



SimplyOrganic



516-554-5381 | [_SimplyOrganic](https://www.instagram.com/SimplyOrganic)

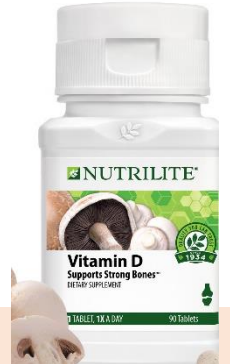
Empower Yourself with Healthy Living

BRAIN ESSENTIALS

Dietary supplements and vitamins are considered an important part of a brain-healthy diet. **Omega 3 fatty acids**, primarily with docosahexaenoic acid (DHA) and eicosatetraenoic acid (EPA) lowers rates of heart disease. **Vitamin D** may protect the brain against cognitive decline and dementia. **Curcumin/turmeric**, a bright orange-colored spice and variation of ginger roots helps promote brain health and lowers the risk of Alzheimer's

Nutriline Balanced Health Omega and Kids Gummy Omega

- Omega-3 supplement with DHA and EPA
- Helps support memory, focus, concentration and optimal heart health
- Kids gummies/braniums with omega-3 and high DHA for focus and memory. No artificial colors, flavors, or preservatives.



WE CONVENIENTLY DELIVER TO YOUR HOME

FREE VIRTUAL CONSULTS

SimplyOrganic is offering free virtual consults to help you achieve your health goals. Learn ways to boost your immune system, support brain or heart health or maintain a healthy diet. We're here to support our community's health.

Call 516-554-5381 to schedule your free consult or jvmaharajh@gmail.com

BRAIN BOOSTING ACTIVITIES

- **Physical exercise**- Keep moving. Aim for 30 minutes a day. Go for a walk, run, swim, gardening or cycling. Increase your heart rate beyond resting levels.
- **Yoga, Tai-Chi, Qui-Gong** – Try these slow meditative exercises that help improve coordination, mobility, flexibility, memory and overall health.
- **Diet and nutrition**- Stock up on healthy foods- fresh fruits, vegetables, antioxidants/ omega-3's. Stay away from processed foods. Try steaming, grilling or sautéing instead of frying foods.
- **Mental stimulation**- Challenge your mind with brain building activities that promote quick thinking, problem solving skills. Read a book, join a cooking class or learn a new language. Play cards or do word puzzles.
- **Socialization**- Join a community center, book club, knitting club, or sign up to volunteer in local neighborhood events. Meet up with friends.

SimplyOrganic provides natural and organic health & nutrition products and plant-based supplements to support brain, vision and heart health, energy, fatigue, immunity and more. Natural skincare, makeup and personal care and shakes, bars and snacks for weight management.