

Strength of Minerals

enhance your
emotional
well-being

mineral cheat sheet

nourish functional health

Calcium: Protection & Support

Magnesium: The Stress Reliever

Sodium: Emergency Energy

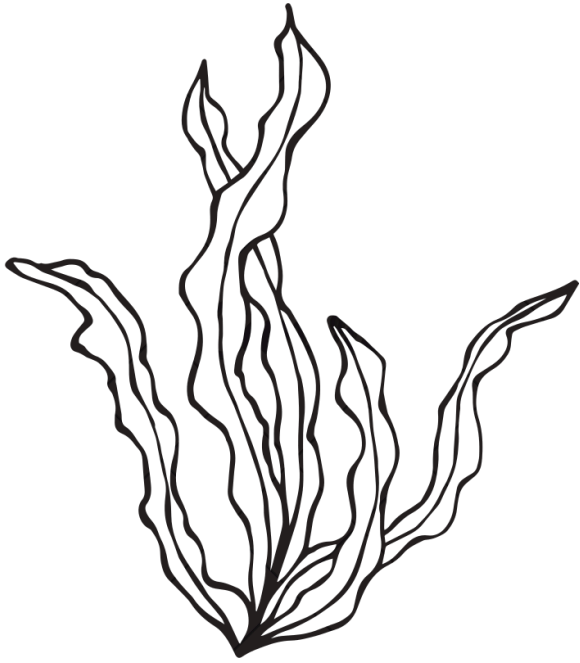
Potassium: Adaptive Energy

Zinc: The Mood Booster

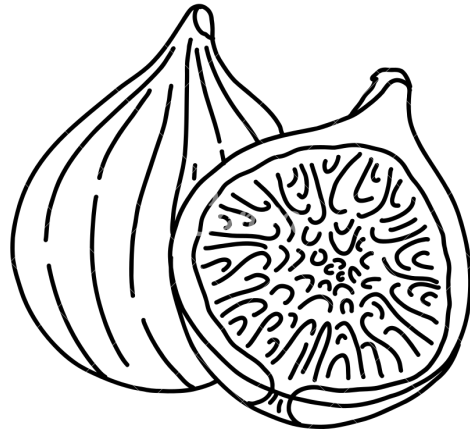
Copper: Gentleness

Iron: Fuel for the Mind

