to well-rounded health and vitality.



*"You've got me shaking my head with surprise and amazement... After 1 day, I swear I thought I was imagining it... but I could tell **BrightSpark** took the "edge" off my son's personality!"*

- C.M., MA, USA



#### REMEDY REMINDER:

Summer vacation *shouldn't* mean a break from natural remedies! Keep your child on a **regularly scheduled maintenance dose** to ensure continued support and effectiveness, since **many remedies can take 3-6 weeks** for optimum results.

Watch your inbox for a special email on healthy summer hints!

support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



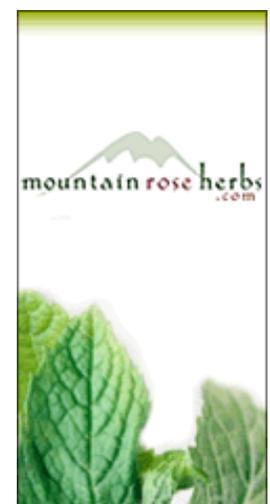
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Overall health can often occur naturally if the body receives the proper nu



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Germ Defense Lozenges are dietary supplements used to boost your immune sys





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Retail Price: \$43.95  
**Your Price: \$34.95**



## Ask Our Experts

### Question:

*"I am a medical transcriptionist. I need to be able to concentrate and focus, but I find I am easily distracted and find it hard to produce the speed and concentration to perform at the speed necessary to meet performance criteria. Which of your products might be of benefit?"*

--Lynn C.

### Answer:

We would recommend our [Triple Complex Brain Tonic](#) for you, which is a combination of three cellular-supporting biochemic tissue salts and may be taken at the first signs of concentration problems or fuzzy thinking for effective, temporary help.

The Native Remedies Team

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