

From the American Dietetic Association

SOME SPONSORS OF THE ADA:

The Coca-Cola Company

 PEPSICO

Kellogg's &
GENERAL MILLS

MARS
incorporated

life...well-balanced
**moderation
NATION**
HERSHEY
Center for Health & Nutrition®

DIETARY ADVICE FROM THE ADA TO MANAGE DISEASE:

ENGLISH MUFFINS, WAFFLES, BREAD, CORN, WHEAT FLAKES CEREAL, PASTA

MARGARINE, VEGETABLE OIL

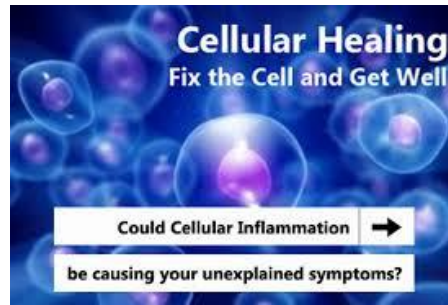
EGG WHITES WITH YELLOW FOOD DYES

TEFLON PANS

LOW FAT PRODUCTS

ARTIFICIAL SWEETNERS SUCH AS SPLENDA, SUGAR FREE SYRUP, JELLO

CELLULAR HEALING DIET TO REDUCE DISEASE CAUSING INFLAMMATION:



MEDIUM CARBOHYDRATES/SUGAR FROM VEGETABLES AND LOW GLYCEMIC FRUITS

MEDIUM PROTEIN

HIGH FAT- GOOD HEALING FATS

AVOID PROCESSED FOODS AND TOXIC EXPOSURE

HIGH QUALITY, PROFESSIONAL CELLULAR HEALING SUPPLEMENTS

DESIGNED FOR YOUR BODY'S NEEDS. REMOVE TOXINS FROM BODY WITH QUALIFIED PRACTITIONER.