



infinity
wellness center

Discover and heal with The Infinity Way™

Highly Acidic Foods – Remove 1-2 of these foods per week if you are not ALREADY OFF THEM

- **White Sugar**
- **Gluten**
- **Soybean**
- **Processed Flour**
- **Beer**
- **Soda**
- **Jam/Jelly**
- **Yeast**
- **Fried Foods**
- **Coffee**
- **Aspartame**
- **Pork**
- **Alcohol**
- **Corn**
- **Tomato**