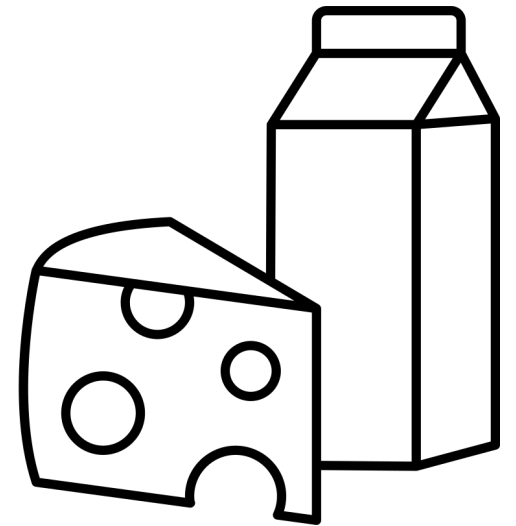
Calcium: Protection & Support



seaweed



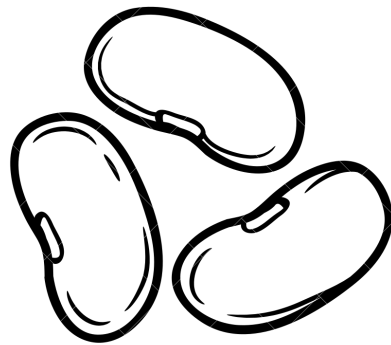
dried fig



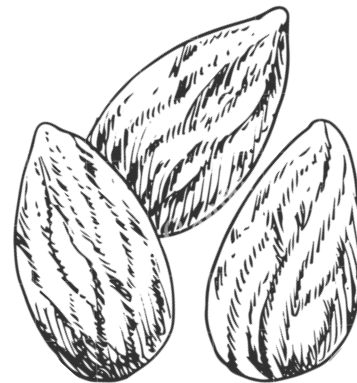
dairy



bok choy



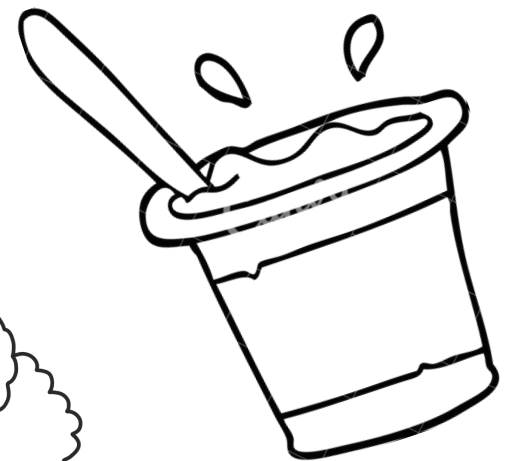
white beans



almonds

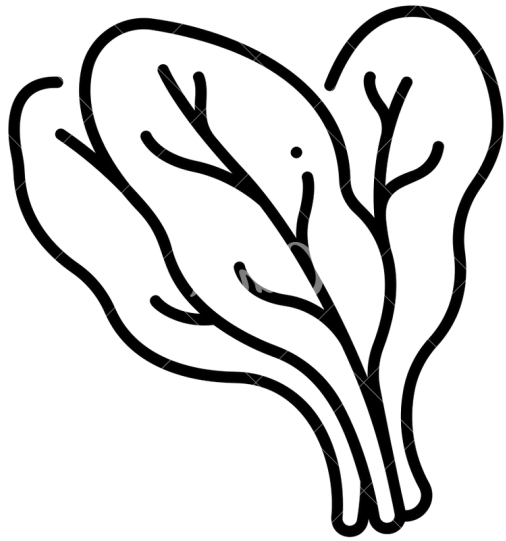


broccoli

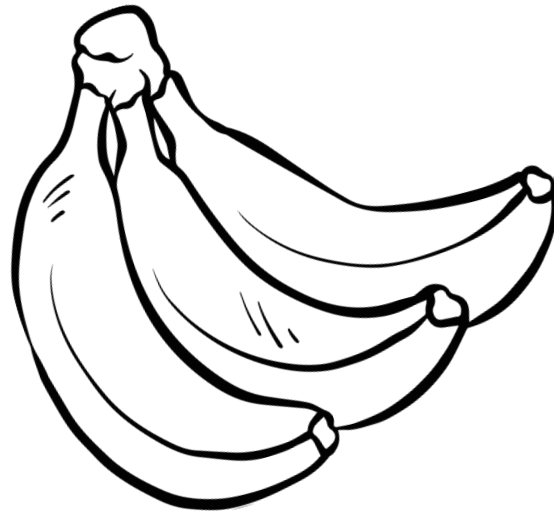


yogurt

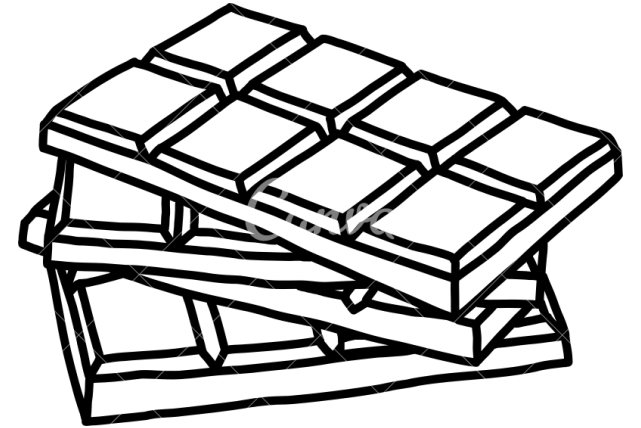
