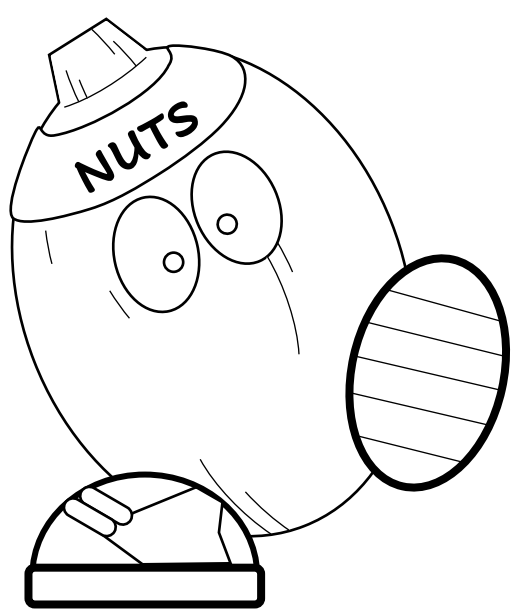
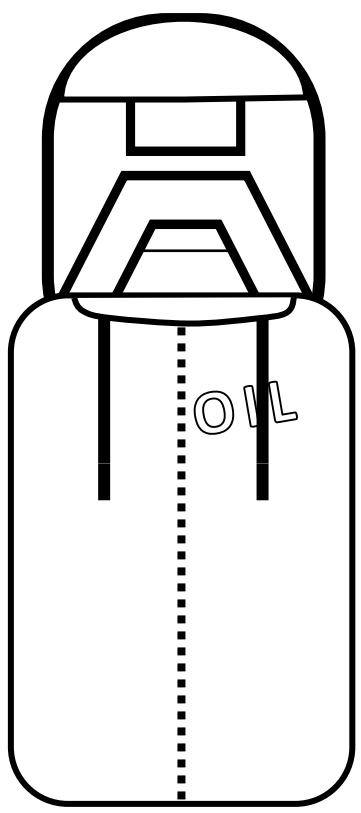
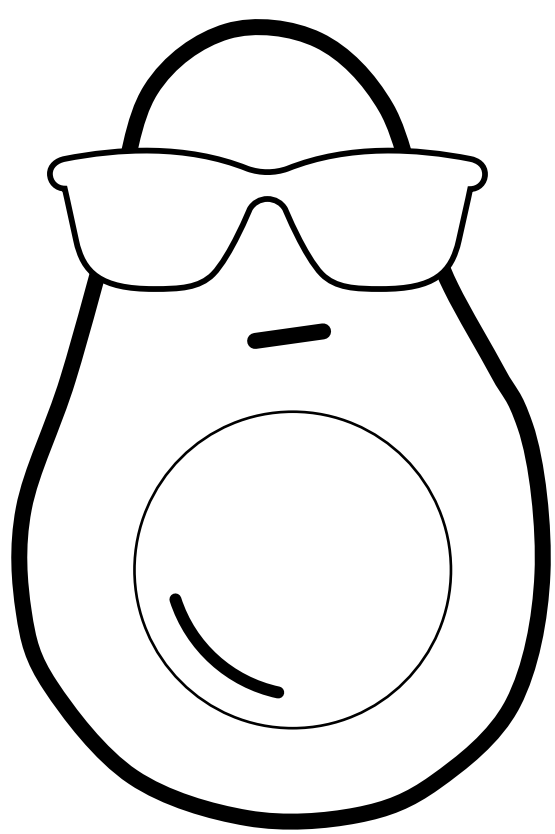


DON'T AVOID FATS



Brain Health: Your brain needs fats such as omega 3 (oily fish) and omega 6 (nuts and Seeds) to keep it working well.
Body Health: Fats are needed to make inflammatory cells which help heal our bodies.