



The Keys to Reducing Exposure to POPs Cheat Sheet

Here are two simple, natural steps, which you will be able to use immediately to reduce your exposure to POPs, increase your energy and lose excess belly fat as your cells start to use fat for energy instead of sugar.

Step 1: Cut down on meat and dairy and eat only local, organic fruits and vegetables.

Why?

By choosing organic foods, you can reap the health benefits of fruits and vegetables without exposing yourself and your family to potentially harmful chemicals.

If you are on a budget and need to prioritize your organic purchases, then I would suggest staying away from buying the 12 conventional fruits and vegetables that have the most pesticide residues, also known as the “Dirty Dozen”.

The Dirty Dozen

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes



Step 2: Cut out all the flour and sugar from your diet.

My Recommendations:

- Read labels carefully. If sugar or flour are among the first three ingredients, it is probably not a good option.
- Be aware that words appearing on the label, such as sucrose, glucose, maltose, lactose, corn syrup, or white grape juice concentrate, mean that sugar has been added.
- Use natural sweeteners such as stevia or xylitol instead of sugar.

Why?

This is what the “monster” (belly fat) feeds on. And if you cut off it’s food supply, it will start to shrink.

Foods with “Hidden” Sugar or Flour

- Barbeque sauce
- Fruit yogurt
- Chinese takeout
- Pasta sauce
- Energy drinks
- Instant oatmeal
- Salad dressing
- Breakfast cereals
- Coleslaw
- Bottled teas
- Ketchup
- Frozen meals
- Bread
- Soups
- Alcohol
- Packaged fruits
- Baked beans
- Bacon