



« Disease

Health »

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



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

Be Healthy! Learn More:

GROCERY WARNING

DANGEROUS FOODS REVEALED
www.GroceryWarning.com



HEALTH THROUGH EDUCATION
www.HealthRanger.org



FREE DAILY HEALTH NEWS
www.NewsTarget.com



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