

**Life is full of choices. Why do we choose organic? Answer: health is simple ~ disease is complicated.**

When food has many complicated ingredients, chemicals, pesticides, GMO's, colors, unhealthy junk fats and sugars, become aware that they are not going to serve your nutritional needs. Eventually your body will complain. Everyday habits of junk food like foods, can make you sick and tired every day. Please also make note and become aware of the manufacturers of these products, as they never have your health as a priority.

Why choose raw organic nuts?

## Can A PEANUT Get Any Worse?



- ✓ Owned By Kraft
- ✓ MSG
- ✓ Natural Flavors
- ✓ GMO Corn Syrup
- ✓ GMO Cornstarch
- ✓ GMO Hydrolyzed Soy Protein (Hidden form of MSG)
- ✓ Added Sugar

**Ingredient List:** Peanuts, Salt, Sugar, Cornstarch, Monosodium Glutamate (Flavor Enhancer), Gelatin, Corn Syrup Solids, Paprika And Other Spices, Dried Yeast, Onion And Garlic Powders, Hydrolyzed Soy Protein, Natural Flavor.

Why choose organic hummus or make your own organic hummus?



## GMO Ingredients



## Vote With Your Dollars Fact

Sabra is owned by Pepsi Co who donated over 1.7 million dollars against GMO labeling

# 10 DISGUSTING FACTS ABOUT FAST FOOD



After reading this I don't think you'll ever want to eat at a fast "food" restaurant again.

Incredible but true facts to make you consider avoiding these places for good!



## MCDONALD'S MILKSHAKE

McDonald's Milk Shake uses a ridiculous concoction of 50 chemicals, such as ethyl acetate, phenethyl alcohol and solvent, to "imitate" the flavor of a real strawberry.

## INSECT BUTTER

Apparently it is approved by the FDA on average of 30 insect fragments, including rodent hair per 100 grams of peanut butter.



## CHICKEN?

More like a disgusting sludge of pink paste, through a chemical process, causing excessive bacteria, washed in ammonia and re-flavored with more chemicals and dyed. Next time, think twice before ordering some "nuggets."



## FAST FOOD JUNKIES

The average fast food patron eats 12 pubic hairs in a given year.



## ENOUGH SUGAR TO MAKE YOU VOMIT

Each can of coke contains 10 teaspoons of sugar, more than what your body needs daily. Thanks to another additive called phosphoric acid, that cuts the levels of sugar, that you don't vomit automatically after drinking a can.

## HEALTHIEST CHOICE?

Fast food's "healthiest" choice is a salad packed of antifreeze's chemical compound, Propylene Glycol, which causes eye and skin irritation.



Choose pure organic almond butter or make your own, avoiding all mold and insects.



## SHINY CANDY

Shellac is used to improve the shine of wood and furniture but you can also find it in your delicious jelly beans, it is used to improve the shine of food.



## BEEF OR CHICKEN

Many fast food chicken items contain beef additives, listed as an extract or essence used to enhance flavor and change health stats.

## BACTERIOPHAGES

The FDA approved the use of bacteriophages on processed food such as lunch meat and hot dogs.



## ONLY 49% CHEESE

Any cheese product labeled as processed is packed with additives, chemicals and flavorings, it is actually 49% of the product itself, half of the product has nothing to do with cheese.





Why choose organic broccoli and organic strawberries? Avoid pesticides and Endocrine disruption.

**Conventional broccoli  
has 33 pesticide residues!  
5 are carcinogens,  
6 are neurotoxins, and  
15 disrupt hormones.**



**CONVENTIONAL  
STRAWBERRY**



**ORGANIC  
STRAWBERRY**



**Ingredients:** Captan, Pyraclostrobin, Boscalid, Tetrahydrophthalimide, Myclobutanil, Pyrimethanil, Fludioxonil, Bifenthrin, Malathion, Fenhexamid, Cyprodinil, Carbendazim, Malaoxon, Azoxystrobin, Methomyl, Quinoxifen, Fenpropathrin, Acetamiprid, Propiconazole, Bifenazate, Thiamethoxam, Spinosad A, Methoxyfenozide, Triflumizole, Dichlorvos, Hexythiazox, Metalaxyl, Propiconazole II, Thiabendazole, Spinosad D, Imidacloprid, Endosulfan sulfate, Propiconazole I, Iprodione, Piperonyl butoxide, Endosulfan II, Chlorpyrifos, Carbaryl, Pyriproxyfen, Endosulfan I, 1-Naphthol, Acephate, Clothianidin, Azinphos methyl, Naled, Cyhalothrin, Dicloran, Folpet, Tebuconazole, Fenbuconazole, Propargite, Dimethoate, Heptachlor epoxide, Diazinon

**Ingredients:** Strawberry

Why choose to make your own oatmeal from gluten free oat groats?  
 No nutritional value in boxed cereals. Contains chemicals, sugar, MSG and  
 GMO's in the form of corn and wheat.

