YOU ARE WHAT YOU EAT, SO EAT WELL!

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.

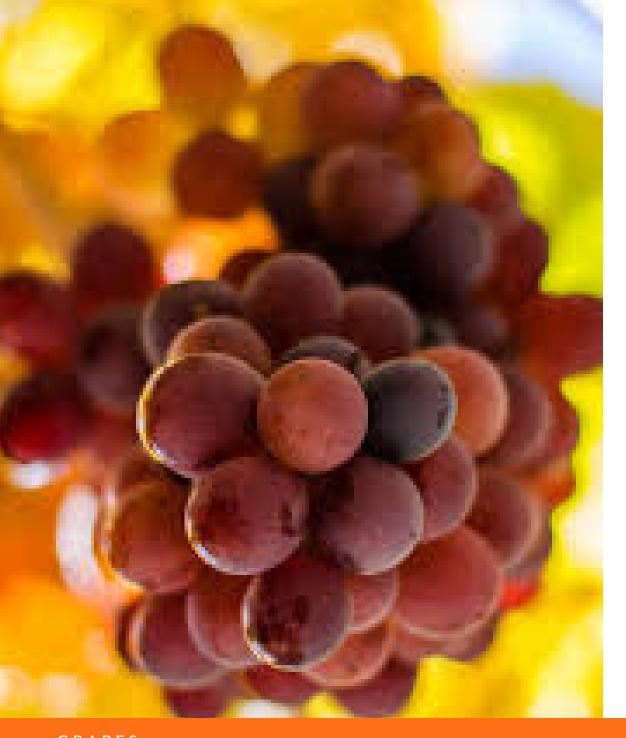
WALNUTS

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