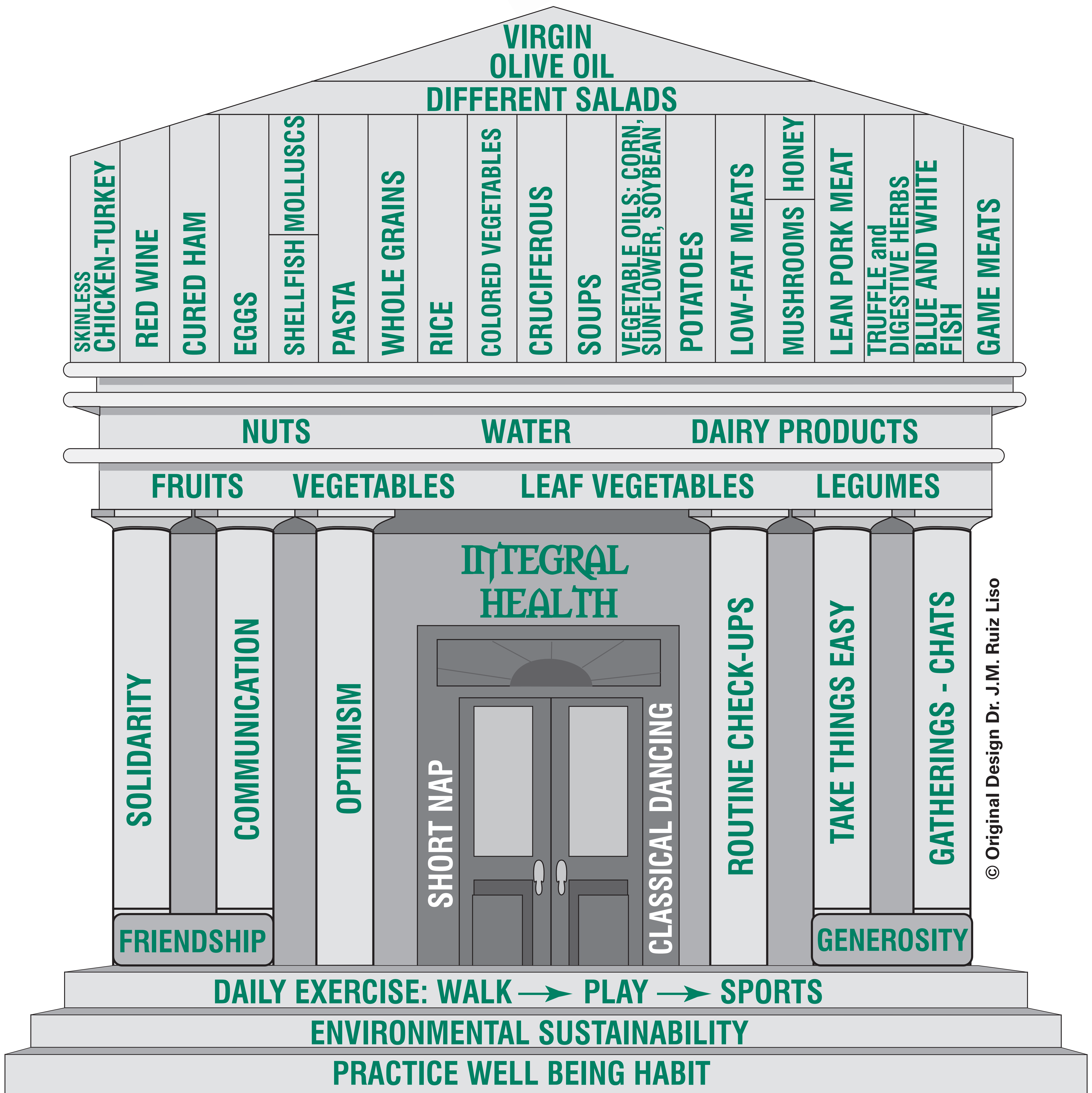


# TEMPLE OF HEALTH

## BASED ON THE MEDITERRANEAN DIET



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- 1.- CHEW FOOD SLOWLY
- 2.- HAVE BREAKFAST DAILY
- 3.- MAKE MEALS IN COMPANY
- 4.- AVOID CONVENIENCE AND FRIED FOOD AND JUICE BOXES
- 5.- YOU CAN EAT ANYTHING MODERATELY, AND SOME THINGS IN SMALL PORTIONS FROM TIME TO TIME.