



Social Media



Together Let's


Ctrl + Alt + Del

CONTROL your lifestyle options!

ALTER your unhealthy habits!

DELETE all the toxins from your life and body!

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Radiate Positivity with the colour of sunshine: YELLOW!

Yellow foods ward off oxidative stress, promotes stomach health & support a balanced microbiome.

Benefits of yellow food:

- Promotes healthy vision
- Promotes cell growth
- Maintains blood flow
- Lessens the risk of strokes
- Regulates cholesterol

#eattherainbow




Orange: The Happiest Colour of them all!

Orange foods contain beta carotene and Vitamin C which protects the skin and mucous membranes.

Benefits of orange food:

- Protects the eyes
- Keeps immune system strong
- Maintains great reproductive health
- Prevents Cancer
- Keeps the joints healthy

#eattherainbow



Eat Bright, Live Right!

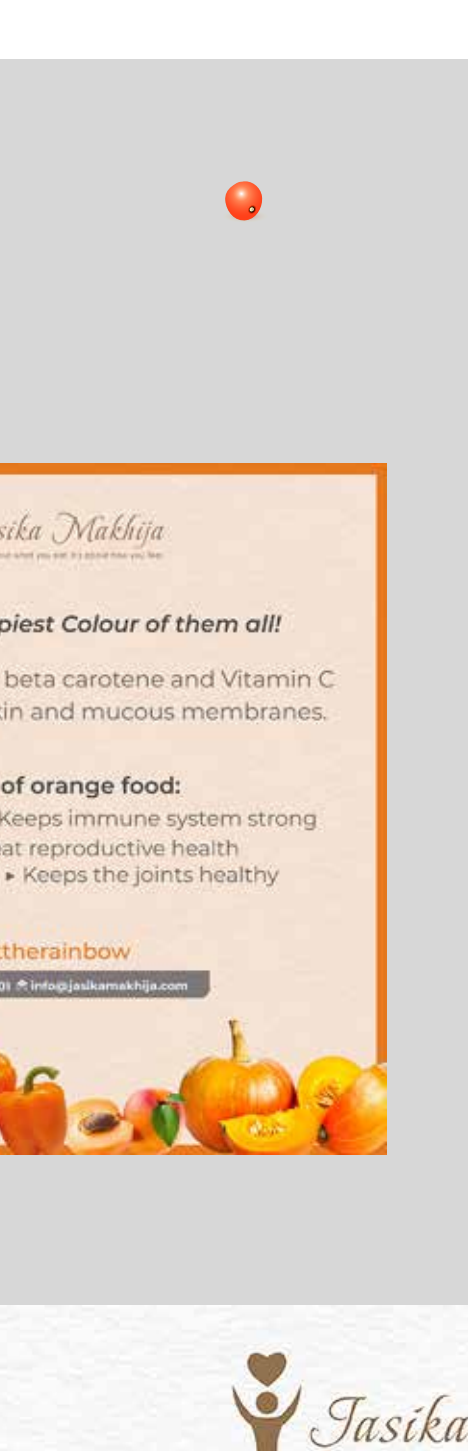
You can never go wrong with the colour RED!

The red fruits & vegetables are rich in antioxidants & contain anti-inflammatory compounds.

Benefits of red food:

- Keeps Blood vessels healthy
- Protects the skin
- Prevents Alzheimer's
- Maintains the heart
- Prevents Prostate Cancer

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Jazz up your plate with blue and purple hues!

Blue and purple foods help protect cells from damage and reduce the risk of cancer and stroke

Benefits of blue-purple food:

- Lowers the risk of heart disease
- Maintains healthy vision
- Prevents age-related memory loss
- Promotes anti-aging
- Prevents stomach ulcers

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Take Big Bite of White!

White foods are high in dietary fiber and are preventive against cholesterol.

Benefits of white food:

- Has anti-inflammatory properties
- Filled with antioxidants
- Lowers the risk of cancer and heart diseases
- Help lower cholesterol
- Maintains right blood pressure

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Green to keep your system clean!

Green foods contain detox mineral sulphur, they remove toxins from the body and prevents cancer.

Benefits of green food:

- Great for digestive health
- Protects your heart
- Promotes anti-aging
- Maintains great vision
- Keeps the bones healthy

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RAINBOW DIET

How about making your **PLATE** the **PALETTE** and your **FOOD WORLD COLOURFUL?**

Aam Panna: Taste in Every Healthy Sip!

All you need to make this:

- ◆ Raw mango – 1
- ◆ Roasted cumin seeds powder – ¼ tsp
- ◆ Black salt – ¼ tsp
- ◆ Black pepper powder – ½ tsp
- ◆ Sugar – ½ cup
- ◆ Cold water

#TuesdayTips

Don't let thyroid be a pain in your neck!

Help your thyroid stay in equilibrium with these food items:

Nuts and seeds | Citrus fruits and Apples
Yoghurt | Green Tea | Broccoli

A Spice that Cures: Cinnamon!

May Help Fight HIV Virus

Relieves Digestive Discomfort

Has Anti-Inflammatory Properties

Freshens Breath

Helps Fight Bacterial Infections

#TuesdayTips

Don't let PCOS steal your shine!

Manage and control hormonal imbalance with:

- Flax Seeds
- Apple Cider Vinegar
- Spearmint Tea
- Cinnamon
- Fenugreek Seeds

We won't sugarcoat facts for you!

Some lifestyle changes to control diabetes:

- ✓ Exercise Regularly
- ✓ Quit Smoking
- ✓ Eat a Well-Balanced diet
- ✓ Reduce Stress
- ✓ Cut back on alcohol

Mango: The King of Fruits for a reason!

Myth: Eating mango can lead to weight gain and acne

Fact: Replacing unhealthy foods with mango can help lose extra calories

Health benefits:

- › Good for eyesight
- › Great for skin and hair
- › Filled with antioxidants
- › Promotes good heart health
- › Curbs sugar cravings

THANK YOU