

Corey Michael Smithson

DESIGN SERVICES

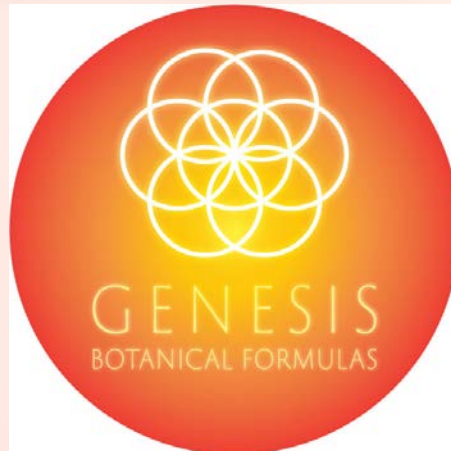
LOGOS  
POSTERS  
MANUALS  
CATALOGS  
BROCHURES  
MENU DESIGN  
BOOK COVERS  
INFOGRAPHICS  
TEXT / DOCUMENTS



# CORPORATE CLIENTS



# LOGOS



# LOGOS



# POSTERS



*Welcome*

**Gallery  
Art Classes  
Workshops  
Local Art  
Open Studio  
Events**

**COME IN  
We're  
OPEN!**

*Seattle Musical Theatre Presents*

# LEGALLY BLONDE

*The Musical*



**SEATTLE  
MUSICAL  
THEATRE**  
at Magnuson Park

**7120 62nd Ave NE  
Seattle, WA 98115**

**October 12 - 28, 2018**

**Tickets On Sale Now!**  
[www.seattlemusicaltheatre.org](http://www.seattlemusicaltheatre.org)

*Directed by Megan Brewer  
Choreography by Mackenzie Neusiok  
Musical Direction by Heather MacLaughlin Garbes*

*Book by Heather Hach  
Based On The Novel by Amanda Brown  
and the Metro-Goldwyn-Mayer Motion Picture  
Music and Lyrics by Lawrence O'Keefe and Nell Benjamin*


LEGALLY BLONDE is presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTI.  
[www.MTIShows.com](http://www.MTIShows.com)

## **SONIC REDUCER'S 15th Anniversary Live Show & Broadcast**

# Mudhoney

*Control Test / Dark Smith*



 **21+, 8pm, Saturday, May 4th**  
**KEXP Gathering Space**  
**472 1st Ave N, Seattle**

*Rainier*

# MANUALS

## The Art Studio of St. Augustine Beach, FL



# Member's Guide



Zen Strands by Nico and Brad Recore

### Welcome!

Thank you for joining the St. Augustine Beach Art Studio and Gallery! We're always happy to welcome new members into the studio. As a nonprofit organization, we depend on your support from volunteers like you!

- Our board meeting are generally held on the 3rd Thursday of every month, from 7:00pm - 9:00pm. Please see the calendar for the date and location of our meetings.
- Our board members are generally responsible for the overall operation of the studio. They are responsible for the financial health of the studio, and for the overall operation of the studio. They are also responsible for the overall operation of the studio.
- Our board members are generally responsible for the overall operation of the studio. They are responsible for the financial health of the studio, and for the overall operation of the studio.
- Our board members are generally responsible for the overall operation of the studio. They are responsible for the financial health of the studio, and for the overall operation of the studio.



### Atmosphere

Great artwork! The best thing you can do for the gallery is to contribute to its atmosphere. Here are some tips to help you do that:

- Be on time for all events. Punctuality is important for the gallery.
- Be respectful of the artwork. Do not touch or lean against the art.
- Be respectful of the other members. Treat everyone with respect.
- Be respectful of the gallery staff. They are here to help you.
- Be respectful of the gallery's reputation. Do not speak negatively about the gallery.



### Go get 'em, Buck Rogers!

As helpful as an individual can be, it's important to remember that the gallery is a team effort. We need your help to succeed. Here are some ways you can help:

- Volunteer your time. We always need more hands on deck.
- Donate your skills. We need people who can help with marketing, finance, and other tasks.
- Share your resources. We need people who can help with equipment and materials.

Just be respectful and work hard to make the gallery a better place for everyone.

