Food FiXR Guy pdf’s Organized - Vector data to draw from

Heart Disease

[Examine Fat Loss supplement guide](https://docs.google.com/document/u/2/d/1qbDgAKD8DghVK5lX_FfTUCLSkWI7wP5NQqVNPwDGxYQ/edit)

[Examine supplement-guide-cardiovascular-health](https://docs.google.com/document/u/2/d/1jTalcG5zMqjMQZ_vk-WjSgiDBF0ZgvzCxG2SvBr3SC8/edit)

[Acid \_ Alkaline Foods List](https://docs.google.com/document/u/2/d/1MC-lE-udq4rh2HsEkp9rY1FC_XlIGQUyNUKLn5MGx7M/edit)

[Macros - macronutrient perfect ratios](https://docs.google.com/document/u/2/d/1to30N6M4R0HF3_z2qgANIR83iP0klqswYeuuMEmc2-M/edit)

[Foods high in omega-3 fatty acids](https://docs.google.com/document/u/2/d/1M4LbtrkIO2wIpqX0-0vEeVNPJMyvG8oKZL-F7OpEhZk/edit)

[Glutathione\_Foods\_Guide](https://docs.google.com/document/u/2/d/1EuKH8HqV0shJNPB2rVfj9eKleOVylwBE2HWSnynBo28/edit)

[Nitric\_Oxide\_Foods\_and\_Brands](https://docs.google.com/document/u/2/d/1570koi-bOElfXA9Hs9IWr0tRc6i5LREPQEa2Wf0kjTg/edit)

[Foods high in Selenium and Vitamin C](https://docs.google.com/document/u/2/d/1p3uQ5xueRpjS3uvplM1cBthxxz2v8wwOJGPHhTKXOwo/edit)

Alpha\_Lipoic\_Acid\_Guide\_v3

Book - Coconut Ketogenic Diet by Bruce Fife

Beef - pasture-raised and organic products

Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Diabetes

Examine Diabetes supplement guide

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

Foods reducing A1C levels

comprehensive list of high magnesium vegan foods + brands

Book - The Art and Science of Low Carbohydrate Living

Book - Coconut Ketogenic Diet by Bruce Fife

Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Obesity

Examine Fat Loss supplement guide

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

Foods\_That\_Stimulate\_GLP1\_Premium

comprehensive list of high magnesium vegan foods + brands

Nitric\_Oxide\_Foods\_and\_Brands

Foods high in Selenium and Vitamin C

Book - The Art and Science of Low Carbohydrate Living

Book - David Ludwig’s Always Hungry\_ Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently Book - Coconut Ketogenic Diet by Bruce Fife

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Cancer

Examine Immunity supplement guide

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

comprehensive list of high magnesium vegan foods + brands

Alpha\_Lipoic\_Acid\_Guide\_v3

Foods high in omega-3 fatty acids

Full spectrum of B vitamins in foods + brands

Glutathione\_Foods\_Guide

Nitric\_Oxide\_Foods\_and\_Brands

Foods high in Selenium and Vitamin C

Foods high in detoxifying compounds

MarthaT\_Book\_Scientific\_Research\_Ketogenic\_Fasting\_Cancer

More Scientific detail about cancer and fasting Book - Coconut Ketogenic Diet by Bruce Fife

Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Gut Health

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

comprehensive list of high magnesium vegan foods + brands Foods high in detoxifying compounds

Book - The Art and Science of Low Carbohydrate Living Book - Coconut Ketogenic Diet by Bruce Fife

Common food allergens and additional potential triggers Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Brain Health

Immunity

Pain & Inflammation

Stress & Anxiety

New Injury

Injury Prevention

Pre-Op prep

Post-op repair

Athletic Peak Performance

Products/Brands

Chicken pasture-raised and organic products Beef - pasture-raised and organic products Pork - pasture-raised and organic products Meijer organic animal products categorized by species

All Food FiXR Guy pdf’s

[Examine Diabetes supplement guide](https://docs.google.com/document/u/2/d/13PWm2cM1KAnZX_-vrOuQ17CRU3pLoplK5QCEf8mrfMM/edit)

[Examine Fat Loss supplement guide](https://docs.google.com/document/u/2/d/1qbDgAKD8DghVK5lX_FfTUCLSkWI7wP5NQqVNPwDGxYQ/edit)

[Examine Brain memory and focus](https://docs.google.com/document/u/2/d/1MobgS4XDCcRj4X4BDmcFrVyIkQprqsdvySc7mIJ2Uzc/edit)

[Examine Immunity supplement guide](https://docs.google.com/document/u/2/d/1l7a-R84yMhws9hciuX4D9vrFkScKyMS3Ucx7rrpJvD0/edit)

