

# DIETARY NUTRITION THERAPY

## *Nutrition in a Nutshell*



### EYE HEALTH

*Which nutrients are good for your eye health? The AREDS2 study investigated which micronutrients at what amounts have the greatest impact in the prevention of cataracts & macular degeneration. The winners? 500 mg of vitamin C; 400 IU of vitamin E; 80 mg of zinc oxide; 2 mg of copper as cupric oxide; lutein and zeaxanthin. All nutrients available in [Eye Promise's AREDS 2 Supplement](#).*

### WINTER BLUES

*The darker and colder days of winter can take their toll on our mood. Studies have shown that certain vitamins, minerals, essential fatty acids as well as amino acids can play a significant role in supporting the neurotransmitters that regulate our mood. Be sure to check out our [Natural Treatment for Depression & Anxiety](#).*



### TRENDING

*Intermittent fasting (IF) is all the rage right now - and there is some truth (and research) behind it. Fasting can improve metabolism, lower blood glucose and lessen inflammation. There are many ways to incorporate intermittent fasting, but the best way is to follow your circadian rhythm by restricting food to an 8-hour window furthest away from bedtime. [Learn more about IF here](#).*



## NOURISHED!

*Our 6-week virtual group weight loss program kicked off mid-November and is going strong! Nourished! is an innovative weight loss program that combines compassion and science to create real results. We use every tool of success including personalized meal plans, 1:1 nutrition counseling, daily tracking tools, as well as weekly group classes. Most health insurance plans will cover the cost of the program. Learn more about our [Nourished! Group Weight Loss Program](#) here.*

## OUR SELFIES

*Healthie Selfie is our one-of-a-kind body positive workshop for young women. This virtual group series is for those who are struggling with how they view their bodies, also known as body dysmorphia. Our workshop helps young women learn to embrace their positive traits and re-design their self-image. [Learn more here.](#)*



## ON THE HORIZON

*There isn't a better way to improve job morale (and health) during these challenging times than to bring in a little healthy competition! Our Corporate Wellness Programs are designed to improve the health of your employees and your company. [Find out more here.](#)*