



General Rules of Thumb for Eliminating Refined Foods

Anything sold in a can, box, or bag should be scrutinized carefully.

Eat WHOLE fresh foods that are from a farm, not a factory.

Foods fortified with added synthetic vitamins have been stripped of nature's intended nutrients in their proper proportions.

Allow yourself the luxury of enjoying food as nature intended.

Any food with an ingredient list that sounds like a chemistry or genetics experiment should be eliminated.

Eat REAL foods, not "food-like" substances or "Frankenfoods".

Ban foods with additives such as flavors, colors, waxes, preservatives, or artificial anything. Avoid foods sprayed with toxic pesticides.

REAL foods are perishable and will usually be found around the perimeter of the grocery store.

Foods with TV commercials are usually refined. Don't fall for marketing ploys such as "diet", "lite", "low-fat", or "sugar-free". These foods have synthetic chemicals added to replace what was taken out.

Put your dollars toward buying WHOLE foods from the local farmers in your community, not toward an advertising budget.

Foods purchased from a drive thru should be eliminated.

***Nature's fast foods include vegetables, fruits, nuts, and seeds.
HOME-MADE from WHOLE food is better.***

Plates loaded with refined foods are usually boring beige.

Give up "the white stuff". Eat a rainbow of colors.

Refined foods are void of nutrients. Refined foods can cause a decline in your health over time. Junk foods cause junk moods.

***Of utmost importance is FOOD QUALITY.
Healthy WHOLE foods nourish your body and mind.***