Cheerios are just as bad



Before you make your treats, know this:  
 "BHT" or Butylated Hydroxytoluene is used in rubber, fuel and embalming liquid and is linked to **cancer, asthma and behavioral issues in children.**

Rice Krispies Ingredients	
United States	United Kingdom
Rice, Sugar, Contains 2% Or Less Of Salt, Malt Flavor. <b>BHT</b> Added To Packaging For Freshness.	Rice, Sugar, Salt, Glucose-fructose Syrup, Barley Malt Flavouring, Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin B12."

**FOODBABE.COM** Food Babe Investigates

**BHT is Banned in UK & Around the Globe**

Why choose pure water as your energy drink? Water hydrates your body and brain. Energy drinks don't.

## HEALTH EFFECTS OF ENERGY DRINKS

on Children, Adolescents and Young Adults.  
*Overconsumption of energy drinks may lead to the following outcomes:*



- Liver damage
- Respiratory disorders
- Seizures
- Rhabdomyolysis
- Heart palpitations
- Myocardial infarction
- Coronary vasoconstriction
- Cerebral vasoconstriction
- Altered electrolyte levels
- Interferes with calcium absorption
- Increased sweat excretion
- Affected blood pressure
- Psychotic conditions
- Tachycardia
- Hypertension
- Nausea
- Vomiting
- Abdominal pain
- Increase urine flow
- Kidney failure
- Agitation

Choose good healthy celtic sea salt. It's the type of salt you choose that can help or hinder the body's electricity.

No and No

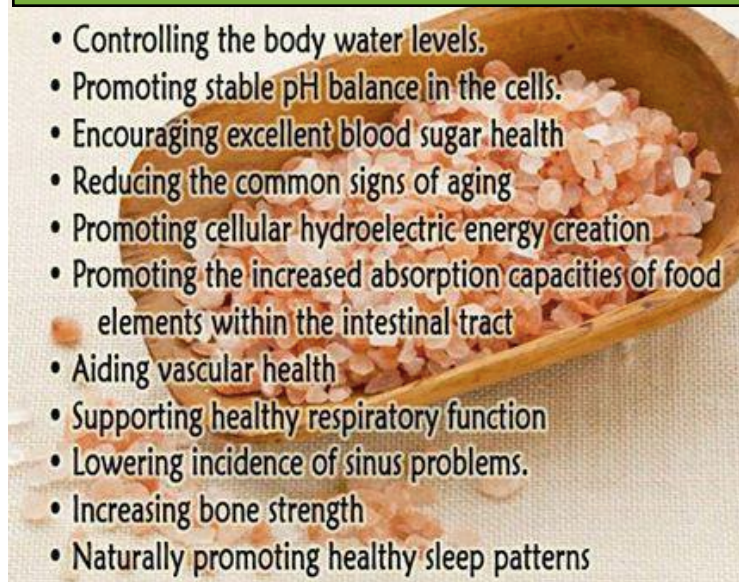


Campbell's has  
95 soups  
made with MSG.




Celtic Sea Salt is the right choice.

- Controlling the body water levels.
- Promoting stable pH balance in the cells.
- Encouraging excellent blood sugar health
- Reducing the common signs of aging
- Promoting cellular hydroelectric energy creation
- Promoting the increased absorption capacities of food elements within the intestinal tract
- Aiding vascular health
- Supporting healthy respiratory function
- Lowering incidence of sinus problems.
- Increasing bone strength
- Naturally promoting healthy sleep patterns





Choose to avoid  
GMO's



## GENETICALLY MODIFIED "FOOD" FOR THOUGHT

### AN ILLUSTRATED HISTORY OF MONSANTO

**NUCLEAR WEAPONS**--MONSANTO WAS HEAVILY INVOLVED IN THE CREATION OF THE FIRST NUCLEAR WEAPON.

**DDT**--MONSANTO BEGAN MANUFACTURING DDT IN 1944. CONGRESS FINALLY BANNED THE HIGHLY TOXIC CHEMICAL IN 1972.

**AGENT ORANGE**--MONSANTO'S VERSION OF AGENT ORANGE HAD 1000 TIMES THE CONCENTRATION OF THE TOXIC CARCINOGEN, DIOXIN.

**RBGH**--THIS GROWTH HORMONE ADDED TO COWS TO INCREASE MILK PRODUCTION IS BANNED IN EVERY INDUSTRIALIZED COUNTRY EXCEPT THE U.S., MEXICO, AND BRAZIL. THERE ARE STRONG CONCERNS OVER HEALTH EFFECTS, INCLUDING CANCER.

