



Resilience Through Food

Join pediatrician and integrative health expert Dr. Michelle Perro with Saladmaster Nutritional Instructor Marlowe Bassett for a powerful, practical event on how to build robust immune resilience as we approach the winter respiratory season through everyday foods.

#### Topic:

You'll learn how toxicants, soil health, gut ecology, and nutrient density shape immunity at every age and how simple shifts in the kitchen and cookware can transform long-term wellbeing. Following the lecture, watch the magic in the Saladmaster Kitchen for a food demo where you'll see immune-supportive dishes prepared using clean, organic, nutrient-preserving cooking techniques. Of course, you will get to enjoy the immune boosting menu!

**RSVP NOW** 

#### **Dr Michelle Perro**

Pediatrician and integrative health expert



SUNDAY DECEMBER 7TH 2025.



FROM 11:00 AM TO 01:00 PM



LOCATION: WINDSOR SALADMASTER 5803 SKYLANE BLVD, STE A1 WINDSOR, CA 95492

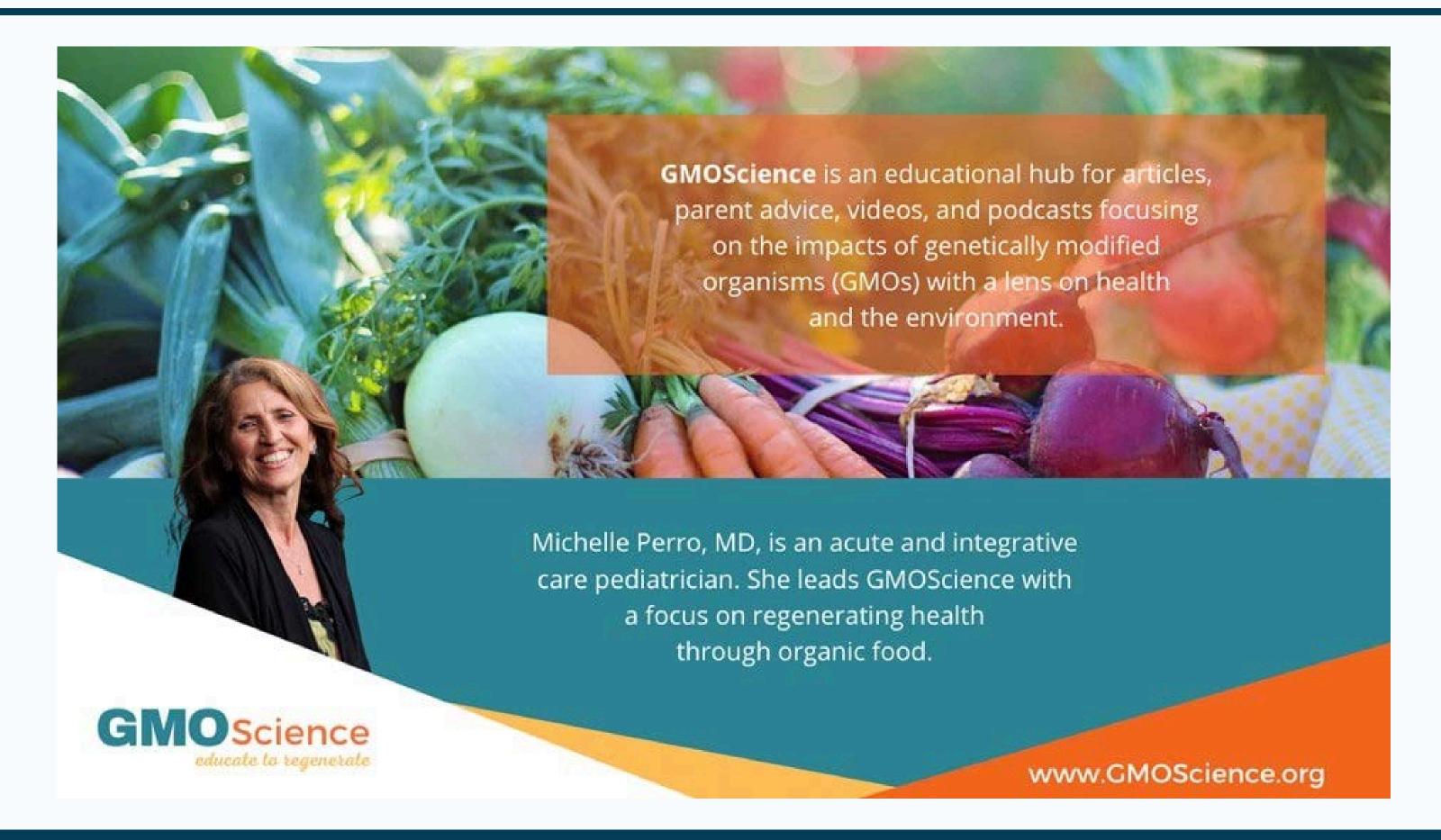
Questions? Please contact Dr. Michelle at info@gmoscience.org.

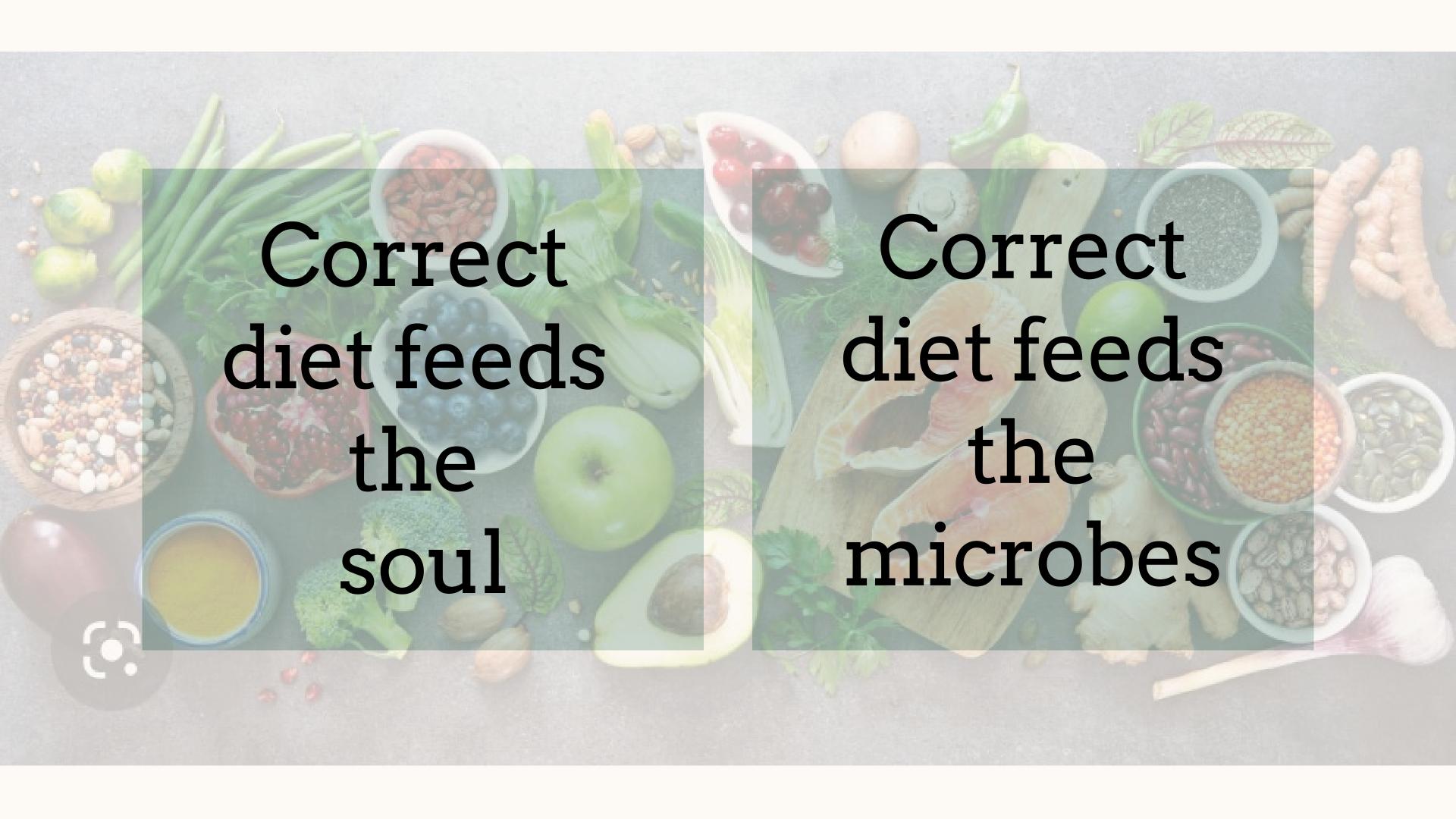
# Nourish to Flourish: Presentation Outline

