

GOOD



FOODS

VS.

BAD

FOODS



WILL SUPPORT YOUR BODY'S ABILITY TO HEAL ITSELF

WILL BLOCK ABSORPTION OF VITAMINS AND MINERALS

- ~ EGGS (SOFT YOLKS!)
- ~ BUTTER
- ~ IODIZED SALT
- ~ VEGETABLES
- ~ FRUITS
- ~ RICE AND BEANS
- ~ NUTS (AVOID PEANUTS)
- ~ RARE/LIGHTLY COOKED RED MEAT
- ~ POULTRY ~ FISH ~ SEAFOOD



Youngevity



90 FOR LIFE

- ~ WHEAT ~ BARLEY
- ~ RYE ~ OATS
- ~ SOY ~ CORN
- ~ FRIED FOODS
- ~ OIL IN A BOTTLE
- ~ WELL DONE RED MEAT
- ~ NITRATES/NITRITES
- ~ CRISPY SKIN OF A BAKED POTATO
- ~ CARBONATED DRINKS/SODA

YOU CAN NEVER OVERTAKE SUPPLEMENT A POOR DIET