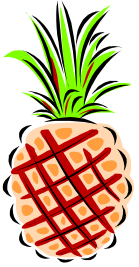


GOT A GREAT RECIPE?



**IF YOU HAVE A GREAT RECIPE THAT
FOLLOWS DR. HINMAN'S DIET AND WANT
TO SHARE IT, PLEASE FILL OUT THE
BOTTOM OF THIS FORM AND RETURN IT TO
THE FRONT OFFICE.**

NAME: _____

PHONE: _____

RECIPE NAME: _____

INGREDIENTS:

* _____ *

* _____ *

* _____ *

* _____ *

DIRECTIONS: _____
