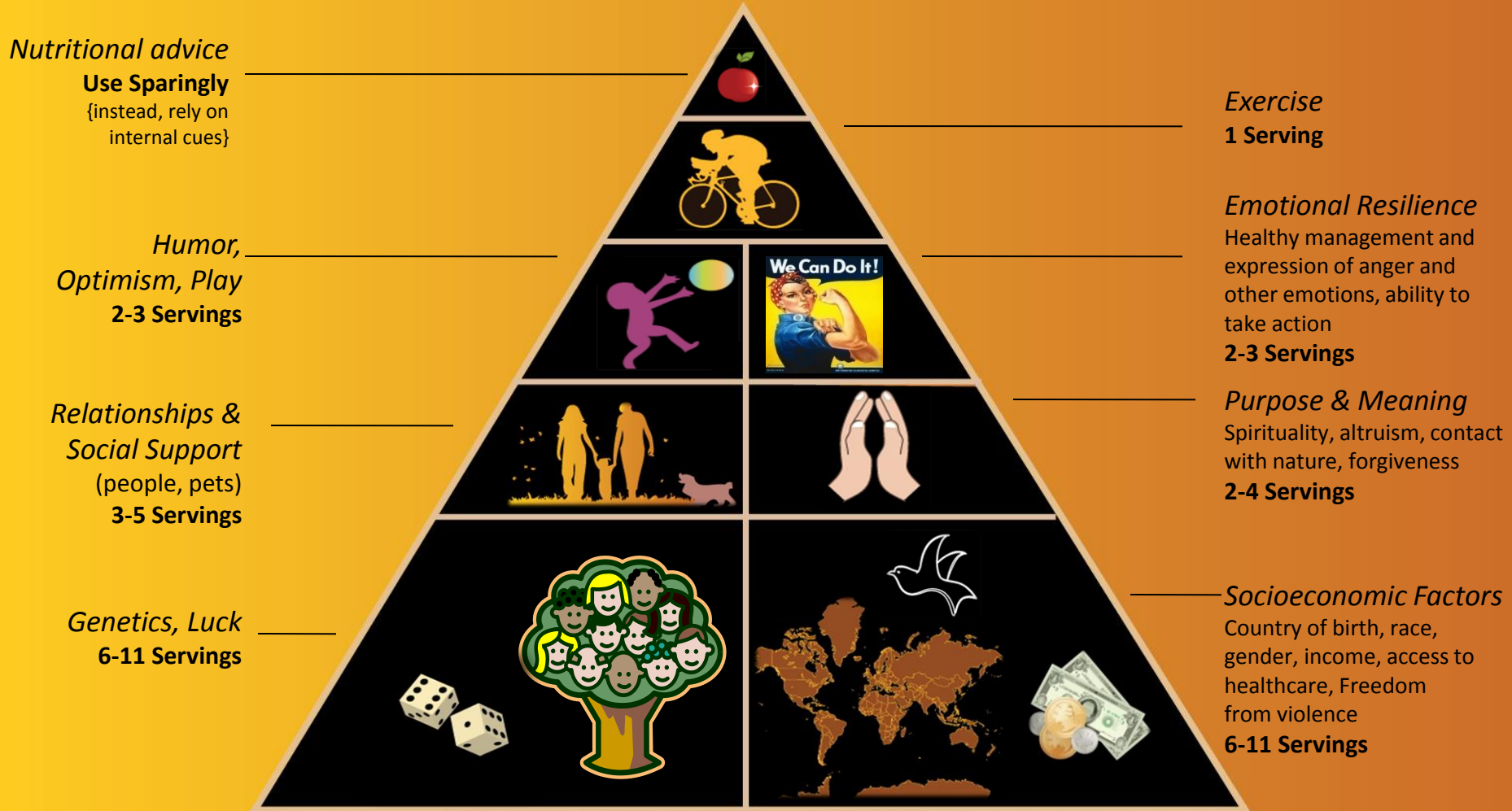


# THE "FOOD FOR THOUGHT" PYRAMID

How to REALLY enhance your health - Laura McKibbin, LICSW

[www.food-for-thought-pyramid.com](http://www.food-for-thought-pyramid.com)



Sources: Dean Ornish, Jon Kabat-Zinn, Bernie Siegel, The Buddha, Gloria Steinem, Viktor Frankl, Glenn Gaesser, Mother Teresa, Martin Seligman, Jesus of Nazareth, Jon Robison, Larry Dossey, Jean Baker-Miller, the World Health Organization, my Mom, your gut intuition.