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How you can improve your health and memory.

It is very important to **stop consuming toxins** that destroy your health.

The following list are brain excite-o-toxins that **destroy brain cells**.

Avoid MSG. It is a flavor enhancer used in many processed foods and goes by several names to disguise it. Do the research.

Avoid Aspartame! It is toxic no calorie sweetener contained in soda pop and diet drinks.

Sucralose, Splenda are toxic sweeteners.

Diacetyl used to imitate butter in prepared popcorn.

Aluminum used in baking powder, many cosmetics, & deodorants, cookware, and more.

Mercury in tooth fillings and some vaccines.

Florine, Fluoride in drinking water and toothpastes.

Bromine in bakery products.

Some Toxic Oils: Seed oils: corn, peanut, safflower, canola, and soy. Cooking makes them worse. These are high in Omega 6 oils. Avoid Margarine and hydrogenated oils. The more foods you fry, the sooner you die.

Some Good Oils: Organic Virgin Coconut oil. Can withstand high temperatures. Extra Virgin Olive oil best not cooked or very low temperatures. Grass Fed Ghee oil. Can with stand temperatures to 495 degrees.

Good Oils: Grass Fed Butter. Cook at low temperatures only.

Supplement Oils: Salmon Oil, Tuna Oil, Cod Liver Oil, Fermented Cod Liver Oil, Omega 3 oils.

Avoid These Sweeteners: Avoid all White Sugar as much as possible. High Fructose Corn Syrup It is abundant and cheap.

Good Sweeteners in moderation:

Raw Honey, Maple Syrup, Coconut Sugar.

Do Eat: Cage Free Eggs, organic meats, Non GMO Organic fruits & vegetables.

Eat food that will rot but eat it before it rots.

For building your immunity you need Vit. D, A, C, & Zinc,

Magnesium is good for 700 functions in your body and heart.

Many people are deficient in Iodine. See the iodine books by Dr. Brownstein at Amazon.

Go to www.mercola.com for daily reports and quality supplements.

[www. Lifeextension.com](http://www.lifeextension.com)