

Basics To Get Your Health On Track

- 1) Eat Organic Paleo. I recommend the 30 day paleo challenge as found on my website under “Useful links”. This is #1, as it will force you to remove most of the other daily toxins most people consume regularly.
- 2) Avoid Toxic Fats and Oils - See Below
- 3) Filter Water Properly. Must remove fluoride, toxic metals, and Chlorine. (See Below)
- 4) Eliminate Sugar/Processed Food - See Below
- 5) Avoid Artificial Sweeteners (Aspartame, Sucralose/Splenda, Saccharin) - Use Stevia, Xylitol, or Erythritol instead.
- 6) Avoid Genetically Modified Food (See Below)
- 7) Avoid Plastics – Use glass whenever possible.
- 8) Minimize Electromagnetic Smog Everywhere Possible, Especially Bedroom. - (See Below)

Fats/Oils

Avoid Toxic Fats/Oils:	Use Instead:
Partially Hydrogenated or Hydrogenated Oils Cottonseed Oil Canola Oil Corn Oil Soybean Oil aka “Vegetable Oil” Margarine	Coconut Oil (c) Grapeseed Oil (c) Sesame Seed Oil (nc) Flax Seed Oil (nc) Hemp Seed Oil (nc) EV olive oil (nc) (c)= cooking oil (nc)= non-cooking oil

Filter Water Properly

Most water filters will not remove the IQ lowering, carcinogenic fluoride, and most don't do an adequate job of removing other common toxins. The filter I recommend is a stainless steel big berkey which you can find easily online. You want the black filters, combined with the pF2 filters for fluoride and arsenic reduction.

Eliminate Sugar/Processed Food

Sugar, Candy, Cereals, Breads, Pasta, and anything starchy will convert into sugar in the body, and should be avoided. This will fuel pathogenic microbial overgrowth in the intestines and fuel disease. A general rule is that if the food is advertised on TV, avoid it. Eating paleo will help you avoid this problem.

Avoid Artificial Sweeteners

If you eliminate processed food, you'll have to worry about this less. Aspartame is neurotoxic, and is associated with numerous adverse health effects. It's commonly found in chewing gum, and anything advertised as “sugar free”. Splenda/Sucralose is known to alter gut flora and therefore fuel disease through that process.

Avoid Genetically Modified Food

If you eat organic, you'll go a long way towards avoiding this. GMO'd food is at the top of the list for being burdened with the toxic Monsanto herbicide called "RoundUp". Non organic corn/soy/canola should all be assumed to be GMO, and consequently have RoundUp residue on the food which will alter gut flora and fuel disease.

Avoid Plastics

Plastic containers are known to be sources of cancer promoting "xenoestrogens". This problem with the plastics is exacerbated when the plastic container is heated and the toxic compounds more easily find their way into the food. Use glass instead.

Minimize Electromagnetic Smog

At a minimum turn off wifi at night, and having your "smart meter" removed from your home. Watch the documentary "Take Back Your Power", or "Beings of Frequency" for a better understanding as to the very real dangers in these technologies of convenience.