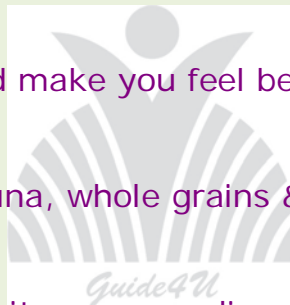


“Eat Healthy & Stay Fit”



☞ Foods we eat can influence our mood

- Lack of selenium makes individuals more anxious, irritable, hostile and depressed
- Taking in adequate amounts of this mineral can correct the deficiency, stabilize your mood and make you feel better
- This can be got from Tuna, whole grains & other mineral rich foods. So keep yourself active & hit away moodiness.



Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com