

ORGAN MEATS ARE CRUCIAL

For Brain & Cellular Health

INFO OBTAINED FROM "THE WHALS PROTOCOL", DR. WHALS, M.D.

Liver

The top food source for:

B2-RIBOFLAVIN
(produces mitochondrial energy)

B3-NIACIN
(produces mitochondrial energy)

B5-PANTHOTHENIC ACID
(Assists with energy production in mitochondria)

B9-FOLATE
(Facilitates myelin generation)

B12-COBALAMIN
(Facilitates myelin generation)

ZINC
(Aids in perception)

Heart

The top food source for:

CARNITINE
(Assists with energy production in mitochondria)

LIPOIC ACID
(Assists with energy production in mitochondria)

COENZYME Q, CoQ10
(Assists with energy production in mitochondria)

Kidney

A top food source for:

CARNITINE
(Assists with energy production in mitochondria)

LIPOIC ACID
(Assists with energy production in mitochondria)

COENZYME Q, CoQ10
(Assists with energy production in mitochondria)

Organ Meats

THE top food source for:

B1-THIAMINE
(Facilitates use of glucose, generation of myelin)

IRON
(Helps supply oxygen to the brain)

COPPER
(Promotes copper/iron balance involved in higher brain function)

CREATINE
(Assists with energy production in mitochondria)

Organ Meats, an exceptional
BIOAVAILABLE source of:

ZINC, MAGNESIUM, PHOSPHORUS

FAT SOLUBLE VITAMINS: D, A, E, K

Pre-made Vit D: Cholecalciferol

Essential Fatty Acids: omega-3s



VEGGIES ARE CRUCIAL

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Greens

The top food source for:

VITAMIN C

(Fights infection, supplies intracellular antioxidants)

MAGNESSIUM

(STABILIZES CELLS AGAINST EXCESS GLUTAMATE (TOO MUCH STIMULATION))

VITAMIN K

(helps strengthen myelin and blood vessels)

Greens

A high source of:

B2-RIBOFLAVIN

(produces mitochondrial energy)

B6-PYRIDOXINE

(Aids in Neurotransmitter Production)

B9-FOLIC ACID

(Facilitates myelin generation)

IRON

(helps supply oxygen to brain)

ZINC

(Aids in perception)

BRIGHT COLORED VEGGIES FOR CELLULAR HEALTH

Laden with antioxidants that protect cell membranes and mitochondria. Diets high in bright antioxidant rich veggies rich are protective against cardiovascular disease, cancer, dementia, and autoimmune disease. As well as: Anti-inflammatory properties, DNA protection, & Thriving Immune system, skin, reproductive and eye health.

LUTEIN, LYCOPENE, ZEAXANTHIN, ALPHA-CAROTENE, BETA-CAROTENE, BETA-CRYPTOXANTHIN

Farm Share Veggie Examples: Asparagus, celery, melons, peppers, sugar snap peas, zucchini, beets, cabbage, strawberries, watermelons, tomatoes, kale, pumpkins, winter squash & carrots.

LEAFY GREENS FOR CELLULAR HEALTH:

VITAMINS: B,A,C,K

Farm Share veggie examples:

ARUGULA*, BEET GREENS, BOK CHOY*, CHARD, COLLARDS*, KALE*, LETTUCE, MUSTARDS*, PARSLEY AND SPINACH*

*INDICATE A HIGH LEVEL OF CALCIUM.

BIOAVAILABLE sources of Sulfur:

Cabbage, kale, turnips, radishes, Brussels sprouts, collards, broccoli, Onions, Leeks, chives, shallots, and Garlic.

Sulfur-rich compounds are powerful toxin eliminators, they synthesize proteins and collagen. Associated with improvement of skin disorders and arthritis. Linked to blood vessel health.