Magnesium: The Stress Reliever



spinach



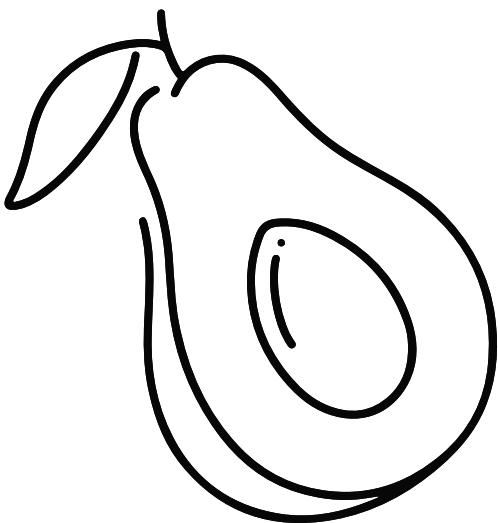
avocado



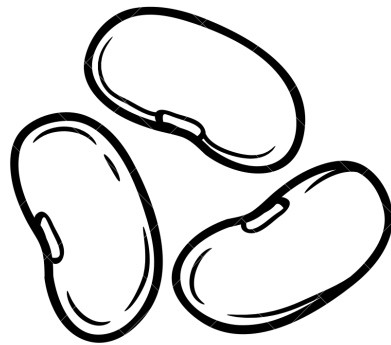
dark
chocolate



almonds



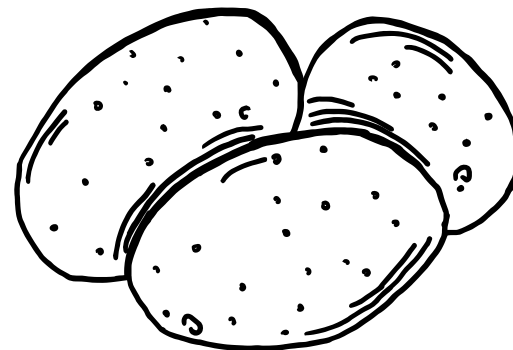
avocado



black beans



pumpkin
seeds

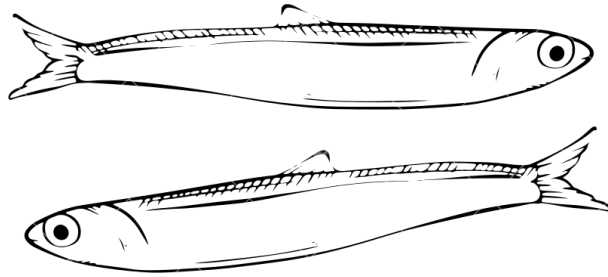


potatoes

Sodium: Emergency Energy



sauerkraut



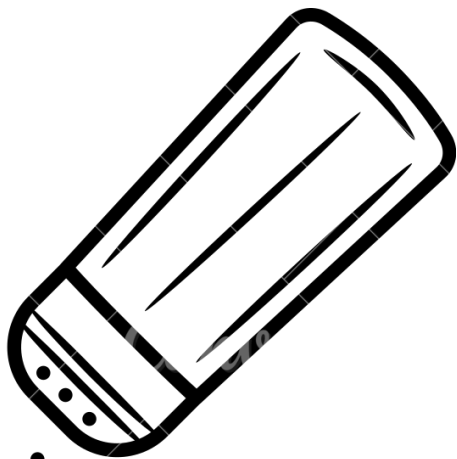
anchovies



