

**PLANT
POWDERS**

**HOW
YOUR
BODY
BENEFITS**



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highlymotivated.fc Ever wonder why I post about these plant powders ALL the time !?! Take a 👁️ look and I think you'll understand why 🌈😍

What happens when you take these daily

🥑🍌🍓🍓 (according to 9 of the 40+ studies conducted on them)...

🌱 **WITHIN 7 DAYS**
+ Increases micronutrients in **skin micro-circulation**

🌱 **WITHIN 14 DAYS**
+ Reduces serum lipid peroxides
+ **Reduces oxidative stress**

🌱 **WITHIN 21 DAYS**



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🌱 WITHIN 21 DAYS

+ **Increased folate levels**

+ Contributes to a decreased concentration in plasma of homocysteine levels (a waste product linked to heart health)

🌱 WITHIN 60 DAYS

+ **Significant increase in blood plasma key antioxidant levels effecting immunity & illness**

+ Significant increase in blood plasma Vitamin C, Betacarotene Lutein and Lycopene
+ Helps to improve blood flow and oxygenation of skin

🌱 WITHIN 80 DAYS

+ **Helps protect DNA from oxidative stress**



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🌱 WITHIN 80 DAYS

+ Helps protect DNA from oxidative stress

🌱 WITHIN 150 DAYS

+ Reduced common cold symptoms
+ Can assist gum health when patients are receiving non-surgical periodontitis treatment

Is your mind blown?! 🤯 I know mine was when I read all of that!

#plantpowders #therealdeal
#science #plantbased #facts
#morefruitsandveggies
#bridgethegap #healthyeating
#realfood #nutrition #wellness
#floridakeys

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