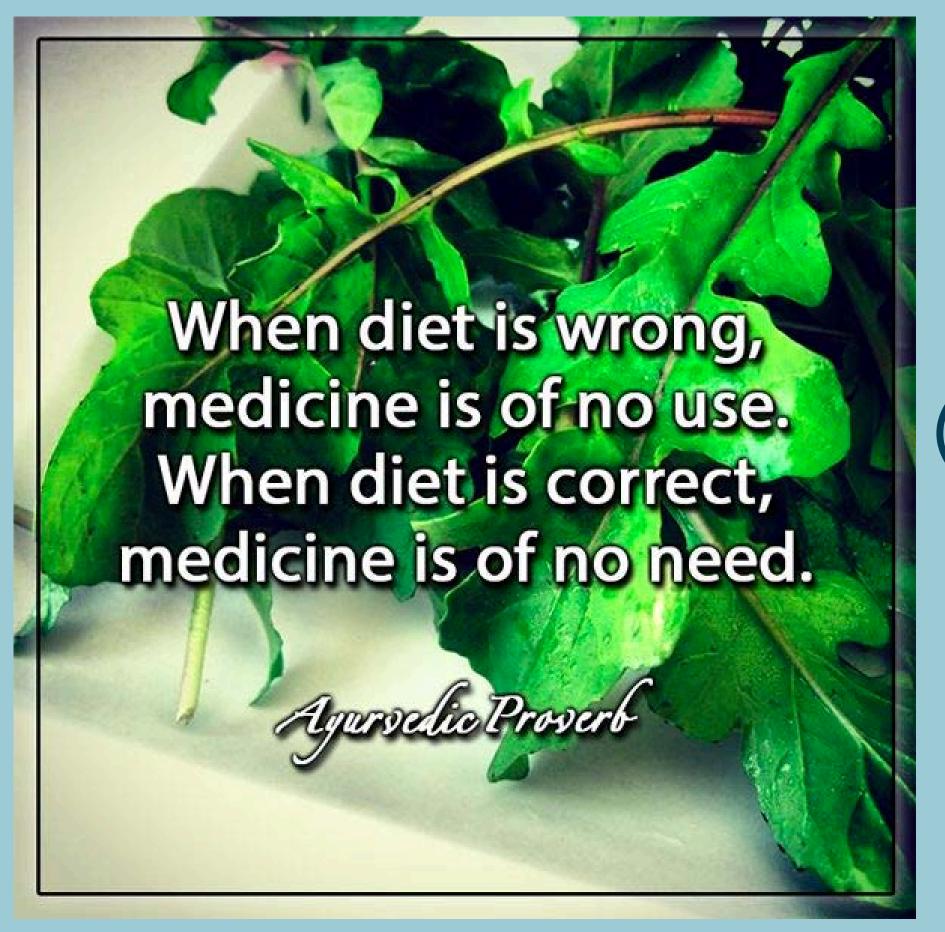


# Creating Immune Resilience

- 1. What's in your food?
- 2. Links to your health?
- 3. Why Saladmaster?
- 4. Menu planning with a focus on immune health
- 5. Think FLOSN: Fresh, Local, Organic, Seasonal, Nutritious.







Perro's Pearls:
Change the SAD
(Standard American Diet)
to the HAD
(Happy American Diet)

#### **GMOS AND THEIR ASSOCIATED HERBICIDES**

#### GENETIC TRAITS EXPRESSED IN GMOs IN THE U.S.

APPLE Genetic Traits Non-browning Uses: Food



POTATO
Genetic Traits
Reduced Bruising
and Black Spot
Non-browning
Low Acrylamide
Blight Resistance
Uses: Food



#### FIELD CORN Genetic Traits

Insect Resistance Herbicide Tolerance Drought Tolerance

#### Uses:

- Livestock and poultry feed
- Fuel ethanol
- High-fructose corn syrup and other sweeteners
- Corn oil
- Starch
- Cereal and other food ingredients
- Alcohol
- Industrial uses

# CANOLA Genetic Traits Herbicide Tolerance Uses: Cooking oil, Animal feed





#### SOYBEAN

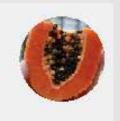
Genetic Traits In sect Resistance Herbicide Tolerance

#### Uses:

- Livestock and poultry feed
- Aduaculture
- Soybean oil (vegetable oil)
- High oleic acid (monounsaturated fatty acid)
- Biodiesel fuel
- Soymilk, soy sauce, tofu, other food uses
- Lecithin
- Pet food
- Adhesives and building materials
- Printingink
- Other industrial uses

#### RAINBOW PAPAYA Genetic Traits

Disease Resistance
Uses: Table fruit



#### COTTON

Genetic Traits In sect Resistance Herbicide Tolerance

Uses: Fiber, Animal feed, Cotton seed oil



#### SUGAR BEET

Genetic Traits
Herbicide Tolerance
Uses: Sugar, Animal feed



#### **SWEET CORN**

Genetic Traits
Insect Resistance

Herbicide Tolerarnce

Uses: Food

#### SUMMER SQUASH Genetic Traits

Genetic Traits
Disease Resistance
Uses: Food



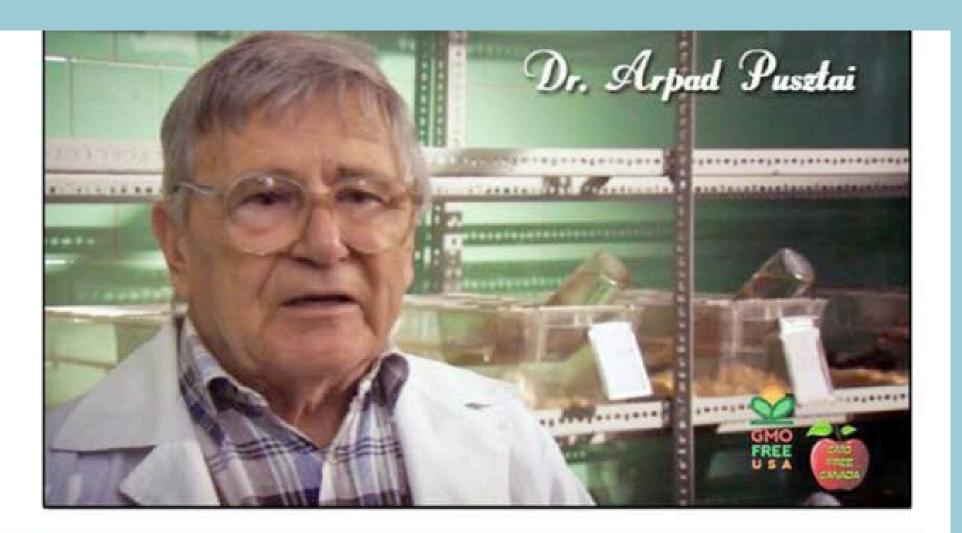
A NEW CONVERSATION, PUBLIC Q&A AND CENTRAL ONLINE RESOURCE FOR INFORMATION ON GMOs. ASK. LINK. FOLLOW. TWEET.

