

# EAT YOUR VEGETABLES

We have all heard this statement many times from our mothers as well as our doctors. That quote has never been more true than today. With the amount of free radicals that enter our bodies daily and the stress levels put on us, diet is more important today than ever before.

## ENJOY THE HEALTH BENEFITS OF THESE TOP 9 LEAFY GREENS

**Kale** contains compounds that fight many forms of cancer, optimize your cells' ability to detoxify, lower your risk of cataracts, promote lung health, support your immune system and help keep your brain sharp as you age.

**Collard Greens** are rich in phytonutrients that help your body to detoxify, fight against cancer, provide antioxidant protection, support your immune system, protect your heart and lungs, ease the symptoms of menopause and protect your mental function as you age.

**Bok Choy** can help prevent cancer, protect against cataracts and fight free radicals in your body.

**Turnip Greens** help provide relief from rheumatoid arthritis, promote colon health (including lowering the risk of colon cancer), fight against atherosclerosis, promote lung health and fight against declines in mental function.

**Sea Vegetables** may help to prevent cancer, promote healthy thyroid function, prevent birth defects and heart disease, provide relief for the symptoms of menopause and help reduce inflammation in the body.

**Mustard Greens** are packed with antioxidants that fight against the damaging effects of free radicals, protect your lungs and heart, help keep your mind sharp, reduce the symptoms of menopause and protect against rheumatoid arthritis.

**Romaine Lettuce** helps protect the heart, particularly by supporting normal cholesterol levels and blood pressure.

**Endive** is rich in compounds that help boost the immune system, detoxify the body, promote regularity, lower the risk of cataracts and protect the heart.

**Brussels Sprouts** help to prevent cancer, detoxify your body, promote healthy skin, colon and immune function, protect against rheumatoid arthritis and protect against birth defects.