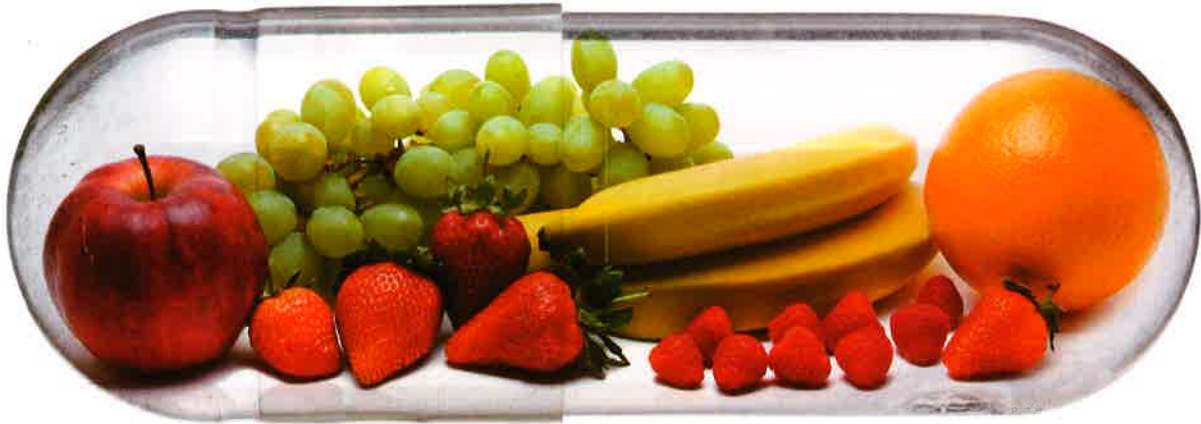


# You are what you eat...and don't eat.



**“ LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD. ”**

~ Hippocrates

For years now, dentists and physicians have looked at the problem you present—whether you have a toothache or a stabbing pain in your gut—and treated your condition with the best tools and medications available. That is akin to solving your house fire by patching the roof, while the fire is still licking away at the floorboards. Sound the alarm! It's high time we uncover the *root cause* of your problems.

Our fix-it model works fine if you have a broken leg from an accident. But it fails when your health is declining from non-communicable diseases (NCD). Inflammatory conditions like gum disease, acid reflux, type 2 diabetes, inflamed arteries, dementia or erectile dysfunction are *preventable*.

Every part of our bodies, from our individual cells to our psychological state, has an intrinsic

ability to heal—until it doesn't. By the time you feel sick, sluggish, or depressed, you have already suffered significant cell damage. When we live in this state, we may simply forget what it feels like to be healthy.

A major part of the whole health approach is examining what you are eating—and what you're *not* eating. Our cells need micronutrients in order to heal and fend off other threats. This is done by avoiding processed foods, and instead choosing nutrient-dense *whole foods*—foods that are in the form most resembling their natural source.

When you hear the term whole foods, people are generally talking about a plant-based diet consisting of fruits, vegetables, whole grains, tubers, and legumes. These are the most nutrient dense and least inflammatory. But most

families eat animal proteins too. If you do, make sure your meat is also unprocessed and raised healthily. Seek drug free, 100% organic grass-fed beef, free range (cage free) poultry and wild-caught (not farm raised) fish. The World Health Organization (WHO) has now classified processed meats such as bacon, salami, lunchmeat, and hot dogs as a Group 1 Carcinogen, right up there with tobacco and asbestos. Equally harmful is the exhausting list of processed flour-sugar combinations that might accompany a ham sandwich such as cookies, cakes, chips, crackers and sugary drinks.

If you are serious about taming your risks of obesity, heart disease, cancer, and diabetes... choose foods that comes from plants and avoid foods that are made in plants.

