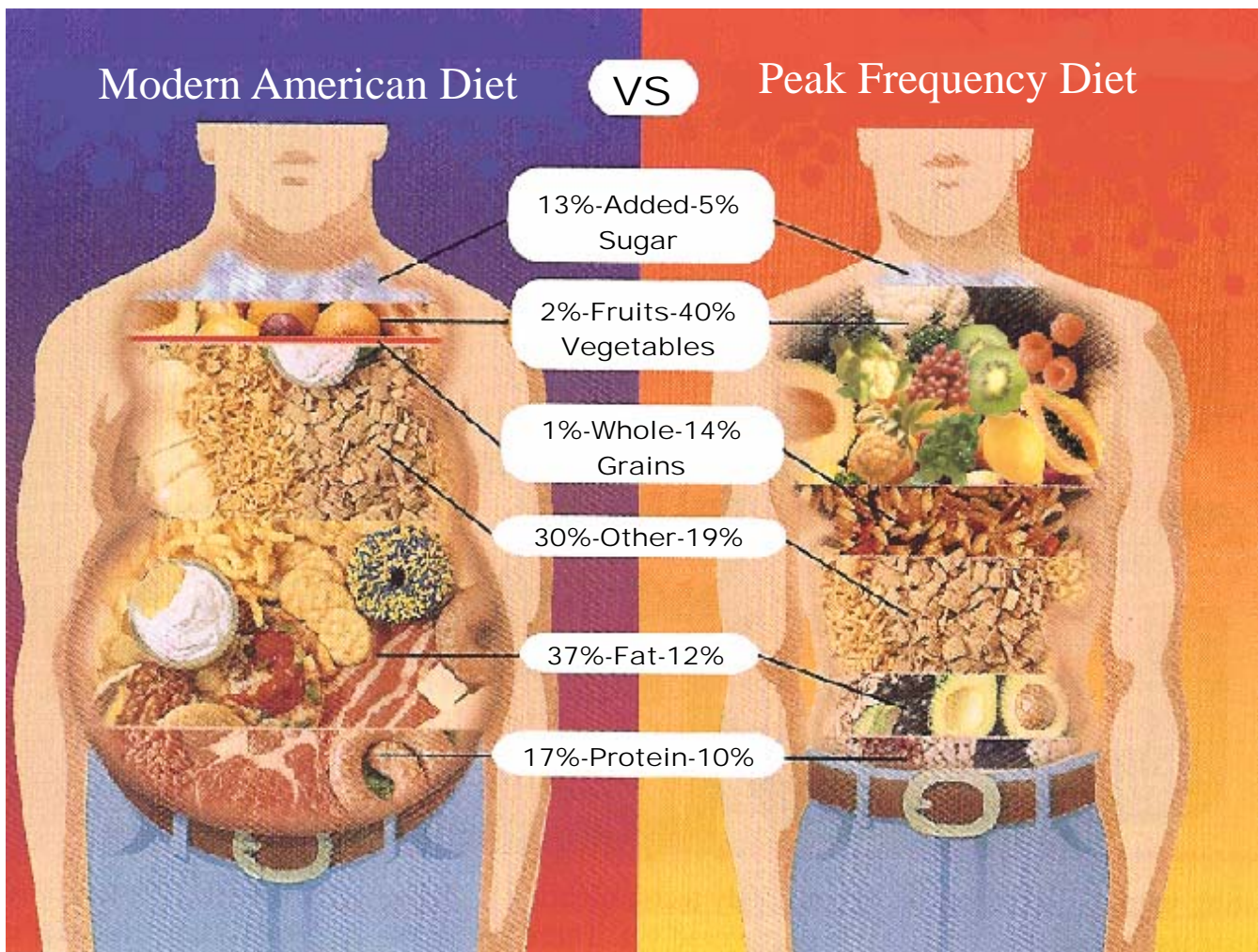


M.A.D. foods versus Peak Frequency Foods

By Morning: Spirit: Wolf-D.R.M.

The diet of most American's consists of refined sugar and flour (bleached and stripped of natural vitamins and minerals), over processed foods whose enzymes and nutrients have been destroyed by heat or chemicals, and poor quality and rancid fats that all become toxic from lack of digestibility. This not only causes the body to store weight in the form of putrid, undigested foods, but their toxic off gasses cause allergies, dis-ease and painful symptoms, plus provide an inviting environment for bacteria, virus, and fungi to grow and live in your body.



Changing the **Modern American Diet** to a **Peak Frequency Foods** program allows you to eat nearly a pound more of food, if you desire, and at the same time reduce unusable calories by 15%, while increasing your “burn” rate, or metabolism. That’s mostly attributable to an intake of two-thirds less poor quality fats, one-third less enzyme stripped foods that produce toxins, and double the usable fiber which helps to move out old, trapped and putrid foods. Eating Peak Frequency foods will naturally provide enough good “fuel” to burn up toxins and stored foods, utilize current food nutrients, boost organ functions, increase energy, stimulate entire immune system functions, and drop an average of 2.8 excess pound every month until you reach your optimal weight. If you will add 30 minutes of brisk walking five times weekly to this program and increase water intake to 8-eight ounce glasses daily you will feel like a new individual with vitality, awareness, creativity, renewed sexuality, and a positive perspective of life.