**PCB'S**--MONSANTO IS THE SOURCE OF ALL PCB'S IN THE U.S. THE SUBSTANCE WAS BANNED IN 1979 OVER KNOWLEDGE OF SEVERE HEALTH EFFECTS. MONSANTO FALSIFIED CANCER RESEARCH TO DELAY FEDERAL REGULATION OF PCB'S

**ASPARTAME**--MANY STUDIES HAVE LINKED ASPARTAME TO HEALTH RISKS SUCH AS DIABETES AND CANCER. THE CANCER LINK WAS CONFIRMED IN 2011.

**90+ SUPERFUND SITES**--GREENPEACE ALLEGES THAT MONSANTO HAS BEEN IDENTIFIED BY THE EPA AS BEING THE "POTENTIALLY RESPONSIBLE PARTY" FOR NO FEWER THAN 93 CONTAMINATED SITES.

**GENETICALLY MODIFIED ORGANISMS**--GMOs ARE IN ALMOST ALL OF OUR FOOD AND THEY'RE NOT LABELED. GIVEN MONSANTO'S PAST, SHOULDN'T WE DO SOMETHING ABOUT THIS BEFORE IT'S TOO LATE?!

### Monsanto Companies **DO NOT BUY**

Aunt Jemina	Hellmans	Ocean Spray
Aurora Foods	Hershey's Nestle	Ore-Ida
Banquet	Holsum	Orville Redenbacher
Best Foods	Hormel	Pasta-Roni
Betty Crocker	Hungry Jack	Pepperidge Farms
Bisquick	Hunts	Pepsi
Cadbury	Interstate Bakeries	Pillsbury
Campbells	Jiffy	Pop Secret
Capri Sun	KC Masterpiece	Post Cereals
Carnation	Keebler/Flowers Industries	Power Bar Brand
Chef Boyardee	Kelloggs	Prego Pasta Sauce
Coca Cola	Kid Cuisine	Pringles
ConAgra	Knorr	Procter and Gamble
Delicious Brand Cookies	Kool-Aid	Quaker
Duncan Hines	Kraft/Phillip Morris	Ragu Sauce
Famous Amos	Lean Cuisine	Rice-A-Roni
Frito Lay	Lipton	Smart Ones
General Mills	Loma Linda	Stouffers
Green Giant	Marie Callenders	Sweppes
Healthy Choice	Minute Made	Tombstone Pizza
Heinz	Morningstar	Totinos
	Ms. Butterworths	Uncle Ben's
	Nabisco	Unilever
	Nature Valley	V8

Your choices in sugar are important for all your organs and systems in your body. No one really wants arthritis, high triglycerides, cancer, HBP or Hormone disruption. Avoid all refined sugar, aspartame and High Fructose Corn Syrup. For sugar cravings eat balanced and avoid wheat.

## **SUGAR IS NOT FOOD**

It is empty calories with little nutritional value and actually causes our body to steal vitamins from other vital organs in attempt to process the sugar, leaving us undernourished.

## **SUGAR MAKES YOU FAT**

It is filled with calories that are stored in our fat tissues.



## **SUGAR MAKES YOU NERVOUS**

There is a clear link between excess sugar and disorders like anxiety, depression, and schizophrenia, because of extreme levels of insulin and adrenalin.

## **SUGAR CAUSES DIABETES, KIDNEY AND HEART PROBLEMS**

Excess sugar can damage the pancreas's ability to function properly.



## **SUGAR KILLS YOUR TEETH**

Sugar increases the bacteria in our mouth that erodes enamel. The biggest crime is that many popular toothpastes contain sugar which is not required to be put on the label.

## **SUGAR SUPPRESSES THE IMMUNE SYSTEM**

Sugar interferes with the body by overtaxing its defenses.

## **SUGAR CAUSES WRINKLES**

A high-sugar diet damages collagen.

