

Upgrade Your Lifestyle!

Check the boxes each month that way you can keep track of your progress

What To Upgrade	January	February	March	April	May	June	July	August	September	October	November	December
Organic Coffee and Apples- More Chemicals are in commercial brand coffee then any other food that comes to America, also apples are the most toxic fruit on the dirty dozen list.												
Organic Butter and Cheese- These have a high fat content and they have a high amount of hormones or whatever toxins are bein fed to the cow if it is not organic												
Kale, Speroch, Letteuce to Organic												
No Corn (oil, Syrup) That is GMO only non-GMO												
No Soy (oil ProteinThat is GMO only non-GMO												
Go to Sucenut/ Stevia or cane/coconut surgar for your sweetner - NO white sugar, Upgrade your sweetner choices												
Switch Salt to Redmond/Himalyen/ Celtic- Get some info in Back to Basics												
Do a Parasite Cleanse												
No Red/yellow/Blue Dye in candy, food, vitamins												
Start taking a whole food Mutivitamin												
Add Probiotics or enzymes												
Avoid Processed and Fast food												
Remember you should take baby steps switching each of these don't rush yourself.												



Back to Basics
 1307 S. Heaton ~ Knox Mall ~ Knox, IN 46534
 574.772.2345 ~ 574.772.5996
www.BackToBasicsOrganics.com