

PURE & NATURAL
Homeopathy

REAL FOOD, Real You!

Eat food. Not ingredients. Your body will thank you!

Let's keep it simple, tasty, and nourishing! 

EAT THIS

NOURISHING FOODS THAT LOVE YOU BACK



HEALTHY MEATS

Chicken, turkey, fish, wild salmon, grass-fed beef, venison, bison, lamb.

Protein power for strong bodies and happy moods!



VEGGIES

Color your plate! Load up on leafy greens, broccoli, peppers, zucchini, carrots, mushrooms, sweet potatoes and more.

Nature's vitamins with zero side effects!



FRUITS

Berries, apples, bananas, citrus, kiwi, pineapple, mango – sweet treats straight from nature.

Yes, fruit IS dessert. You're welcome!



GOOD FATS

Avocados, olive oil, nuts, seeds, and coconut. Fuel for your brain, hormones and that happy glow!



REAL FOOD = REAL ENERGY

When you eat real, whole foods, your body thrives, your mind clears, and your mood soars!

SKIP THIS

PROCESSED FOODS THAT DON'T LOVE YOU BACK



PACKAGED & PROCESSED FOODS

If it comes in a box, bag or wrapper with a long list of ingredients you can't pronounce... put it back.



SUGARY DRINKS & SNACKS

Soda, energy drinks, candy, pastries... they may taste amazing, but your body pays the bill later.



REFINED CARBS

White bread, white rice, crackers, cookies, and everything made with "enriched flour."



ARTIFICIAL EVERYTHING

Artificial colors, flavors, sweeteners and preservatives – your body has no idea what to do with these!



OVERLY PROCESSED MEATS

Hot dogs, deli meats, chicken nuggets, sausage, bacon (in excess) – not your best friends.



If it didn't come from nature, it doesn't belong on your plate. 

SHOP THE OUTSIDE OF THE STORE!

The fresher, the better! Stick to the perimeter of the grocery store where you'll find real food:

- ✓ Produce
- ✓ Meats & Seafood
- ✓ Dairy & Eggs
- ✓ Frozen Fruits & Veggies
- ✓ Nuts & Seeds

BONUS POINTS

Shop at farmers markets, local butchers, and health food stores. Your body (and local farmers) will love you for it! 

YOU'VE GOT THIS!



Small changes = big results. Start where you are.



Perfection is not the goal. Progress is!



Your body is amazing. Give it what it needs and watch it thrive!

You're not dieting – you're choosing to feel **AWESOME!** 

"Let food be thy medicine and medicine be thy food."
– Hippocrates



PURE & NATURAL HOMEOPATHY 

Rooted in Nature. Trusted in Care. 

Jenifer Oliverius, RN • Homeopathic Practitioner

www.pureandnaturalhomeopathy.com



EAT REAL. LIVE WELL. BE YOU! 