

# Food as your Farm-acy



**Food for thought:**

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**I want to remember:**

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**I can change:**

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**I am willing to release:**

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**Strategies I can use:**

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*The doctor of the future will give no medicine, but will interest his patients in the care of the human body, in diet, and in the cause and prevention of diseases.*  
*Thomas Edison*

**-The NutriMentor-**

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