

# Detoxify your food supply

## 7 TOXIC FOODS YOU SHOULD AVOID

1

### ARTIFICIAL INGREDIENTS

These can lead to allergic reactions, hypersensitivity, neurological changes, fatigue, headaches, nausea, compromised immune and gut health, and increased risk of cancer.

2

### EXCESSIVE SUGAR CONSUMPTION

High sugar intake can cause nutrient deficiencies, compromised immunity, increased wrinkles and aging, depression, anxiety, impaired memory, arthritis, skin conditions, leaky gut syndrome, and increased risk of insulin resistance, metabolic syndrome, diabetes, stroke, heart attack and kidney dysfunction.

3

### SOY PROTEIN ISOLATE

This highly processed soy is a hidden source of MSG and most likely genetically modified, increasing your risk of liver and kidney damage, allergies and infertility.

4

### TRANS FATS

This chemically altered fat cannot be properly broken down or utilized by the body increasing your toxin load as well as your risk of liver damage and weight gain.

5

### DIRTY DOZEN PRODUCE

Pesticides in and on your produce can cause neurological issues, asthma, allergies, hypersensitivity, cancer, hormone disruption and problems with reproduction.

6

### CONVENTIONAL MEATS

Consuming conventionally grown animals exposes you to carcinogens, GMO food, irradiation, and antibiotic resistant bacteria. These meats are also lower in nutrients and less environmentally sustainable than organic and small-farm raised animals.

7

### POTENTIAL FOOD ALLERGENS

Foods that create an immediate or delayed-onset immune reaction for you compromise immune and gut function and can lead to autoimmune disease, arthritis, fibromyalgia, diabetes, depression and bowel diseases.

## 6 CHANGES TO YOUR DIET

CHANGE  
1

### GET REAL

Eliminate any products that have artificial ingredients – colors, sweeteners, preservatives. (if you can't pronounce it, it's probably artificial!)

CHANGE  
2

### KICK THE FAT

Eliminate any products that have hydrogenated, partially hydrogenated or fractionated oils or fats. They are all trans fats.

CHANGE  
3

### CHOOSE WHOLE

Start replacing 'enriched' flours in your diet with whole grain and organic flours.

CHANGE  
4

### FORGET THE FRYER

Start reducing and avoiding fried foods.

CHANGE  
5

### SAVOR THE SWEET

Work on reducing your sugar intake and saving it for special occasion treats.

CHANGE  
6

### CHOOSE ORGANIC

Pick organic when in the produce aisle, especially for the Dirty Dozen.



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HEALTH APPROACH

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