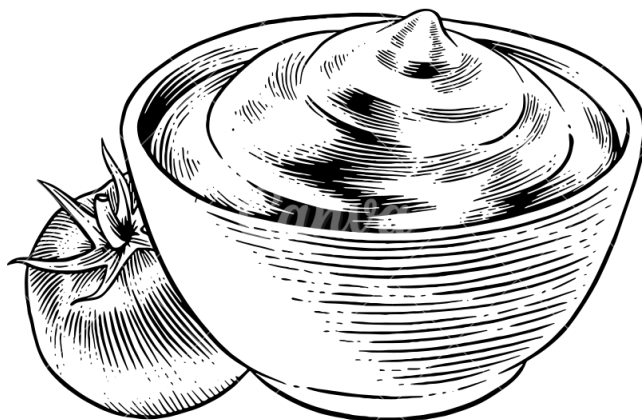
olives



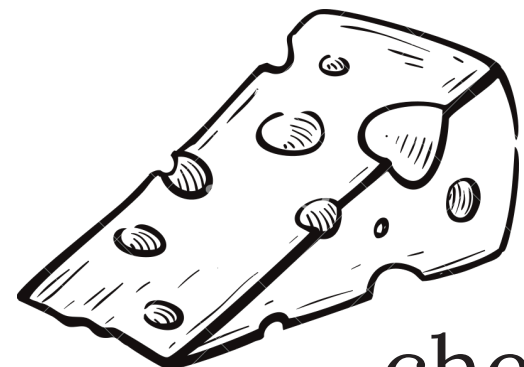
shrimp



sea salt

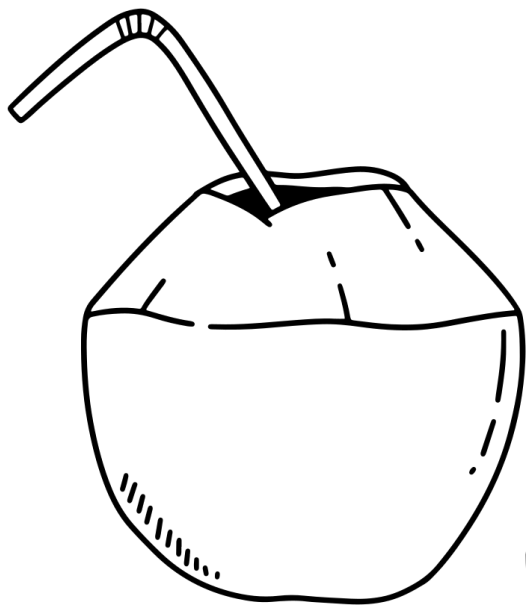


tomato sauce



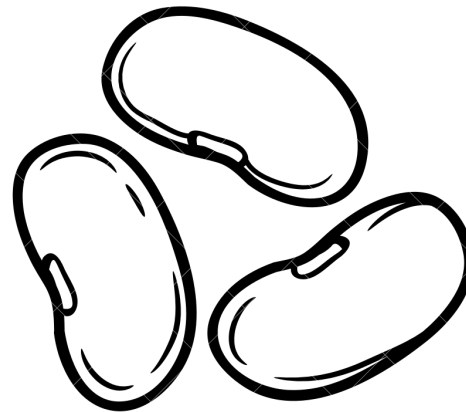
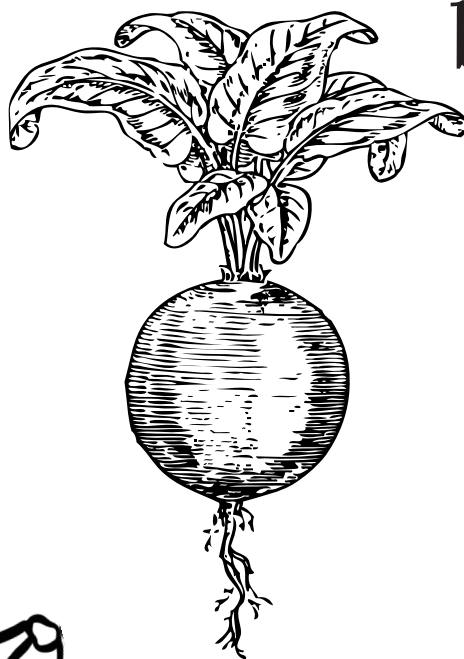
cheddar

Potassium: Adaptive Energy



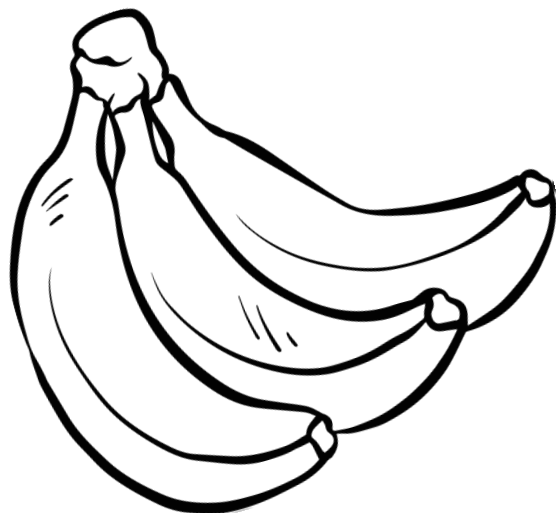
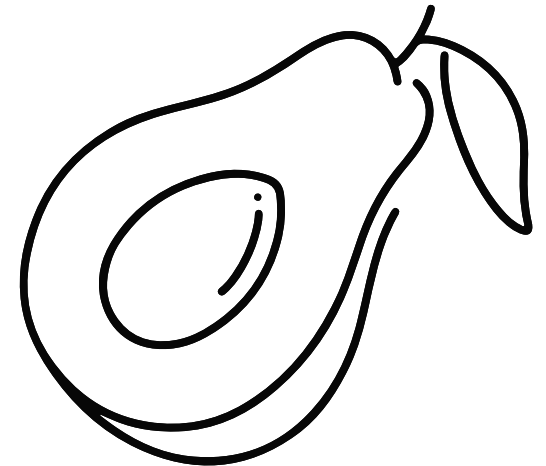
coconut
water

