



Heal Yourself with Mesonutrients

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What if we didn't need drugs for all our aches and pains?

Up till now we've had macronutrients (carbohydrates, lipids, proteins) that provide energy and structure to nourish our bodies and help us grow; and micronutrients (vitamins, minerals) that enable it to function. Mesonutrients are the healthy "maintenance" molecules that can help prevent disease, and even heal. For example: omega-3s (from salmon), curcumin (from curcuma), gingerols (from ginger), anthocyanins (from blueberries), etc.

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