

FOODS TO EAT LESS OF

TRY TO LIMIT THE FOLLOWING FOODS FOR THE NEXT 30 DAYS.
RATHER THAN TREATING THESE FOODS AS PERMANENT ENEMIES, JUST THINK OF THEM AS
FOODS YOU CAN ENJOY ON OCCASION, AND THEN MOVE RIGHT ALONG WITH LIFE.

WHEAT/GLUTEN

INFLAMMATORY, DAMAGING TO EPITHELEAL LAYER OF INTESTINES, HIGH GLYCEMIC, PROMOTES HUNGER

DAIRY/CHEESE

COMMON ALLERGEN, CAN DISRUPT IMMUNE SYSTEM, LINKED TO ACNE, LINKED TO IBS.
SOME PEOPLE ARE FINE WITH DAIRY, BUT THE ONLY WAY TO KNOW IS TO CUT IT OUT FOR 30 DAYS.

REGULAR & DIET SODA

ARTIFICIAL FLAVORS & SWEETENERS CAN INCREASE APPETITE, DYSREGULATE BLOOD SUGAR
GIVES THE LIVER AN EXTRA JOB OF FILTERING ADDITIVES, HINDERS METABOLIC PROCESSES

ALCOHOL

INCREASES ESTROGEN (A FAT STORING HORMONE), DYSRUPTS SLEEP CYCLES, DEPRESSANT, NON-NUTRITIVE CALORIES
GIVES THE LIVER AN EXTRA JOB OF FILTERING ALCOHOL, HINDERS METABOLIC PROCESSES
*LIMIT TO ONE OR TWO GLASSES OF WINE ON THE WEEKENDS IF YOU ENJOY YOUR WINE, OR SIMPLE DRINKS WITHOUT SUGAR ADDED

FAST FOOD

POOR QUALITY NON-NUTRITIVE INGREDIENTS, LEAVES YOU HUNGRIER, INCREASES CRAVINGS IN FUTURE
HIGHER IN CALORIES THAN HOME COOKED FOOD, ADDED CHEMICALS FOR FLAVORING, HIGH SUGAR

FRIED FOOD

TRANS-FATS INCREASE RISK OF HEART DISEASE AND CANCER, INFLAMMATORY, VERY CALORIE DENSE