



The
PTI BUZZ
Carol Kur, MSRD

Don't feel bloated at the beach this summer.

Here are some belly friendly foods that are natural diuretics and will help you look and feel your best.

- Green tea
- Cranberry juice
- Apple cider vinegar
- Dandelion
- Dandelion leaf tea
- Fennel
- Watermelons
- Cucumbers
- Citrus Fruit
- Asparagus
- Blueberries
- Salmon

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Put on some music and dance!!!! In 20 minutes you will burn 100 calories.



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Personal Training Institute | 500 North Broadway | Jericho | NY | 11753