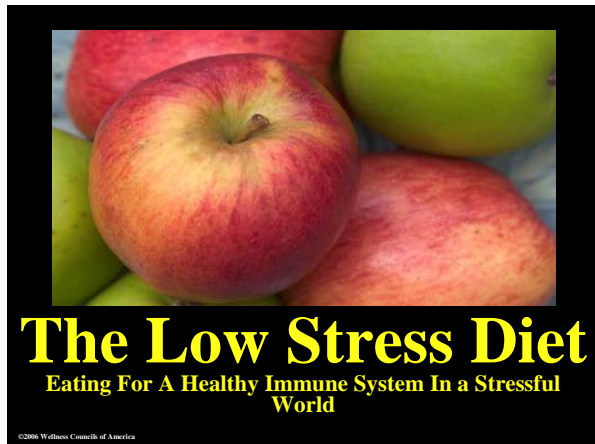
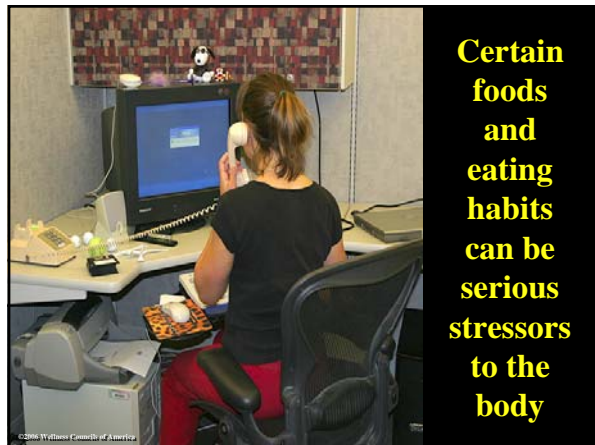
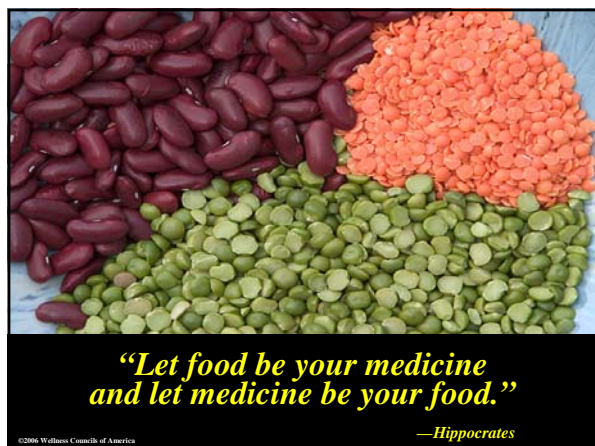


The Low Stress Diet:

Eating For A Healthy Immune System In a Stressful World







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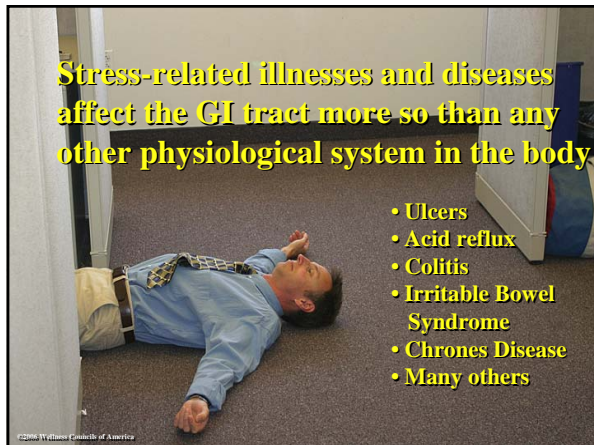




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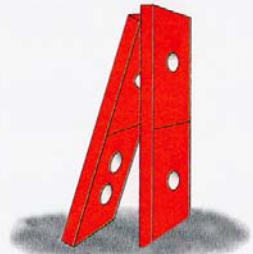
Depletion of Nutrients

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Domino #1

Vitamin C
B-Complex

Magnesium
Calcium
Potassium
Zinc
Copper



Poor Eating Habits


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Domino #2

Vital nutrients
are not replaced
with stress-prone
eating behaviors

Reasons:

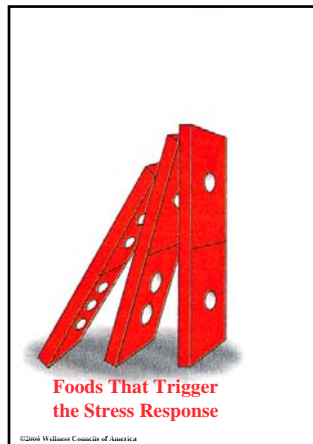
- lack of time
- processed foods
- junk foods
- comfort foods
- lack of food variety
- lack of moderation
- other reasons



