

# Which Path Are You On?

## The Sickness and Disease Path

Sugar/High Fructose Corn Syrup  
Grain/Flour Products  
(Bread, Pasta, Baked Goods)  
Deep Fried Food  
Vegetable and Seed Oils  
(Trans Fats/Hydrogenated Oils,  
Corn, Safflower, Sunflower,  
Soybean, Peanut, Cottonseed,  
Grapeseed, and other oils)  
Grain-Fed Meat, Dairy Products  
Most Packaged & Processed Foods  
Soda and other Sugary Drinks  
Dairy Products  
Aspartame, Sucrolose, MSG  
No Exercise  
Bad Posture

### CHRONIC INFLAMMATION

Reaction Throughout The Body

Weight Gain/Obesity  
High Blood Pressure  
High Cholesterol  
High Blood Sugar, Diabetes  
Irritable Bowel Syndrome  
Acid Reflux, Upset Stomach, Bloating  
Sinus Infections/Sinusitis  
Allergies, Acne, Asthma  
Cold and Flu Symptoms  
Heart Disease, Stroke  
Cancer  
Arthritis and Osteoporosis  
Alzheimer's and Parkinson's Disease  
Multiple Sclerosis  
Fibromyalgia and Chronic Fatigue  
Attention Deficit Hyperactivity  
Menstrual Cramps, Endometriosis  
Ovarian Cysts, Fibroids  
Depression/Other Mental Disorders  
Aches and Pains  
And Virtually All Other Diseases

## The Wellness and Health Path

Fish, Grass-Fed Meat, Chicken,  
Omega-3 Eggs  
Fruits and Vegetables  
Raw Nuts  
Potatoes and Root Vegetables  
Olive Oil, Coconut Oil, Butter (Ghee)  
Dark Chocolate  
Red Wine and Stout Beer  
Balsamic Vinegar  
Ginger, Turmeric, Garlic and  
all other spices  
Plenty of Filtered Water  
Green Tea  
Regular Exercise  
Chiropractic Adjustments

### LOW INFLAMMATION

Throughout The Body

Weight Loss/Normal Body Weight  
Normal Blood Pressure  
Normal Cholesterol  
Normal Blood Sugar  
Normal, Regular Digestion  
Full of Energy, Less Fatigue  
Healthy Immune System  
Resistance to Colds and Flu  
Clear, Young-Looking Skin  
Healthy, Shiny Hair and Nails  
Clear Thinking  
Good Mood/Positive State of Mind  
Restful Sleep  
Slower Aging  
More Muscle, Less Fat  
Strong Teeth and Bones  
Flexible, Well-Lubricated Joints  
Fertile Conception/Healthy Babies  
Balanced Hormones  
Less Aches and Pains  
Resistant to Disease