

Healthy Plant-Based Daily Food Guide

• **CALCIUM - RICH FOODS**
4 - 6 Servings

• **VEGETABLES, SALADS**
2/3 raw 1/3 cooked
6 - 8 Servings daily

• **WHOLE GRAINS, CEREALS, PASTA & BROWN RICE**
3 - 4 Servings

8 Glasses Daily Purified/Distilled Water

Be a Bragg Crusader - copy and
- share with friends, clubs, etc.

• **OMEGA - 3 FATTY ACIDS**
FLAX SEEDS
VITAMIN D
VITAMIN B-12

• **BEANS, LEGUMES**
NUTS & SEEDS
& ALTERNATIVES
2 - 3 Servings daily

• **FRUITS**
4 - 6 Servings daily

• **WATER**
8 Glasses Daily

Warning! – Avoid All Unhealthy Microwaved Foods!

In the past 25 years (health destroying) microwaves have practically replaced traditional methods of cooking, especially with on-the-go people of today's world. But how much do you really know about them? Are they no more than timesaving machines for cooking? A Swiss Study found that food which is microwaved is not the food it was before! The microwave radiation deforms and destroys the molecular structure of the food – creating radiolytic compounds! When microwaved food is eaten, abnormal changes occur in the blood and immune systems. These include a decrease in hemoglobin and white blood cell counts and an increase in cholesterol levels. An article in *Pediatrics Journal* warns microwaving human milk damages the anti-infective properties it usually gives to a mother's baby. Recent work being done University of Warwick in Great Britain warns that microwave radiation is damaging to the vital electromagnetic activity of human life vibrations. Over 20 years ago Russia established wise microwave radiation limits more stringent than United States and Great Britain. Beware don't use microwaves!! See web: relfe.com/microwave.html

Aspartame – Artificial Diet Sweetener Unhealthy & Makes You Fat!

Because Monsanto's artificial sweetener Aspartame (sold as "NutraSweet," "Equal," & "Spoonful") is over 200 times sweeter than sugar, it's a common ingredient found in "diet" foods and has become a sweetening staple for dieters. Besides being a deadly poison, aspartame actually contributes to weight gain by causing a craving for carbohydrates. A study of 80,000 women by American Cancer Society found those who used this neurotoxic "diet" sweetener actually gained more weight than those who didn't use aspartame products. Find out more about the deadly health risks posed by Monsanto's toxic sweetener on these websites: aspartamekills.com/lydon.htm or <http://undergroundhealth.com/?p=19>. *Stevia, an herbal sweetener is a healthy alternative for diabetics.*