

Eat for Your Body's Health and Well-being

Choosing the right combinations of food for your internal health will offer you the results you want and help you to shine inside and out. When you visualize what your choices are doing for your body's systems, it will be easier for you to make the right ones to stay on track for life.

Endocrine System

The endocrine system consists of glands and organs. The pituitary gland and pineal gland are in your brain. The thyroid gland is in your neck. The adrenals are on top of your kidneys and the pancreas organ is behind your stomach. The ovaries are in your pelvic region.

The **Pituitary Gland** is your endocrine system's master gland. It uses information it gets from your brain to tell other glands in your body what to do. It makes your growth hormone; prolactin, which helps breastfeeding moms make milk; and your luteinizing hormone, which manages estrogen.

The **Pineal Gland** makes a chemical called melatonin that helps your body get ready to go to sleep.

The **Thyroid Gland** makes your thyroid hormones which control your memory, metabolism, body temperature, and weight.

The **Adrenals** make the "fight or flight" hormone adrenaline which affects your response to stress.

The **Pancreas** is part of both your digestive and endocrine systems. It makes digestive enzymes that break down food. It also makes the hormones insulin and glucagon. These ensure you have the right amount of sugar in your bloodstream and your cells.

The **Ovaries** make estrogen and progesterone. These hormones help regulate your menstrual cycle and support a pregnancy.

Focus on vitamin D-rich oily fish, eggs, and mushrooms (and sunshine too!); selenium-rich grass-fed beef, Brazil nuts, and brown rice; iodine-rich salmon and sea vegetables; bromelain-rich pineapple; and vitamin B5 + 6-rich avocados, beans, and sweet potatoes.

Cardiovascular System

The cardiovascular system consists of your heart, blood vessels, and arteries.

This is the system where your **proper blood flow, blood pressure, and blood clotting**, as well as, your **balanced cholesterol** come into play. Your heart is like the refrigerator of all your appliances; you always want it running smoothly and never want it unplugged.

Focus on vitamin K-rich green leafy vegetables, lycopene-rich tomatoes, anti-oxidant berries, omega 3-rich salmon and walnuts, allicin-rich garlic, and catechin-rich green tea.

Digestive System

The digestive system consists of connected organs that allow your body to break down and absorb food and remove waste. It includes the mouth, esophagus, stomach, small intestine, large intestine, rectum, and anus. Your liver and pancreas also play a role in the digestive system because they produce digestive juices.

Focus on probiotic and prebiotics, as well as, more gut-friendly foods:

- **Probiotic:** Yogurt, kefir, cabbage, tempeh, miso, green tea
- **Prebiotic:** Artichoke, asparagus, sea vegetables, apples, bananas, chicory root, garlic, onion, barley, oats, chia seed, flaxseed
- **More gut-friendly:** Beets, dark leafy greens, fennel, papaya, salmon, bone broth, whole grains, ginger, peppermint

Immune System

The immune system is your body's defense against bacteria, viruses and other pathogens that may be harmful. It includes lymph nodes, lymphocytes, spleen, bone marrow, thymus and leukocytes.

Lymph nodes work like biological filter stations. They contain different defense cells, which trap pathogens and activate the production of specific antibodies in the blood. If lymph nodes become swollen, painful or hard, it can be a sign of an active defense reaction to an infection.

The **spleen** is a blood-filtering organ that removes microbes and destroys old or damaged red blood cells. It also makes disease-fighting components of the immune system (including antibodies and lymphocytes).

Bone marrow is the spongy tissue found inside your bones. It produces the red blood cells your body needs to carry oxygen, the white blood cells you use to fight infection, and the platelets you need to help your blood clot.

The **thymus** filters and monitors your blood content. It produces the white blood cells called T-lymphocytes.

Leukocytes are white blood cells (WBCs), also called leukocytes that are involved in protecting your body against both infectious disease and foreign invaders. All white blood cells are produced and derived from multipotent cells in the bone marrow known as hematopoietic stem cells.

Focus on vegetables, fruit, grains, lentils, nuts, and seeds rich in anti-oxidants, beta-carotene, vitamin C, vitamin D, vitamin E, and zinc that can boost immune function and reduce oxidative stress including broccoli, bell pepper, celery, carrots, spinach, sweet potatoes, mango, strawberries, citrus fruits, beans, almonds, and pumpkin seeds.

Skin

Technically your skin is part of your immune system but it is such a large, protective organ it deserves its own category.

The **skin** is an active immune organ and acts as a protective interface between internal organs and toxins, pathogens, and stresses from the external environment. It is your largest organ and first defense against potential infection or injury. There are foods that work for the greater good of skin health and foods that work against it, causing skin damage.

Focus on high anti-oxidant foods including carrots, bell pepper, leafy greens, apricots, berries, oranges, tomatoes, salmon, beans, and nuts; avoid highly processed sugars and fats.

Eat for your internal body system health and reap the benefits to shine inside and out.
[Her Signature](#) optimizes each of your body's systems for overall health and well-being.

Take the [assessment](#) and choose health today.