[Examinesupplement-guide-cardiovascular-health](https://docs.google.com/document/u/2/d/1jTalcG5zMqjMQZ_vk-WjSgiDBF0ZgvzCxG2SvBr3SC8/edit)

[Examine Stress Anxiety supplement guide](https://docs.google.com/document/u/2/d/1Hzn1esh2Ec8-4yp1jMY0imXqakxikyqjKIEGAexnx-8/edit)

[Examine Brain mood and depression](https://docs.google.com/document/u/2/d/1VTm5-R6uC8p9EFxbR9R1K6YqAr7E4K6y1v-M_sJcmVI/edit)

[Food Preferences and Lifestyles](https://docs.google.com/document/u/2/d/1OWqwb2SDfcSYrGmP58_SKCVyQOwUiMM6LwRQLl13bb4/edit)

[Acid \_ Alkaline Foods List](https://docs.google.com/document/u/2/d/1MC-lE-udq4rh2HsEkp9rY1FC_XlIGQUyNUKLn5MGx7M/edit)

[Macros - macronutrient perfect ratios](https://docs.google.com/document/u/2/d/1to30N6M4R0HF3_z2qgANIR83iP0klqswYeuuMEmc2-M/edit)

[Low glycemic index foods list](https://docs.google.com/document/u/2/d/1iBPvM0zo7M2dXeq8aqXNsMHhG64YhiUfkwvAwM2cOXY/edit)

[Comprehensive list dopamine and serotonin repair](https://docs.google.com/document/u/2/d/1vz6DYyNDq54fX_0aLIqEmw9JbNbMKFTRd9XhG1-10Pc/edit)

[Cortisol Damage and Reversing with Food](https://docs.google.com/document/u/2/d/1vM9BhEV5CIZAubH2wIUy23o9TXmpfYjfa5LVAVDKE48/edit)

[Foods reducing A1C levels](https://docs.google.com/document/u/2/d/1Lui9Eb6B13MXWhIhNCZysJqm_WAm3hrJhaalrq2wAxw/edit)

[Foods\_That\_Stimulate\_GLP1\_Premium](https://docs.google.com/document/u/2/d/1H6aU8VL6O0xlgp-t5G7aOILx1kNe50Xmb3oz57zYUhM/edit)

[comprehensive list of high magnesium vegan foods + brands](https://docs.google.com/document/u/2/d/1PMWhfwr_KH0S-CzkaFHwtaY-3Y046Xs-VD5HibvN5Eo/edit)

[Adrenal Support Foods + Organic Brands](https://docs.google.com/document/u/2/d/1LyBBMI_0YFZhYwuRveTzXgY3hlZBhdYGtEtiae1_eX4/edit)

[Alpha\_Lipoic\_Acid\_Guide\_v3](https://docs.google.com/document/u/2/d/1XsLwm8Giw16i6eHS5kj8Obn0osJr9tuRKzp_bvxq1Fs/edit)

[Foods high in omega-3 fatty acids](https://docs.google.com/document/u/2/d/1M4LbtrkIO2wIpqX0-0vEeVNPJMyvG8oKZL-F7OpEhZk/edit)

[Full spectrum of B vitamins in foods + brands](https://docs.google.com/document/u/2/d/1G5ScBU7TfuQCxNXMqMQROD_zAd0Aw2wb_rRf6J8Mzp8/edit)

[5-HTP and Tryptophan foods + Brands](https://docs.google.com/document/u/2/d/1X-36RV9z-VJD51n9xJqblapcEtDxrWsjbSvjhlSiQlc/edit)

[Common food allergens and additional potential triggers](https://docs.google.com/document/u/2/d/1oYfy_0ZMCmCpsKQAT03rePUzEVdZnVE0DvSkxa_NPaw/edit)

[Glutathione\_Foods\_Guide+Brands](https://docs.google.com/document/u/2/d/1EuKH8HqV0shJNPB2rVfj9eKleOVylwBE2HWSnynBo28/edit)

[Nitric\_Oxide\_Foods\_and\_Brands](https://docs.google.com/document/u/2/d/14xLukUCW-dyW2nQzmWJXCYp27OSyTGGJzJ383mU_7ag/edit)

[Foods high in Selenium and Vitamin C](https://docs.google.com/document/u/2/d/1p3uQ5xueRpjS3uvplM1cBthxxz2v8wwOJGPHhTKXOwo/edit)

[Foods high in detoxifying compounds](https://docs.google.com/document/u/2/d/1FUK354LxeZSS7-uwQQ4gl6Jc9JhftPpjlFIvouCEhtY/edit)

