

THE TEN TACTICS OF HEALTH SEDUCTION

Seduction Tactic	How they will seduce you...	Your Defense
Disempowerment	"We'll take care of your life for you."	Claim your own power.
Biohacking	"We'll run your body for you."	Recognize the innate healing ability of your mind and body.
Misdirection	"You'll see what we want you to see."	Read ingredients labels.
False Authority, Counterfeit Credibility	"Only we are qualified solve your problem."	Question the advice of conventional medicine.
Transpersonation	"Our products will make you sexy."	Get honest with yourself about who you are.
False Flattery	"Gee, you must be a really smart consumer."	Be a skeptical consumer.
Illusion of Choice	"You can choose any product you want, as long as we make it."	Realize you have an entire universe of choices.
Logic Reversals	"Things work the way we say they work, because we say they do."	Seek the true underlying causes of effects.
Appeal to Arrogance	"We are smarter than nature."	Practice humility and recognize the wisdom of nature.
Appearance is Everything	"You are what you look like."	Stop judging others by their looks.

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« Disease



- Chronic pain
- Behavioral disorders
- Aggressive behavior
- Learning disabilities
- High medical bills
- Reproductive disorders
- Skin blemishes and spots
- Easily injured
- Frequently sick
- Sleep disorders
- Tired and fatigued
- Irritable



- Free of pain
- Mental clarity
- Stable moods
- Accelerated learning
- Low health care costs
- Reproductive health
- Clear, smooth skin
- Easily healed
- Rarely sick
- Sound sleep
- Sustained energy
- Happy

Health »



Legend:

Acidic: disrupts acid/alkaline balance, promotes bone loss, osteoporosis

Added sugars: promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders

Animal fats: promotes heart disease

Artificial colors: promotes ADHD, behavioral disorders

Artificial preservatives: promote cancer, heavy liver detox load

Chemical sweeteners: cancer risk, promotes migraines, nervous system damage

Fried fats: contain carcinogens, promotes heart disease, obesity

High sodium: stresses kidneys, promotes hypertension, high blood pressure

Homogenized fats: unnatural alteration promotes plaque in arteries

Hydrogenated oils: contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects

Lacks fiber: promotes colon cancer, digestive stagnation, heart disease

MSG (monosodium glutamate): migraines, hormonal disorders, overeating

Refined grains: promotes diabetes, obesity, vitamin loss

White flour: promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:

HEALTH SEDUCTION

NO MORE LIES ABOUT HEALTH
www.HealthSeduction.com

GROCERY WARNING

DANGEROUS FOODS REVEALED
www.GroceryWarning.com



HEALTH THROUGH EDUCATION
www.HealthRanger.org



DAILY HEALTH NEWS
www.NewsTarget.com

Eat all the colors of the rainbow:



- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower