



## « Disease

## Health »

Chronic pain  
Behavioral disorders  
Aggressive behavior  
Learning disabilities  
High medical bills  
Reproductive disorders  
Skin blemishes and spots  
Easily injured  
Frequently sick  
Sleep disorders  
Tired and fatigued  
Irritable

Free of pain  
Mental clarity  
Stable moods  
Accelerated learning  
Low health care costs  
Reproductive health  
Clear, smooth skin  
Easily healed  
Rarely sick  
Sound sleep  
Sustained energy  
Happy



## Legend:

- Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats:** promotes heart disease
- Artificial colors:** promotes ADHD, behavioral disorders
- Artificial preservatives:** promote cancer, heavy liver detox load
- Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- Fried fats:** contain carcinogens, promotes heart disease, obesity
- High sodium:** stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats:** unnatural alteration promotes plaque in arteries
- Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate):** migraines, hormonal disorders, overeating
- Refined grains:** promotes diabetes, obesity, vitamin loss
- White flour:** promotes diabetes, obesity, vitamin loss

## Be Healthy! Learn More:

### GROCERY WARNING

DANGEROUS FOODS REVEALED  
[www.GroceryWarning.com](http://www.GroceryWarning.com)



HEALTH THROUGH EDUCATION  
[www.HealthRanger.org](http://www.HealthRanger.org)



FREE DAILY HEALTH NEWS  
[www.NewsTarget.com](http://www.NewsTarget.com)



## Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower