

Special Foods!

An Investment in Health

Not compromising on foods at all!

Not compromising on environment at all!

Not compromising on time at all!

The underlying cause of most chronic health problems is an overworked immune system bombarded by food and chemical sensitivities. Individuals need to begin and continue the slow, steady and continual improvement in immune function that makes complete recovery a very real possibility.

Safe Foods + Optimal Environment + Time = RECOVERY!

Although rotation diets are not new, it is the combination of **expanded rotation of only well tolerated food families and hypoallergenic environment** and allowing **enough time** for the body to heal, that is critical. This represents the important difference between long-term gradual worsening of health, and experiencing the dramatic, wondrous surge in health that accompanies the elimination of symptoms and makes eventual complete recovery possible.

Many individuals have successfully used the ***SF Comprehensive Intervention Program*** over the last 20 years. Although the possibility of total recovery is not commonly encountered elsewhere regarding food allergies and chemical sensitivities, we are proud that so many who have followed the ***SF Comprehensive Intervention Program*** have recovered and gone on to their careers without having to give a further thought to their foods or environment. And the children? Well, they just grow up!

I remember a frantic call from a mom who had worked so hard with her son. She called, worried about her son, who was eating standard 'teenage' foods away from home. When asked, she realized that absolutely no symptoms were occurring and absolutely no indications of possible symptoms were occurring nor had been occurring for months. I was pleased to remind her, that this was the moment she had been working toward since he was five years old, when he had been so severely ill with extensive food allergies and chemical sensitivities!

There is only one way we know of to fully recover from food allergies and sensitivities -- plan for it, and prioritize for it! No one who compromises (I can't afford it, I don't have time ...so I'll just do what part I can) has ever recovered fully.

In order to meet the immune system needs and bring the body to a better state of health, all three factors are needed at once. – No compromises on food, on environment or on time

Commit the time, effort, and finances together, as an **investment in your health**. It will pay you back many times over in terms of dramatically improved health, ability to function at home, at school, at work, ability to maintain a job, and dramatically reduced costs for medications that never addressed all of the symptoms anyway!