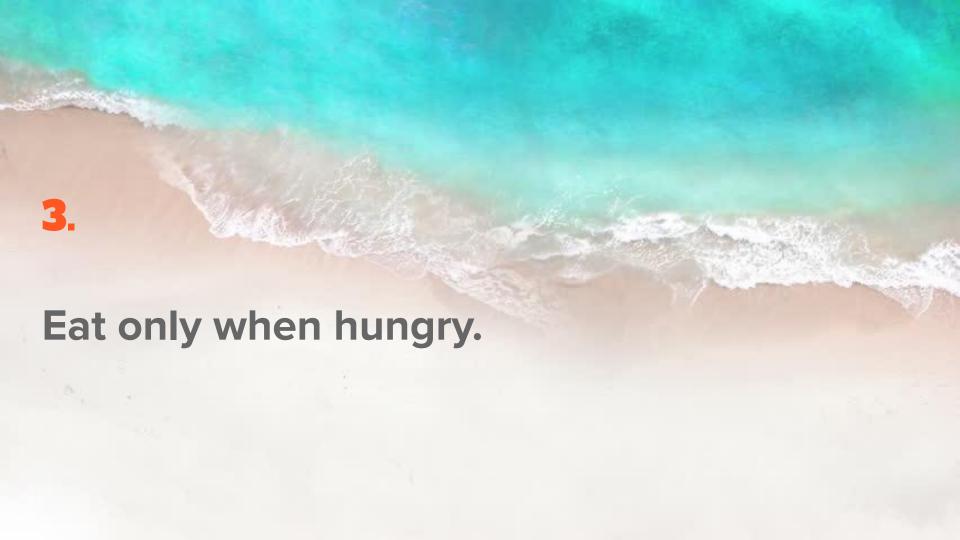
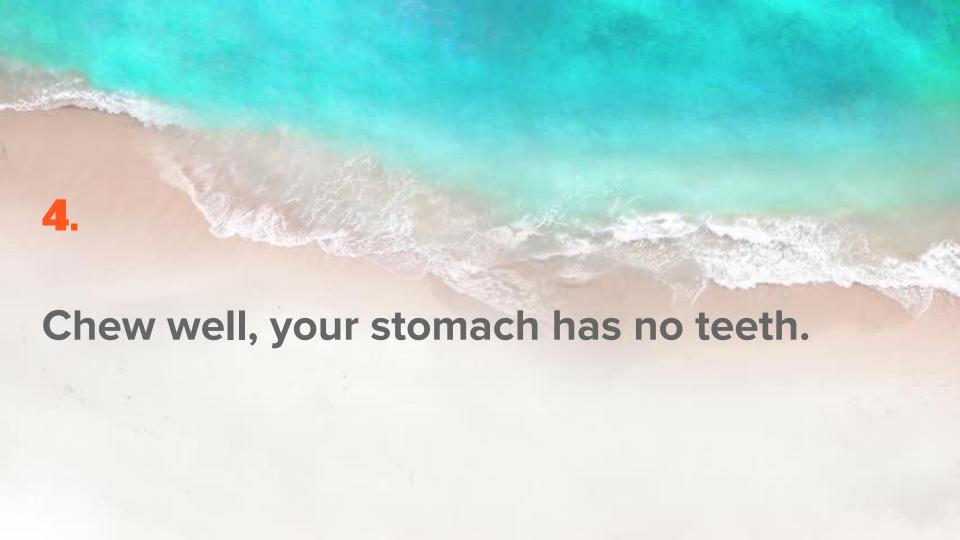
10 GUIIDELINES TO HEALTHFUL DIGESTION & ELIMINATION

