

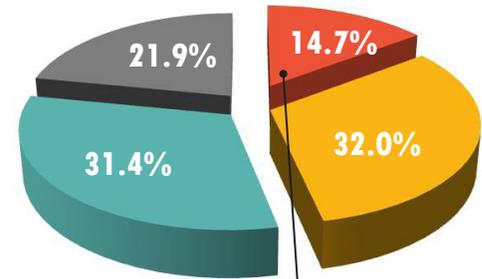
You are a Loyalist.

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LOYALIST Congrats! You are amongst the top supporters of natural products! I probably don't have to tell you about the importance of buying organics and natural products. If you're like me, sometimes natural even beats out taste in importance. Luckily our attention to health is inspiring the industry to create more and more natural products that eventually trickle down to main stream. We drive the trends so spend your dollars where it counts, to help bring healthy concepts to everyone – even the doubters. And it works – Walmart and Aldi are seeing the market for organics. Are they as good as your fresh, homemade meal? Maybe not, but for others they are a big step in the right direction.

There is almost always room to continue to eat better, even if you're already giving a lot of attention to eating right. Try looking for health and wellness hacks to reach even a higher level of health and performance like bulletproof coffee, probiotic drinks like kombucha and kefir, and super foods. Create buzz about the products you find that are truly great by sharing them on social media to help continue to bring healthy foods to the mainstream!

How focused are you on eating a healthy diet?



- Loyalists
- Supporters
- Dabblers
- Passives

Loyalists are the group that give the most attention to healthy eating.

Is there room to eat even better?

Only **30.4%**
of Loyalists view
their overall diet as
being "very healthy"

Although they give a lot of attention to eating healthy, most loyalists would agree that there is still room to improve. Give yourself credit for doing an awesome job and be thankful that you have the knowledge about how to eat healthy. In addition to giving continued attention to what you eat, consider how you eat to get the most out of your food. Eat in a relaxed manner. Chew your food well to improve digestion. Eat consciously, savoring the colors and textures of your meals and enjoy eating!

Check out some of my favorite products.

Snacks

Hail Merry makes healthy, delicious, sweet treats from raw and gluten-free ingredients.

<http://www.hailmerry.com/macaroons>



Drinks

Probiotic, Functional Ingredients, Apple Cider Vinegar and more!

<http://kevita.com/products/tonics/kale-lemon/>



Cleaning Supplies

Tough on grease, not your skin (or the environment)! Comes in great scents.

http://www.ecos.com/Dishmate_Almond.html



All products identified are independent recommendations and are not paid product endorsements. All brands and images belong to the respective companies and manufacturers and are used only to identify the products and companies.

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