

Rifkin Chiropractic and Wellness Center
6101 Executive Boulevard #280
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www.heal-naturally.com
(301) 231-0050

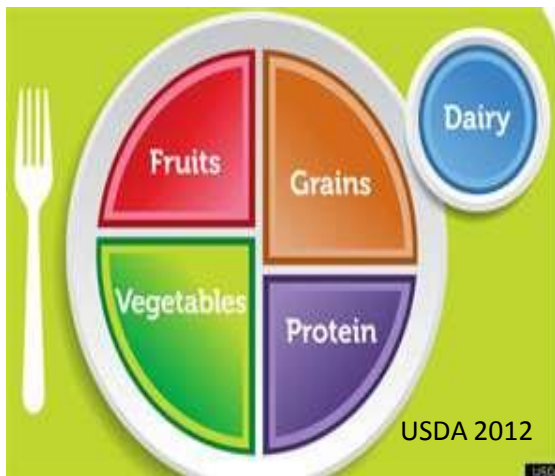
Use Himalayan Salt or natural sea salt. Avoid refined table salt stripped of minerals and added bleaching agents, anti-caking agents, leaching agents etc.

Avoid Trans fats and Interesterified fats. If a product contains up to 500 mg. trans fats per ½ cup, the FDA allows manufacturers to label the product as 0 trans fats

1 tablespoon of oil is 120 calories

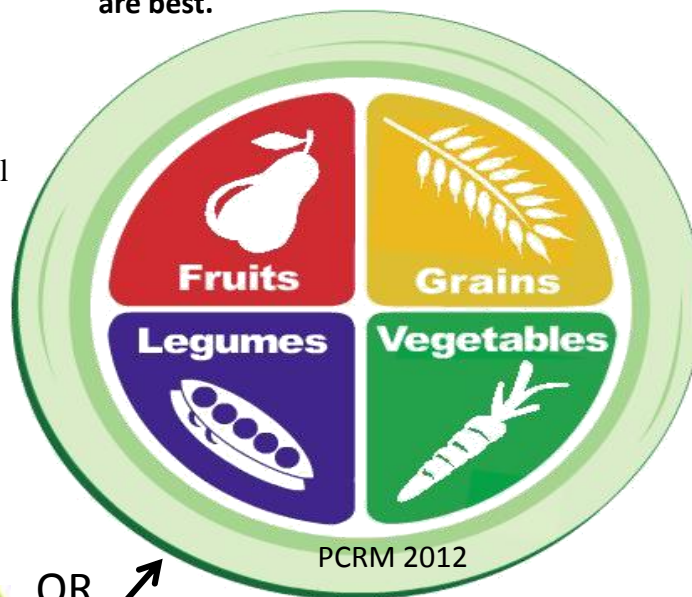
Drink 48 to 72 oz. of water purified water per day

Limit microwave cooking.



Plant based diets are best.

Eat raw food daily.



OR

No GMO foods or factory farm fish or meats.

Animal Foods and all fats no more than 15-20% of calories .

Avoid soy protein isolates and soy DHA if not certified organic (processed in hexane, a neuro-toxin. (Organic Vita Soy +Pacific Foods organic from China. Silk+West Soy refused to reveal organic source) .

Minimize Sugar: glucose, cane juice, sucrose dextrose, maltose, fruit concentrate, turbinose sugar, and high fructose corn syrup (corn syrup spiked with sugar

4gms=1 tsp.

Avoid refined and processed food

Use So Delicious unsweetened Coconut Milk instead of milk or almond milk

Avoid artificial sweeteners: NutraSweet/Splenda/Saccharin Use: Stevia (Truvia/Purvia in stores are extracted from Stevia) or Xylitol

Avoid MSG (Monosodium glutamate): AKA textured protein hydrolyzed vegetable/ plant protein, yeast food, autolyzed plant protein, glutamate, glutamic acid, yeast, autolyzed yeast, yeast extract, yeast food. Could use the term “natural flavorings.