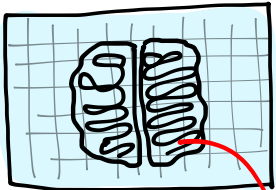


Happier with Every Bite

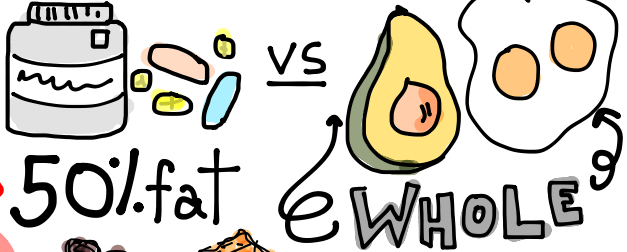
with Dr. Drew Ramsey



Change the architecture of your **BRAIN** by picking **good food**.



50! Shades



50% fat vs WHOLE

Use REAL sugar. Don't lie to your BRAIN!

black pepper + turmeric = synergy food

Good Food = Good Mood
NOURISHMENT



* eat with a higher consciousness

Rx Diet



* slow down + chew

live happy

wake up happy

(sketchnote by Minh Ngo)