### Opening Procedures

- Make holding the bar down, lights will come out for the members hold.
- Turn off the lights. Turn the bar down. Turn the lights off. Turn the bar down.
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- Turn off the lights. Turn the bar down. Turn the lights off. Turn the bar down.
- Turn off the lights. Turn the bar down. Turn the lights off. Turn the bar down.



### Considerations

- Please don't drink or eat. We have a clean environment for the artwork.
- Please don't touch the artwork. Do not lean against the art.
- Please don't talk too loudly. We have a quiet environment for the artwork.
- Please don't smoke. We have a smoke-free environment for the artwork.
- Please don't drink or eat. We have a clean environment for the artwork.



### Closing Procedures

- Bring up and lock down the bar. Turn the lights off. Turn the bar down.
- Turn off the lights. Turn the bar down. Turn the lights off. Turn the bar down.
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### Bin List

- Bin list is a list of items that are in the bin. It is used to track the items.
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### Making A Sale

- Use the POS system to make the sale. It is used to track the sale.
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### Ways To Help

- Donate your time. We always need more hands on deck.
- Donate your skills. We need people who can help with marketing, finance, and other tasks.
- Share your resources. We need people who can help with equipment and materials.
- Donate your time. We always need more hands on deck.
- Donate your skills. We need people who can help with marketing, finance, and other tasks.



### Remember - we're all in this together!



Remember - we're all in this together!

# CATALOGS



**PROFESSIONAL NUTRITIONALS®**



**Product Catalog**

### Table of Contents

- 3 More Than Just A Supplement Company
- 4 Our Story
- 4 Quality and Manufacturing
- 7 Our Team
- 7 Private Label Services
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- 10 Shipping Policies
- 13 Your Next Steps
- 14 Our Products
- 15 Our Most Popular Products
- 16 Products Listed Alphabetically
- 17 Products Listed by Category
- 19 Our Products (Descriptions and Dosages)
- 64 Products by Ingredient

Phone: 800-828-7647 Fax: 203-261-9999

### More Than Just A Supplement Company

Professional Nutritionals has been manufacturing nutritional supplements since 1991. We offer private label with one bottle minimum and a full support system to establish your line of products.

For those not interested in private label, we also offer professional label with no online competition, patient direct ordering and free provider referral code cards.

We are committed to providing doctor designed and clinically tested therapeutic nutritional products using only high quality pure ingredients with comprehensive testing done on every ingredient and every finished batch.



Phone: 800-828-7647 Fax: 203-261-9999

### Why private label? Let me tell you our story.

Our story began in 1991. I started to make some money from my private label products. I had a vision of creating a line of products that would be available to everyone who needed them. I had a vision of creating a line of products that would be available to everyone who needed them. I had a vision of creating a line of products that would be available to everyone who needed them.



Phone: 800-828-7647 Fax: 203-261-9999

### Our Story

Our story began in 1991. I started to make some money from my private label products. I had a vision of creating a line of products that would be available to everyone who needed them. I had a vision of creating a line of products that would be available to everyone who needed them. I had a vision of creating a line of products that would be available to everyone who needed them.

Phone: 800-828-7647 Fax: 203-261-9999

### Quality and Manufacturing

Our products are manufactured in a state-of-the-art facility. We use only the highest quality ingredients and our manufacturing process is strictly controlled. We have a strict quality control program in place to ensure that every product we manufacture meets the highest standards of quality and safety.

Phone: 800-828-7647 Fax: 203-261-9999

### Our Team

**Dr. Steven Kessler, DVM, PhD, DABVP**  
**Product Research & Development**  
 Dr. Kessler is a highly qualified veterinarian with a Ph.D. in Veterinary Medicine. He has spent the last 20 years of his professional life in the laboratory, where he has conducted research on a wide variety of topics, including the effects of various supplements on the health of dogs and cats. He is currently a senior research scientist at Professional Nutritionals, where he is responsible for the development and testing of our products.



