

Dos	Don'ts
Opt for hormone-free milk and meats	Don't use Antibacterial Soap
Choose organic butter, fruits, and vegetables	Don't use Fluoride Toothpaste
Use real salt, like Diamond Crystal Kosher Salt	Don't use Artificial Sweeteners (Aspartame, Sucratose, Saccharin) no diet coke
Use cage-free, pasture raised eggs	Avoid High Fructose Corn Syrup
Use avocado for high heat and generally coconut oil for cooking	Avoid Artificial Colors and Flavors
Use Fluoride Free Toothpaste	Avoid Added Sugars
Eat some fermented foods: Kefir, Yogurt, Kimchi	Avoid Refined Grains (White Flour) Avoid Preservatives (BHA, BHT, TBHQ)
Focus on overall patterns	Avoid Monosodium Glutamate (MSG)
Continuously educate yourself	Avoid Nitrates and Nitrites in processed meats
Make informed choices	Avoid Seed Oils (Soybean, Corn, Canola, etc.) Avoid Trans Fats (Partially Hydrogenated Oils)

Eat this Stuff - Foods Highest in Phytochemicals - Buy Organic

Blueberries - Add to Kefir as a Snack	Green tea
Kale	Black tea
Broccoli	Cocoa / Dark Chocolate
Apples	Onions
Nuts (pistachios, walnuts)	Flaxseed oil - Make salad dressing
Sweet potatoes	Carrots
Brussel Sprouts	Quinoa