

On the EWG (Environmental Working Group) website [www.foodnews.org/fullist.php](http://www.foodnews.org/fullist.php) there is a list of what vegetables and fruits are most important to buy organic to lower the load on the liver and especially on the nervous tissue of the kidneys. Attached is a mini version, but go the website for the full list.

Also, attached is a handout of Food Choices For A Healthy Metabolism with suggested portions. Always avoid known food sensitivities/allergies that you may have when using this handout.

Another website to check out is [www.whfoods.org](http://www.whfoods.org) for ways to jazz up healthy food recipes. Try the food advisor test and send the results to the clinic.

An excellent book is The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating by George Mateljan. This book has a wealth of information on everything to do with healthy eating. Best price is through amazon.com.

This information and other specific tips from your Naturopathic Doctor should get you started.

If you are looking for a more aggressive food/diet approach to changes for metabolism and abnormal cardiovascular blood results, ask about the FLT (First Line Therapy) therapeutic lifestyle program and food sensitivity testing through our Nutritional Consultant.