



# EASY TIPS TO ENABLE STRONG FLEXIBLE BONES



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"Let food be  
thy medicine  
and medicine  
be thy food"  
Hippocrates

GROW  
YOUR OWN  
SPARKLING

SMILE

## OESTROGEN PROMOTING FOODS

BROCCOLI CABBAGE KALE  
SPROUTS BEANS CEREALS  
WHOLE GRAINS NUTS FISH CHEESE MEAT  
EGGS YOGURT OLIVES CARROTS  
APPLES RASPBERRIES CHERRIES  
PEPPER PARSLEY OREGANO

TAHANI & SESAME SEEDS  
WALNUTS & FLAXSEED  
RICH IN OMEGA 3'S

EAT  
YOUR  
VEGGIES

FEEL THE JOY OF  
TAKING YOUR  
WEIGHT  
BEARING  
EXERCISE  
OUTSIDE





# CREATE A NEW HERBAL TEA JUST FOR YOU

## BE ADVENTUROUS COMBINE NEW FLAVOURS

1 TEASPOON OF FRESH OR  
DRIED HERB PER CUP.  
DRINK 2-3 TIMES  
PER DAY

SYNERGISE 3 HERBS

### MAIN OPTIONS

OATSTRAW

NETTLES

SAGE

HAWTHORN BERRY

### COMBINE WITH

FENNEL, GINGER, PEPPER,  
CUMIN OR CORIANDER

INFUSE FOR 10/15 MINS

BLOW IN THE LOVE

BEFORE DRINKING

ENJOY HELPING  
YOURSELF TO IMPROVE  
YOUR OWN  
BONE HEALTH



# DANDELION FOR RESILIENCE

## WE WANT CALCIUM RICH HERBS

NETTLES, DANDELION [WHOLE PLANT WHERE POSSIBLE] BORAGE LEAVES, CELERY SEED, BLACK STRAP MOLASSES & KELP TO SUPPORT GROUND & STRENGTHEN OUR BONES.

MACCA POWDER ADDED TO SMOOTHIES, BREAKFAST CEREAL OR ENERGY BALLS PROTECTS AGAINST AGEING AND HELPS RESTORE HORMONAL BALANCE.

VITEX INFUSION PROTECTS AGAINST OSTEOPOROSIS WHILE BALANCING YOUR HORMONES

## Create your own supplement thats cheap and easy to make

CREATE TASTY APPLE CIDER VINEGARS WITH FRESH NETTLE, FRESH DANDELION, DRIED COMFREY LEAF OR FRESH CHICKWEED  
THIS HELPS YOU ABSORB MORE CALCIUM EASILY.

CHOP FRESH HERBS AND FILL A JAR  
HALF FILL THE JAR IF USING DRIED HERBS  
COVER WITH VINEGAR  
CAP AND STORE FOR A MONTH.

DECANT AND USE AS  
A SALAD DRESSING  
A SUPPLEMENT [3TBS PER DAY]  
A WARM WATER NOURISHING DRINK

ENJOY TREATING YOURSELF WITH LOVE

Love  
YOURSELF  
more