

YOU ARE WHAT YOU  
EAT, SO EAT WELL!

*Whole Food Benefits*



The background of the entire image is a dense, close-up photograph of many bright orange fruits, likely oranges or tangerines, filling the frame. The lighting is even, highlighting the texture of the fruit peels.

## *Whole Food Benefits*

SCIENCE SHOWS THAT EVERY  
WHOLE FOOD HAS A PATTERN  
THAT RESEMBLES A BODY PART,  
ORGAN OR PHYSIOLOGICAL  
FUNCTION AND THAT THIS  
PATTERN ACTS AS A SIGNAL OR  
SIGN THAT ACTS AS A BENEFIT  
TO THE EATER.



**Here is just a short list of examples of  
Whole Food Signatures:**

## CARROTS

A sliced carrot looks like an human eye. The pupil, iris, and radiating lines look just like a human eye. Science shows carrots greatly enhance blood flow and promotes healthy eye function.



## TOMATO

A tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



## WALNUTS

A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neocortex. We now know that walnuts help develop over 3 dozen neurontransmitters for brain function.





## *love of grapes*

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.

---

Sweet potatoes are nutritious, high in fiber, very filling and have a delicious sweet taste.

---

Sweet potatoes are rich in an antioxidant called beta-carotene which the body converts to vitamin A. Vitamin A promotes healthy skin .





**#EATWELLSTAYFITBEHAPPY**