**Dr. Steven Kessler, DVM, PhD, DABVP**  
**Chief Executive Officer**  
 Dr. Kessler is a highly qualified veterinarian with a Ph.D. in Veterinary Medicine. He has spent the last 20 years of his professional life in the laboratory, where he has conducted research on a wide variety of topics, including the effects of various supplements on the health of dogs and cats. He is currently a senior research scientist at Professional Nutritionals, where he is responsible for the development and testing of our products.



Phone: 800-828-7647 Fax: 203-261-9999

### Private Label Services

- One bottle private label minimum - any number to 100,000
- Doctor designed for your needs, your needs, your needs. In private or small.
- Competitive prices. Directly added to your cost - no middleman.
- No middleman. We'll handle the rest. We'll handle the rest. We'll handle the rest.
- 100% quality control. We'll handle the rest. We'll handle the rest. We'll handle the rest.
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Phone: 800-828-7647 Fax: 203-261-9999

### Testimonials

"I have been using Professional Nutritionals for several years now and I can't say enough about the quality of the products. I have tried many other brands, but nothing compares to the quality and effectiveness of Professional Nutritionals. I highly recommend this company to anyone looking for high quality supplements." - Dr. Steven Kessler, DVM, PhD, DABVP

Phone: 800-828-7647 Fax: 203-261-9999

### Shipping Policies

Our shipping policies are designed to ensure that your products are delivered to you in a timely and safe manner. We offer a variety of shipping options, including ground, air, and international shipping. We also offer a variety of shipping methods, including express, standard, and economy shipping. We are committed to providing the highest quality shipping service to our customers.

Phone: 800-828-7647 Fax: 203-261-9999

### Your Next Steps

1. Complete the New Account Application
2. Place your product order
3. Send us your logo, or let us design one for you
4. Supply your custom product names (if applicable)
5. Approve your private label formatting and layout
6. We will label and ship your order



Phone: 800-828-7647 Fax: 203-261-9999

### Our Products

Our products are designed to provide the highest quality nutrition for your patients. We offer a wide variety of products, including vitamins, minerals, and herbal supplements. We are committed to providing the highest quality products to our customers.



Phone: 800-828-7647 Fax: 203-261-9999

### Our Most Popular Products

Our most popular products are designed to provide the highest quality nutrition for your patients. We offer a wide variety of products, including vitamins, minerals, and herbal supplements. We are committed to providing the highest quality products to our customers.

Phone: 800-828-7647 Fax: 203-261-9999

### Products Listed Alphabetically

Our products are listed alphabetically for your convenience. We offer a wide variety of products, including vitamins, minerals, and herbal supplements. We are committed to providing the highest quality products to our customers.

Phone: 800-828-7647 Fax: 203-261-9999



# CATALOGS



## PROFESSIONAL NUTRITIONALS®



### Product Catalog

#### Products Listed by Category

**Antioxidant Support** - Contains Vitamins C, E, Selenium, Zinc, and other antioxidants to support immune health and reduce oxidative stress.

**Cardiovascular Support** - Contains Omega-3 fatty acids, CoQ10, and other nutrients to support heart health and circulation.

**Children's Health** - Contains essential vitamins and minerals to support children's growth and development.

**Digestion & Bowel Support** - Contains probiotics and digestive enzymes to support healthy digestion and bowel function.

**Eye Health** - Contains antioxidants and nutrients to support eye health and vision.

**Immunity & Lyme Support** - Contains nutrients to support the immune system and help with Lyme disease.

**Kidney Support** - Contains nutrients to support kidney health and function.

**Male's Health** - Contains nutrients to support men's health, including testosterone and prostate health.

**Female's Health** - Contains nutrients to support women's health, including hormone balance and reproductive health.

**Weight Management** - Contains nutrients to support healthy weight management and metabolism.

**Joint Support** - Contains nutrients to support joint health and reduce inflammation.

**Menstrual Support** - Contains nutrients to support women's menstrual health and cycle regulation.

**Sleep Support** - Contains nutrients to support healthy sleep patterns and relaxation.

**Stress Support** - Contains nutrients to support stress management and mental health.

**Women's Health** - Contains nutrients to support women's overall health and well-being.

#### Advanced Energy Support

Supports energy production and metabolism.

Supplement Facts
Advanced Energy Support

#### ADP (Adaptogen)

Supports stress management and energy.

