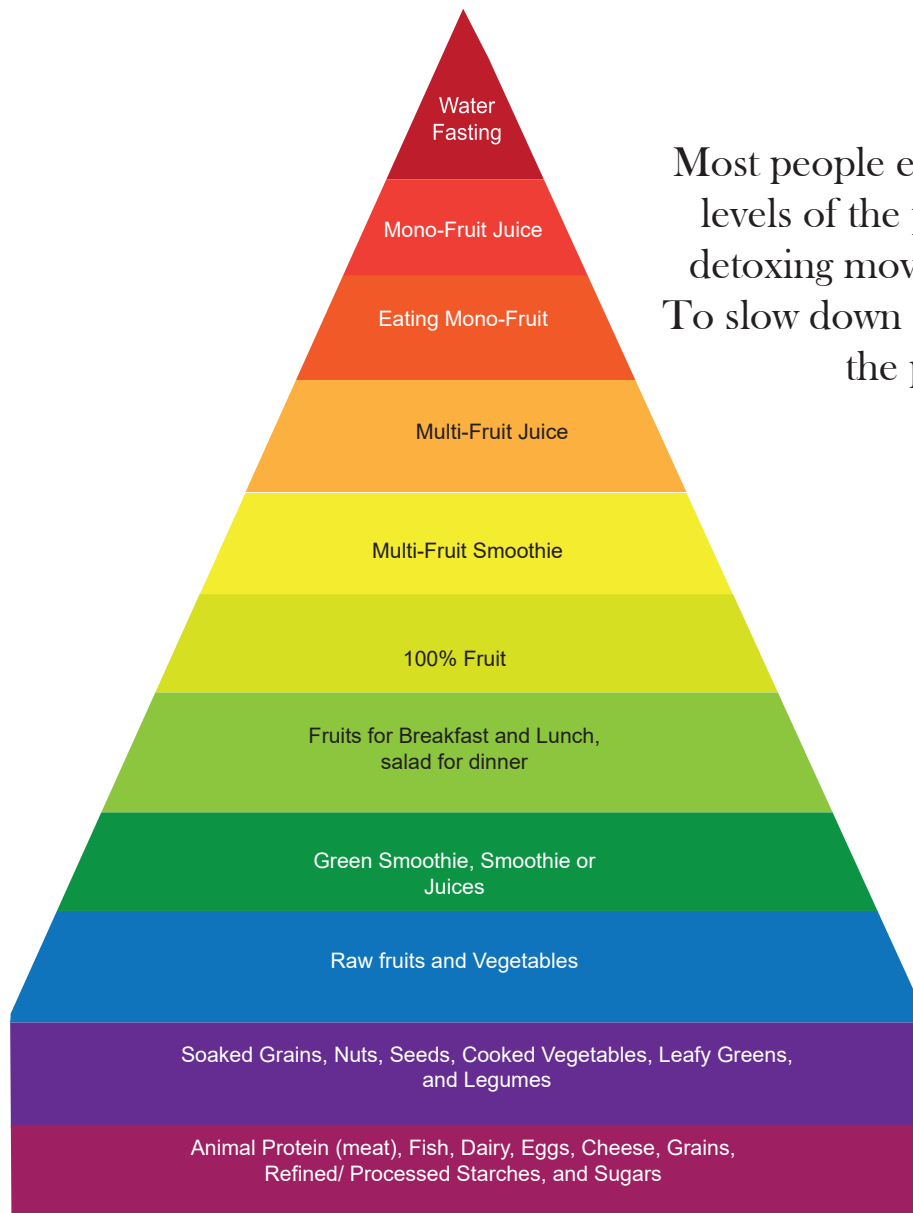


DETOX PYRAMID



Most people eat at the two lowest levels of the pyramid. To start detoxing move up the pyramid. To slow down a detox move down the pyramid.