beets

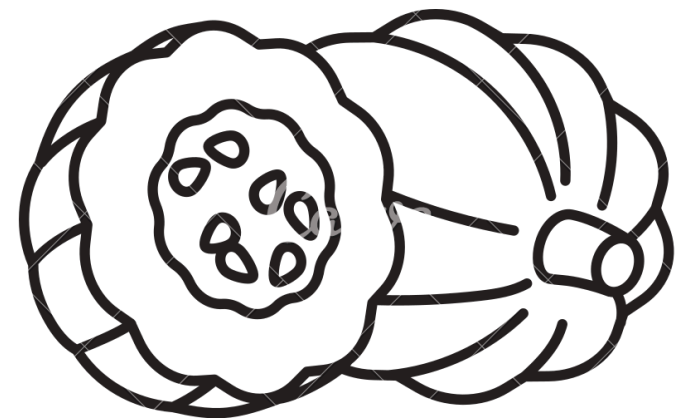


black beans

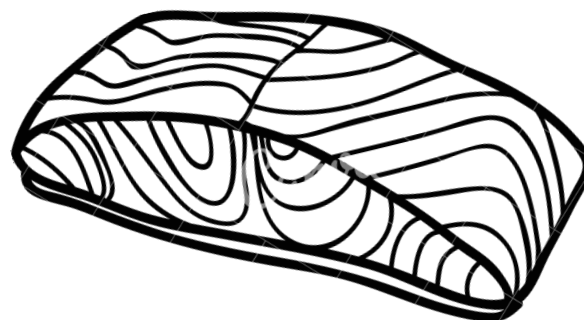
avocado



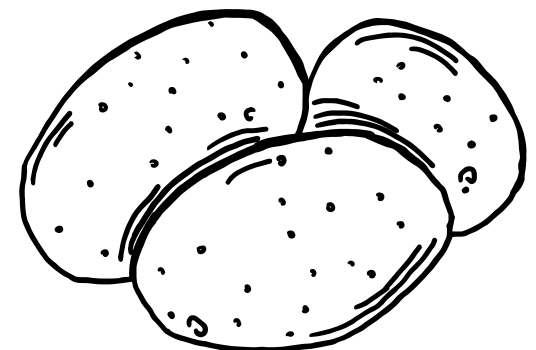
banana



acorn squash

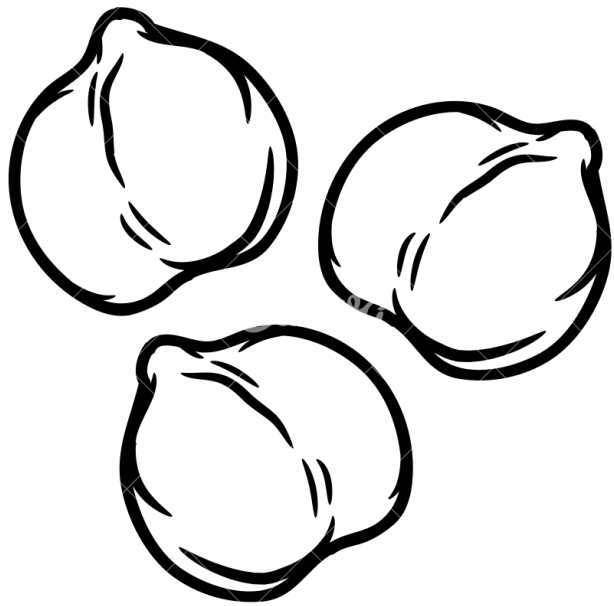


salmon

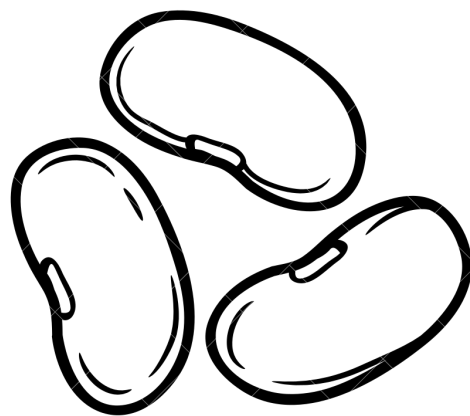


baked potato

Zinc: The Mood Booster



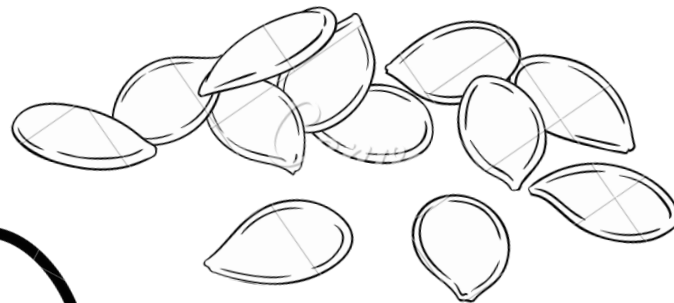
