



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Nutritious Wake-Up Food

- 1 Tablespoon organic coconut oil
- 1 Tablespoon almond butter
- 1 teaspoon grass-fed butter (Kerry Gold) or macadamia nut oil
- 2 teaspoons organic cinnamon
- 1 tablespoon dried organic coconut flakes

Optional “condiments”

- chia seed
- sesame seed
- dried goji berries
- fresh blueberries
- your own healthy choices

Mash and mix together for healthy start for your day.

This mixture of healthy protein, fat, and carbohydrate helps wake up your brain, your digestion, and your thyroid. The cinnamon nourishes and balances your pancreas. Enjoy!