WWW.GMOANSWERS.COM | @GMOANSWERS



# Are GMOs Safe To Eat?

- White blood cells were sluggish
- Changes to immune organs (thymus and spleen)
- Organs (brain, liver, testicles) were smaller
- Organs (pancreas, intestines) were enlarged
- Livers partially atrophied (wasted)
- Hypertrophy (increased growth) of cells of the stomach
- Abnormal architecture of the intestinal lining



If it was left to me, I would certainly not eat it (GMO foods). We are putting new things into food which have not been eaten before. The effects on the immune system are not easily predictable and I challenge anyone who will say that the effects are predictable.

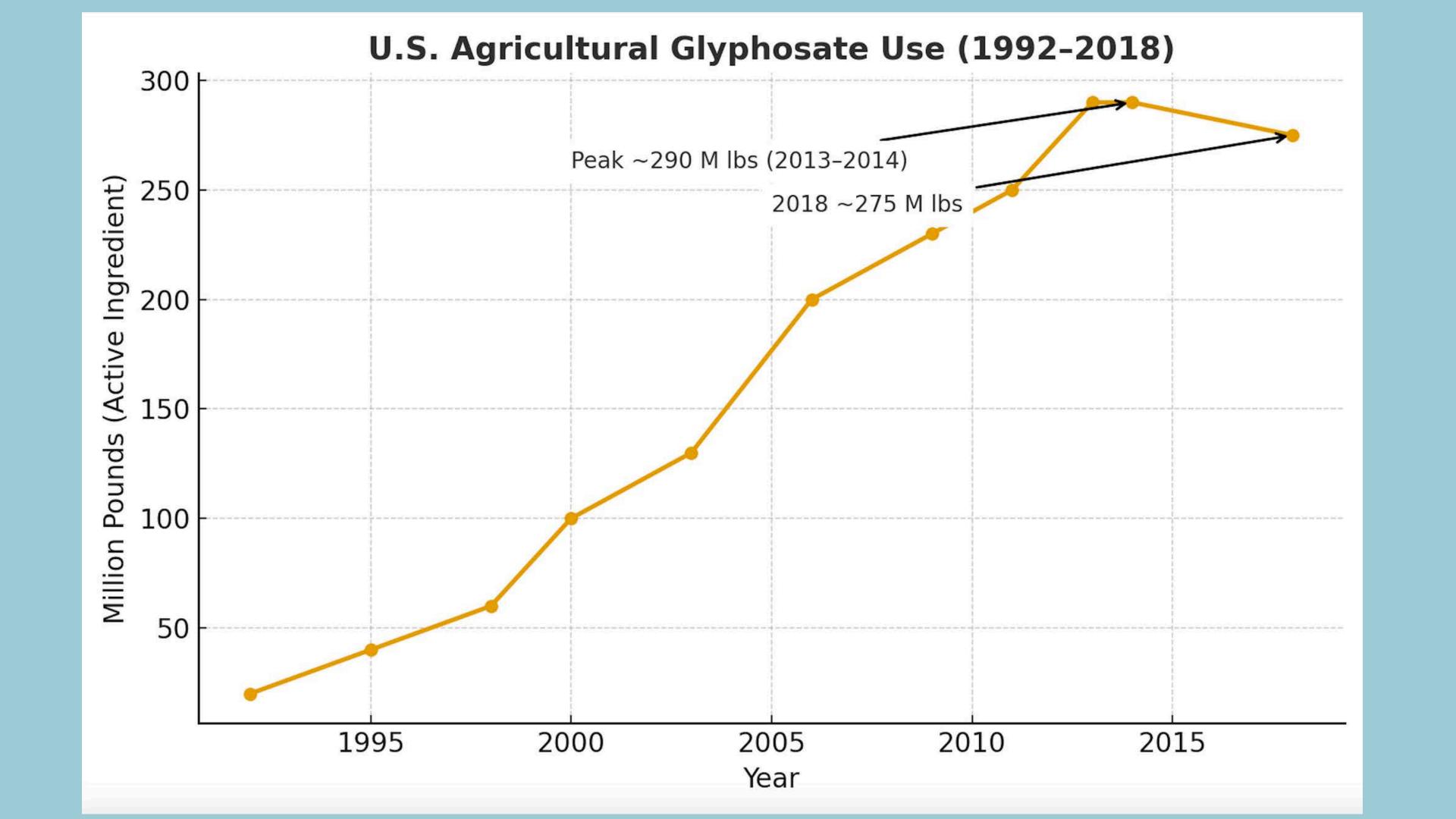
Professor of the Food, Gut and Microbial Interactions Group – Rowett Research Institute – on the health risks of genetically engineered food.

After 36 years at the institute, following his controversial research on GM potatoes, Rowett did not renew his contract.

# Glyphosate

- Carcinogen
- Antibiotic
- Binds minerals





| Product                            | Brand                        | Level                     |
|------------------------------------|------------------------------|---------------------------|
| 1. 100% Whole Wheat<br>Bread       | Village Hearth               | 1,150 ppb                 |
| 2. Whole Wheat Sandwich Bread      | 365<br>WHOLE FOODS<br>MARKET | 1,040 ppb NON GMO Project |
| 3. Chickpeas                       | Great<br>Value               | 889 ppb                   |
| 4. 100% Whole Grain<br>Wheat Bread | PEPPERIDGE FARM              | 587 ppb                   |
| 5. Quaker Oats                     | QUAKER                       | 535 ppb NON GMO Project   |



**DECEMBER 2, 2025** 

Trump administration sides with Bayer in seeking Supreme Court ruling on Roundup fight



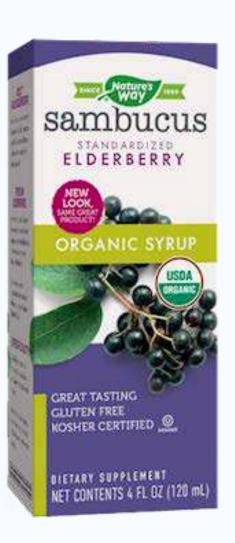
# Immune Booster Food Superstars

# **Commercial Preparation**



# **Elderberry**

- Berries and flowers
- Plant species Sambucus nigra
- High amounts of antioxidants and vitamins
- Antiviral (especially upper respiratory infections)





# **Commercial Preparation**

#### **Turmeric**

- Curcumin is the active ingredient
- Targets antiinflammatory cytokines
- Helpful as antiinflammatory (allergy, asthma, arthritis)
- Found in curry
- Fat and/or black pepper improve bioavailability







#### What Is Turmeric Coffee? Health Benefits and Recipe

Putting turmeric in your morning coffee has become increasingly popular. This article explains the health benefits of turmeric coffee and gives a recipe for a golden milk latte.

#### How to Make a Golden Milk Latte at Home:

#### **INGREDIENTS**

- 1 cup of milk, dairy or plant-based
- 1/2 teaspoon of turmeric
- 1/4 teaspoon of black pepper
- 1/4 teaspoon of cinnamon
- 1/4 teaspoon of vanilla extract
- Honey to taste
- 1–2 ounces of espresso or strong coffee
- 1/2 tablespoon of butter or coconut oil

#### **DIRECTIONS**

- In a small saucepan, heat the milk, turmeric, pepper, cinnamon, vanilla, optional coffee, and optional butter or oil on low. Whisk regularly until hot.
- Transfer the latte to a large heat-safe mug and sweeten with honey to taste, if desired.
- Optional: For a frothy latte, transfer just a small amount of the drink to your mug and use a frothing wand to make it bubbly. Fill the cup with the remainder of the latte.



