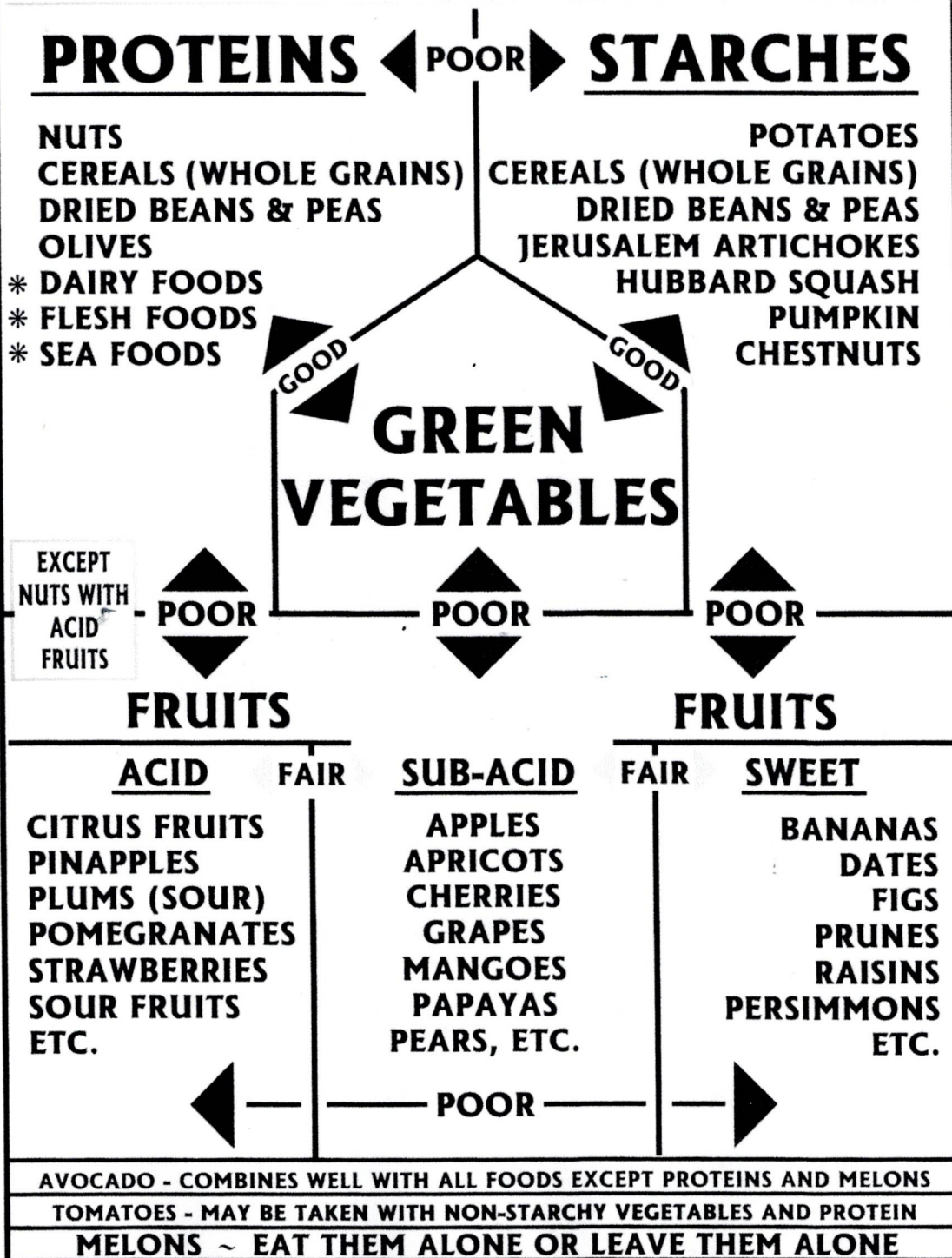


CORRECT FOOD COMBINING

MONOTROPHIC MEAL - ONE FOOD AT A MEAL IS THE IDEAL



* THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY