

## Recommended Resources for Healthy Living

**LAC** recommends the following resources to help you get started with a plan for healthier living:

[www.coleman.124online.com](http://www.coleman.124online.com) - *Natra Burst super food, more information visit the site.*

### A BURST OF NATURE

NatraBurst™ is a powerful food source consisting of a wide variety of premium ingredients, which work together to provide a variety of health benefits. Each serving contains the equivalent of more than 6 servings of vegetables and fruits, with an ORAC value of 4,000+. Additionally, NatraBurst™ will help support lean muscle mass with its concentration of high quality protein.

- ❖ Increase Energy
- ❖ Reduce Appetite
- ❖ Strengthen Immune Function
- ❖ Improve Digestion
- ❖ Support Blood Sugar/Insulin
- ❖ Promote Fat Loss
- ❖ Rebuild & Repair
- ❖ Anti-Aging
- ❖ Promote Healthy Skin
- ❖ Support Cardiovascular Health
- ❖ Support the Body's Healthy State of Alkalinity



Bob Greene's Best Life

<http://www.thebestlife.com/>

50 Million Pound Challenge

<http://www.50millionpounds.com/>

Vegetarianism/Veganism

<http://www.goveg.com/>

Raw Foods

<http://rawfoodsdiet.wetpaint.com/?t=anon>

Center for Disease Control's "Nutrition for Everyone"

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

*Resources compiled 2/2011*