#### Cinnamon Laboratory Test Results



Independent, 3<sup>rd</sup> Party Lab Testing

Comparative Third-Party Laboratory Test Results

#### Popular Cinnamon Sticks & Powder Products

All Measurements Are In Parts Per Billion (PPB)

Arranged in order of CADMIUM level, ascending. Chart Updated Dec 04, 2025.

|  |   |  |  |                       | 1000                                    |   | Activities of the contract of                   | - 15                  |   | V = 100 C = 1 - 200   |  |
|--|---|--|--|-----------------------|---|---|---|-----------------------|---|-----------------------|--|
| highest<br>levels<br>for<br>that<br>toxicant | 1 (a)  Summaria Sum Corpin Reviewed in Austria Zinni Ceylon | President Car Cay<br>Organize Chromato<br>Caylant Clamanian<br>Ceylant Clamanian | 3 @ Whole Fresh and Organic Communication Co | 4 Cala                | 5 Simply Organic Crossed Carpina Change | Frontier Co-Op<br>Ceylon Cinnamon<br>Sticks - Organic | 7 Frontier Ce-Op Vere Grode AA Concesson Sticks | 8 San Street          | 9 (a) MarCurrente's Greatment Consumer Stellar Consumer Stellar Consumer Stellar Saigon | 10                    | TIT CONTROL OF THE PROPERTY OF |
| Toxicant:                                    | Jan<br>2025<br>Report                                       | Oct<br>2024<br>Report  | Dec<br>2024<br>Report  | Oct<br>2024<br>Report | Oct<br>2025<br>Report                   | Oct<br>2024<br>Report                                 | Oct<br>2024<br>Report                           | Nov<br>2025<br>Report | Oct<br>2024<br>Report   | Oct<br>2025<br>Report | Oct<br>2025<br>Report  |
| Lead<br>(Pb)                                 | 1000  | 243.0  | 16.0   | 17.0                  | 543.2                                   | <5  | 26.0  | 109.6                 | 56.0  | A<br>545.4            | 493.4  |
| Cadmium<br>(Cd)                              | 52.0  | 84.0   | 120.0  | 131.0                 | 131.7                                   | 146.0   | 165.0   | 165.7                 | 289.0   | 301.2                 | 382.7  |
| Mercury<br>(Hg)                              | 149.0   | <5   | <5   | <5                    | 7.16                                    | 103.0   | <5  | <5                    | 8.0   | 10.55                 | 12.79  |
| Arsenic<br>(As)                              | 24.0  | 12.0   | <5   | <5                    | 16.71                                   | <5  | <10   | <10                   | 5.0   | 31.38                 | 14.94  |

ORANGE = low threshold of detection is higher than the 2021 Proposed Action Levels for Food Ingested By Children
RED = toxicant is present at levels at-or-above the 2021 Proposed Action Levels
GREEN = Level is Safe By All Standards
All measurements above are in parts per billion (ppb)

See the full lab reports & read the related articles on LeadSafeMama.com

# **Commercial Preparation**



# Ginger

- Anti-inflammatory
- Anti-oxidant
- Aids viral infections, allergies, asthma





# **Commercial Preparation**



#### **Garlic**

- The edible bulb in the lily family
- Immune booster (contains sulfur-containing compounds: Allicin)
- Reduces inflammation
- Protects against certain bacteria (H. pylori)
- Detox, blood sugar regulator



# Glyphosate depletes sulfur

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#### Phase II Detox Pathways Requiring Sulfur

| Phase II Pathway                       | What It Does  | Sulfur Nutrient Role                              |
|--|---|---|
| Sulfation                              | Detoxifies hormones,<br>neurotransmitters, drugs, phenols | Sulfur-containing amino acids required (cysteine) |
| Glutathione conjugation                | Neutralizes toxicants, pesticides, metals, mold toxins    | Glutathione = glutamate + cysteine + glycine      |
| Methylation /<br>Transsulfuration link | Balances inflammation + detox                             | Sulfur needed to convert homocysteine  → cysteine |



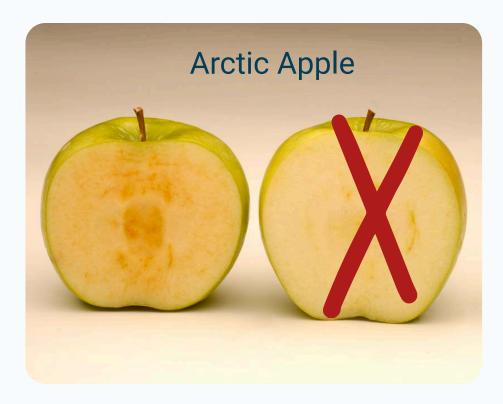
# **Commercial Preparation**

# **Cruciferous Veggies**

- Brassica veggies
- Cabbage, collards, broccoli, Brussels sprouts, kale and mustard greens
- Sulfur-containing veggies
- Antimicrobial activity
- High levels of polyphenols and Vitamin C
- Eat raw, steamed or lightly cooked
- If boiled, use the water (soup)







# **Commercial Preparation**

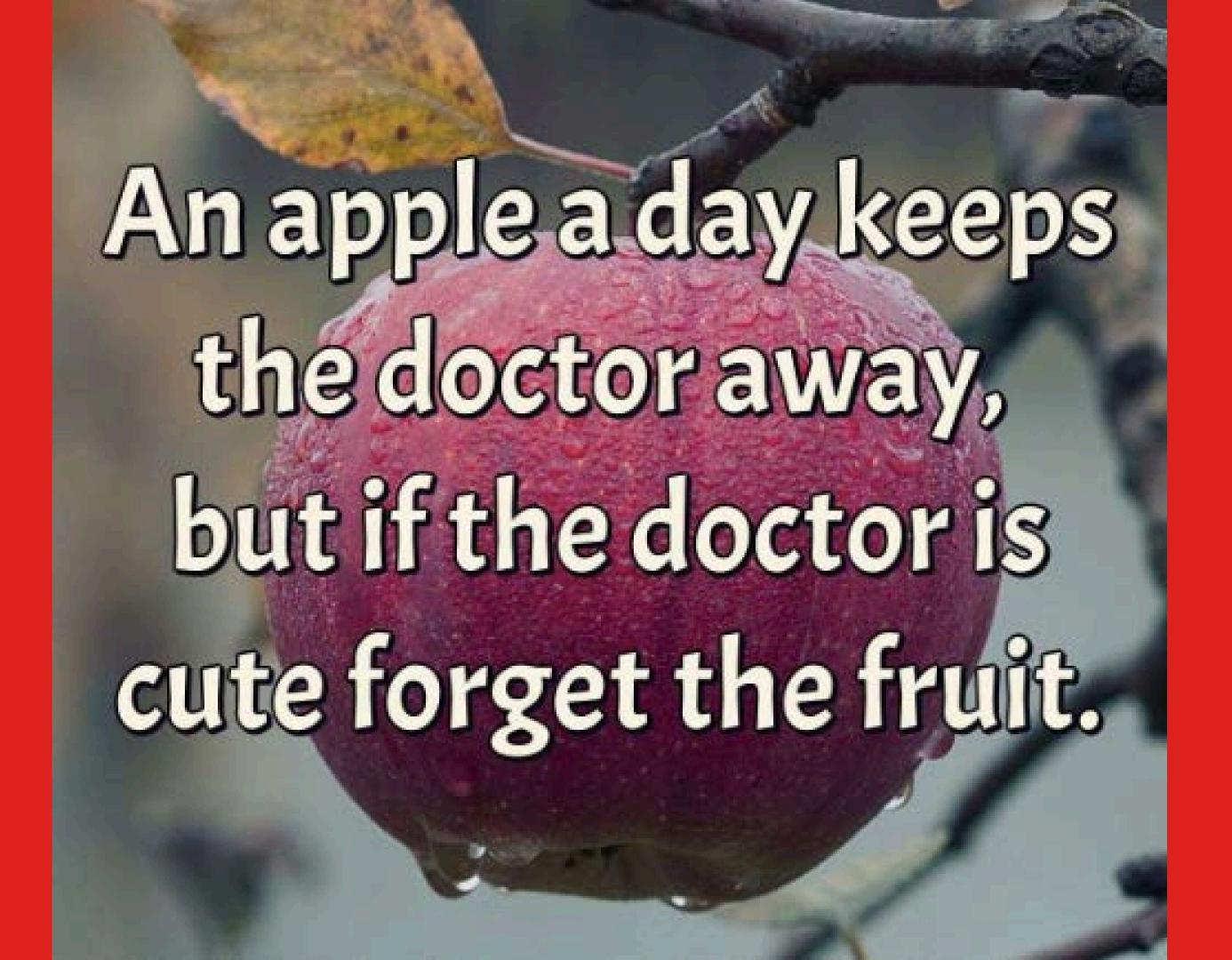
# **Apples**

- Contains quercetin (flavonoid);
   pigment that can regulate
   immune system: ionophore key
   thtt helps zinc enter cells
- Quercetin also found in berries, grapes, broccoli and some teas; anti-inflammatory
- Helps immunity, allergies and asthma
- Pectin fiber good for poops