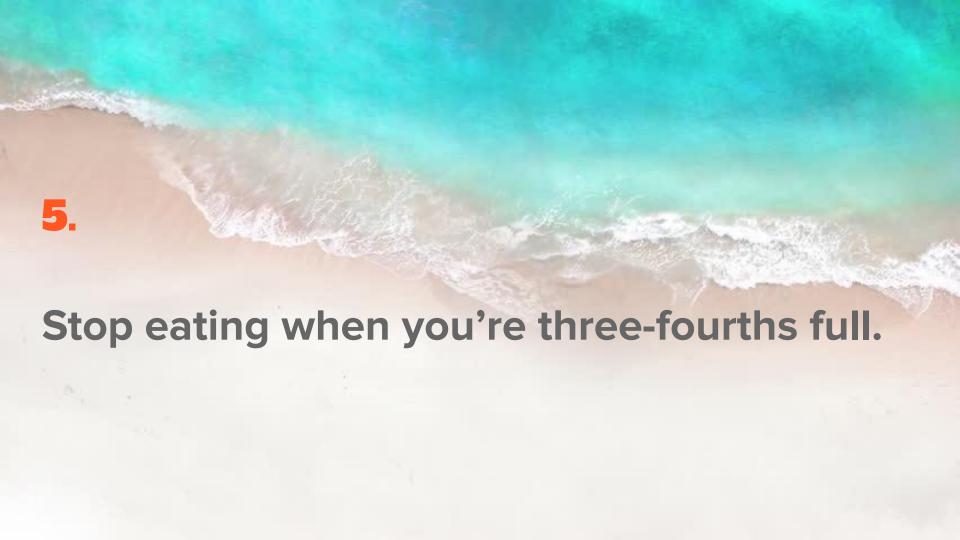


2. Avoid snacking between meals, and eat

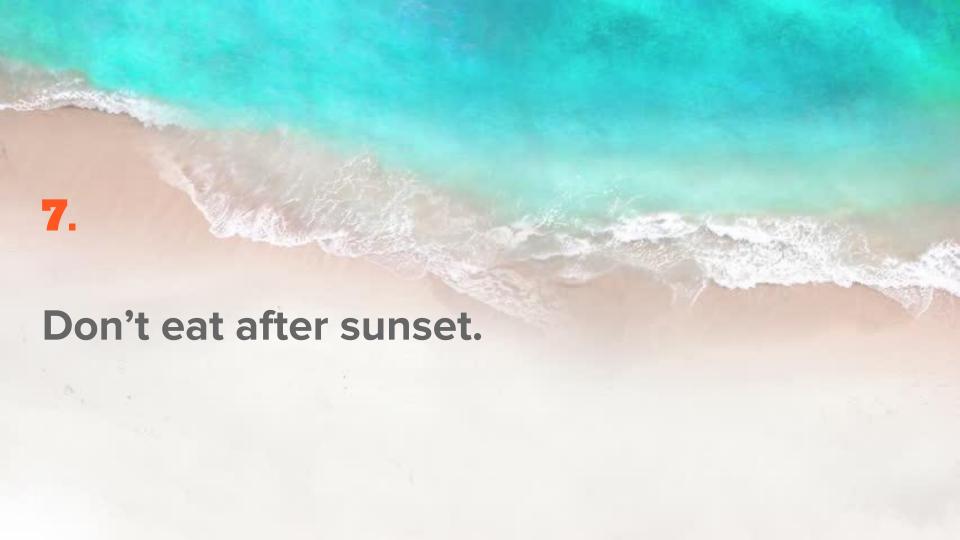
fewer meals.





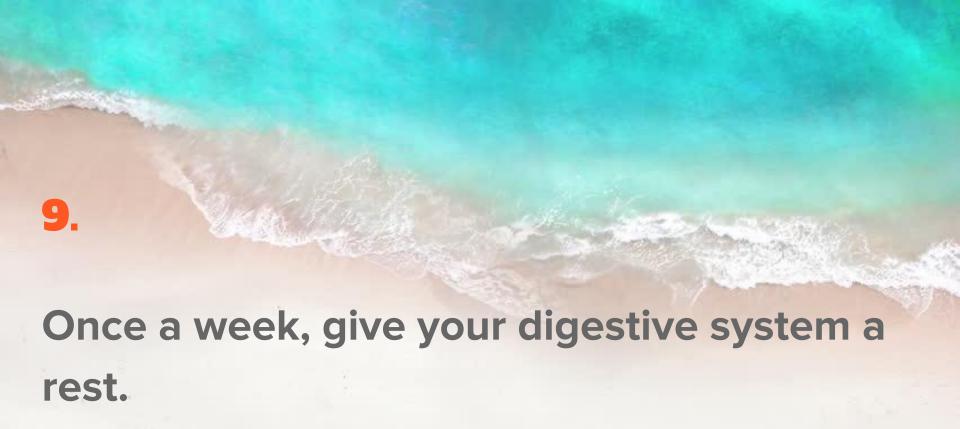








hours.



10.

If you can't digest it and eliminate it, don't eat it.