

## MEN'S HEALTH

Men are fond of avoiding the doctor and ignoring unusual symptoms. This may help explain why women tend to live longer. Take care of your health by scheduling checkups with your doctor and keep these appointments. Your doctor can help monitor your weight, blood pressure, and the level of cholesterol in your blood. Excess weight, high blood pressure, and high blood cholesterol are risk factors for cardiovascular disease. Your doctor can recommend lifestyle changes, or other natural treatments to help get your weight, blood pressure, and blood cholesterol under control.

## SELF LOVE

Self-love means having a high regard for your own well-being and happiness. Self-love connotes taking care of one's needs and not sacrificing one's well-being.

## DONNA MARIE REESE

CERTIFIED ADVANCE DIETARY  
SUPPLEMENTS ADVISOR

Do you feel like something just don't feel right? But you don't know what it is. Let's help you figure it out. Sign up for our clinic toolkit.

Clinic Toolkit \$49.00

## CONTACT.

☎ 314-722-5995

✉ foundation@dmrfstl.org

🌐 dmreesefoundationstl.org

## LET'S GET HEALTHY TOGETHER WITH THE CLINIC TOOLKIT.

Your Body is the Temple of Christ

To God be the Glory

## ARE YOU SICK AND

## TIRED OF BEING SICK?

Many people take vitamins and dietary supplements, sometimes to manage deficiencies. No scientific evidence suggests that the time of day at which a person takes them reduces or enhances their effectiveness. It is most important to take them consistently.

## TAKING VITAMINS

All vitamins and minerals are not created equal. Nor are all vitamins and minerals meant to be consumed at the same time. Some actually work against each other, so when you're taking individual vitamins and minerals, do a little research first. There is a best way to take your vitamin supplements. Consult with your doctor before adding supplements to your daily routine.



## ABOUT US.

Promoting healthy living through our Clinic Toolkit and food supplements.

Our Clinic Toolkit helps determine what food nutrient the body systems is lacking and we make those nutrients to be available for interested individuals in the best possible way.

Did you know that If you have low Vitamin D levels, this can contribute to certain diseases?

Did you know D3 is actually a hormone our bodies can't function without?

The body consist of water, vitamins, minerals and other important nutrients. Are you getting enough?

**CLINIC TOOLKIT**  
**\$49.00**

## VITAMINS.

### Vitamin A

Vitamin A is a fat-soluble nutrient vital to immune function, eye health, reproduction, and fetal development.

### Vitamin B

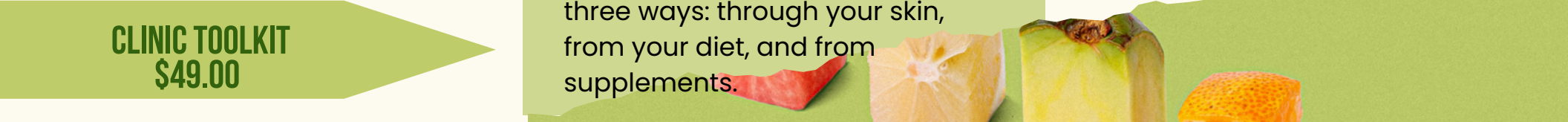
B vitamins are important for making sure the body's cells are functioning properly. They help the body convert food into energy (metabolism), create new blood cells, and maintain healthy skin cells, brain cells, and other body tissues.

### Vitamin C

Vitamin C is a vital nutrient for health. It helps form and maintain bones, skin, and blood vessels. It is also an antioxidant. Vitamin C is water soluble, and the body does not store it.

### Vitamin D

Vitamin D helps your body absorb calcium. Calcium is one of the main building blocks of bone. You can get vitamin D in three ways: through your skin, from your diet, and from supplements.



## Magnesium

Magnesium is important for many processes in the body. It is needed for muscles and nerves to work properly, to keep blood sugar and blood pressure at the right level, and to make protein, bone, and DNA.

## DEFICIENCY SYMPTOMS

### Vitamin A

Poor vision, loss of vision in darkness, sometimes, complete loss of vision.

### Vitamin B

Beriberi, weak muscle and very little energy to work.

### Vitamin C

Scurvy, bleeding gum, wounds take longer time to heal.

### Vitamin D

Rickets, bones become soft and bent.

## Magnesium

High blood pressure, heart disease, diabetes, migraine headaches. Loss of appetite, fatigue and weakness. Shaking, muscle spasms, sleepiness, abnormal heart rhythms.