

Good Things Take Time™

Food that is **chewed, cooked**, pickled, or with vinegar

White rice, potato, vegetables, cabbage, egg plant, spinach, coriander

Eggs, Fish, Seafood, Peanuts

Nuts and Seeds

Cinnamon, Curcumin, Garlic, **Black Pepper**, Chilies, curry, gravy, slow cooked foods

Coffee, Cocoa, **hot beverages**

Animal Fat and Oil;

Butter, Ghee, Suet, Lard

Bitter and Sour foods;

Bitter melon, Bitter Beer, Buttermilk

Red Meat; Beef, Mutton,

Vinegar, non-grain (not malt)

Non-grain Alcohol, Wine, Cognac, made from; grapes, berries, potatoes, rice, corn, beans

Salt, Butter, Popcorn

Boiled Water

Stored in Glass

Bottled Water

Stored in Plastic

MSG, Soy, Mono-Sodium Glutamate

Yogurt, Dairy, Whey Protein, Low Fat Dairy, Skim Milk

Vegetable Oil: Canola, Corn, Soy

Phyto-sterols; avocados, **cashews**, pecans, pumpkin seeds, sal palmetto, sea buckthorn. soy oil, **brown rice**, rice bran, wheat germ, red rice,

Juice, Soda Pop, Punch, **Cold Beverages**, Sold and stored in plastic, health and environment disaster

Grains, Whole Wheat

Oats, Oatmeal

Flax Seeds

Soy, Soy Sauce, Soy Oil, **Tofu**,

Modified, Hydrolysed, Isolated, Soy, Whey, Protein

Berries, Fruit, Honey

Apples, Bananas, Pears, Water Melon, Oranges, Pineapple,

Raw food, juiced, blendered, processed, liquid food, not clean, full of bacteria

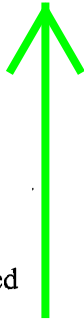
Cooking Pot

- Boiled
- Steamed
- Roasted
- Baked



Cooked

Good - Increase



- Dance - Sing
- Laugh - Cry
- Go Outdoors
- Sun Tan
- Yoga
- Get excited
- Tour - Travel
- Visit - Sight See

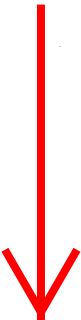
Water Cooked

Bad - Avoid



Raw

- Frying Pan
- Stir Fry
 - Deep Fry
 - Smoked



Oil Cooked

- Sitting
- Computer
- Television
- Movies
- Long Flights
- Bed Rest
- Not Moving

