



Low energy levels Poorer life expectancy Risk of metoblic syndrome Medications to manage conditions Trans Fats Highly Refined Excessive Sugar Little Nutritional Valuie Concentrated Animal Growth Hormones Feeding Operations (feed lots & cages) Antibiotics Mercury & Other Contaminants Irradiated Genetically Modified Herbicides & Pesticides Picked Before Ripe Chemically Preserved Highly Processed Refined & Enriched Genetically Modified Herbicides & Pesticides Bran & Germ Removed Bleached Depleted Soil