chickpeas



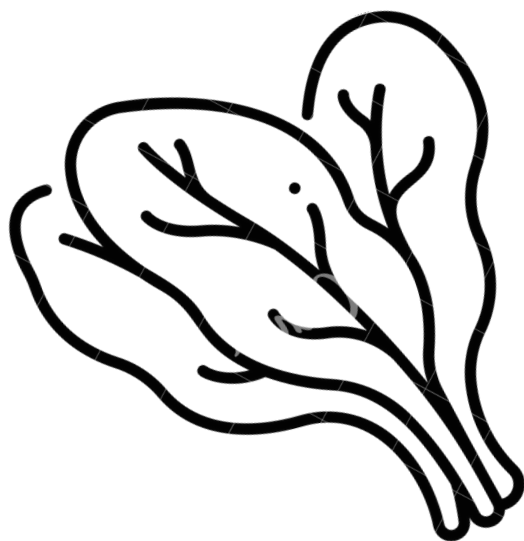
black beans



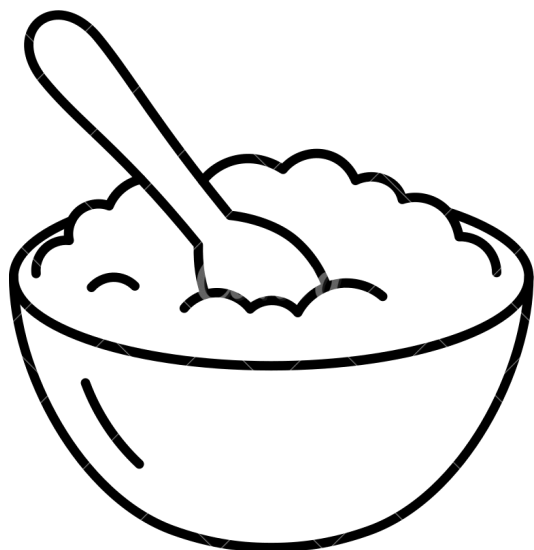
yogurt



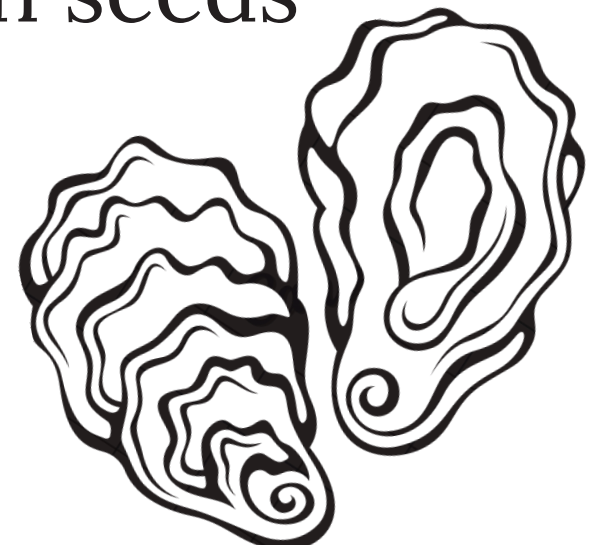
Pumpkin seeds



spinach



oatmeal

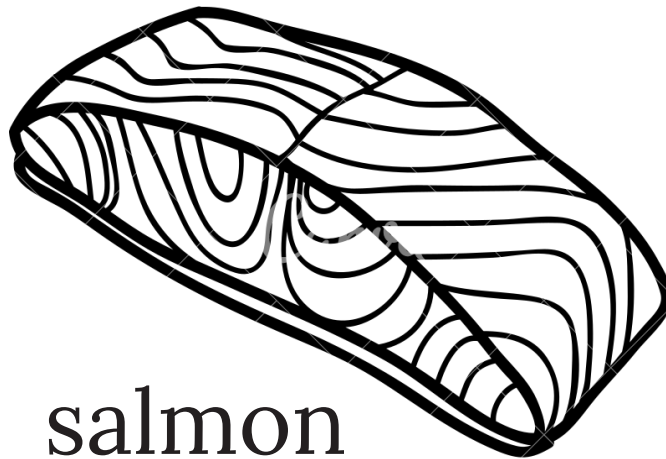


oysters

Copper: Gentleness

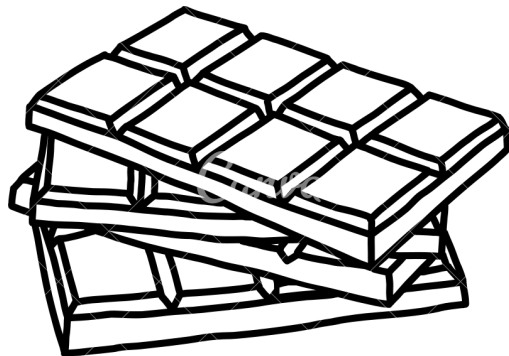
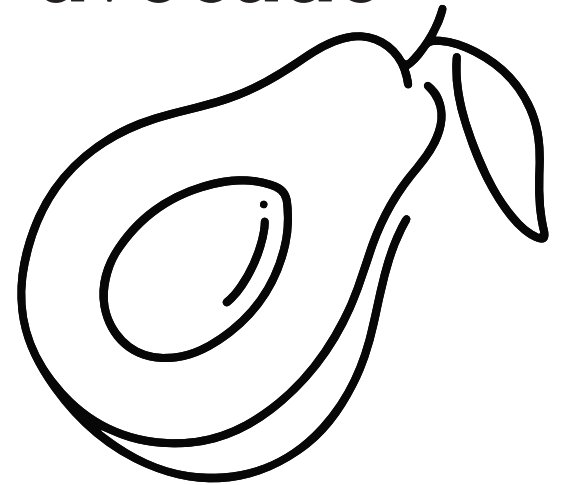


