



# SimplyOrganic



516-554-5381 | [www.simplyhealthyandorganic.com](http://www.simplyhealthyandorganic.com)

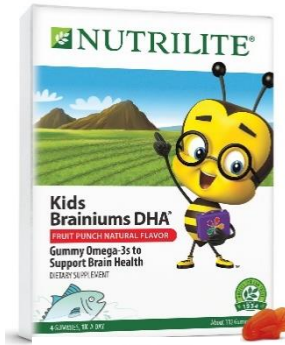
## Empower Yourself with Healthy Living

### 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/brainiums 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](mailto: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 an integrative approach to healing from the inside out. We provide health education and awareness about diet and nutrition, exercise and fitness, vitamins and supplements, and encourage a positive lifestyle*