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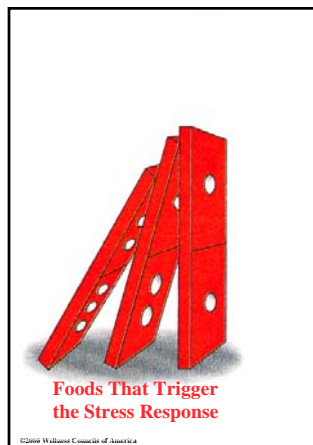
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Domino #3

Stressed people typically eat foods that promote the stress response



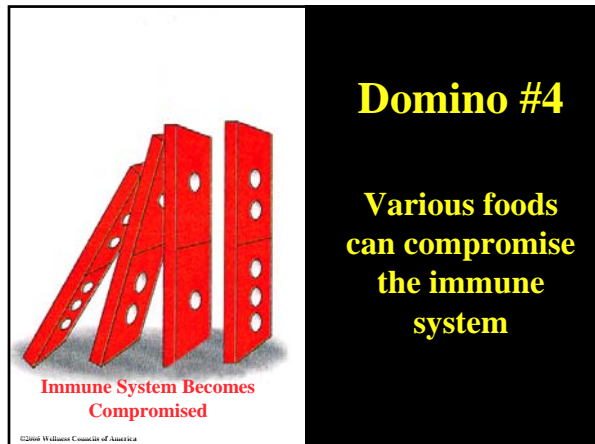
Domino #3

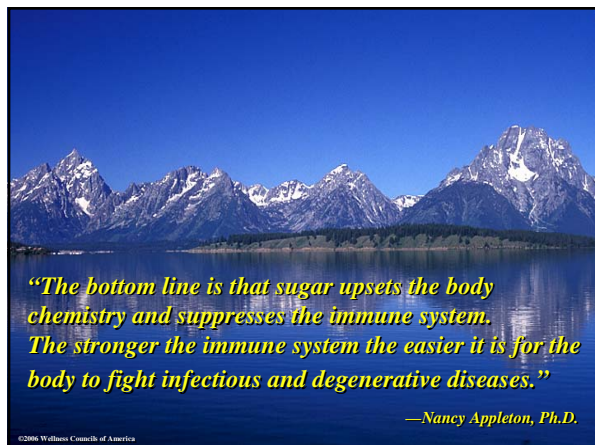
- Refined Sugar
- Processed Flour
- Salt
- Caffeine
- Various Synthetic Chemicals*

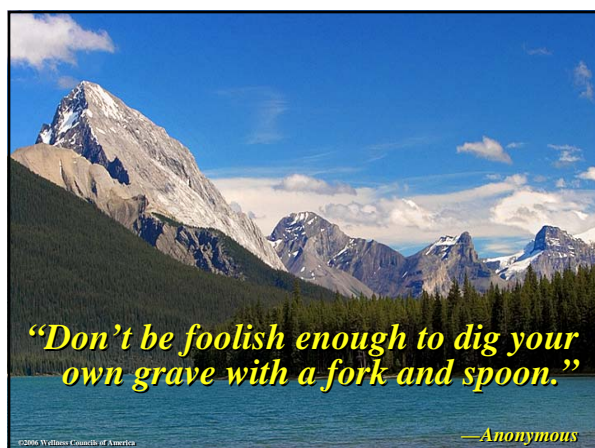


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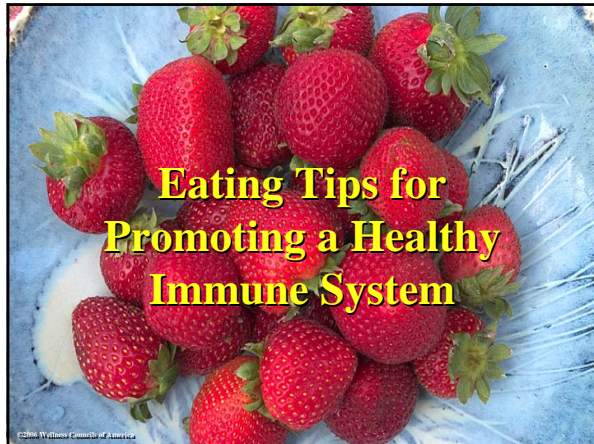






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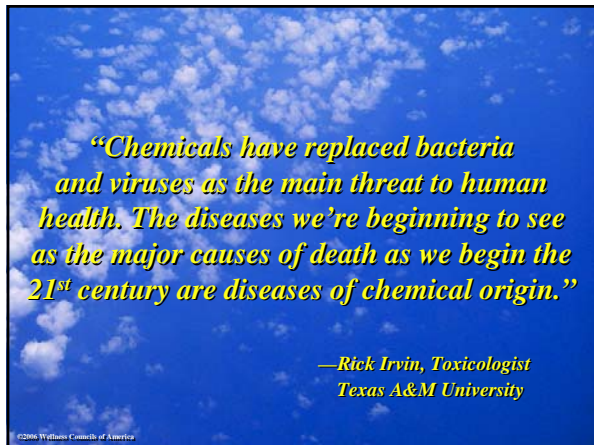




