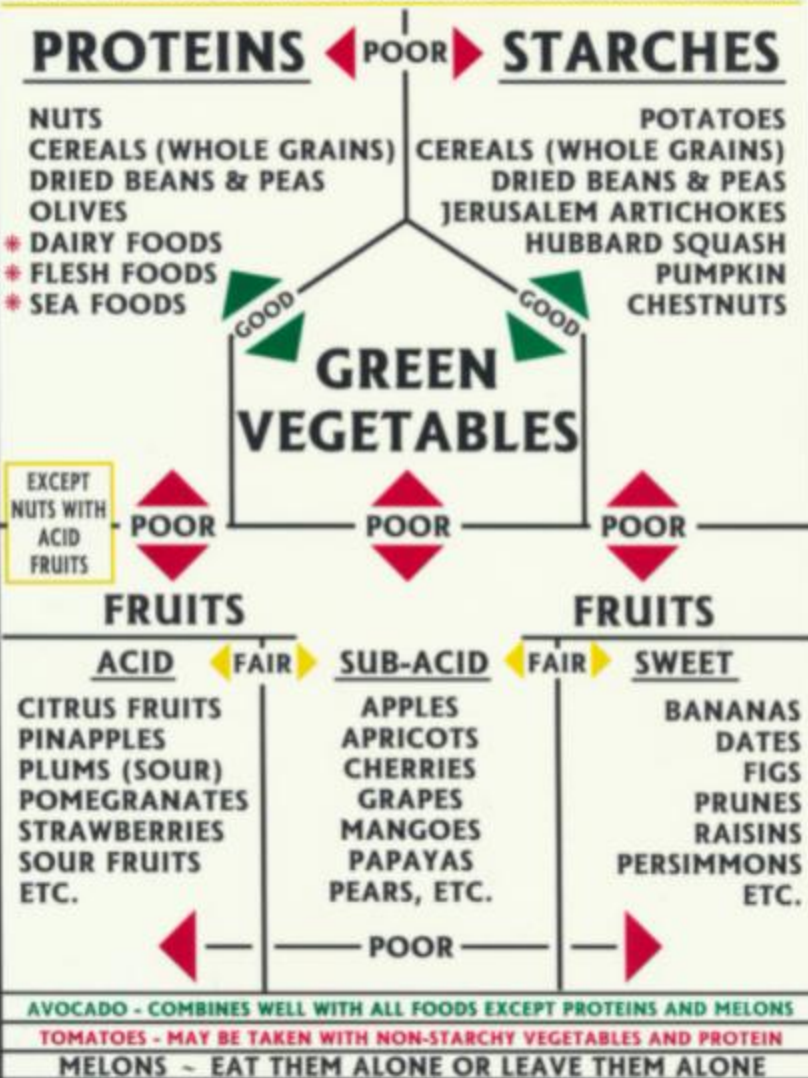


CORRECT FOOD COMBINING

MONOTROPHIC MEAL - ONE FOOD AT A MEAL IS THE IDEAL



* THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY

For more information, contact the International Foundation for Nutrition and Health, San Diego, CA 92109. (858) 488-8932
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