

GODS PHARMACY



"Life Coaching For Your Individual Greatness"

4636 Lebanon Pike, PMB #251
Hermitage, TN 37076-1316

Internet: one80turn.com
Email: one80turn@comcast.net

DISCLAIMER

All material provided in this document is provided for informational or educational purposes only.

Consult your physician, or other health care professional, regarding the applicability of any opinions or recommendations with respect to your capability, symptoms, medical and/or psychological condition. Do not proceed if your professional health care provider(s) advise against it.

You should not rely on this information as a substitute for, nor does it replace, conventional medical or behavioral health care advice, diagnosis or treatment. Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read in this document.

The use of any information provided in this material is solely at your own risk.

TABLE OF CONTENTS

<u>Section</u>	<u>Page</u>
1.0. ABOUT ONE 80 TURN, LLC	3
2.0. DOCUMENT INFORMATION.....	3
2.1. Description	
2.2. Objectives	
2.3. Suggested Users	
3.0. GODS PHARMACY.....	4
4.0. SOURCES	7

ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on fruits and vegetables, is taken from various internet sources and has been widely circulated on the internet and in emails. It is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about fruits and vegetables and the associated internal organs they help nourish.

2.3 Suggested Users






Any person desiring to increase their knowledge about fruits and vegetables as they make choices for their individual nutrition/exercise needs/requirements.




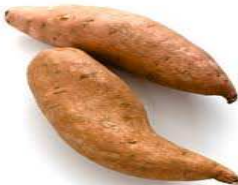


GODS PHARMACY

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, and made animals and fish. All of this before making a human. He made and provided what we would need before we were born.

God left us great clues as to what foods have the ability to help certain parts of our bodies. When you first look at them, it is pretty safe to say that you never noticed the pattern of how particular foods look like specific body organs, but it is true. These fruits and vegetables are best and more powerful when eaten raw. However, raw kidney beans are unpalatable and may contain toxic compounds only removable by cooking.

There is no "hard scientific evidence" behind God's Pharmacy, it is simply a fun way to remember to eat healthy!

	<p>A sliced CARROT resembles the human eye. The pupil, iris and radiating lines look just like the human eye and, yes, science now shows carrots greatly enhance blood flow to and function of the eyes.</p>
	<p>A TOMATO has four chambers and is red. The heart has four chambers and is red. Research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food. Tomatoes can help prevent heart disease, prostate cancer and breast cancer. Tomato juice can also reduce the tendency toward blood clotting.</p>
	<p>GRAPES hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and research indicates grapes are also profound heart and blood vitalizing food that help prevent heart disease and reduce platelet clumping and harmful blood clots.. The stronger the color of the grape is, the higher the concentration of phytonutrients.</p>
	<p>A WALNUT looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function. Research suggests that walnuts may reduce the risk or delay the onset of Alzheimer's disease. The high concentration of omega-3 fats in walnuts promotes healthy brain function.</p>
	<p>KIDNEY BEANS actually heal and help maintain kidney function and, yes, they look exactly like the human kidneys. Kidney beans contain molybdenum, which helps sulfite oxidase to form and is responsible for detoxifying sulfites.</p>

	<p><u>CELERY, BOK CHOY, RHUBARB</u> and many more have a bone like appearance. These foods specifically target bone strength and assist in replenishing the skeletal needs of the body. Celery is rich in silicon and vitamin K, which are needed for healthy joints and bones.</p>
	<p><u>AVOCADOS, EGGPLANT and PEARS</u> target the health and function of the womb and cervix of the female and they look like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how interesting is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).</p>
	<p><u>FIGS</u> are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well as assisting in overcoming male sterility.</p>
	<p><u>SWEET POTATOS</u> look like the pancreas and actually balance the glycemic index of diabetics.</p>
	<p><u>OLIVES</u> resemble ovaries and may help reduce hot flashes in women going through menopause. Research indicates that olive oil may reduce ovarian cancer by 30%.</p>
	<p><u>ORANGES, GRAPEFRUIT,</u> and other <u>CITRUS FRUITS</u> look like the mammary glands of the female and contain nutrients that are helpful in the fight against breast cancer.</p>



ONIONS look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **GARLIC**, also helps eliminate waste materials and dangerous free radicals from the body.

SOURCES

1. <http://www.livestrong.com/article/85806-foods-can-eat-raw-diet/>
2. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=87>
3. <http://www.wholefoodandmore.net/2008/07/gods-pharmacy.html>
4. <http://www.youtube.com>