

<p><b>Head</b></p>	<p>Your head is formed by your skull, which houses your precious brain. Your brain enables your thoughts, mood, movement and much more. It requires much nourishment to stay healthful and efficient.</p> <p>Your eyes, ears, nose, and mouth are organs of your special senses that live in your head. Your sinuses – also contained within your head – are air spaces that make up passageways for your upper respiratory tract.</p>	<p><b>Examples of disease and disorder of the brain include:</b> Alzheimer's Disease, brain cancer, cerebral palsy, concussion, and dementia.</p> <p><b>Examples of disease and disorder of the sensory organs and sinuses include:</b> Glaucoma, macular degeneration, acoustic neuroma, vertigo, rhinitis, gingivitis, thrush, sinusitis</p>	<p><b>Food to support a healthy brain:</b> salmon, trout, walnuts, flax, chia seeds, turmeric, blueberries, spinach, green tea, onions, apples, quinoa</p> <p><b>Food to support healthy senses and sinuses:</b> Salmon, sardines, carrots, spinach, pineapple, bone broth, peppermint, cayenne pepper, ginger, horseradish</p>
<p><b>Throat/Lungs</b></p>	<p>Your throat comprises your pharynx and larynx and is a ring-like muscular tube that serves as a passageway for food, drink and air. It is a conduit for these substances, connecting the nose/mouth with lungs/digestive tract. And your lungs, of course, help sustain life through breathing air and providing much-needed oxygen to your bodily tissues.</p>	<p><b>Examples of disease and disorder of the throat and lungs include:</b> tonsillitis, croup, pharyngitis, common cold, influenza, bronchitis, pneumonia</p>	<p><b>Food to support healthy lungs and throat:</b> Ginger, garlic, onions, turmeric, grapefruit, carrot, oranges, pumpkin, red bell pepper</p>
<p><b>Heart</b></p>	<p>The cardiovascular system consists of the heart, arteries, veins and capillaries that span the whole body like an intricate web, carrying and circulating blood and oxygen to your bodily tissues and organs.</p>	<p><b>Examples of disease and disorder of the cardiovascular system include:</b> Stroke, hypertension, aneurysm, pericarditis, cardiomyopathy, dysrhythmias, vasculitis, hypotension</p>	<p><b>Food to support a healthy heart:</b> Salmon, tuna, mackerel, herring, trout, almonds, walnuts, berries, whole grains, red wine, dark chocolate, oatmeal, black beans, flax seeds, broccoli</p>
<p><b>Digestive Tract</b></p>	<p>The digestive tract is responsible for breaking down your food intake, absorbing nutrients from it, and excreting waste. In addition to the oral cavity and its accessories, it includes the esophagus, stomach, liver, gall bladder, pancreas, intestines, rectum, and anus.</p>	<p><b>Examples of disease and disorder of the digestive system include:</b> acid reflux, appendicitis, Celiac Disease, constipation, Crohn's Disease, diarrhea, diverticulitis, gallstones, hemorrhoids, indigestion, irritable bowel syndrome, colitis, pancreatitis, leaky gut, gastroenteritis</p>	<p><b>Food to support a healthy digestive system:</b> Ginger, turmeric, mint, yogurt, kefir, sauerkraut, fermented vegetables, bone broth, onion, coconut oil, lime, butternut squash, pepper, chicory, cumin, coriander</p>