



“Cancer cells use sugar as their main source of energy, in contrast with healthy cells, which use oxygen Don't Count Calories; Count Chemicals” (Maximized Living)

Eat Healthy Fats Only	<ul style="list-style-type: none">•Virgin Coconut Oil or Avocado Oil- Organic When Possible (Use For Cooking)•Extra Virgin Olive, Flax or Hemp Oils (Never Heated)•Butter OR Ghee - (Ghee is Clarified Butter Making It Lactose Free)•Eggs (Free Range and Organic When Possible)•Animal Fat (All Good Except For Pork)
Eat Natural Sugar Substitutes Only	<ul style="list-style-type: none">•Stevia Leaf (find a high quality one without sucrose)•Raw Honey Unpasteurized and Local•Natural Maple Syrup•Date / Coconut Sugar (As A Last Resort)•AVOID Refined Sugar At All Costs
AVOID ! Chemicals, Toxins & GMO's	<ul style="list-style-type: none">•Avoid Highly Processed Foods --- Read labels !!! Watch Out For Bottled Vinaigrettes & Sauces.•Avoid Chemically Extracted Ingredients (Cooking Oils, Margarine, Table Salt etc.)•Read ALL Labels - If You Cannot Pronounce It: Avoid It!•Only Eat Organic Produce For Items Found On The 'Dirty Dozen' List•Limit Pork & Shellfish Intake•Make sure all nuts, seeds and dried fruits are all natural and not tossed in soybean oil or sugar
AVOID High Glycemic Carbs	<ul style="list-style-type: none">•Refined White Flour, White Rice, Grapes, Bananas, Cereals & Potatoes.•Avoid All Corn Products & Byproducts When Possible.
DO!	<ul style="list-style-type: none">•Eat Healthy Fats - Homemade Olive Oil Dressings, Egg Yolks, Avocado, Raw Nuts, and nut oils.•Use Himalayan Sea Salt or Regular Sea Salt Packed With Healthy Minerals and Un Processed.

My information source is a book written by my personal friend and colleague [Dr. Bj Hardick](#) and published in association with [Maximized Living](#).

Cook Using Only Ingredients With No Labels and You Won't Have To 'Diet' Ever Again Better Yet Let Me Do The Cooking For You! Trevor Ross