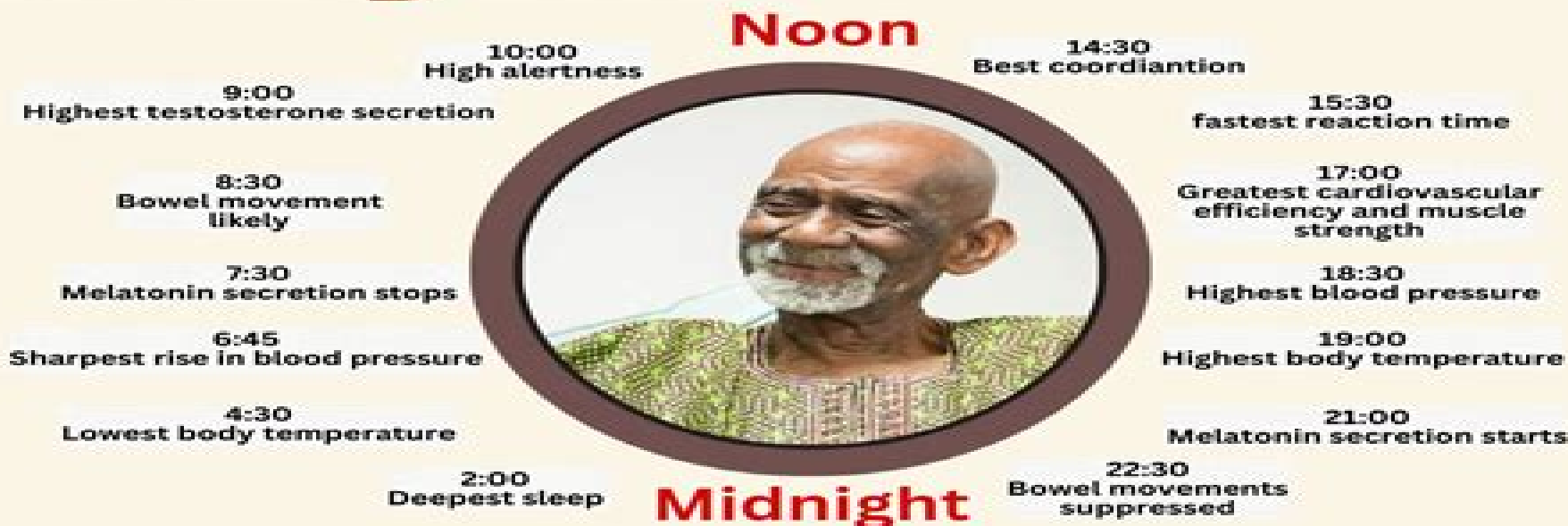


# Laws of Eating In Rhythm

## Your Body's Biological Clock



### 5-12 Noon



Fruits, herbs,  
and water to  
help the  
body flushes  
and cleanse  
out waste

### 12-3 pm



Vegetables at noon to  
replenish the cells and feed  
the body minerals.  
chlorophyll, melanin, and  
carbon

### 3-8 pm



In the evening  
more solid  
foods can be  
eating, but no  
eating after  
8pm



ALKALINE VEGAN LIVING  
EAT • DRINK • THRIVE

# Natural Laws Of Healthful Living The Bio Nature Health Rhythm Program

**Y Pai**



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