

Live, Natural, and Good Quality

The quality of the food eaten affects the degree of well-being experienced.



Only natural, wholesome food can produce the degree of health that brings people of mind and enjoyment of life.

The properties of natural nutrients are best described by these words: *live, natural, good quality*.

- **Live:** it still contains live enzymes, such as fresh fruit, vegetables, and sprouts.
- **Natural:** unprocessed, unrefined foods such as whole grains and legumes.
- **Good Quality:** grown in soil rich in essential nutrients such as organically grown foods (pesticide free and grown without synthetic fertilizers).

These simple words can serve as a guide to everyone wishing to improve their health.