https://www.livescience.com/48870-genetically-engineered-arctic-apple.html



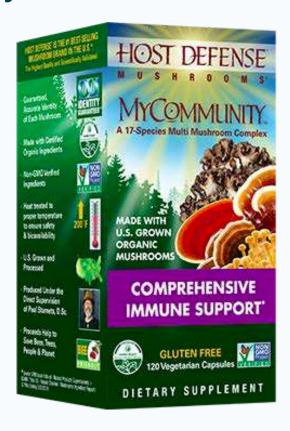
# Fungi



# **Commercial Preparation**

#### **Shitake Mushrooms**

- Culinary and medicinal
- Polysaccharides which have antiviral activity
- Contain selenium
- Contain B1, B2, B12, C, D and E
- Anti-inflammatory
- Contain beta-glucans immune stimulator and prebiotic
- Also Chaga, Cordyceps, Lion's Mane,
   Maitake, Oyster, Reishi and Turkey Tail
- Anti-cancer



# How to Consume Mushrooms

- Medicinal mushrooms are available as liquid extracts, powders, and capsules
- Culinary mushrooms (maitake and shiitake) may be used in soups, stews, stir-fries, pasta and omelettes
- Tea can be made from whole fresh or dried mushrooms: steep from 3-10 grams (10 gms = 1/3 oz) in hot water for 5-10 minutes
- Woody mushrooms (reishi and chaga) may need to be steeped longer
- May need a sweetener



# **Commercial Preparation**

#### **Nuts**



- Excellent source of Vitamin E; fat soluble anti-oxidant
- Supports immune function by increasing NK cells
- Decrease the risk of respiratory infections



(Seed)

- Digestive support → relieves gas, bloating, indigestion
- Nervous system → mild calming, supports sleep & mood
- Anti-inflammatory → eases pain in joints
   & muscles
- Oral health → antibacterial, freshens breath
- Metabolic support → antioxidants aid circulation, liver & blood sugar
- Caution: Safe in small culinary amounts.
   Toxic in large doses → nausea,
   palpitations, hallucinations, organ risk.
- Takeaway: Nutmeg can be a health ally when used sparingly, but respect the dose.



# Nutmeg

# **Commercial Preparation**

#### **Oats**

- Pure oats contain avenin, a protein with similar amino-acid structure as gluten
- Some GF sensitive people do not react to avenin
- Whole oats contain beta-glucans increase NK activity and other immune cells
- Beneficial against many pathogens
- Rich in selenium, zinc and Vitamin E



# **How to Consume Oats**

Consume in whole grain form, such as thick oats, whole grain groats (contain bran, germ and endosperm) and steel-cut oats (healthier than rolled oats).



# **Bonus Oats Recipe**

#### **INGREDIENTS**

- 1 C ORGANIC steel-cut OATS
- 1 C warm filtered water
- 1 1/2 tsps apple cider vinegar
- 1/2 tsp sea salt
- 2 Tbsps of unsalted grass-fed butter (or coconut cream, coconut oil)
- 1/2 C crushed pecans
- 1 banana
- Cinnamon

#### **DIRECTIONS**

- Pour 1 C of oats in a glass bowl
- Stir in 1 C of water
- 1.5 tsps of apple cider vinegar
- Cover loosely, and leave overnight
- Allow to soak for at least 7 hours and up to 24 hours
- Pour soaked oats into a pot, with 1 C of water, and 1/2 tsp salt
- Turn heat to high and bring to a boil
- Once boiling, cover and turn heat to low to finish cooking for 5 more minutes.



#### Olive Oil

- Contains oleocanthal; a phenolic compound
- Anti-inflammatory
- High in antioxidants (Vitamin E)
- Daily consumption showed increase in immune health against viruses

Lady Bird 小学館実用シリー× 食、健康、美容… 毎日の暮らしで大活躍!

決定版!

本物のオイルはオリーを選びなされる。





国際オリーフォイルコンテスト 『OLIVE JAPAN』 OFFICIAL BOOK



SHOGAKUKAN



#### Beans

- Beans are the seeds from flowering plants in the Fabaceae family (classified as legumes)
- Staple protein world wide
- High in fiber gut bugs love it
- High amounts of folate support immune function
- High in antioxidants
- Improve intestinal barrier function and increase beneficial bacteria

# **How to Cook Beans**

#### To soak or not to soak?

- Reduces lectins/carbs; may reduce flavor if you toss the water
- Reduces cooking time
- Will expand 2-3 x their volume
- Clean before you soak
- Hot water may allow beans better rehydration



# **How to Cook Beans**

- Earthenware (clay) is the traditional method. Prefer Saladmaster
- Simmer they won't break up
- Add more water as they cook and stir occasionally
- Early salting helps, not harms during soaking or early cooking
- Foam is natural add a tbsp of olive oil to reduce it
- Onions/garlic/spices can be added any time; more flavor if added when the beans are almost cooked
- Avoid adding acidic foods until the beans have cooked
- Crock pot, pressure cooker and Instapot all work
- Try SaladMaster cookware no toxic metals exposure



