

# WHEENK! HEALTH

## **THE CURES ARE IN THE COLORS** *YOU CAN FEEL LIKE A GIANT IF YOU EAT YOUR GREENS*

### **SEEING RED**

IS THERE A BETTER WAY TO FIGHT HEART DISEASE AND CERTAIN CANCERS THAN EATING STRAWBERRIES? FRUITS SUCH AS STRAWBERRIES, TOMATOES, RED AND PINK GRAPEFRUIT, WATERMELON, PAPAYA AND GUAVA HAVE BEEN SHOWN TO DO JUST THAT. THEY ARE ALSO LOW IN CALORIES AND PROVIDE EXCELLENT DIETARY FIBER. MAKE YOUR NEXT DESSERT A BOWL OF STRAWBERRIES, WATERMELON, OR PAPAYA AND YOU WILL BE DOING YOUR HEART A FAVOR.

### **ORANGE CRUSH**

ORANGE VEGETABLES AND FRUITS LIKE ORANGES, SWEET POTATOES, MANGOS, CARROTS, AND APRICOTS PROVIDE BETA-CAROTENE, VITAMIN C, AND FOLATE. THESE NUTRIENTS BOOST THE IMMUNE SYSTEM, IMPROVE VISION, HELP PREVENT SOME TYPES OF BIRTH DEFECTS, AND DECREASE CHANCE OF HEART DISEASE. IF YOU ARE STARTING TO FEEL LIKE A COLD IS COMING ON, CRUSH IT WITH ORANGE!

### **JOLLY GREEN GIANTS**

SPINACH, COLLARDS, KALE, BROCCOLI, CABBAGE, AND BRUSSEL SPROUTS ARE TRULY GIANTS IN THE NUTRITIONAL WORLD. THESE VEGETABLES HAVE BEEN ASSOCIATED WITH HELPING TO PREVENT VISION LOSS, CANCERS, SKIN DAMAGE BY THE SUN, SMOKE DAMAGE TO THE LUNGS, AND CLOGGING OF THE ARTERIES. THEY TOO ARE A GREAT SOURCE OF DIETARY FIBER TO HELP KEEP REGULAR. YOU CAN FEEL LIKE A GIANT IF YOU EAT YOUR GREENS.

### **YOU WON'T FEEL THE BLUES WITH BLUE**

TO GIVE YOUR IMMUNE SYSTEM A BOOST AND INCREASE ANTI-OXIDANTS IN YOUR SYSTEM YOU NEED TO GET THE BLUES. BERRIES THAT HAVE BLuish COLORING (E.G. BLACKBERRIES, BLUEBERRIES, BOYSENBERRIES, GRAPES, AND EVEN RASPBERRIES) PROVIDE NUTRIENTS THAT CAN REDUCE INFLAMMATION, PROTECT NERVES AND CONNECTIVE TISSUE (INCLUDING BLOOD VESSELS), DECREASE DIABETES, AND FIGHT CANCER. WITH SPRING HERE AND SUMMER AROUND THE CORNER YOU CAN GET THE BLUES, BERRIES THAT IS, AND FEEL GREAT.

*BY MIKE MAGA,  
PHYSICAL THERAPIST*



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