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Foods to Boost Male Health



Tart Cherries - keep cherries juice in the training room: it has some anti-inflammatory property

Shellfish - rich in zinc, which is very critical for the heart, muscles, and reproductive system.

Avocado - very nutritious: will help you fight bad cholesterol.

Ginger - best anti-inflammatory food, may help reduce the pain of exercise-related injuries

Bananas - banana is the great source of potassium. Potassium is critical for muscle contractions and bone health.

Pistachios - nuts provide protein, fiber, and zinc

Brazil Nuts - a single ounce of Brazil nuts has seven times the daily value of selenium. This mineral boosts the immune system and helps the thyroid gland.

Tomato Sauce - is good not only for bloody mary. Tomatoes may prevent prostate cancer

Soy Foods - the best protection against prostate cancer may be soy.

Mixed Vegetables - vegetables are packed with phytochemicals, nutrients that boost cell health and protects against cancer.

Orange Vegetables - orange vegetables are an excellent source of beta-carotene, and vitamin C which may protect you from developing an enlarged prostate

Leafy Green Vegetables - spinach, collard greens, and kale help your eyes.

Berries - summer provides abundance of berries. They may enhance your memory.

Coffee - when you need a dose of energy, get a cup of black coffee. It is much healthier than energy drink

<https://www.webmd.com/men/ss/slideshow-foods-to-boost-male-health>



HAPPY FATHER'S DAY!!!

June 8-14 is the National Men's Health Week, so let's see what is good for you in the summer basket. Cherries, blueberries, leafy green vegetables, orange vegetables, nuts and coffee. It's never too late to change bad eating habit. It will help you be on the top of the game mentally and physically. I wish you all a lot of health and happiness!!!



Food of the Month: Berries

Berries are the healthiest foods you can eat, as they're low in calories but high in fiber, vitamin C, and antioxidants. Many berries have proven benefits for heart health. These include lowering blood pressure and cholesterol, while reducing oxidative stress.

1. Blueberries - Blueberries are popular berries that serve as a great source of vitamin K and improve memory
2. Raspberries - Raspberries are often used in desserts and serve as a very good source of fiber.
3. Goji berries also contain high levels of vitamin A and zeaxanthin, both of which are important for eye health.
4. Strawberries are an excellent source of vitamin C. They are proven to reduce risk factors for heart disease and help control blood sugar.
5. Bilberries - Bilberries are very similar to blueberries, and the two are often confused. Bilberries are native to Europe, whereas blueberries are native to North America.
6. Acai berries grow on acai palm trees native to the Brazilian Amazon region. They have become popular health food supplements because of their high antioxidant content.
7. Cranberries - and cranberry juice can reduce the risk of urinary tract and stomach infections and may benefit heart health.
8. Grapes, particularly the seeds and skin, are full of antioxidants. They may help reduce blood cholesterol and type 2 diabetes risk while also benefiting brain health.

<https://www.healthline.com/nutrition/8-healthy-berries#13>



Mango Salsa

Ingredients

1 cup diced mango
¼ cup diced tomatoes
1 teaspoon jalapeno pepper
2 tablespoons cilantro
¼ cup finely chopped red onion
Juice of 1 lemon

Instructions:

Combine all ingredients in the bowl, serve with crackers as an appetizer or with shrimps or scallops as main dish

<https://herbsinmykitchenbook.com/recipes/>



<https://herbsinmykitchenbook.com/recipes/>

"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,

is knowing when to use it." —

Daniel Gilbert

RESOLUTION'S SOLUTION:

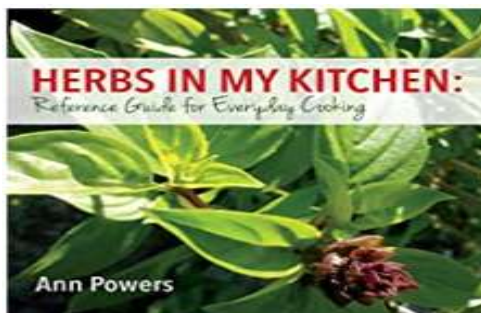
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO side effects.**

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

