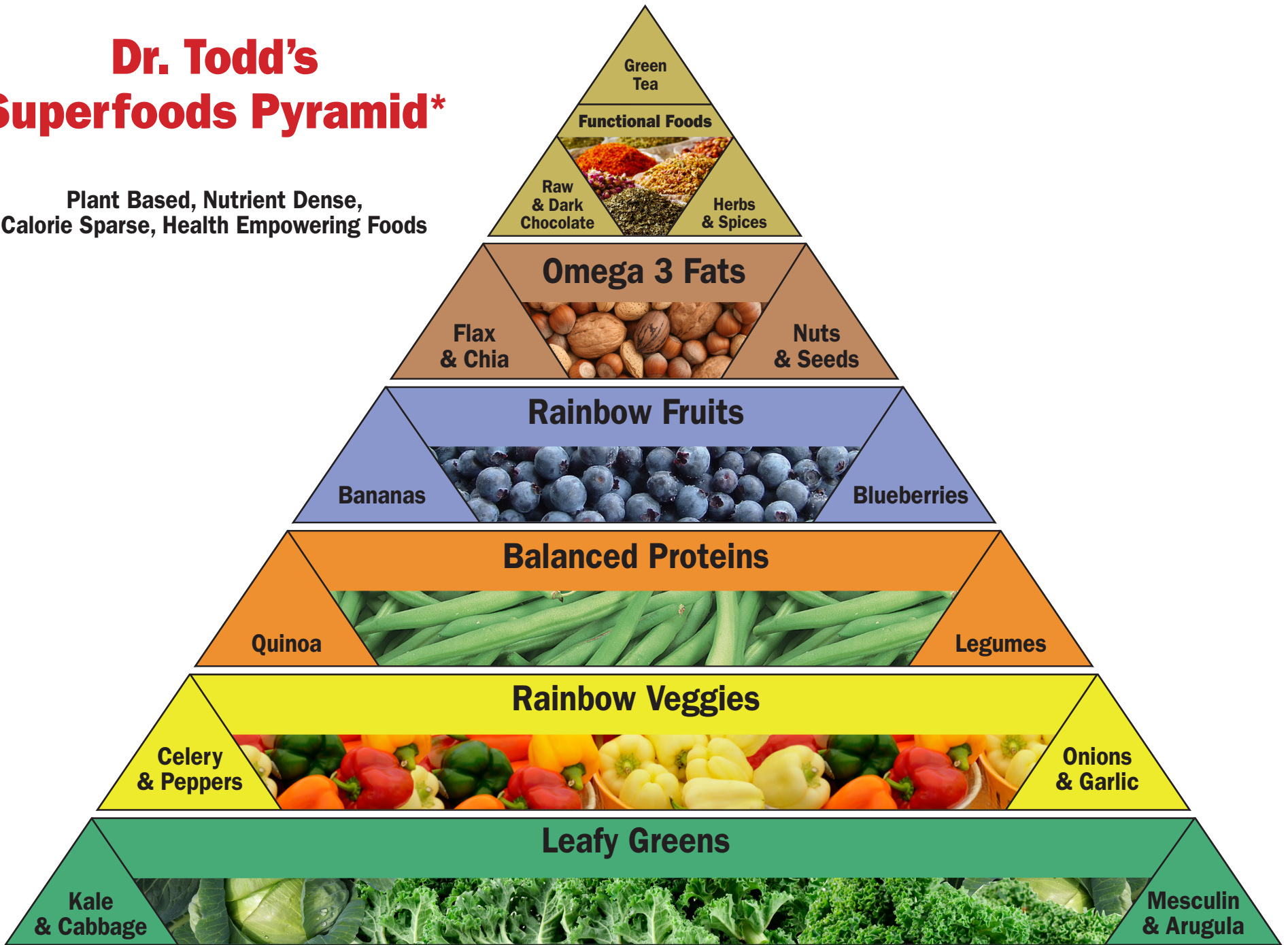


# Dr. Todd's Superfoods Pyramid\*

Plant Based, Nutrient Dense,  
Calorie Sparse, Health Empowering Foods



\*Dr. Todd J. Pesek MD is a holistic physician and published scholar who specializes in disease reversal, longevity and vital living. He is co-founder of Great Lakes Health Institute and a tenured Health Sciences Professor at Cleveland State University.