

Food For Life
Preview

0-1:04 Introductions	Ken Hamilton	
	Food For Life Videos	
1:05-1:47 Bio Minerals Technologies	Services	
	Goals	
	Purpose	
1:48-3:27 Omega Balance Natural Meat™ (OBNM) Intro	Non-Inflammatory	
	Non-Oxidative	
	Very Healthy	
3:28-4:18 Meat Labels	Confusion	
	Mis-marketing	
	Grain-fed 7:16-18:30	GMO 7:16-14:14
		Drugs 14:15-15:17
		Chemicals 15:18-16:00
		Oxidation 16:01-18:30
4:19-19:45 Toxic Meat Comparisons	Grass-fed 4:25-7:15	Healthier
		Less Flavor
	OBNM 18:31-19:45	Correct Fats
		Great Flavor & Texture
		Maximum Health Benefits
19:45-20:44 Grass-Fed shift to Feed-Lot (Grain-Fed)	Ancestors Consumed Grass-Fed	
	Grocery Stores Are Full Of Grain-Fed	
20:45-20:55 Feedlot Beef (Grain-Fed)	Oxidative	
	Inflammatory	
	Balanced Healthy Fats	
20:56-21:52 OBNM	Promotes Metabolism & Energy	
	Great Flavor & Tenderness	
21:53-23:21 Importance Of Essential Fatty Acid (EFA) Balance	Omega-6	
	Omega-3	
23:22-24:45 EFA balance of:	Grass-Fed	
	Grain-Fed	
	OBNM	



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Continued

24:46-25:21 Disease Shift	Infectious Degenerative
25:22-25:52 American Diet Shifts	Oils Flour Hydrogenated Seed Oils Sugar
25:53-26:40 More Than Meat Its Everything You Eat	Processed GMO Cell Cultivated
26:41-27:20 Diet Shifts	Real Food Processed Seed Oils
27:21-27:43 Fat Consumption Shift	Animal Fats Seed Oils
27:44-27:56 Sugar Consumption Increase	4 Pounds 150 Pounds
27:57-29:06 Omega 6:3 Balance	2.5:1 Or Lower Is Healthy American Diet On Average 20-25:1 Or Higher
29:07-32:24 Essential Fatty Acids (EFA)	Function Balance Purpose
32:25-34:13 Food Choices	Natural Processed Lab Grown
34:14-38:02 Overview Of The Videos To Come	

Thank You For Watching!

