

Top Ten Foods/Substances to AVOID

1. Trans-Fats

**Partially & Hydrogenated Oils/Canola/Vegetable/Safflower/Corn
High Heat/deep fried oils**

2. Excito-Toxins - 70

**MSG/Yeast Extract/Aspartame/Artificial Sweeteners/Torula Yeast
Calcium Caseinate/Sodium Caseinate/Hydrolyzed Vegetable
Protein/Autolyzed Vegetable Protein/Textured Protein**

3. High Fructose Corn Syrup – Corn Syrup Solids

**Crystalline Fructose (arsenic-lead-heavy metals-chloride)
Sucrose/Dextrose**

4. Refined WHITE Flours, Sugars, Rice, Pasta

5. GM/GMO/GE– Genetically Modified Foods

Soy(milks & tofu)/Corn

6. Processed Meats – Farm Raised Fish

Sodium Nitrites-coloring agent/Salts/Chemicals

7. Processed Foods

Canned/Boxed/Bagged/Packaged

8. Tobacco Products – Alcohol

9. Coffee

10. Drugs – Recreational/Prescription/OTC