

# "Your Health Is Your Wealth Series"



A Happy Healthy New Year Starts with the Letter "C"



JOSEPH P CORY  
FOUNDATION  
*Anchored in Love.*



# Nada Cory



From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and have given her the gift to create scrumptious meals from the garden's bounty, and to comfort and heal using natural remedies.

Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.



# Nada And Her Cousin Bo In Croatia





Focus for Today: “C” How you can create your own wellness.

The Key To Good Health – Eat Healthy - Boost Your Immune System – *Be The Best You Can Be.*

- Florida’s Vitamin C in your own yard/garden/home
- Vitamin C comes in all colors and varieties
- Easy natural remedies for deficiencies
- Fun project



# These 15 Foods are High in Vitamin C

Chili Pepper
Strawberries
Mangos
Sweet Peppers
Kohlrabi
Kale
Pineapple
Kiwi
Grapefruit
Cauliflower
Broccoli
Brussels sprouts
Guava
Papaya
Cantaloupe



# TOP 10 VITAMIN C FOODS



PER 100G (MILLIGRAMS)

# VITAMIN C DEFICIENCY *signs and symptoms*



DRY/SPLITTING  
HAIR



SLOW  
WOUND HEALING



EASY BRUISING



DRY SKIN



GINGIVITIS



NOSEBLEEDS



JOINT  
PAIN



IMMUNE  
IMPAIRMENT



DIGESTIVE  
DISORDERS

- ▶ It's January - Do you know what that means!





# *Cooking with Nada!*

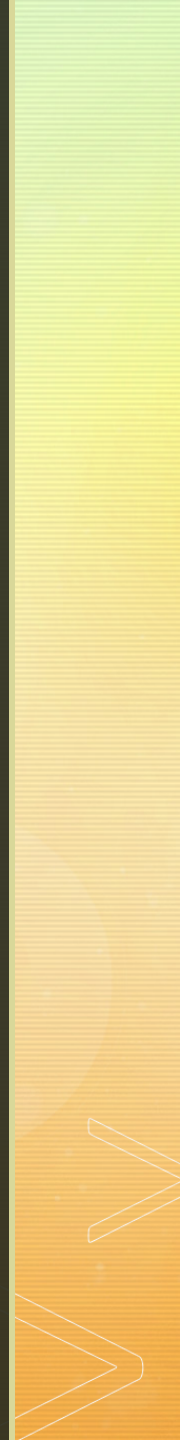


How to derive the best  
from  
Grapefruits and Oranges

Brought to you by the Joseph P Cory Foundation







## “Honey, Don’t Bee Shy”

- Antioxidant
- Lower blood pressure
- Improve cholesterol
- Lower triglycerides
- “Less bad” for diabetics
- Promote Burn/wound healing
- Cough suppressant



# Citrus in the Home



## AROMATHERAPY

SPRAY, INFUSE, STEAM, APPLY

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## POMANDERS

PROTECT AGAINST INFECTION

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## HEALTHY DRINKS

KEEP THEM HANDY ON YOUR COUNTER

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FYI

- Our next class is one February 18, 2021 – “Think Like a Chef”
- Sign up for our newsletter, great for kids and adults
- Volunteer with us!
- Email with your photos for social media
- Email questions to the Foundation



A pair of hands, one at the top and one at the bottom, are shown holding a heart-shaped arrangement of green microgreens. The hands are positioned as if presenting the greens. The background is dark, rich soil. The text is centered in an orange box.

Orange you glad you joined us?  
We are glad you did!