oysters

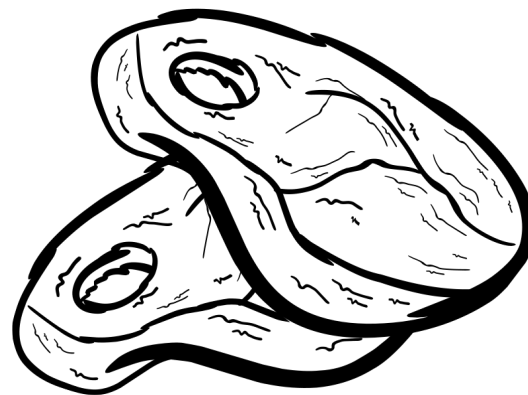


salmon

avocado



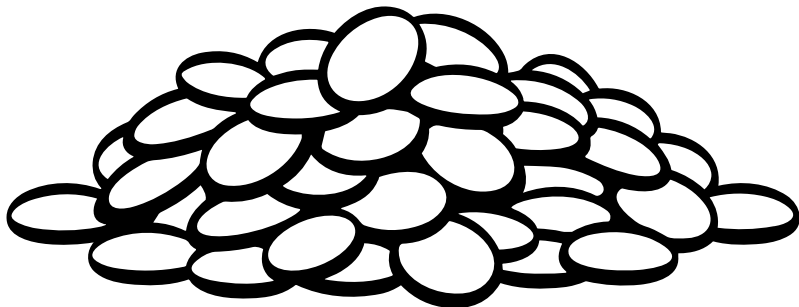
dark chocolate



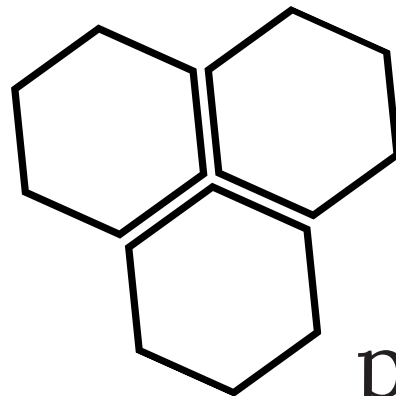
beef liver



shiitake
mushroom

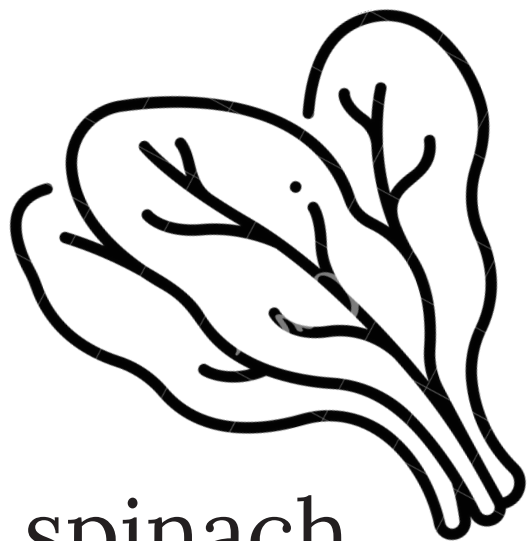


lentils

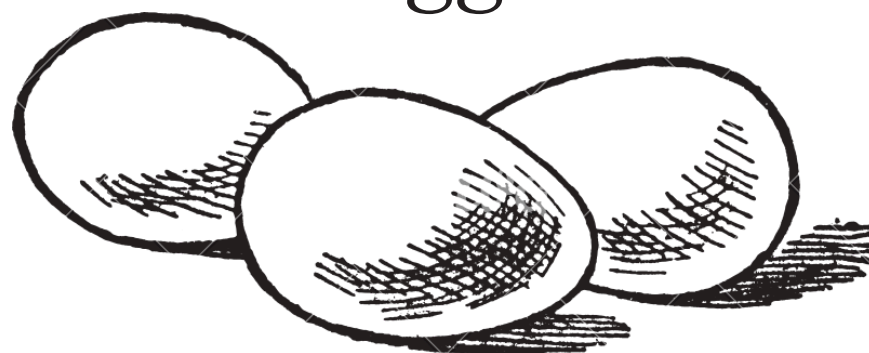


bee
pollen

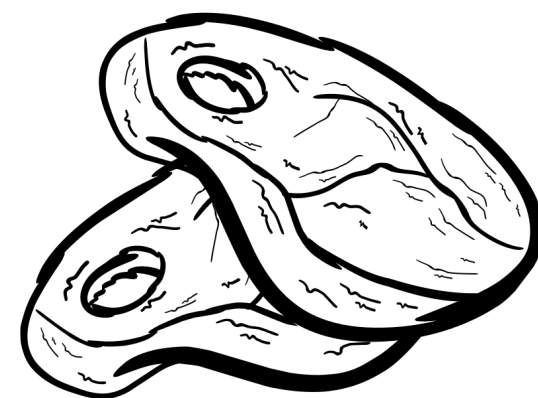
Iron: Fuel for the Mind



