

Guiding You Since 1956



The Nutrition Experts



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<i>10 Simple Tips To Maintain Good Health</i>	
<i>DON'Ts</i>	<i>DOs</i>
1 Skip Meals	Eat 3 Meals/Day + 2 Protein Snacks Betw Meals (Shakes, Bars, Other)
2 Eat Beef, Pork, Lamb, Duck, Whole Fat Dairy (High In Saturated Fat)	Eat Chicken, Fish, Turkey, Low-Fat Dairy (Dairy Substitutes Are Better)
3 Eat Too Much Sugar (Can Cause Depression, Brain Fog, Weak Immunity)	Reduce Sugar & Simple Carbohydrates (Try Stevia, Agave, Xylitol)
4 Rely On Food For All of Your Nutrition (See Getting Started Sheet)	Take Nutritional Supplements To Optimize Your Health, Support Your Immunity/ Prevent Degenerative/ Other "Dis-Eases"
5 Forget To Drink (Dehydration = Fatigue)	Drink More Water! (½ Your Weight In Ounces/Day)
6 Forget To Feed Your Soul	Meditate, Pray, Spend Time In Nature, Do Yoga, Read Spiritual Books
7 Be A Couch Potato (Belly Fat Is Especially Dangerous)	Move/Do Some Physical Activity 30-60 Mins./Day
8 Allow Too Much Toxicity In Your Life (Accelerates Aging)	Minimize Exposure To Bad News, Toxic People, Excessive Stress, and Environmental Toxins
9 Work Too Much	Play!
10 Sacrifice Sleep (See May Natural Nutmeg Article)	Sleep 6-9 Hrs/Night