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

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

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

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