

8 SIGNS OF HIGH-QUALITY FOOD

In your search for healthy food to feed your family, here is what you need to look for (whether you're buying fruits, vegetables, or meat):



1. Grown without pesticides and chemical fertilizers
2. Organic, not genetically modified
3. Contains no added growth hormones, antibiotics, or other drugs
4. Does not contain artificial ingredients or preservatives
5. Fresh
(if you have to choose between wilted organic produce or fresh conventional produce, the latter may be the better option)
6. Did not come from a factory farm
7. Grown with the laws of nature in mind
(meaning animals are fed their native diets, and have free-range access to the outdoors)
8. Grown in a sustainable way
(using minimal amounts of water, protecting the soil from burnout, and turning animal wastes into natural fertilizers)

Foods that meet these standards will almost always be a wise choice.

QUINOA

It is naturally gluten-free, making it an excellent food for celiac patients or other people following a gluten-free diet.

It contains almost twice as much fiber as most other grains.

It is high in Riboflavin (B2), which helps improve energy metabolism and help create proper energy production.

Although it is eaten like a grain, it is technically a seed.

They come in a rainbow of colors, from red to purple to green to yellow, to the common off-white color.



It is so versatile that you can substitute it in a dish for rice, add it to soups, casseroles, or even use it to make a sweet breakfast porridge. You can even sprout it!

Pronounced keen-wah, the Incas began to cultivate it over 5,000 years ago, believing that it gave power and stamina to their warriors.

It is a complete protein, which means that it contains all the amino acids necessary for our protein needs.

It's also high in iron and calcium and is a good source of manganese, magnesium and copper, as well as lysine.



Nature's Skittles

GBWC

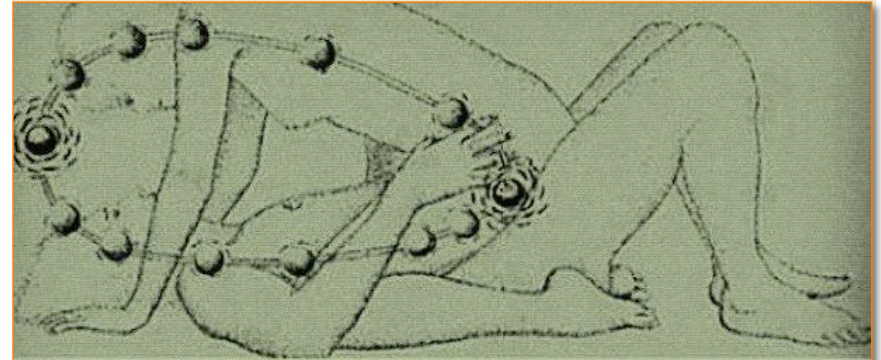
The Green Buffalo Wellness Center presents:

A New Age Diet Plan

Idealized Diet Plan

1. Awaken to 16 oz Glass of High Alkaline Mineral Water
 2. Eat a handful of Organic Cashews for mood...
 3. Sungaze into First/Last 22 minutes of Sunrise/Sunset
 4. Drink Raw Vegan Smoothie with lots of Chia-Hemp Seed
 5. Catch Some Morning Sun Rays (between 9 and 11)
 6. Drink alot of High Alkaline Purified Water ; 24/7
 7. Hot turmeric basmati rice, beans + mushrooms for Lunch
 8. Take Flora Probiotic Pill midday on Full Stomach
 9. Drink Glass of George's Aloe Vera with Probiotic Pill
 10. Catch Some Afternoon Sun Rays (between 3 and 5)
 11. Have a Great Dinner:
 - a. No Dairy: organic butter ok
 - b. Raw Organic Coconut Oil is Best
 - c. Raw Organic Coconut-Almond-Hemp Milk is Best
 - d. No Gluten (no: beer, barley, bread, flour, wheat, rye)
 - e. No Sugar/Corn Syrup: organic coconut-flower sugar ok
 - f. Organic Honey and Molasses is Best (18g max per day)
 - g. Only Organic Free Range Chicken & Turkey; if needed.
 - h. Only Organic Basmati Brown Rice w Turmeric-Pepper
 - i. No Farm Raised Fish & No Fish at Top of Food Chain
 - j. No more than 3 Organic Pasture Raised Eggs for Dinner
- *goto www.JoeGamore.com for full tutorials of diet plan.

Be Full of Care...



Pay attention to whom you share your intimate energy with. Intimacy at this level intertwines your aural energy with the aural energy of the other person. These powerful connections, regardless of how insignificant you think they are, leave spiritual debris, particularly within people who do not practice any type of cleansing, physical, emotional or otherwise. The more you interact intimately with someone, the deeper the connection and the more of their aur is intertwined with yours.

Imagine the confused aura of someone who sleeps with multiple people and carries around these multiple energies? What they may not realize is that others can feel that energy which can repel positive energy and attract negative energy into your life.

I always say, never sleep with someone you wouldn't want to be.



The beauty of food as medicine is that the choice to heal and promote health can begin as soon as the next meal.

