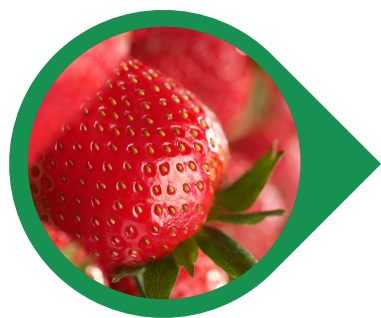


HEALING HOUSE

DIRTY DOZEN

NATURAL WELLNESS

The dirty dozen pertains to the most common fruits and vegetables most likely to contain harmful herbicides and pesticides. These are the fruits and vegetables you will most likely want to purchase as organic.



Strawberries



Peaches



Spinach



Cherries



Kale



Pears



Nectarines



Tomatoes



Apples



Celery



Grapes



Potatoes

HEALING HOUSE

CLEAN FIFTEEN

NATURAL WELLNESS

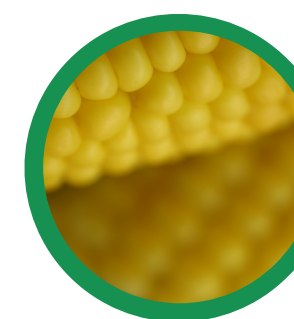
The clean fifteen pertains to fruits and vegetables that are often raised without the additions of harmful herbicides and pesticides and are considered safe to purchase from a conventional market.



Avocado



Pineapple



Sweet Corn



Frozen Peas



Onions



Papayas



Eggplant



Asparagus



Kiwi



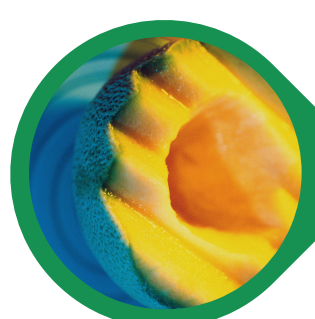
Cabbage



Cauliflower



Broccoli



Cantaloupe



Mushrooms



Honeydew
Melon