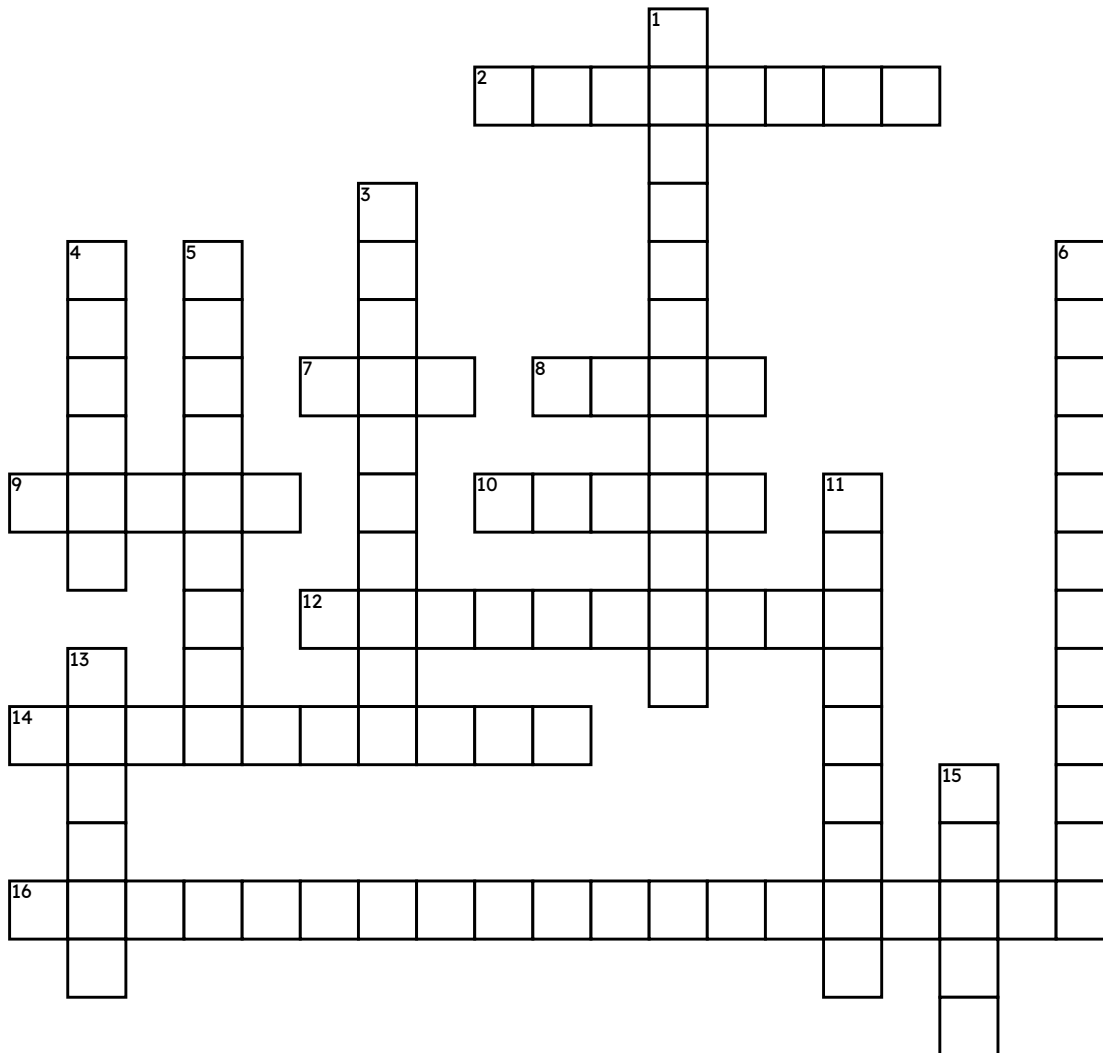


Let Thy Food be Thy Medicine



Across

2. Traditionally used to treat toothaches and fight bad breath. Some people add this to their morning oatmeal.

7. This food contains 6 grams of protein per serving. People still argue which came first.

8. Two tablespoons of this seed contain 5X more calcium than milk. In the 90's, we sprinkled them onto terracotta pots and called them "pet".

9. This food is high in magnesium which is known for its anti-inflammatory benefits--also the tasty crunch in the famous Turtle candy

10. There are over fifty different names for _____ used on nutrition labels.

12. _____ can help bacterial balance to support a healthy gut flora.

14. This fruit helps clean your kidneys.

16. Sweet potatoes are an example of _____ which the body converts to clean energy within the body.

Down

1. Foods rich in _____ can support the immune system.

3. Eggs contain _____ fats which are good fats.

4. This nut is a natural anti-depressant.

5. This fruit accelerates wound healing. Some people enjoy this on their pizza.

6. The ancient Greeks called them "gout-berries" & Used them to treat gout symptoms.

11. Prevents the accumulation of cholesterol on blood vessels.

13. This food is a natural antibiotic. Also known to keep vampires away.

15. _____ is needed for protein to properly be metabolized into your body.