

## NUTRITIONAL CHANGES FOR WELLNESS AND PREVENTION OF ILLNESS

1. Eliminate 100% all dairy, eggs, white flour, and sugar for 3-6mth. May drink organic soy, almond, rice milk or any non-dairy beverage, ½-1 cup a day

2. Unprocessed food and whole grains. Eliminate brain damaging high fructose corn syrup, artificial sweeteners, flavors, food colors, and other poisons.

3. **HOME COOKED WHOLE FOODS 90%** of time at home but if you must eat out that means you know where the food is coming from, what is in it, who's making it and who is feeding your child.

4. **FLAX SEED OIL 2-3 TSP DAILY** and same amount of flax seed powder for 3mths then only **FLAX SEED POWDER 2-3 TSP DAILY** thereafter. Omega 3's will help brain and immune system to be healthier. Omega 3's will make you smarter, healthier, help fight infection and cancer, improve memory, concentration and have a stronger immunity. However fish is toxic for the brain and not safe as it contains mercury. Instead add Flax seed oil 1tsp 2x a day for 3months (may add to drinks, smoothies, salads, and soups)

Also Flax seed (ground) 1 tsp 1-2x daily, this helps overall immunity for the body and good for the brain (may add to smoothies, cereal, salads, and desserts)

**\*\*\*DO NOT COOK FLAX SEED/POWDER/OIL**

5. Probiotics 1-2x a day to replenish the good bacteria for a healthy gut.

### **PROBIOTICOS:**

0-12 meses de edad=0.5-1 billón por unidad

2-5 anos=2-5billones por unidad

Mayor de 5 anos=10 billones por unidad

6. Beans, vegetables, greens (salad), and fruits will provide much needed phytonutrients, minerals, vitamins,carbs,fats, and proteins.

7. Drink plenty of water; make fruit/vegetable smoothies, and relaxing herbal teas. Do not touch other liquids.

8. Eliminate GMO products completely and replace with **ORGANIC** fruits, and vegetables. Organic meat can be used sparingly 1-2x a week as needed to stay healthy.

\*\*A reason to buy organic food is 99% pesticides and toxic free. Organic foods do not have brain damaging and brain disrupting poisons.

Common GMO's are: cotton, some tomatoes, papaya, corn, soy, canola oil, sugar beets, some rice, and milk.

### **PLAN:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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5. \_\_\_\_\_

#### **\*Natural Grocery Store**

1612 Sherman Blvd. /Spring Rd.

P: (260) 424-8812

#### **\*Health Food Shoppe**

3515 N Anthony Blvd

P: (260) 483-5211

#### **The Vitamin Shoppe**

4601 Illinois Rd

P: (260) 459-0361

#### **\*CVS or Walgreens**

**\*\*Purchase these items at which ever location has them cheaper. CVS and Walgreens will offer buy one get one free deals at times.**