

I wondered why kids were clamoring for candies and soda instead of reaching for polyphenol-rich green tea. I wondered why people weren't celebrating real cellular health by serving organic fruits, vegetables, superfoods, herbs, and berries. I had met doctors who had healed patients with living foods. I had met cancer survivors who had turned away from chemotherapy and chose nutrition and detoxification instead.

**AMERICA... BECAUSE NOTHING SAYS HEART ATTACK**

*Krispy Kreme*



**LIKE A HOT DOG WITH BACON IN A DOUGHNUT**

"..but every man did that which was right in his own eyes. There is a way that seemeth right, unto a man. But the end therefore are the ways of death" ~Judges 17:6, Proverbs 14:12. Our Creator has given us the blueprint on what he as created for us to eat. But man has sought out every invention to counterfeit what God designed for man to eat, live and be in good health.

**Choose Wisely**



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**JUNK FOOD GENOCIDE**  
**We Must Stop Killing Our Own Children and Adults NOW!!!**

**DID GOD SAY OUR KIDS SHOULD EAT THIS STUFF?**

Kids bombarded with junk-food advertising, research finds. "At best, these advertising patterns imply that food companies view black consumers as interested in candy, sugary drinks, fast food and snacks with a lot of salt, fat or sugar, but not in healthier foods," they are inadvertently contributing to poor health in black communities by heavily promoting products linked to an increased risk of obesity, diabetes and high blood pressure," Companies with the most brands aimed at all youth and at blacks and/or Hispanics of all ages included Mars (candy and gum brands), PepsiCo (snack and sugary drink brands), and Coca-Cola (sugary drink, diet soda, and drink mix brands), Nearly 90% of Junk Food Ads Target Black and Latinx Children A new study confirms what we already know — food companies target nearly 90% of junk food ads to black and latinx children. This is a 50% increase since 2013, while advertising to white children has declined. Their goal with this predatory advertising is to hook children of color as young as toddlers onto the tastes of unhealthy foods with the intent that they'll stay hooked for life.



KFC is testing Chicken & Donuts and Pizza Hut has a new Stuffed Cheez-It Pizza and many other health killers. Why Do we eat stuff that's made in a laboratory?



Groundbreaking study reveals 20% of all deaths now caused by junk food and toxic food ingredients. 1 in 5 early deaths traced back to toxic food ingredients and junk food lifestyles. Today, 72 percent of early deaths are from non-communicable chronic diseases that are connected to dietary choices that lead to cardiovascular events, obesity, Type-2 diabetes and cancer.

Black teens see twice the junk food ads as teens, study says they are inadvertently contributing to poor health in black communities," Fast food, candy, sugary drinks and unhealthy snacks accounted for 86 percent of food ad spending on black-targeted TV programming

We must do more to reject the added sugars, antibiotics, colors, hydrogenated oils, heavy metals and preservatives that are tainting our blood and poisoning our livers, kidneys and brain. We should fight back against the food companies that inundate our lives with chemicals that weaken our cellular health. Plants, herbs, and superfoods should replace thick saturated animal products that slow down our digestive system and constrict our blood flow. Hormonal, puss-filled dairy products should be replaced with nuts, seeds, berries and the very nutritional essences of life. We don't have to be a statistic. We can live with greater energy and not suffer from the sickness and immune suppression of toxic junk food. I hated to see a cancer charity event serve all this toxic junk food to so many people. This habitual eating of junk food was a major cause, right under their noses.

