



## « Disease

## Health »

- Animal fats, lacks fiber
- Fried fats, white flour, lacks fiber
- Added sugars, acidic chemical sweeteners
- MSG, high sodium, dead foods
- Fried fats, MSG
- Artificial colors, added sugars
- Animal fats, lacks fiber, homogenized fats
- Hydrogenated oils, white flour
- White flour, added sugars
- High sodium, MSG, artificial preservatives
- Lack fiber, refined grains
- Hydrogenated oils, MSG
- Refined grains, added sugars
- Hydrogenated oils, MSG
- Added sugars, MSG
- Added sugars
- Red meat
- Donuts, pastries
- Sodas (sweetened)
- Sodas (diet)
- Canned soups
- Snack chips, flavored snacks
- Juice drinks, fruit punch
- Candy bars, chewy granola bars
- Milk, cheese, dairy
- Crackers, Cookies
- Breakfast cereals (sweetened)
- Processed meats
- Instant rice, instant grains
- Frozen fried foods
- Bread (non whole-grain)
- Snack dips, artificial guacamole
- Shortening
- Salad dressings
- Diet shakes, meal shakes

- Chronic pain
- Behavioral disorders
- Aggressive behavior
- Learning disabilities
- High medical bills
- Reproductive disorders
- Skin blemishes and spots
- Easily injured
- Frequently sick
- Sleep disorders
- Tired and fatigued
- Irritable

- Free of pain
- Mental clarity
- Stable moods
- Accelerated learning
- Low health care costs
- Reproductive health
- Clear, smooth skin
- Easily healed
- Rarely sick
- Sound sleep
- Sustained energy
- Happy
- Nuts: cashews, almonds, peanuts, etc.
- Seeds: sesame, hemp, chia, etc.
- Fish oils: salmon, cod, etc.
- Sea vegetables: kelp, kombu, etc.
- Microalgae: spirulina, chlorella
- Whole food concentrates
- Bran: oat, wheat, rice
- Protein powders: rice, soy
- Wheat germ
- Healthy oils: flax, olive, macadamia, etc.
- Soy: tofu, soy milk, etc.
- Sprouts: broccoli, hemp, etc.
- Avocados
- Sprouted grains
- Whole grains
- Blackstrap molasses
- Wheat germ
- Quality plant-based proteins
- Raw fruits (all kinds)
- Vegetables (all kinds)
- Berries (all kinds)
- Sunlight
- Water
- Essential solvent for nutrition
- High vitamins, fiber, complex carbs
- High antioxidants, healthy brain, heart
- High in vitamins, phytonutrients
- High protein, antioxidants
- Healthy heart, brain, and more
- Healthy oils, high fiber, antioxidants
- Antioxidants, phytonutrients
- High in vitamins, fiber
- Healthy heart, brain, and more
- High protein, minerals, vitamins, more
- High fiber, immune function, minerals
- High vitamins, minerals
- High-density nutrition
- High fiber
- High protein, minerals, vitamins, more
- High in healthy oils

## Legend:

**Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis

**Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders

**Animal fats:** promotes heart disease

**Artificial colors:** promotes ADHD, behavioral disorders

**Artificial preservatives:** promote cancer, heavy liver detox load

**Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage

**Fried fats:** contain carcinogens, promotes heart disease, obesity

**High sodium:** stresses kidneys, promotes hypertension, high blood pressure

**Homogenized fats:** unnatural alteration promotes plaque in arteries

**Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects

**Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease

**MSG (monosodium glutamate):** migraines, hormonal disorders, overeating

**Refined grains:** promotes diabetes, obesity, vitamin loss

**White flour:** promotes diabetes, obesity, vitamin loss

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## Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower