

Peace & love Family welcome to the Edenic Health Diet. All Foods listed have been thoroughly researched & studied. The Old proverb is let GOD be true and every man a liar. GOD made no mistake when he gave mankind a livid that perfectly aligned with our genetic code. All healing, revitalization, protein(simple amino acid structures), rehydration is yielded from the very food yielded by the earth.

MUSCLE BUILDERS

BAMBOO SHOOTS
BROCCOLI
QUINOA
AVOCADOS
CHICKPEAS
HEMP SEEDS
WALNUTS
BRAZILIAN NUTS
BURRO BANANAS
CASHEWS
ALFALFA SPROUTS
ALFALFA LEAF

CLEANSSES GUT

PAPAYA
PAPAYA SEEDS
(ONLY TAKE 2 TBLSPoons ONCE
EVERY TWO WEEKS)
ASPARAGUS
GRAPEFRUIT
ONIONS
GARLIC
DATES
FIGS
PRUNES
RAISINS
APPLES
PEARS
DRAGONFRUIT
PINEAPPLE
PORTOBELLO MUSHROOMS
CHAGA MUSHROOMS
REISHI MUSHROOMS

REPLENISHES & CLEANSSES BLOOD

KALE
SPINACH
COLLARDS
SWISH CHARD
MUSTARD GREENS
CELERY
BROCCOLI
PURPLE CABBAGE
BEETS
GRAPES
ALL BERRIES
DANDELION GREENS
SWEET POTATOES(EAT HERE
& THERE NOT A LOT)

FOODS FOR BRAIN FUNCTION

LIONS MANE MUSHROOMS
WALNUTS
PUMPKIN SEEDS
BLUEBERRIES
BOK CHOY
ARUGULA
BRUSSELS SPROUTS
COCONUT MEAT
SQUASH
CHIA SEEDS
SWEET PEAS
ORANGES
TEFF
LENTILS



**ALL FOODS LISTED ABOVE & SUGGESTED HAVE NOT BEEN FDA APPROVED. WE DO
NOT STAND AS A DOCTOR OR MEDICAL MALPRACTICIONER*