



Healthy Living FUN & EASY!

LESS OF...

- * Acidic Drinks & Acidic Water
- * Meats, Poultry and Fish
- * Dairy Products & Eggs
- * Fried Foods
- * Processed & Refined Foods
- * Anything that turns to Sugar
- * Caffeine, All Soda & Alcohol
- * Ingredients you Cannot Pronounce
- * Negative Thoughts, Words and Deeds

MORE OF...

- * Ionized Alkaline Water (Kangen preferred)
- * Organic Green Foods, Juices & Shakes
- * Live Organic Whole Foods
- * Good Omega 3, 6 & 9 Oils
- * Organic Minerals & Whole Food Supplements
- * Exercise / Movement (Walk, Yoga, Rebound)
- * Stay Regular and Keep Your Colon Clean
- * Detox to Eliminate Toxins & Parasites
- * Positive Thoughts, Words and Deeds

" If we give the body what it needs to come back into balance the body can heal itself ... " Dr. Robert O Young

For FREE RECIPES, Recommended Reading, Community Links and awesome tips on how to make "Healthy Living FUN & EASY", visit Donna's Blog at <http://www.DonnaFranklin.com>

Shopping Recommendations:

Healthy Alkaline Water: <http://www.KangenMiracleWater.com>

Vitamix with FREE shipping: <http://secure.vitamix.com/?coupon=06-005215/>

Fruits & Veggies: <http://www.DonnaFranklinJuicePlus.com>

pH Balanced Organic Coffee: <http://energyforlife.organogold.com>

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