Supplement Facts
ADP (Adaptogen)

#### Advanced Energy Support

Supports energy production and metabolism.

Supplement Facts
Advanced Energy Support

#### ALCAE 90s

Supports cognitive function and memory.

Supplement Facts
ALCAE 90s

#### Alpha Lipoic Acid

Supports antioxidant defense and energy production.

Supplement Facts
Alpha Lipoic Acid

#### Anti-Viral Immune Support

Supports immune system and viral defense.

Supplement Facts
Anti-Viral Immune Support

#### 400mg 100s

Supports energy and metabolism.

Supplement Facts
400mg 100s

#### Herbal Herbal Complex

Supports overall health and vitality.

Supplement Facts
Herbal Herbal Complex

#### Biotin

Supports hair, skin, and nail health.

Supplement Facts
Biotin

#### C-1000 Capsules

Supports immune system and antioxidant defense.

Supplement Facts
C-1000 Capsules

#### Calcium Complex

Supports bone health and calcium levels.

Supplement Facts
Calcium Complex

#### Candida Support

Supports immune system and candida defense.

Supplement Facts
Candida Support

#### Cholesterol Care

Supports cholesterol management and heart health.

Supplement Facts
Cholesterol Care

#### CH Support

Supports cholesterol management and heart health.

Supplement Facts
CH Support

# BROCHURES

**Master your knowledge with us**  
 email: [info@hydrogen-academy.net](mailto:info@hydrogen-academy.net)

**Hydrogen Academy**

The Hydrogen Academy was created as a way to share the knowledge and expertise that we have gathered after so many years in the field of hydrogen energy.

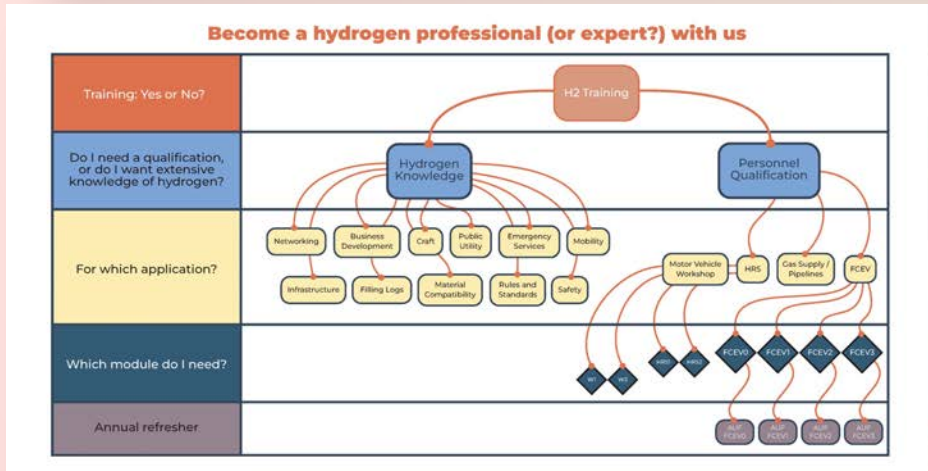
Our goal is to create a strong community of people who share the same values, and who look at hydrogen as one of the best solutions for the environment.

[www.hydrogen-academy.net](http://www.hydrogen-academy.net)

<https://www.linkedin.com/company/hydrogen-academy-de/>

**HYDROGEN ACADEMY**  
POWERED BY LIFTE AND TESNET

Knowledge to Your Power

**Our expertise**

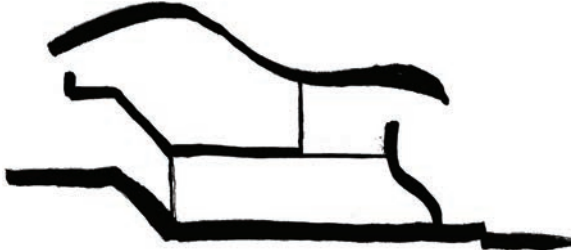
The Hydrogen Academy was founded by two international companies, both experts in their fields.

