

# FOUNTAIN OF YOUTH NATIONAL HEALTH INITIATIVE



\*Eat and drink whatever you want  
Except the 7 deadly sins

*Sugar*  
*Salt*  
*Animal Fat*  
*Caffein*  
*Nicotine*  
*Alcohol &*  
*Packaged Processed Food*

\*Earn your food with exercise

SMALL PRINT: CAUTION - THIS WILL CHANGE YOU IN 3 MONTHS & YOU MAY NOT LIKE THE NEW YOU