[Book - The Art and Science of Low Carbohydrate Living](https://docs.google.com/document/u/2/d/12UX_us6pxJ2_nQr2WomahaewHNkl1Sk65pZP5xGY9pg/edit)

[Book - Martha T Hacking Cancer](https://docs.google.com/document/d/1DUu_YoevMABWDE10F5HoxGqck9X3MPv9Uj3sYt1V_bc/edit?usp=sharing)

[More Scientific detail Martha T about cancer and fasting](https://docs.google.com/document/u/2/d/1zWoUa22lWzpULDcvOaLQ-xyO8KO7ZeJsCbHADmxYl0w/edit)

[Book - David Ludwig’s Always Hungry\_ Conquer Cravings, Retrain Your Fat Cells, and Lose Weight permanently](https://docs.google.com/document/u/2/d/1Vtu6RfmgjhF8w_c7ygiXqgKx8b43a1OUDnOTRdz8vpQ/edit)

[Book - Coconut Ketogenic Diet by Bruce Fife](https://docs.google.com/document/u/2/d/1eudOxdJIRpr9VFnbfc3AN2YD1NRdMMzQFlbroErVooI/edit)

[Book - Dr. Dale Bredesen’s The End of Alzheimer’s](https://docs.google.com/document/u/2/d/1egPwV_lheyRlBFBWSnJSP8v6vHfa-N-Tl9YRVSOaCxo/edit)

[Chicken pasture-raised and organic products](https://docs.google.com/document/u/2/d/1WrBhDqSACF4zTuFd0tfyX7hPY3nu-U9FT-cT32NHPUc/edit)

[Beef - pasture-raised and organic products](https://docs.google.com/document/u/2/d/1aXWdbCLy10HcN0Q7zvfne7DJNBLq64OM0WD2O63ZhpQ/edit)

[Pork - pasture-raised and organic products](https://docs.google.com/document/u/2/d/1A_OeiO3IAMjudi9Pkk_x9c4leHiO81poixYmNDCmfdQ/edit)

[Meijer organic animal products categorized by species](https://docs.google.com/document/u/2/d/1IX41UPuHlQf1ixpMsBkXm6otmBrEmhoZqlmh_iikW2A/edit)

[Benefits of CoQ10\_FoodsList\_Brands](https://docs.google.com/document/u/2/d/1UiJHNnM74eABfYkDcYc6ohEteVumErUSwriRdIoE4Rg/edit)

[Probiotics and Prebiotics + Brands](https://docs.google.com/document/u/2/d/13Uu6SHP8gA-ZzyDSsnCrU4pVt8ap0Xqb8JxCe_P7fcM/edit)

[Slay The 5 Villains - Trans Fats](https://docs.google.com/document/u/2/d/1F1WTA3BQWkVrFNgV9JJ_s8HtPK833_eZDVa_0UMFPu0/edit)

[Slay The 5 Villains - Excitotoxins](https://docs.google.com/document/u/2/d/1waL6F0Oc7PAgBNpblYzANJ7fA3EuWx6jVkSJR30_Ym4/edit)

[Slay The 5 Villains - Corn](https://docs.google.com/document/u/2/d/12YQJK9IPHaxgzEwKafgDdyvFDKB8k1gniB5aJ2LpcKI/edit)

[Slay The 5 Villains - Sugar](https://docs.google.com/document/u/2/d/1RVQnQkMRNp9n_D7S_JcZnq0AHv_vk1dS3I7tfJJU_dk/edit)

Slay The Villains - GMO’s

[Comprehensive Fat Burning Foods + Brands](https://docs.google.com/document/d/10bSB_EvnqBYJIkOY5sbnozkLXfVp28f3W7s_Ih3dCt4/edit?usp=sharing)

[Timing, Portions and Food Combining](https://docs.google.com/document/u/2/d/1IYhvtkip00XzjMeQ9rnzYnr7Nf2sNaPlM-3DuMqofiU/edit)

[Lymphatics, Lymphnodes and foods to repair](https://docs.google.com/document/d/1Q6VCmf6rzNVNdhLIhMUz-P2yBW4gjjaKlaiOi5vjR4Q/edit?usp=sharing)

[Wound healing & Tissue repair Biochem + Foods](https://docs.google.com/document/d/1VCHWKvvKsMd-RbVMKAC_gWYOBE4n-zis7a60w82J1vI/edit?usp=sharing)

[Pre-Op Biochem + Foods](https://docs.google.com/document/d/1b7sjb4yjzIUyVGq6778vmESRFsDxSCu2O-hRu2hKW_Q/edit?usp=sharing)