

LIFE, STRENGTH & HEALTH



HOLISTIC CENTER

An Ancient Approach to the Future of Wellness...

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Life, Strength & Healthier Choices for a Healthier Life Pt. II

Path to Diseases

Tap Water, Bottled Water
Pork, Red Meat, Poultry
Cold Cuts
Margarine/Butter
Vegetable Oil and Crisco
Breads
White Wraps
White Pastas (all kinds)
White Rice
White Grits
White Sugar
White potatoes
White Flour
Oatmeal
Eggs
Turkey Bacon & Turkey Sausage
Pancakes
Cow Milk
Ice Cream
Corn Starch
Table Salt
Seasoning Salt and Herb salts
Vinegar
Canned Or Bottle Fruit Juice
Commercial Peanut Butter
Jellies
Canned Vegetables
Yogurt
Syrup
Mayonnaise
Honey
Candy
Chips, etc.

Path to Wellness

Home Water Filter, Water Ionizer
Grilled, baked or broiled fish, Free Range Organic Chicken
Sliced Whole Meats
Non Dairy Butter without Trans Fats or Hydrogenated Fats
Extra Virgin Olive Oil, Cold Pressed Coconut Oil
Sprouted Whole Grain Breads
Wheat, Spinach, Multi Grain Wraps
Spinach, Spelt, Quinoa, Whole Wheat or Brown Rice pasta
Brown Rice, Wild Rice, Jasmine Rice
Yellow Grits
Turbinado, Sucranat, Evaporated cane juice, Agave Nectar
Yams, Sweet Potatoes and Red potatoes
Whole Wheat Unbleached Four/ Other Grain Flowers
Irish Oats, Steel Cut Oats
Free Range Organic Eggs
Smart Bacon, Veggie Sausages
Whole wheat, Buck wheat, Multi Grain
Organic Raw Milk, Soy Milk, Rice Milk, Almond Milk
Sherbet, Sorbet
Arrow Root Powder
Celtic Sea Salt, Himalayan Sea Salt
Seasoning Powders and Herb powders
Raw Apple Cider Cinegar
Juice Brands: Naked, Odwalla, Bolthouse
Natural Peanut Butter No Salt or Almond Butter
"All fruit"
Frozen and Mostly Fresh Vegetables
Kefir
100% Maple syrup
Canola Mayonnaise, Olive Oil Mayonnaise
Raw Honey
Unsweetened Dried Fruit (raisins, mangos, etc)
Home made popcorn, Baked chips low salt

Health Is Wealth, Get Rich!