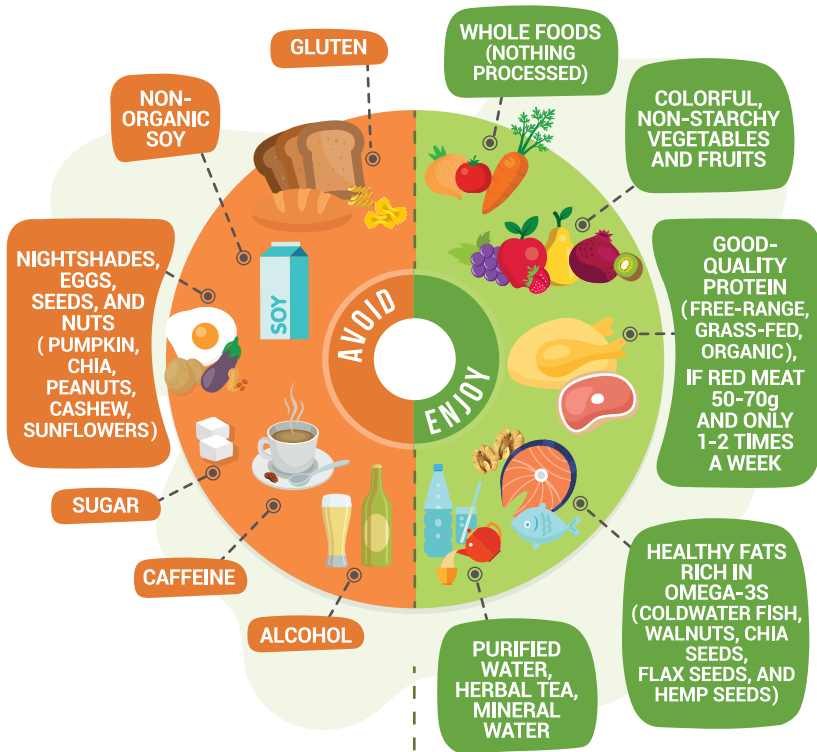




FEELGOODX WHAT TO AVOID & ENJOY



* Eventually eliminate all grains, all beans, and all dairy

* Eliminate fruits for this period and oils (soy, grape seed, corn, peanut)

* Small amount of nuts that are not listed in elimination