



## **BENEFITS OF THE HEALING DIET**

**HEALS AND ENERGIZES THE APPROXIMATELY 70 TRILLION CELLS IN YOUR BODY, HELPS WITH DETOXIFICATION OF THE CELLS, REDUCES INFLAMMATION AND HELPS REGULATE HORMONAL FUNCTIONS.**

**This diet controls inflammation in the entire body which affects the, organs, tissue, arteries, blood vessels, hormones and cells. This will affect the overall health of the body.**

**Studies indicate that Inflammation is at the root of most of today's diseases that are killing Americans, causing much suffering.**

**When cells are not inflamed and the cell membranes and receptors are functioning properly it then has the ability to move toxins out of the cells. This enables the cells to be Healthy and Happy!**

**The way we have healthy cells is to Avoid Sugar and Everything that turns to sugar, Avoid Bad Fats and Increase Good Fats and Avoid Toxins in our Food, In Our Home and What we put in and on our bodies.**

**Environmental Working Group is a great website to get information on products which are safe for us to buy. [www.ewg.org](http://www.ewg.org)**

**In addition to the Healing Diet we incorporate specific detoxification programs, gut healing and immune boosting protocols as indicated by our Nutrition Response Testing Techniques.**

**If you are not feeling as well as you would like following the Healing Diet, then it is probably because there are underlying causes that need to be identified by Nutrition Response Testing and a Designed Clinical Nutrition Program for each individual case.**