

# Body Brilliance™ Food Guide

---

## Foods & Compounds That Promote Low Level Health

**Cow Milk** - Homogenized Fats, Hard To Digest, Bovine Growth Hormones  
**White Sugar** - Suppress Immune System, Depletes Nutrients, Zaps Energy  
**White Flour Foods** - Devoid of Nutrients, Weight Gain, Impairs Digestion  
**Lunch Meats** - MSG, High Sodium, Toxic Preservatives; Nitrates, Nitrites  
**Coffee** - Acid Forming, Depletes Nutrients, Caffeine, Immune Stimulant  
**Sodas** - Chemicals, Nervous Disorders, ADHD, Acid Forming, Neuro-Toxic  
**Juices** - Processed Sugar, Artificial Flavors, Imbalanced Metabolism  
**Snack Foods & Snack Chips** - Fried Fats, Preservatives, Chemicals  
**Margarine** - Hydrogenated, Causes Imbalances In Cells, Free Radicals  
**Hydrogenated Oils** - Toxic To Cells, Poor Organ Function, Free Radicals  
**Corn Oil, Vegetable Oil, Canola Oil** - Toxic, Poor Organ Function  
**Diet Shakes** - Added Sugars, Synthetic Nutrients, Chemicals, Toxic  
**Processed Cereals** - Preservatives, Added Sugars, Dyes, Toxic To Cells  
**Canned & Boxed Foods** - Lacks Nutrients, Preservatives, Toxic  
**White Rice** - Causes Imbalanced Metabolism, Devoid of Nutrients, Weight Gain  
**MSG** - Highly Toxic To Cells, Affects Nervous System, Neuro-Toxic  
**Fried Foods** - Acid Forming, Hydrogenated Oils, Strips Nutrients From Cells  
**Table Salt** - Added Chemicals, Toxic To Cells, Refined Compound  
**Aspartame, NutraSweet, Splenda** - Carcinogenic, Affect Nervous System, ADD

---

## Foods & Compounds That Promote Good Health

**Healthy Dairy** – Organic Eggs, Org. Fresh Cheeses, Goat Milk  
**Structured Water** - Nutrient Transport, Hydrating Cells, Excretion  
**Sunlight** - Vitamin D, Healthy Skin, Bones & Organs, Immune Booster  
**Vegetables** - Alkalizing, Minerals, Fiber, Phyto-Nutrients  
**Raw Fruits** – Vitamins, Phyto-Nutrients, Fiber, Healthy Sugars  
**Soaked Nuts; Almonds, Macadamias, Walnuts** - Protein, Healthy Fats  
**Sea Vegetables; Nori, Kombu, Dulse** - High Minerals, Immunity  
**Oats, Quinoa, Sorghum, Teff** - Fiber, Protein, Minerals  
**Sprouts; Clover, Broccoli, Alfalfa** - Phyto-nutrients, Immunity  
**Coconut, Olive, Avocado & Grapeseed Oils** - Good For Heart, Energy  
**Essential Fatty Acids; Coconut, Hemp, Avocado** - Immunity, Organs, Energy  
**Roots; Ginger, Celery Root, Garlic** - Good For Immunity, Sulfur  
**Sprouted Mung Beans** - Protein, Fiber, Minerals  
**Home Grown/Heirloom Vegetables** - More Nutrients, No Pesticides  
**Wild Rice** - Fiber, Protein, Complex Carbohydrates  
**Natural Spices** - Alkalizing, Nutrients, Natural, Aid in Digestion  
**Steamed Vegetables** - Retain Nutrients, Easier To Digest  
**Sea Salt/Mineral Salts** - Unprocessed, Trace Minerals, Natural  
**Raw Honey** - Natural Sweetener, Healthy, Good for Cells

---

**Magenta = Foods That Are Acidic & Promote Low Level Health: Remove From Diet** **Blue = Foods That Are Life Enhancing, Increase Intake**

**Be Conscious of What You Put Into Your Body Temple**

© 2015 Body Brilliance

**Created By Rino Soriano - The Conscious Health Alchemist/www.RinoSoriano.com**