

# The MindBodyHerbs Shoppers Guide Magnet

Available for purchase. Simply email [Info@MindBodyHerbs.com](mailto:Info@MindBodyHerbs.com)

## The MindBodyHerbs Shopper's Guide

*Most Important Foods to Buy Organically*

Meat/Eggs/Dairy  
Strawberries  
Stone Fruit  
Baby Food  
Grapes  
Melons  
Bell Peppers  
Apples/Pears  
Coffee/Cocoa



Imported Produce  
Soy/Canola  
Potatoes  
Corn  
Rice  
Celery  
Peanuts  
Leafy Greens  
Processed Food

For More Information Visit: [www.mindbodyherbs.com](http://www.mindbodyherbs.com)

David Caruso-Radin – [info@mindbodyherbs.com](mailto:info@mindbodyherbs.com) – 510-684-0926 - Illustration by: Rosalie Fanshel