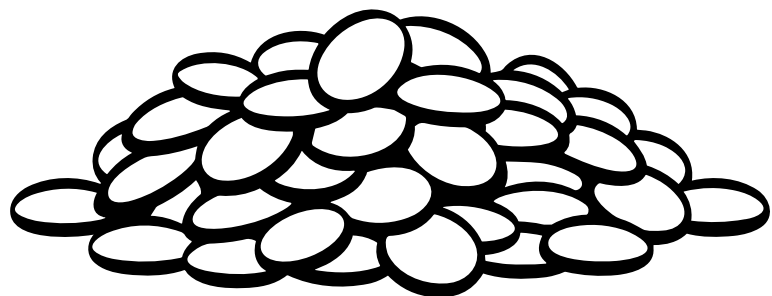
spinach



eggs

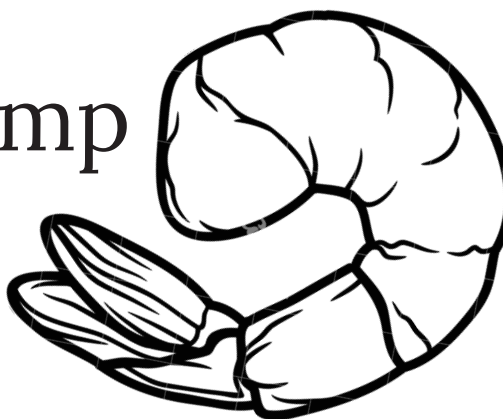


beef liver

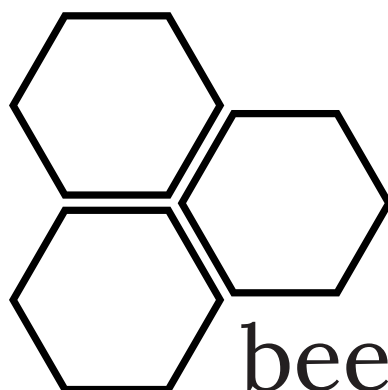


lentils

shrimp



poultry



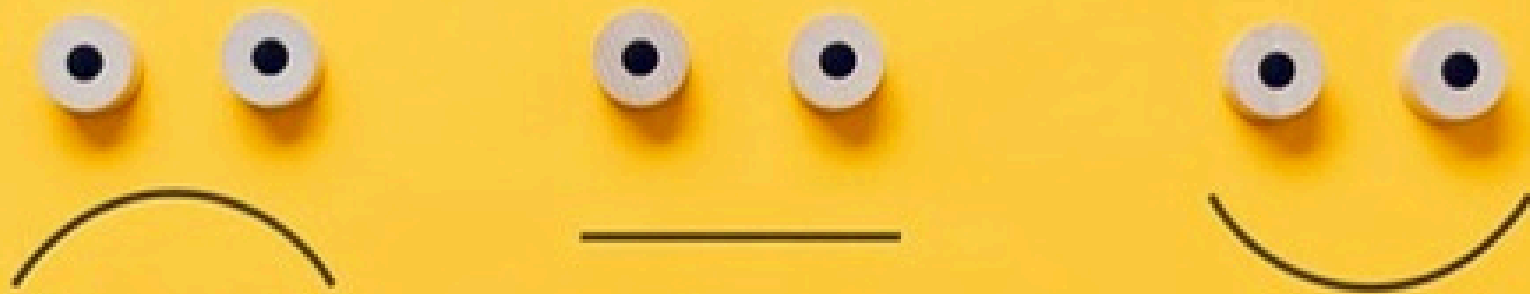
bee
pollen



blackstrap
molassas

Reboot: GI-Map & HTMA

How are you feeling?



optimize your
emotional well-being
by exploring
gut & mineral status

to learn more, [click here](#)