

# Heart Attack

## **Suggested Dietary Changes:**

- High fiber diet – vegetarian is best
- No red meat, salt, sugar, white flour, fried foods, coffee, black tea, colas, other stimulants
- Fast 3 days a month to cleanse and detoxify

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*