

Dr. Wallach's



10 BAD FOODS

The 10 Surprising Foods
That Are Taking Years
Off Your Life!

Plus the 10 Good Foods!



To Order The 90 Essential Nutrients
Call 1-800-655-2101

10 BAD FOODS

You Must Avoid!

~~X~~ **WHEAT**

~~X~~ **BARLEY**

~~X~~ **RYE**

~~X~~ **OATS, OATMEAL** Avoid Oats even if it says that it's Gluten-Free

~~X~~ **FRIED FOOD** Nothing Fried! You should boil, broil or bake instead.

~~X~~ **OILS** No canola, olive or even coconut oil. Use Lard or Butter Instead!

~~X~~ **NO BURNED FATS** Don't cook meat more than medium-rare. Use foil to avoid grill marks

~~X~~ **NITRATES** (i.e. Deli Meat, Hot Dogs, Sausage) Ask butcher for nitrate/nitrite-free meats.

~~X~~ **CARBONATED DRINKS** No carbonation within one hour before, during or for one hour after meals.

~~X~~ **SKIN OF BAKED POTATOS** ,yams or sweet potato. If you boil a potato, you can eat the skin. No Baked Skins

Wheat, Barley, Rye and Oats contain Gluten. Gluten can cause inflammation in your intestines and can inhibit your body's ability to absorb nutrients. You may eat Gluten-Free pastas and breads.

GOOD FOODS

You Can Enjoy!

* **SALT** * **EGGS** * **DAIRY** * **FISH** * **CHICKEN**

(poach, scramble, soft boil, raw)

* **PORK** * **LAMB** * **BEEF** * **FRUITS** * **VEGETABLES**

(rare to medium/rare)

* **RICE** * **COUSCOUS** * **BEANS** * **QUINOA** * **BUCKWHEAT**

(made from pearl millet only)

(this isn't wheat)

* **BUTTER** * **LARD** * **CORN** * **COFFEE** * **TEA/GREEN TEA**

(GMO-Free)

* **RED WINE** * **FILTERED WATER** * **MIXED, SALTED NUTS**

(no peanuts)

*Any carbohydrate (except oatmeal) that is "Gluten Free" is okay.

*20,000 ORAC (Oxygen Radical Absorption Capacity) points of antioxidants daily. Youngevity has several product that offer great ORAC value.



Eat Healthy & Take The 90 Essential Nutrients For A Healthy, Long Life!
(See back for nutritional paks)

