



« Disease

Health »

Legend:

Acids - through artificial/chemical preservatives
toxic to the endoplasmic reticulum

Added sugars - promotes diabetes, obesity, heart disease,
burning metabolic and hormonal disorders

Artificial fats - promotes heart disease

Artificial colors - promotes ADHD, behavioral disorders

Artificial preservatives - promote cancer, heavy metal uptake

Chemical pesticides - cancer risk, promotes degenerative, various system damage

Food fats - cancer promoting, promotes heart disease, obesity

High sodium - disease factor, promotes hypertension, high blood pressure

Homogenized fats - structural alteration promotes disease in infants

Hydrogenated oils - contains trans fats, promotes heart disease, hormonal
system disorders, ADHD, tumor growth, cell defects

Label free - promotes color cancer, digestive degradation, heart disease

With inorganic phosphates - inorganic, hormonal disorders, osteoporosis

Refined grains - promotes diabetes, obesity, heart disease

White flour - promotes diabetes, obesity, heart disease

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Eat all the colors of the rainbow:

- Red** - Tomatoes, peppers, raspberries, watermelon, apples, pomegranates
- Orange** - Carrots, sweet potatoes, oranges, apricots, peaches, cantaloupe, plums, apricots, mango
- Yellow** - Squash, corn, lemons, limes, kiwis, lemons, egg yolks, grapefruit, cauliflower, pineapple, apricots, lemons, cantaloupe, corn, bell peppers, peaches, apricots, mango, kiwis, lemons, limes, grapefruit, cauliflower, pineapple
- Green** - Peas, spinach, broccoli, kale, green beans, green peas, green onions, green apples, green grapes, green kiwis, green lemons, green limes, green peaches, green plums, green pomegranates
- Purple** - Grapes, eggplants, purple onions, purple potatoes, purple cauliflower, purple brussels sprouts, purple cabbage, purple kale, purple peas, purple beans, purple lentils, purple chickpeas, purple lentils, purple chickpeas, purple lentils, purple chickpeas
- White** - Potatoes, onions, garlic, white rice, cauliflower

Honest Food Guide

David Bell



Honest Food Guide:

Honest Food Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Honest Food Guide**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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