

Name: _____

Date: _____

Health to Wealth

W K C L P F F M Z O R G A N S F U D K X S K P V
T R E A L F O O D F Q M H I X Y P R W Z O E L F
S S D L N C S P U C U T P W S F I I Y Q O D Z W
N T D L Y S Q E I E L B F U I D U B I L E N A B
X A I E Q F L C B A Z G Y I V R I D P D N T L I
P F O A B F V G E T J T F R I Z P U O U E M K Q
W Y N K B B P H U X E B E N B H A X L R Q J J R
M H L Y W W T M F E B S F A E U N F S F V X H T
C T U G K U E P S R R L D A N M R B T M Y F M Q
Y L Q U G P P X A X A C L N O L Y F H E V D W B
R A J T A F L I M M A T O T I R C X G T A D O G
O E O D Q Q N L M R H J Z K M M O P U S E R B B
M H E H P H C A B T S T N A L P Y N O Y N D A C
E N I R E C T S O W X S S K B P O E H S I Y L R
M U U A A I Y W T E H T W R V I E F T E L G A G
Z K L L O G E W I W D U W U T V Q I C N A W N T
N T P N J A U K S R O Q D A T M E F I U K C C V
H H R R L X I S S O O O N C D W K E X M L K E G
E A I T W X B S U I M I E P Z B C N O M A L U L
U I H R J B C N E F M L C P D G P M T I S U D F
H M W L J V P C S I G D E W U M V A P L A L L Q
M Y U M W W A I L P R O C E S S E D F O O D S X
S M H G D S O E D S T N E I R T U N B S Q A Z I
R M A C T I V E D Y J F G V M B U P E T G B V P

health to wealth
immune system
body fluids
bad carbs
tissues
plants
mood

processed foods
inflammation
gut health
real food
mindset
memory
fuel

unhealthy fats
brain health
leaky gut
alkaline
active
water
ph

toxic thoughts
elimination
nutrients
balance
organs
sugar