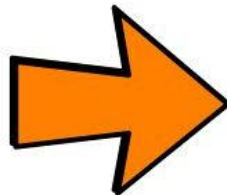


High Fructose Corn Syrup, Processed Foods, *Artificial Sweeteners*, and Packaged Foods....



Research has linked the U.S. obesity epidemic to the use of the substances listed above. High Fructose Corn Syrup has been tied to heart disease, fatty liver disease, diabetes, and gout. Avoid sodas, sports drinks, and “juice” not labeled 100 percent organic. Don’t eat fast food and limit your intake of pastas, breads, and anything containing refined grain.

EAT WHOLE, FRESH, ORGANIC FOODS!



~Benefits of Going Organic~

- More Nutrients: Studies show that organic foods may have increased levels of nutrients like antioxidants than conventionally grown foods
- Fertility Health: Pesticides found in conventionally grown foods have been shown to reduce fertility
- Immune System Protection: The chemicals in non-organic foods may also harm your immune system, leaving you more susceptible to illness and some forms of cancer
- Hormones and weight gain: New research has shown that some agricultural chemicals could actually be making you fat by interfering with your hormone levels.
- Unknown effects of GMOs: Many people are concerned about genetically modified foods, especially since many of them have never been tested on humans. Organic foods are never genetically modified