

Call our HealthQuest Radio Hotline at 1-800-794-1855 to get your FREE 21 Page Copy of our

Comprehensive Elimination Diet

Our "**Comprehensive Elimination Diet**" is a program designed to clear the body of foods and chemicals you may be allergic or sensitive to, and at the same time, improve your body's ability to handle and dispose of these substances.

Guidelines include removing certain foods and food categories from your diet. These modifications allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again.

These dietary changes help the body eliminate or "clear" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol or cigarette smoking.

We have found this process to be generally well tolerated and extremely beneficial.

Included in the packet:

- ✓ *Introduction to the Menu Plan*
- ✓ *Diet Guidelines – Foods to Include and Foods to Exclude*
- ✓ *Diet Shopping Checklist*
- ✓ *7-Day Menu Plan*
- ✓ *Recipes for the 7 Day Menu*
- ✓ *Food Introduction Response Chart*
- ✓ *Substitutions and Alternative Foods*

Just ask for "The Packet"