

*... a rare volume to use in the fight against fungal and autoimmune disease.*

“I had breast cancer that the mammo-gram didn’t pick up—stage 3 by the point it was diagnosed. I went on the diet full fledged and my life has changed dramatically.”

- Alice H., northwestern Wisconsin

I can conscientiously assert I never lived so well as under the new plan of diet... . I am very much better both bodily and mentally and pleased to believe that I hold the reins of health and comfort in my own hands. ... It is simply miraculous and I am thankful to Almighty Providence for directing me... .”

- William Banting, 1863  
as quoted in  
*William Banting: The Father of the Low-Carbohydrate Diet*  
by Barry Groves, Ph.D.



*LifeChange Living - A Plan for Health!*

Contact us today:

Beverly Thornhill Hunt, Ph.D.  
LifeChange Living  
Thornhill Hunt Publishing  
P. O. Box 223824  
Dallas, TX 75222-3824  
info@lifechangeliving.com  
www.LifeChangeLiving.com



*Experience  
the diet concepts  
that can  
change  
your outlook,  
your health,  
your life.*

*All items in the list below contribute to detrimental fungal activity within your body:*

- mass cultivation of foods
- modern food storage practices
- overuse of antibiotics
- consumption of refined carbohydrates such as sugar, wheat, corn, and potatoes

The battle to achieve and maintain a balanced immune system is vital to personal health. Our goal is to give you the right weapons to use in your fight. You can use the antifungal diet to prepare delicious, health-restoring meals ~ to know which foods must be strictly avoided, which can be used in moderation, which can be used freely—and how to use them well!



I pulled the Raspberry Flax Seed Muffins from the Website. They're great. I love them!  
- Alice H., northwestern Wisconsin



The dietary approach offered in *The LifeChange Cookbook* is a departure from the average American's relationship to food. This switch to healthier eating habits will take determination and a shift away from items found in today's typical Western cupboard or refrigerator.

Take heart! You can *enjoy* your return to good health!

## *The LifeChange Cookbook*

is over 250 pages of meal plans, shopping tips, tutorials, and, of course, recipes ~ over 200 of them. You'll not only learn how to start down this life-altering pathway but how to stay on it toward your destination of restored health and vitality.

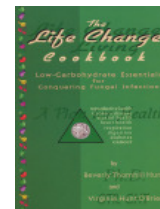
### *Chapters include:*

- ~ Learning a New Way to Think about Food
- ~ New Thinking about Shopping
- ~ The *LifeChange* Diet
- ~ A Beginning Shopping List
- ~ A Sample Week of *LifeChange Living*
- ~ Vegetables, Soups, and Side Dishes
- ~ Salads
- ~ Condiments and Dressings
- ~ Main Dishes
- ~ Breads
- ~ Desserts and Snacks
- ~ Beverages
- ~ Processes, Sources, Tips, and Tools



All this and much more is available to you right now.

Order your copy today.



Order Form for

## *The LifeChange Cookbook*

Two ways to get your copy:

1. Use your credit card to order from our Web site:  
**www.LifeChangeLiving.com**
2. Complete the form below, detach it along the fold, and return it with your check made payable to **Thornhill Hunt Publishing**  
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Texas residents: please add \$2.06 tax.

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