



Weekly Insights

Staying Healthy Through Lifestyle Series: Nutrition

Many of your patients may be taking some time to focus on and take steps to improve their lifestyles. To help you guide them, we've put together a series of readings on certain lifestyle aspects that can help support immune health. This issue addresses the beneficial effects nutrition can have on health.

Feel free to share all of this information with your patients and your followers!



Not So Sweet: The Sugar-Inflammation Connection

We know we should monitor our intake of refined sugar. But in addition to having negative effects on body weight and cholesterol, sugar can impact inflammation in the body, leading to a host of other issues.

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6 Naturally Detoxifying Foods

Chemicals and toxins are everywhere, but the human body is built to fight back. Check out six of our top nutritional allies.

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Vitamin D Foods for Thought

There has been much recent discussion about the benefits of vitamin D for good health, yet some people may be vitamin D deficient. Adding these vitamin D-rich foods to the menu may help.

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What Are Heart-Healthy Foods?

(Hint: Dark Chocolate & Wine!)

The heart is paramount to overall health and keeps the rest of the bodily systems running smoothly. Thankfully, there are simple steps we can take to help support the health of our hearts—starting with the foods we eat every single day.

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3 Health Benefits of Fermented Foods

Fermentation is a hot topic in the nutrition space. Fermented foods offer a number of health benefits, a couple of which may be surprising.

[Learn More](#)

Want to read more about nutrition and health?
[Visit the Metagenics blog](#) for these and many other topics.

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