

FOODS THAT KILL vs FOODS THAT HEAL

Foods that Kill

You are digging your grave with your teeth!

Avoid **TOXINS**

Foods that Kill

- **Margarine and other hydrogenated fats**
- **refined salt, Table salt**
- **Chlorinated Water**
- **Antibiotics**
- **ASPARTAME**
- **MSG - Mono Sodium Glutamate**
- **Pesticides**
- **CARCINOGENS**
- **Hormones - MILK**
- **Food additives**
- **Sugar, cane sugar, corn syrup, chocolate and other foods containing simialar concentrated sweeteners**
- **refined oils**
- **baking powder**
- **hard and dry bovine milk cheese**
- **Junk foods (hamburgers, pizza, hotdog, nachos, ...)**
- **fried, smoked, grilled foods**
- **Soft drinks - Coca Cola, Pepsi, Soda pop**
- **Alcohol drinks**

Replace Foods that Kill with **Foods that heal**

- **Stevia**, Rice malt, Barley malt, Carob, Fruits, Carrots (If you Include in your diet algae, sea foods and unrefined sea salt that contain trace minerals Chromium and Vanadium, you will not have craving for Sugar and sweets ! Craving for Sugar and sweets is a symptom of Chromium and Vanadium deficiency!)
- **Unrefined sea salt**
- **Vegetable Juices - juicing**
- **Fats That Heal**
- **Stevia**
- **Essential fatty Acids**
- **Calcium, magnesium, Vitamin D**
- **Trace Minerals**
- **Imoplex**
- **Organic foods**
- **Enzymes and cancer**
- **Udo's Choice**
- **Essiac tea**
- **Flaxseed oil / Linseed oil**
- **Algae and seaweed**
- **Chlorela algae**
- **Spirulina algae**
- **Barley grass**
- **Bovine cartilage**
- **Chaparral (Larrea tridentata)**
- **Iscador (from Viscum album)**
- **Lemonade in the morning**
- **Nutrients Detoxify And Rebuild An Overwhelmed Immune System**
- **Olive Oil For Health**
- **Ocean Vegetables**
- **Coenzyme Q10**
- **Maple Syrup**
- **Sea Vegetables**
- **Blood type diet : O A B AB**

Reference website: http://curezone.com/foods/foods_that_kill.asp