THE TEN TACTICS OF HEALTH SEDUCTION

Seduction Tactic	How they will seduce you	Your Defense
Disempowerment	"We'll take care of your life for you."	Claim your own power.
Biohacking	"We'll run your body for you."	Recognize the innate healing ability of your mind and body.
Misdirection	"You'll see what we want you to see."	Read ingredients labels.
False Authority, Counterfeit Credibility	"Only we are qualified solve your problem."	Question the advice of conventional medicine.
Transpersonation	"Our products will make you sexy."	Get honest with yourself about who you are.
False Flattery	"Gee, you must be a really smart consumer."	Be a skeptical consumer.
Illusion of Choice	"You can choose any product you want, as long as we make it."	Realize you have an entire universe of choices.
Logic Reversals	"Things work the way we say they work, because we say they do."	Seek the true underlying causes of effects.
Appeal to Arrogance	"We are smarter than nature."	Practice humility and recognize the wisdom of nature.
Appearance is Everything	"You are what you look like."	Stop judging others by their looks.



HONEST FOOD GUIDE.org

« Disease

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Milt, cheese, daily Crackers, Cookies

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Stable moods Easily healed Clear, smooth skir Reproductive health Low health care costs Accelerated learning .58 SHIER SHOULD SHOLED SHI . 58° 1011000000 - 100 --38-8919-dulad auges 5085

The food guide built to benefit you, not Big Business.

Health >>

Legend:

bone loss, osteoporosis Acidic: disrupts acid/alkaline balance, promotes

learning disabilities and behavioral disorders Added sugars: promotes diabetes, obesity, vitamin loss,

Animal fats: promotes heart disease

Artificial colors: promotes ADHD, behavioral disorders

Artificial preservatives: promote cancer, heavy liver detox load

Chemical sweeteners: cancer risk, promotes migraines, nervous system damage Fried fats: contain carcinogens, promotes heart disease, obesity

High sodium: stresses kidneys, promotes hypertension, high blood pressure

Homogenized fats: unnatural alteration promotes plaque in arteries

system disorders, ADHD, tumor growth, birth defects Hydrogenated oils: contains trans fats, promotes heart disease, nervous

Lacks fiber: promotes colon cancer, digestive stagnation, heart disease

MSG (monosodium glutamate): migraines, hormonal disorders, overeating

Refined grains: promotes diabetes, obesity, vitamin loss

White flour: promotes diabetes, obesity, vitamin loss

HBALTH Be Healthy! Learn More: **GROCERY WARNING**

NO MORE LIES ABOUT HEALTH www.HealthSeduction.com SEDUCTION

HEALTH THROUGH EDUCATION www.HealthRanger.org HealthR Interninger Ň

DANGEROUS FOODS REVEALED www.GroceryWarning.com

DAILY HEALTH NEWS www.NewsTarget.com

Red: Orange: Eat all the colors of the rainbow:

- Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Squash, corn, legumes, lemons, banana, eggs
- Yellow: grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green: Peppers, cabbage, beans, limes, spinach, kale honeydew melon, avocado, pears, pesto, celery, zucchini
- Blueberries, blackberries, currants, beets
- Potatoes, tofu, onions, garlic, whole oats, cauliflower
- White: Purple: red cabbage, eggplant