

NOTES ON HEALTH

Foods That Support Your Health...

All Fresh Herbs!

Almonds

Aloe

Apple Cider Vinegar

Apricot Kernels

Arugula

Asparagus

Astaxanthin - Red Algae Sold As Bio-Astin

Avocado - The Perfect Food! Balances Blood Sugar

Beets

Blueberries, Bilberries, Blackberries

Brazil Nuts - Selenium

Broccoli

Cabbage Family

Cardamom

Cauliflower

Celery

Chia

Chlorella

Cinnamon

Coconut Oil

Flax Seeds and Oil

Ginger

Gobi aka Burdock Root

Gogi Berries

GreenTea

Hemp

Kale

Lemon + Lemon Peel
Maca, aka Peruvian Ginseng (adaptogen that balances hormones)
Medicinal Mushroom: #1 Agaricus, Reishi, Oyster, Shitaki, Lion's Mane, Alii
Modified Citrus Pectin
Natty or Nattokinase Supplement
Noni
Oat Bran
Okinawa Purple Sweet Potatoes
Olives and Olive Oil
Oregon/Oil
Pomegranate
Proteolytic Enzymes
Quinoa
Radicchio
Radish
Raspberries - Elagic Acid
Roquefort - French Raw Sheep Milk
Rosemary
Saffron
Sauerkraut
Sea weeds
Soursop/ Graviola
Spirulina
Sweet Potatoes
Turmeric/ Curcumin/ Ukon/ Olena
Walnuts - Blonde and Black
Wheatgrass Juice

Foods To Say NO! To...

Aspartame/ Sucralose
Anything Fried or Breaded
Bar-Code Foods
Bread

Cakes, Cookies, Crackers

Canola Oil

Commercial Factory Farmed Meat - Hormones and Antibiotics

Corn unless Organic

French Fried Potatoes - Or Any Other Chips! (Acrylimides)

Hydrated Oils aka Shortening or Margarine

MSG

Peanut Butter

Processed Meats (IE. Spam, Sausages, Corned Beef Hash, Sandwich Meats, Bacon)

Processed or any American Milk, Dairy, or Cheeses - with Bovine Growth Hormone

Sodas

Soy

Soybean-Cottonseed-Corn Oils

Sugar/ High Fructose Corn Syrup (HFCS)

Wheat-White Flour

White Potatoes