



## ONCE UPON A TIME THERE WERE 3 LITTLE PIGS

The first little pig built his house out of **STRAW**.



And the wolf came along and huffed and puffed (a little bit) and blew his house down.

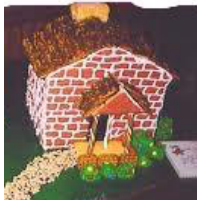
And ... that was the end of the first little pig. 🐷

The second little pig built his house out of **STICKS**.



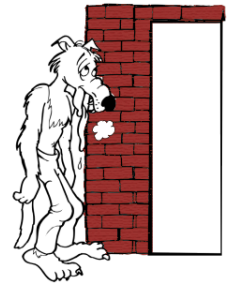
And the wolf came along and huffed and puffed (a little longer), and blew his house down.

And ... that was the end of the second little pig. 🐷 🐷



The third little pig built his house out of **BRICKS**.

And the wolf came along and huffed and puffed but he could not blow that house down.



So he decided to come down the chimney.

But the third little pig could **STILL THINK!!**



He put a pot of water on to boil, and when



the wolf came down the chimney the third little pig had wild caught wolf stew.

**Moral of the story: BUILD YOUR HOUSE OF BRICKS**

As we build our bodies, what is the difference between straw, sticks and bricks?



## Straw and Sticks



## Some Nutrient Dense Bricks



Most processed commercial fast food	Meals made fresh with love and gratitude
Transfat, processed hydrogenated margarine	Butter, virgin coconut oil, org animal fat
Processed seed oils, corn, cotton canola, soy	Org seeds, cold-pressed virgin oils
Sugar, HFCS, (processed and GMO)	Unheated honey, soaked unsteamed dates
Processed toxic sugar substitutes	Unprocessed fresh or dried stevia leaf
Heat/pressure processed GMO grains	Org heirloom soaked/sourdough, often GF
Genetically modified/altered seeds	God's heirloom seeds in mineral rich soil
Foods with processed artificial ingredients	Real unprocessed food, no additives
Processed petrochemical artificial colors, flavors	Real colors and flavors from food
Processed MSG	Real gelatinous mineral rich bone broth
Factory farmed animals	Pastured animals fed their natural org diets
Processed soy meat substitutes	Pastured organic organ meats
Processed canned vegetables, produce	Fresh and cultured veggies, sauerkraut
Processed iodized salt	Unprocessed salt from clean sources
Factory farmed GMO/soy fed Poultry	Pastured, rotated, org fed poultry, eggs
Conventional chemically grown veggies, fruit	Organic, biodynamic veggies, fruit
Factory, grain fed, GMO ultrapasteurized dairy	Pastured, organically raised raw dairy
GMO grain fed, colored farmed fish	Wild caught smaller fish, low on food chain
Heat, pressure, chemically treated processed food	Clean, nutrient dense raw food
Sugary/diet chemical soft drinks	Lactofermented pop, kombucha, kefir, beet kvass
Processed cod liver/fish oil, real A & D removed	Fermented, unprocessed cod liver/oil