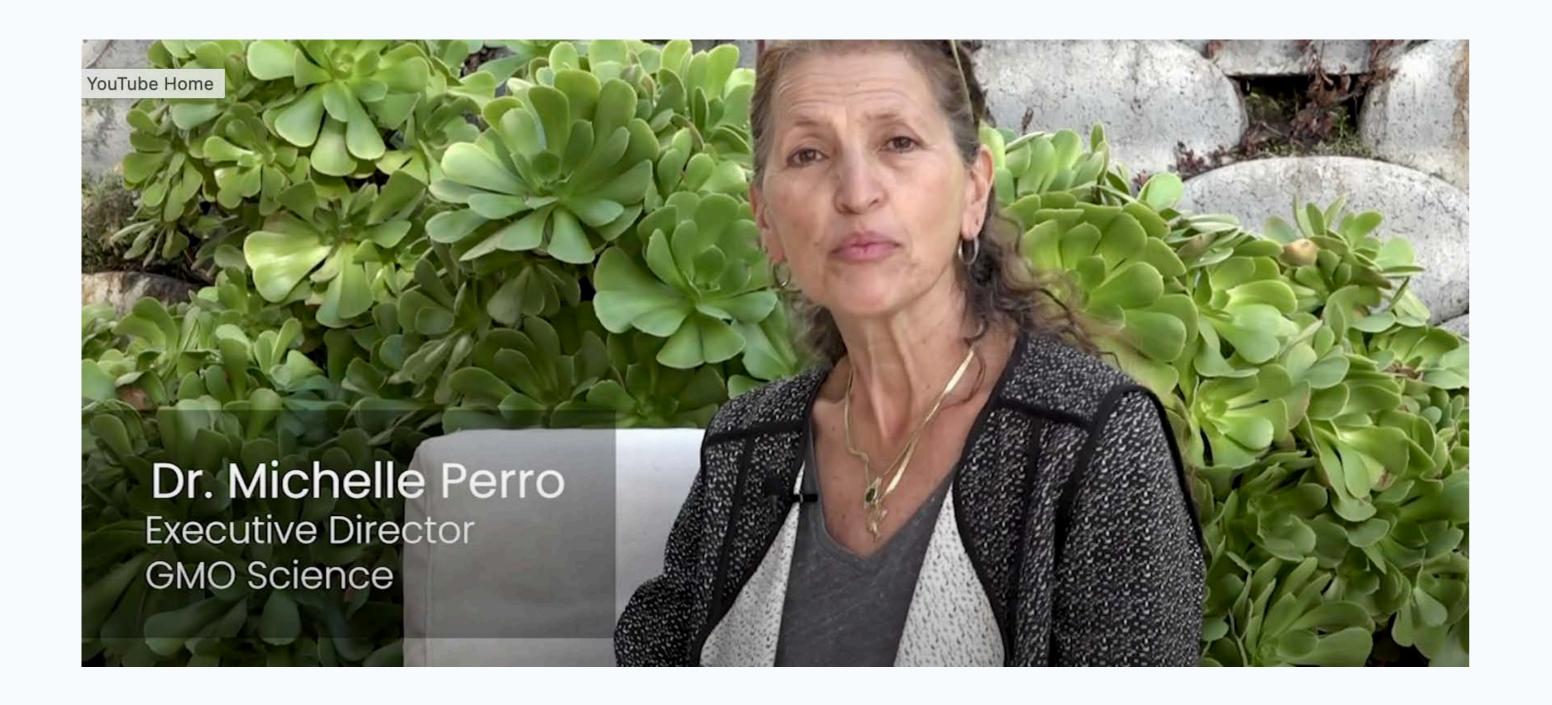
#### Shop

All Organic Products come in a beautiful Custom Designed Doudlah Farms Organic Kraft Box with LOGO, crinkle paper along with Recipe Cards. This is a great gift for that "special" Baker or the family that Bakes together,...



# My friend, organic regenerative farmer, Mark Doudlah:





# Is Baby Food Good for Babies?

https://www.youtube.com/watch?v=-weQAuFaYP0&t=2s



www.gmoscience.org/the-new-mds

#### Parent Hand-outs



Michelle Perro, MD, DHom www.GMOScience.org info@gmoscience.org

## Toxic Metals vs. Mineral Nutrients: A Pediatric Health Perspective

Toxic Metals and the Mineral Nutrients They Disrupt

#### Lead (Pb)

Displaces: Calcium, Zinc, Iron

#### Impacts:

- Calcium: Interferes with neuronal signaling and bone growth
- Zinc: Impairs immune function and antioxidant enzyme systems
- Iron: Worsens anemia, affects oxygen transport and brain development

#### Cadmium (Cd)

Displaces: Zinc, Iron, Selenium

#### Impacts:

- Zinc: Disrupts enzyme activity and DNA repair
- Iron: Increases risk of anemia
- Selenium: Impairs thyroid function and antioxidant defense

#### Aluminum (AI)

Displaces: Magnesium, Calcium, Iron

#### Impacts:

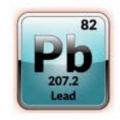
- Magnesium: Affects mood regulation, sleep, and neuromuscular coordination
- Calcium: Disrupts bone mineralization and neural function
- Iron: Interferes with hemoglobin synthesis and oxygen delivery

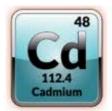
#### Mercury (Hg)

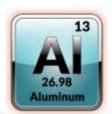
Displaces: Selenium, Zinc

#### Impacts:

- Selenium: Reduces detox enzyme function and thyroid hormone regulation
- Zinc: Impairs neurodevelopment and immune response











# LAWSUIT CLAIMS GIRL SCOUT COOKIES CONTAIN HEAVY METALS, PESTICIDES, OTHER TOXINS



Girl Scout Cookies Lawsuit



## SAFE COOKWARE FOR A HEALTHY IMMUNE SYSTEM:

### Why cookware matters:

- 1. Metals can leach into foods, esp. aluminum, nickel, chromium, and lead
- 2. These metals can disrupt the microbiome, burden detox pathways, drive chronic inflammation and cause oxidative stress

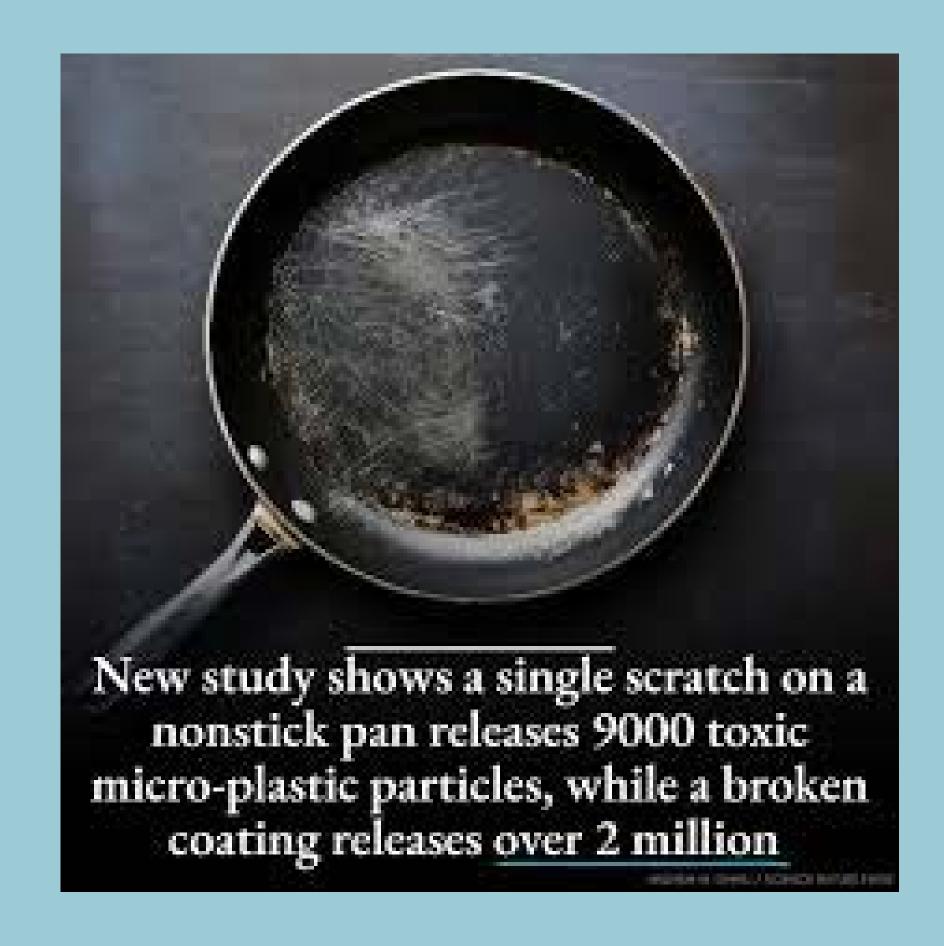
#### How is Saladmaster different?

- 1. Made with 316Ti surgical-grade stainless steel
- 2. Titanium stregthened = high corrosion resistance
- 3. No toxic non-stick (PFAS) coatings and no microplastics
- 4. No aluminum contact with food
- 5. Stable in high-heat and acidic cooking: no metal leaching



# Take-Home:

Your cookware should protect your food; not contaminate it.



