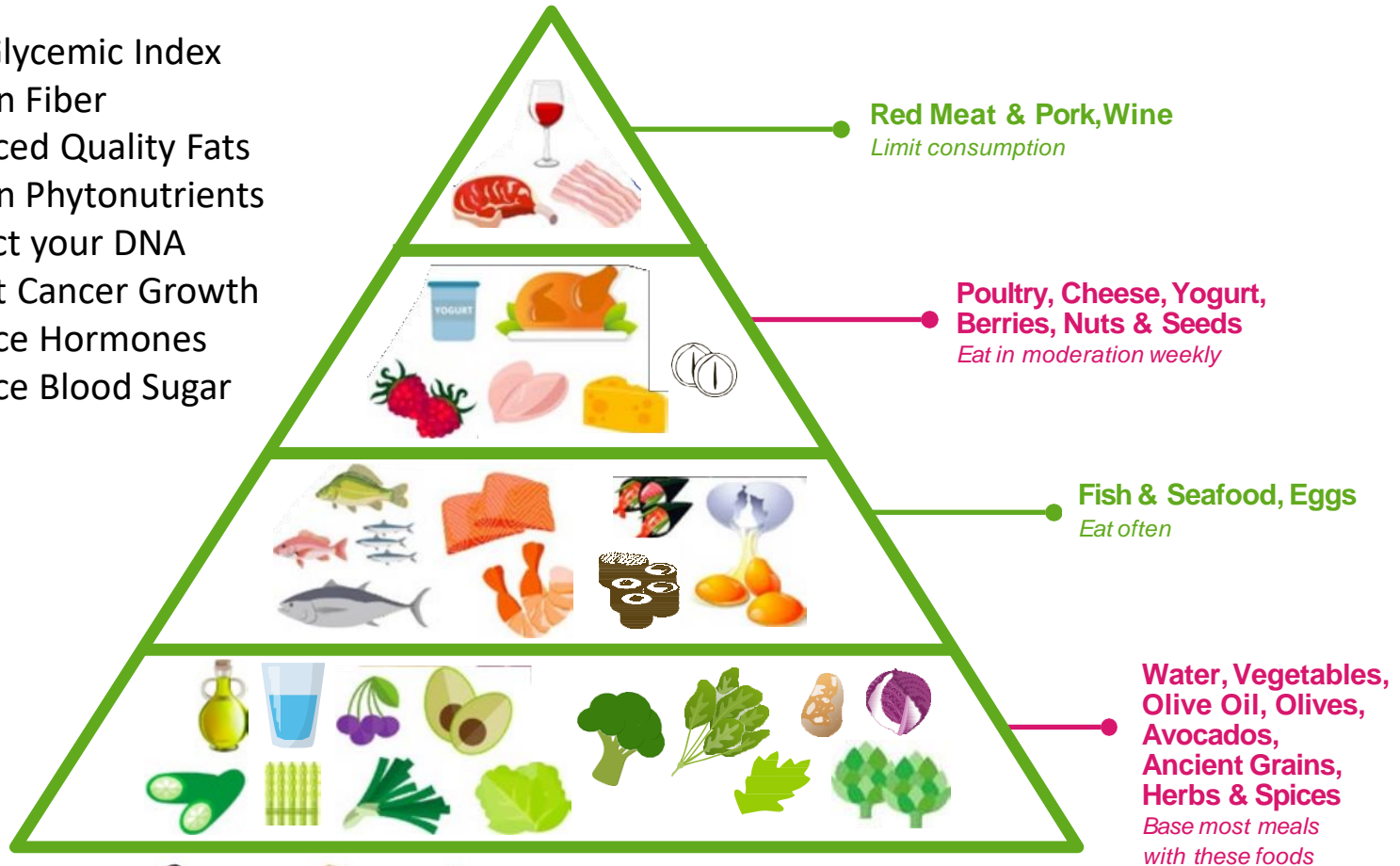


# Food PYRAMID

- Low Glycemic Index
- High in Fiber
- Balanced Quality Fats
- High in Phytonutrients
- Protect your DNA
- Inhibit Cancer Growth
- Balance Hormones
- Balance Blood Sugar



Exercise, Stress Reduction and  
Sharing Meals with Loved Ones