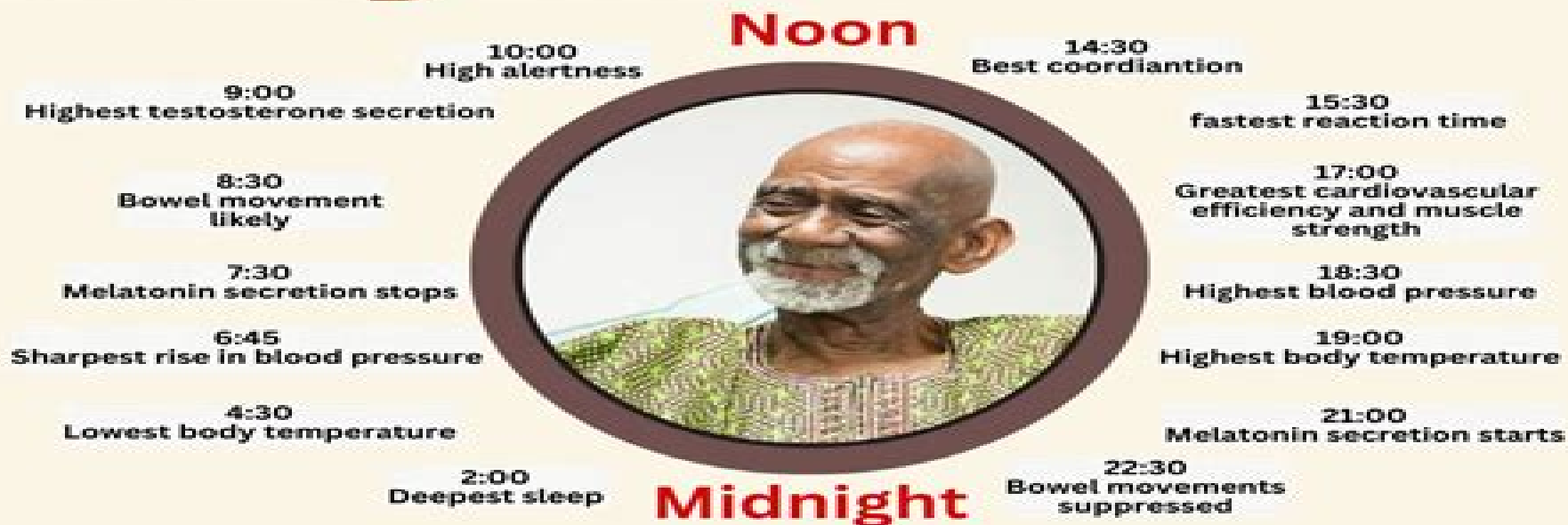


Laws of Eating In Rhythm

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

Mark Steyvers



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

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