

12 BAD FOODS

by Dr. Peter Glidden



Wheat



Barley



Rye



Oats



GMO Corn



GMO Soy



Meats with Nitrates



Oils



Carbonated Drinks



Well Done Red Meat



Fried Foods



*Skin of Baked
Potatoe*

Watch The Video "Bronx Citizen Cures His 14 Diseases at NutriWarriors.org