

# NO-GO LIST



## OMEGA 6 FATTY ACIDS

Cottonseed, canola, rapeseed, vegetable, sunflower seed, safflower seed, Margarine, corn, peanut, and Hydrogenated anything



## SUGAR

High Fructose corn syrup, Agave Nectar, corn syrup, aspartame, sucralose, Acesulfame Potassium, Saccharin



## DAIRY

It does NOT in fact, "Do a body good."



## WHEAT, GRAIN & CORN

Due to their gluten, lectin and phytate content.



## HORMONE DISRUPTERS

Estrogen altering, or Estrogen mimicking foods and products like:

Soy, Alcohol, Marijuana, BPA (bisphenol A), Phthalates, Red dyes, Pesticides, Herbicides, and Fungicides