

## Easy Steps to Change Your Diet

At least 50% of your health maintenance depends upon eating whole foods that build health rather than products that destroy health. Whole foods are foods that are animal or plant origin that are not processed. Products are fake, non-foods that may have started out as whole foods but have been so severely processed that they can no longer support health, much less a healthy, vibrant life.

Products are usually foods that have had the life processed out of them so that they don't spoil on the shelf. They are laced with toxic chemicals and their labels read like a chemistry textbook. The packaging is often less harmful than the product itself. Fake, non-food products are a primary cause of many ailments from which you, your family and friends suffer ill health.

Whole foods are foods that will spoil quickly if not eaten shortly after purchase and are found mostly in the produce and meat departments of the grocery store. Frozen and canned foods are okay but less desirable. You should look for foods that don't need an ingredient list. Any ingredient list should be short and written in plain language.

Changing your diet from one that destroys your health to one that builds health is easy if done on a gradient... step by step and under proper guidance. We will provide the guidance by having you complete a Daily Food Intake Record (Food Journal) as part of your "Personalized Health Improvement Program".

By reviewing your Food Journal on each visit, we will help you recognize non-foods and other foods that may interfere with your recovery and/or health maintenance. As you begin to recognize these harmful products, you can gradually reduce their consumption, at a pace that you can accomplish. We will never ask you to go faster than you think you can go, and we will never ask you to do something you don't think you can do. Even small steps in the right direction will get you to your goal. We may prod you a little but your rate of recovery is entirely up to you.

Making dietary changes on a gradient is like going up steps. You can take one step and rest or you can take two steps and keep going. You can even go back a step if things get too hard. The goal is that over a period of time you will have made positive dietary changes that will last the rest of your life.

**Congratulations on undertaking this exciting journey. May you never be the same.**

