

Avoid ALL Chemicals, Eat Fresh NOT Processed foods, and Read the ingredient labels of EVERYTHING you eat.

The only place to look for what is really in the food is on the INGREDIENT LABEL, you cannot rely on the front packaging. Anything on the front of a package or box is considered the "marketing space" and it is NOT regulated by the FDA (Food and Drug Administration).

NEVER buy any food until you have read the label in its entirety.

If it has chemicals, sugar, coloring, flavoring or anything that YOU DON'T KNOW WHAT IT IS... don't eat it.

Your Liver has two jobs, breakdown fats and filter out harmful substances. If your liver is busy filtering out harmful substances then it will not have much time to be breaking down fat. By keeping your body free of harmful chemicals you will free up your liver to be breaking down fat.

Short List of common chemicals to avoid

Anything that says "enriched"	Hydrogenated or "partially hydrogenated" anything
Anything with sugar- these are usually chemicals that end in "ose" like glucose, sucrose, and fructose	MSG (monosodium glutamate)
Aspartame	Nitrates and Nitrites e.g., sodium nitrate, etc.)
Avoid products with long shelf life	Propylene Glycol
Benzoic Acid (also called Sodium Benzoate)	Refined or bleached flour
BHA	Sodium saccharine
BHT	sulfites
Coal Tar	sulfur Dioxide
Coloring	Trans-fats of any kind
High- Fructose corn syrup	