

# Eating as if Your Life Depends on IT



**Food for thought:**

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**Inflammation:**

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**Vegetables:**

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**Sugar/Biome:**

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**Strategies I can use:**

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*The doctor of the future will give no medicine, but will interest his patients in the care of the human body, in diet, and in the cause and prevention of diseases.  
Thomas Edison*

**-The NutriMentor-**

Mary Ellen Psaltis, B.Ph. AFPA Certified Nutrition & Wellness Consultant, Senior Nutrition Specialist  
psaltis.info [TheRecipeWriter@hotmail.com](mailto:TheRecipeWriter@hotmail.com) 360-280-1408