

# SEA SLIM

NUTRITION • WEIGHT LOSS

## **SAD about the long winter?**

5-10 % of Americans have Seasonal Affective Disorder. Turmeric could help.

- Inflammation has a variety of causes, such as stress, food sensitivities, or medical condition
- The curcumin component of turmeric helps fight inflammation.
- Fresh or powdered turmeric will provide anti-inflammatory benefits.
- Adding black pepper with turmeric may enhance its effectiveness.
- Uses: Turmeric works well in marinades, soups, scrambled eggs, or roasted veggies

Check out our chicken shawarma website

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