

You feel good, because you have just bought a HEALTH BAR as a stopgap between meals.



You are becoming more conscious and choosy of what you put in your mouth, to keep your food intake as Healthy as possible.

What you don't know is that there is only 5 % of REAL NUTRIENTS in that HEALTH BAR. The other 95 % is filler gunk, with no Nutrient value.

- * That example above, was one of several analysed and revealed on TV. They found that the Nutrient content of the HEALTH BARS varied between 5% and 70% - with most less than 50%.
- * This is typical of not just HEALTH BARS, but also much supermarket food - that FILLER FOOD is a major component.
- * It is easy to be swayed by the pretty packaging, and not checking the listed ingredients e.g. I still like baked beans as a ready to eat snack, occasionally. Looking at the label - it states only 30 % vegetable content. But tastes o.k. so I eat it.
- * There is no way we can avoid Synthetic Chemicals in food, except fresh green vegetables.
- * Occasional reasonable amounts of any favourite food is just as sensible as trying to stick to some man made diet - that will still have ingredients with Synthetic Chemicals. Just include SUPERFOOD and eat whatever you like.