#### **NUTRIENT PRESERVATION THROUGH VAPOR TECHNOLOGY**

#### Nutrients are fragile. Standard cooking can destroy:

- 1. Up to 50-90% of vitamins
- 2. Heat-sensitive nutrients like B/C vitamins, polyphenols, enzymes

#### How is Saladmaster different?

# Uses Vapor Cooking™: a closed, low-moisture method: Lower temperature + reduced oxygen

- 1. More vitamins, minerals & antioxidants preserved
- 2. Even heat distribution  $\rightarrow$  less burning, oxidizing, nutrient loss
- 3. Food retains color, flavor, texture nature's signals of nutrient density

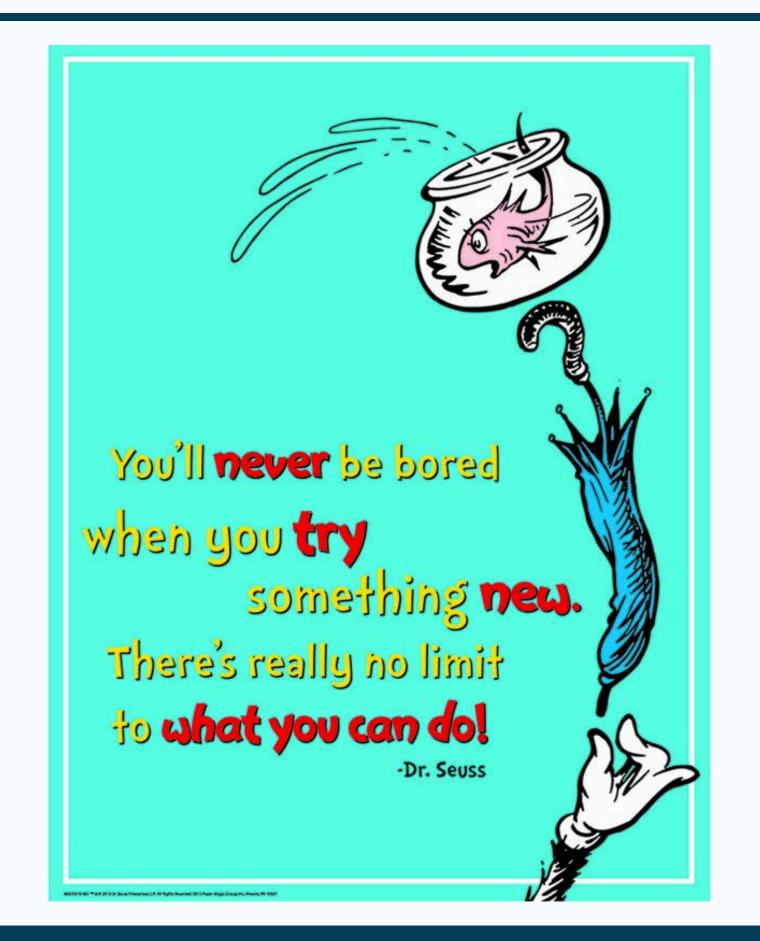
#### IMMUNE RESILIENCE THROUGH FOOD

#### Safe Cookware for a Healthy Immune System

- Hazardous metals can leach into food (aluminum, nickel, chromium, lead)
- These metals disrupt the microbiome & fuel chronic inflammation
- Saladmaster = 316Ti surgical stainless steel no toxic coatings or microplastics
- No aluminum contact with food → minimal to near-zero metal leaching

#### **Vapor Technology Preserves Nutrition**

- Standard cooking destroys fragile vitamins (B, C, polyphenols)
- Vapor Cooking<sup>™</sup> reduces heat + oxygen exposure → nutrients stay intact
- Better retention of antioxidants, minerals, color & natural flavors
- Even heat distribution prevents burning & oxidative nutrient loss



## Pumpkin FALL Soup

- 1 cup cooked white beans (navy or cannelliini beans)
- 2 fuji apples Cone#3
- 2 onions cone #2
- Sea salt and pepper to taste
- 1 small pumpkin or kabocha pumpkin (seeds removed cone #3)
- 4 stalks celery cone #5
- 4 cloves garlic crushed
- 2 carrots cone #4
- 1/2 small savoy cabbage cone #4
- 2 vegetarian broth cubes and water



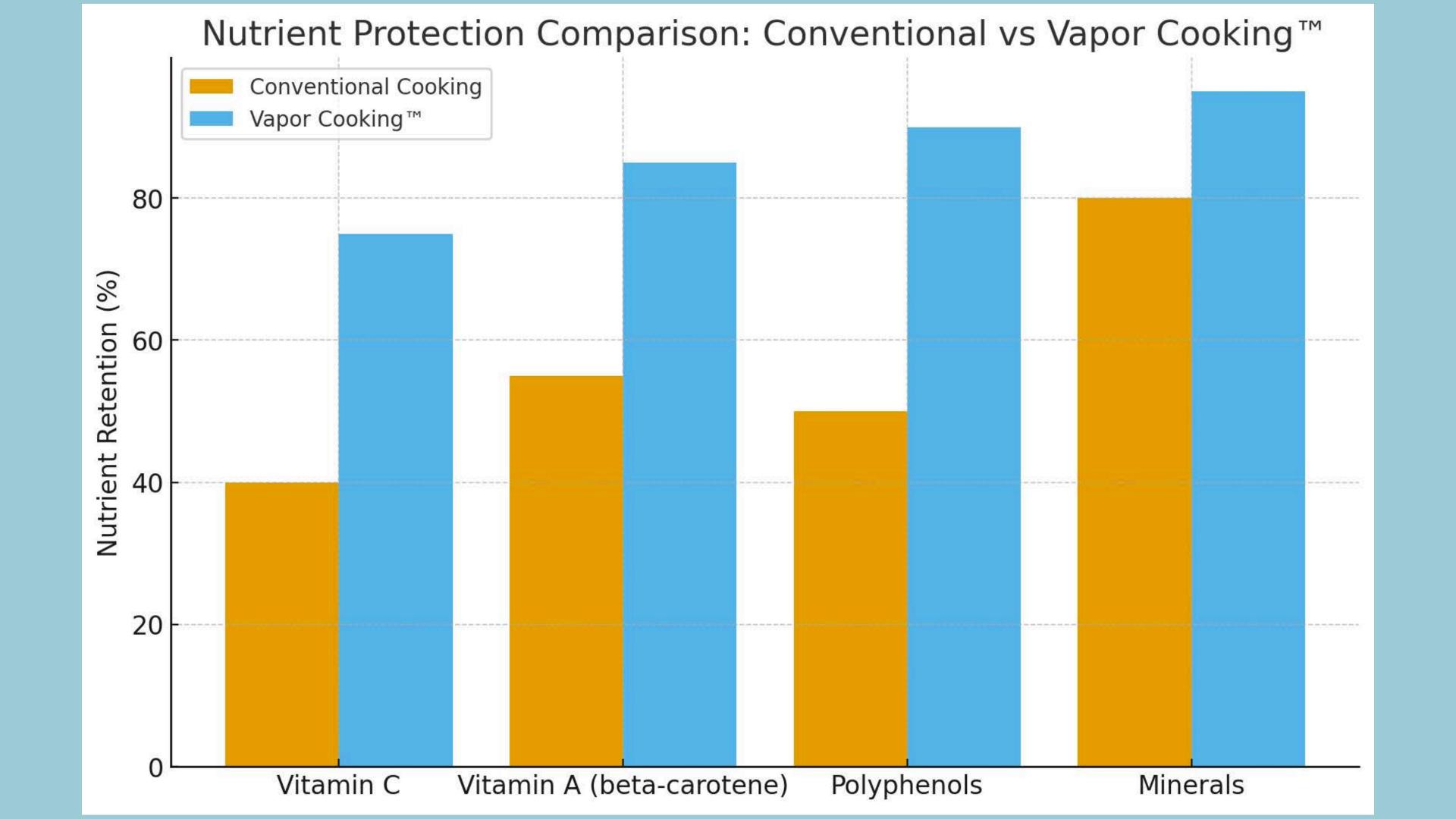
https://foodture.blogspot.com/2014/11/pumpkin-fall-soup.html

|   | Ingredient            | Key Immune Benefits  | Terrain / Toxicology<br>Bonus                  |  |
|---|-----------------------|--|--|--|
|   |                       |  |  |  |
| * | **White beans**       | Prebiotic fiber → feeds<br>beneficial microbes; zinc; folate | Supports SCFA production → tighter gut barrier |  |
| * | **Apples**            | Quercetin → antiviral + mast-cell stabilizing; pectin fiber  | Detox support via microbiome fermentation      |  |
| * | **Onions**            | Quercetin; sulfur compounds → antimicrobial                  | Promotes detox; lowers inflammation            |  |
| * | **Pumpkin / Kabocha** | Beta-carotene → vitamin A precursor for mucosal immunity     | Antioxidants protect gut lining                |  |
| * | **Celery**            | Polyphenols; sodium-rich electrolytes                        | Aids hydration & detox pathways                |  |
| * | **Garlic**            | Allicin $\rightarrow$ antiviral, antibacterial, antifungal   | Strong anti-pathogen defense                   |  |
| * | **Carrots**           | Beta-carotene + vitamin C                                    | Strengthens epithelial defenses                |  |
| * | **Savoy Cabbage**     | Glucosinolates → anticancer + NRF2 activation                | Supports toxin clearance & gut resilience      |  |
| * | **Vegetarian broth**  | Mineral foundation; warming for digestion                    | Better nutrient absorption                     |  |
| * | **Sea salt + pepper** | Electrolyte balance; antioxidant support (pepper)            | Enhances nutrient uptake (piperine)            |  |