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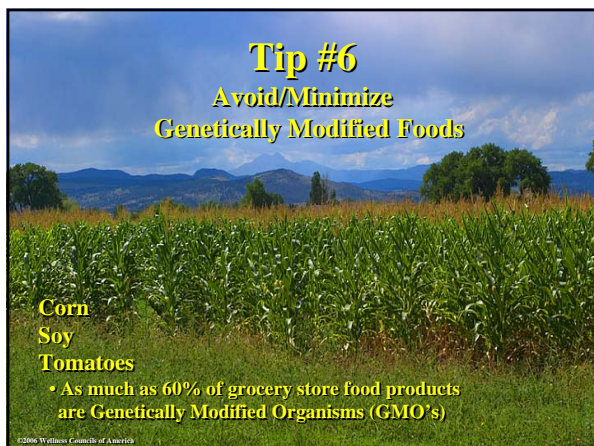


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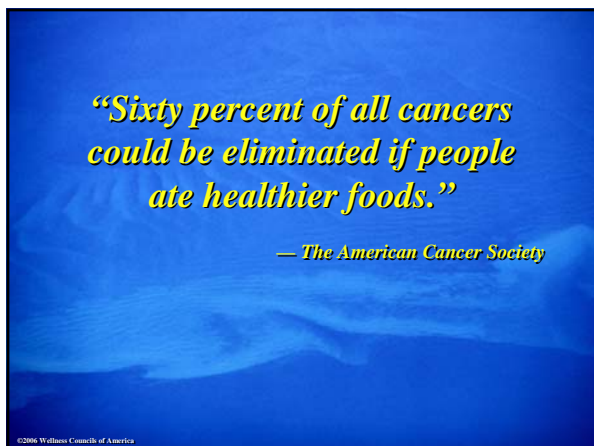


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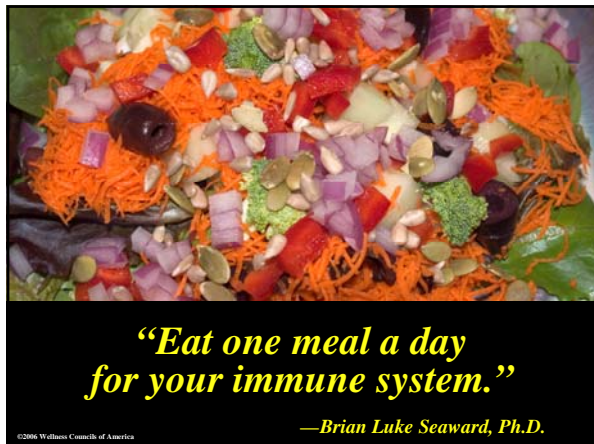


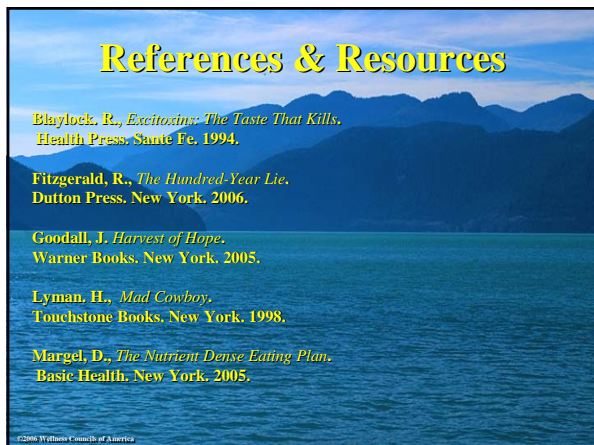


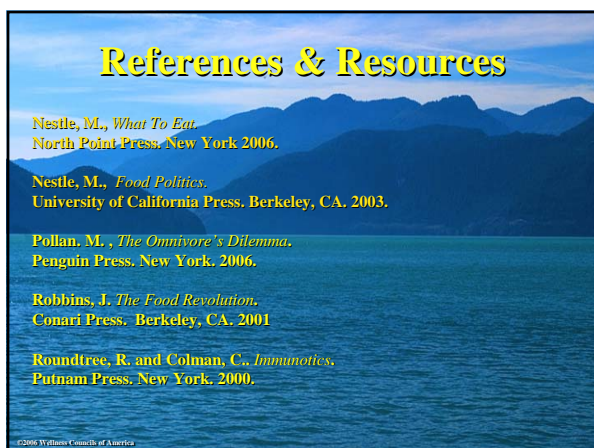


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