

EAT to LIVE

HOW HEALTHY EATING CAN HELP YOUR MIND AND BODY



HELPS PROTECT YOU FROM:

Heart Attack & Heart Failure

Type 2 Diabetes

Stomach Cancer

Colon Cancer

Sexual Problems

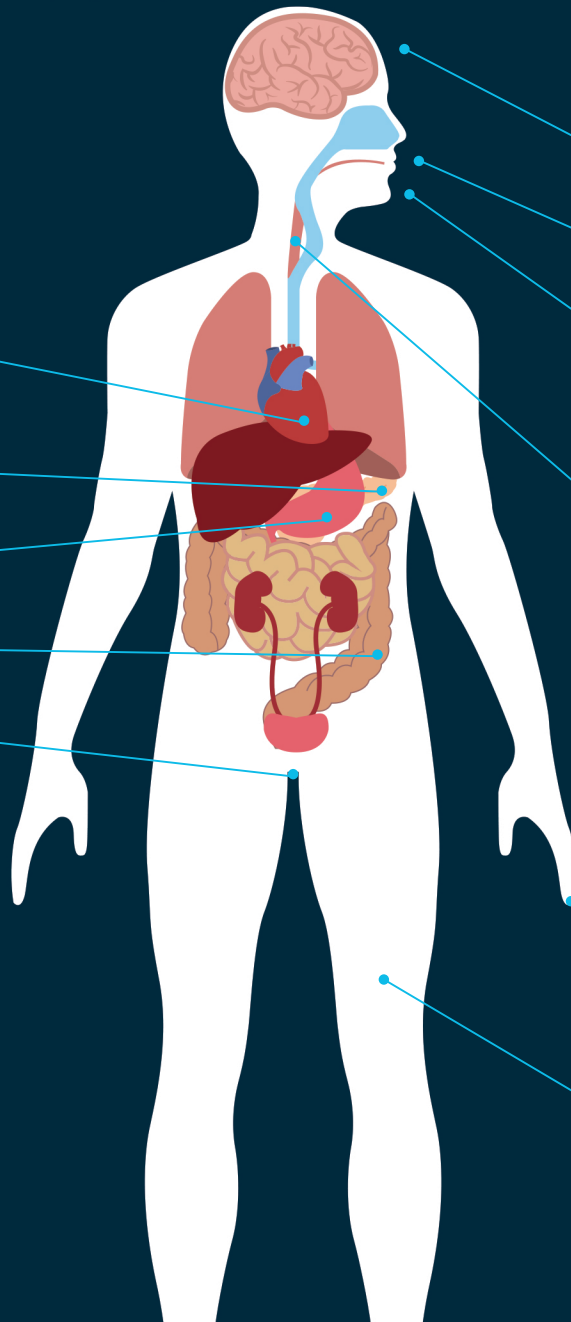
HEALTHIER WEIGHT

LOWER BLOOD PRESSURE

MORE ENERGY

MORE RESTFUL SLEEP

LONGER LIFE!



CLEARER THINKING

STRONGER TEETH

BETTER MOOD

LESS HEARTBURN

HEALTHIER SKIN, NAILS & HAIR

STRONGER BONES

Register today for more health resources.



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Still need to sign up?
Go to myedlogics.com/acshic/account/register
and follow the instructions.



March Monthly Challenge:
NUTRITION

Get 10 bonus HealthScratch™ entries if you finish the Nutrition Final Assessment this month!

