

You Are What You Eat!

You can't get this...



...from this



Keep HEALTH simple:

- 1) Fresh Air (breathe slow and deep)
- 2) Sunshine (15min/day minimum)
- 3) Temperance (dissipate stresses)
- 4) Rest (early to bed, early to rise)
- 5) Exercise (30min/day + 30 seconds of full blast)
- 6) Proper Diet (organic minerals, amino acids and sugars)
- 7) Water (2-3L/day with trace minerals, no plastic bottles)
- 8) Higher Purpose (find it and serve it with energy)

GMO Tomato

(Pesticide & spoilage resistance and growth hormone)

