

# 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](http://NutriWarriors.org)**

WHEAT (Gliadin)	BARLEY (Hordein)	RYE (Secalin)	OAT (Avenin)	Sodium Nitrates/Nitrites
Pasta Can Pasta Cookies Crackers Pancake Mix Bread Cereal Sauce in Cans/Jars Tortilla Wraps Burritos Wraps Pastries Bagels Gravy Granola Bars Protein Bars Pop Tarts Pot Pies TV Dinners	Chocolate Bread Alcohol Bev. TV Dinners Soups in cans Protein Bars Brown Rice Syrup Malted Milk Malted Vinegar Caramel Protein Drinks NutriDrinks	Bread Crackers Alcohol Bev	Oatmeal Grits Farina Cookies Bread Cereals Granola Bars Protein Bars	Ham Salami Bologna Pepperoni Pastrami Beef Sausage Franks Canned Meats Corn-Beef Vienna Sausages Bacon

Always check your ingredient labels and look for the words (Wheat, Barley, Rye and Oats).

## GLUTEN-FREE ALTERNATIVE FLOURS

Rice Flour, Brown Rice Flour, Almond Flour, Tapioca Flour, Banana flour, Coconut Flour, **Buckwheat Flour**, **Wheat Germ**, Chia Flour, Chick Pea Flour



### Healthy Body Start Pak™ 2.0 (Beyond Osteo-Fx Liquid)

Contains the **90 Essential Nutrients** (60 Minerals, 16 Vitamins, 12 Amino Acids and 3 Fatty Acids.) Also contains a blend of whole foods, trace minerals, antioxidants, prebiotics and probiotics, and amino acids. Plus, you get synergizing nutrients that help ensure maximum absorption in your body. And with an ORAC Score (antioxidant capacity) of 8,000, you get even more antioxidants to combat free radicals and support your overall health.