

# Food For Life

Try This Diet For 60 Days And See How Good You Feel.  
Food Is The Fuel For Our Lives.

## Only Eat Foods That Will Rot Or Spoil... But Eat Them Before They Do

### *Eat These*

Beef, lamb, chicken, turkey (*range fed if poss.*)  
Ocean caught fish  
Eggs (cage, hormone free)  
All vegetables, esp. cruciferous veg.  
broccoli, brussel sprouts, cabbage, kale,  
Couliflower, collards, swiss chard  
Avacados  
All fresh fruits

### *Not These*

Potato Chips  
Donuts  
Pastries  
Soda  
Cookies  
Margerine  
Processed cheeses  
Commercial cereals  
Commercial breads  
Fast food restaurants

## Only Eat Foods That Are Processed The Way They Were 100 Years Ago

### *Eat These*

Whole Grain Breads  
Brown Rice  
Lentils  
Different types & colors  
of beans  
Expellor pressed oils  
(olive, flax, sesame)  
Organic butter  
White cheeses  
Cod liver oil  
Fresh fruits  
Nuts, Seeds, Sprouts  
Homemade salad dress.  
Organic coffee, tea in  
mod.  
Raw honey, stevia

### *Not These*

White Breads  
White Rice  
Hydrogenated Oil  
Chemicals (read the  
label)  
Instant Anything  
Microwaved Foods  
Canned fruit  
Lunch meats  
Most peanut butters  
Commercial salad dress.  
Artificial flavors, colors,  
MSG, Aspertame, High  
fructose corn syrup,  
Sucralose  
Geneticly modified grains  
Commercial fried coods

## Eat Lots Of Color

### *Eat These*

Purple Cabbage  
Tomatoes  
Green/Red Peppers  
Carrots  
Purple berries  
Green leafy vegetables  
Beets  
Squash  
Sweet potatoes  
Red Grapefruits  
Garlic, Onions  
Salsa  
Organic spices

### *Not These*

White Flour  
Cookies  
Pastries  
Most Breads  
Most Pastas  
White Rice  
White crackers  
White lettuce

*Avoid foods that you are allergic or sensitive to, always eat organic food when possible.*

# A Fascinating Tale.. of Two Sandwiches

Would you like to have more energy, be healthier, and just feel better? By the time you finish reading this short page you will have realized the number one thing you can do to have more vibrant health has been right in your own hands all along. We all know that the food we eat is the fuel of life. Food is the fuel we run on, like gasoline for your car. Sure, it seems like your car runs the same on all gasolines, but your body doesn't. What this means to you is "eat better food, feel better, have more energy."

The problem is most people would be shocked when they fully understood the dramatic difference in their food choices. Simple changes in what we eat can make a huge difference in how we feel. Imagine for a moment that you had to choose one of the two following lunches as your fuel for the busy afternoon ahead of you. The following nutritional comparison of two simple lunches shows how simple changes in what we eat can have a profound impact on how we feel. Food, its the fuel of your life!

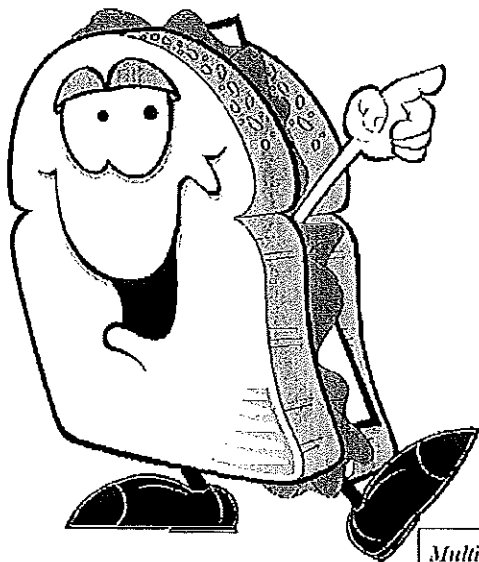
*Bologna on white bread  
with a lettuce salad*



*Turkey on whole wheat  
with a spinach salad*

Carcinogenic nitrates  
THBQ  
Bromate  
Other dangerous additives

600% more vitamin C  
+ 50% more riboflavin  
+ 700% more vitamin B6  
+ 500% more B1  
+ 2100% more vitamin A  
+ 50% more calcium  
+ 400% more magnesium  
+ 200% more niacin  
+ 1000% more vitamin E  
+ 250% more zinc  
+ 400% more pantothenic acid  
+ 600% more folic acid  
+ 200% more vitamin B12  
+ 1000% more manganese  
and 600 mg of Essential Fatty Acids (which aren't even in the other lunch)



= More energy, better health, feel better

*Multiply this difference times 3 meals per day, times 365 days per year. Glance back at those percentages, how much better do you think you'd feel by making better food choices?*

## Hydrogenated Oils

Hydrogenated oils have a half life in the body of about 52 days. That means for every teaspoon of hydrogenated oil you eat, half of that teaspoon is still in your body 52 days later, and 52 days after that 1/4 teaspoon remains, 52 days later there is still 1/8 of a teaspoon of the hydrogenated oil in your body. After 156 days (5 months) you still have 1/8 of that hydrogenated oil in your body. Most people in the United States eat hydrogenated oil every day.