



HOW TO FEED HEALTHY FATS

COCONUT OIL, 4 oz:

The fatty acids in coconut oil actually help the hormones get to where they want and need to go in the body, and so support the creation, processing and elimination of estrogen and progesterone, leading to hormonal balance. Mix $\frac{1}{4}$ teaspoon per 350 grams of body weigh with your birds diet every other day. (One oil one day, the other the next day).

RED PALM OIL, 4 oz:

Red Palm Oil is rich in beta carotene, vitamin E, and essential fatty acids that support the heart, skin health, and more. Mix $\frac{1}{4}$ teaspoon per 350 grams of body weigh with your birds diet every other day. (One oil one day, the other the next day).