

Bones & Joints

- Bone Broth
- Spinach, Broccoli or Broccoli Sprouts
- Yogurt or Kefir
- Blueberries
- Sardines
- Pumpkin Seeds
- Jump for JOYnts
- SinewPet
- Green Lipped Muscles

Anti-Inflammatory

- Lion's Mane Mushrooms
- Turmeric
- Apples
- Mushrooms
- Carrots
- Egg Shell Membranes

NATURAL OPTIONS TO SUPPORT IVDD

Circulation

- Lion's Mane Mushrooms

Antioxidants

- Blueberries
- Strawberries

Cellular Healing & Cartilage

- Red Peppers
- Green Tea
- Brussels Sprouts

Natural Protein

- Eggs

Organ Support

- Lion's Mane Mushrooms
- Bone Broth
- Dandelion

Immunity

- Turkey Tail Mushrooms

Nerve Repair

- Lion's Mane Mushrooms

Bones & Joints

Items in this category contain either calcium, Omega 3, Vitamin D, Vitamin K, magnesium, carotenoids (reduce cartilage degeneration), collagen, hyaluronic acid, glucosamine or chondroitin which are known to support the bones and joints

Anti-Inflammatory

Items in this category contains food that help reduce inflammation

Circulation

The item in this category can increase circulation

Antioxidants

Items in this category contain either Vitamin C, polyphenols (natural pain killers for joints) and can work against free-radicals in the body

Cellular Healing & Cartilage

Items in this category contain either Vitamin K, magnesium, calcium, carotenoids (reduce cartilage degeneration), Vitamin C and help to protect and restore the cartilage

Natural Protein

This is whole food made by nature. The egg itself is a clean source of protein, the membrane of the egg offers glucosamine, hyaluronic acid, chondroitin and collagen

Organ Support

Items in this category can support a variety of organs from eyes, heart, liver and kidney and even help with diabetes and leaky gut

Immunity

The item in this category is rich in polysaccharides and loaded with antioxidants. It can boost immunity reduce stress and even help in the fight against cancer.

Nerve Repair

The item in this category can help with neurological issues, increase circulation, it's anti-inflammatory can improve heart health by preventing blood clots, improve cognitive functions (dementia), improve mood and help calm anxiety