## Why this soup boosts immune resilience

- Feeds the microbiome → ↑ butyrate → ↓ inflammation
- Strengthens mucosal immunity (vitamin A activation)
- Antiviral + antimicrobial compounds naturally present
- Antioxidants preserved with low-temp Vapor Cooking™
- Stable minerals (no leaching toxic metals!)
- Healthy cookware + whole-food ingredients = resilient immunity:

→ Especially critical for children in chronic inflammatory environments



## **Superfood Detox Salad**

#### Ingredients

- 1 small cabbage –purple cone #4
- 5-6 carrots cone #2
- 1 red beet cone #2
- 1 avocado
- 1/2 cup fresh dill or fresh herbs
- 2/3 cup chopped walnuts cone #3

#### For the dressing:

- 1 garlic cloves cone #1
- 1/2 cup olive oil
- 1/4 cup unfiltered apple cider vinegar

https://foodture.blogspot.com/2023/09/superfood-detox-salad.html



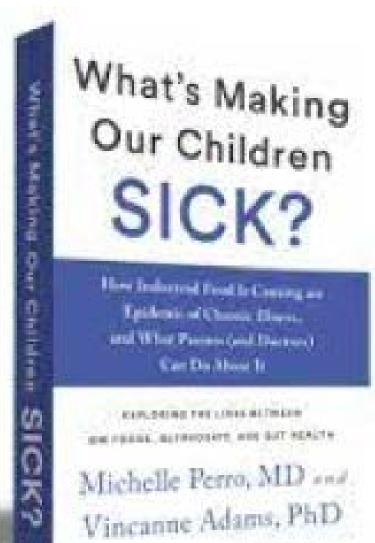
|  | Ingredient              | Key Immune<br>Benefits                                     | Terrain & Detox<br>Support                   |  |
|--|-------------------------|--|--|--|
|  |                         |  |  |  |
|  | **Purple cabbage**      | Vitamin C + anthocyanins  → antiviral & antioxidant        | Glucosinolates activate detox (NRF2 pathway) |  |
|  | **Carrots**             | Beta-carotene → mucosal immunity (gut/lungs)               | Antioxidants protect epithelial barriers     |  |
|  | **Red beet**            | Nitric oxide → improves circulation & immune cell delivery | Betaine supports methylation & liver detox   |  |
|  | **Avocado**             | Vitamin E + healthy fats → modulates inflammation          | Enhances absorption of fat-soluble vitamins  |  |
|  | **Fresh dill/herbs**    | Polyphenols + antimicrobial properties                     | Gut-friendly, reduces pathogenic bacteria    |  |
|  | **Walnuts**             | Omega-3 ALA → regulates immune tolerance & inflammation    | Feeds SCFA-producing microbes                |  |
|  | **Garlic (dressing)**   | Allicin → antiviral,<br>antibacterial, antifungal          | Supports immune defense in gut & airways     |  |
|  | **Olive oil**           | Polyphenols → protect immune cells                         | Enhances nutrient uptake, activates NRF2     |  |
|  | **Apple cider vinegar** | Improves mineral absorption & stomach acid                 | Supports digestion + microbiome diversity    |  |
|  | **Sea salt**            | Electrolyte balance  | Enhances cellular communication              |  |

## Why this salad boosts immune resilience

- Maximizes raw nutrients & phytonutrients
- High prebiotic fiber → fuels butyrate → ↓ inflammation
- Supports natural detox pathways (liver + microbiome)
- Color diversity = broad immune activation
- Omega-3s help regulate overactive immunity (tolerance)
- This dish trains the immune system to balance not overreact.

# How These Foods Protect Children's Immunity

Purple Cabbage → antioxidant barrier protection **Carrots** → **Vitamin A** = mucosal immunity Beets → blood flow → fast immune response Avocado → absorption of key nutrients Herbs → antimicrobial protection Walnuts → brain-immune modulation ACV + Garlic → gut defense, good-bug support, breaks down glyphosate



# Coming Soon...

# Making Our Children WELL

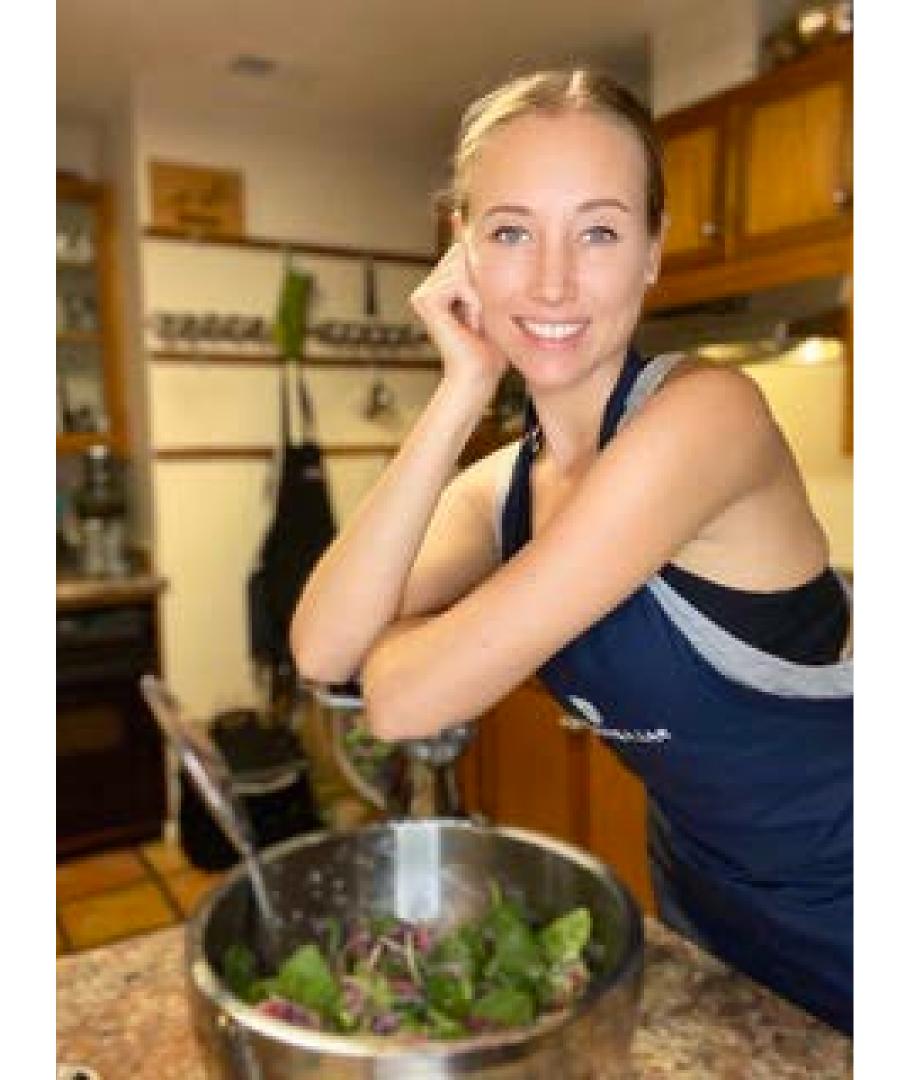
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# Thank you!

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