**LIFTE H2**, a hydrogen infrastructure development company, has a team of over fifty employees in Europe and North America. Each member has an average of eight years of hydrogen experience. LIFTE provides "one-stop" solutions, enabling cost-effective, safe, and reliable infrastructure and operations for H2 customers.

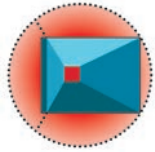
**TesNet Engineering** is a global laboratory with two locations in Germany and Canada. Its members have accumulated many years of testing experience. TesNet is dedicated to providing testing services to the alternative fuels industry, specializing in high pressure hydrogen (H2) fuel and compressed natural gas fuel (CNG) systems.

Our pool of experienced trainers consists of over **twenty people** who know hydrogen from practice, are experts in their relevant areas, and have experience in training and knowledge exchange.

**ST. AUGUSTINE BEACH ARTS & CULTURE CORRIDOR**



a proposal prepared by  
**FROM WITHIN**  
 DESIGN + MANAGEMENT, LLC



# MENU DESIGN



## NINE YARDS BREWING

### SNACKS

**Kibs and Bits**  
Our house pub mix with roasted mixed nuts and crunchy vittles. **\$4**

**Chips and Dip**  
Roasted poblano queso and salsa with fresh tortilla chips. **\$7.5**

**Matt's Southern Fried Pickles**  
Crispy fried pickle chips served with spicy Cajun rémoulade. **\$8**

**Brilliant Blonde Brined Buffalo Wings**  
Fried crispy, served with blue cheese dressing and celery. **\$11**

**Fries**  
A basket of fries, just the way you love them. **\$5**

### SOUPS & SALADS

**Homewrecker Red Bison Chili**  
Topped with Beecher's cheddar, sour cream, and green onions.  
Cup **\$5** / Bowl **\$7** / Frito Pie **\$8.5**

**Soup of the Moment**  
Cup **\$5** / Bowl **\$7**

**Brewer's Big Salad**  
Organic mixed greens, roasted chicken, crispy bacon, Beecher's white cheddar, crumbled blue cheese, grape tomatoes, deviled eggs, and choice of dressing. **\$13**

**Paul's Organic Romaine Salad**  
Crispy romaine, creamy lemon garlic dressing, house herbed croutons, and Pecorino Romano cheese. **\$8**

**Roasted Baby Beet Salad**  
Organic baby beets, Laura Chane's chévre, organic baby lettuce, crispy shallots, and Meyer lemon vinaigrette. **\$9.5**

**Side Green Salad**  
Organic baby lettuce, heirloom cherry tomatoes, garlic croutons, grated Romano, and herbed red wine vinaigrette. **\$4.5**

Nine Yards supports local vendors and farmers. We believe in using their products, and ones produced in this facility, to make your food taste great.

## HEROS

All sandwiches served with fries. Substitute a cup of soup or side salad for **\$2**, or a cup of chili for **\$3.50**. Substitute gluten-free bread for **\$2**.

<b>East Coast</b> Finnochiona salami, coppa, smoked ham, provolone, lettuce, tomato, onion, garlic aioli, mustard and herb vinaigrette.	<b>\$14</b>
<b>Chicken Parm</b> Crispy fried chicken, house marinara, provolone, parmesan, and fresh basil pesto.	<b>\$14</b>
<b>Veggie Cheesesteak</b> Roasted mixed mushrooms, grilled peppers and onions, topped with house whiz.	<b>\$13</b>
<b>Cubano</b> Slow-roasted pork, smoked ham, Swiss cheese, mustard, and sliced pickles.	<b>\$14</b>
<b>The Hanger</b> Marinated hanger steak, grilled cherry peppers and onions, Pt. Reyes blue cheese, lemon-cured kale, and garlic aioli.	<b>\$15</b>
<b>West Coast</b> Herb-roasted chicken breast, crispy bacon, Beecher's cheddar, lettuce, tomato, onion, and creamy avocado mayo.	<b>\$14</b>

### FOR THE YOUNG ONES

**Snack Basket**  
Fresh veggies, ranch, sliced ham, cheddar cheese, and crackers. **\$5**

**Classic Grilled Cheese**  
Malty Beecher's cheddar and toasty sourdough bread. Served with fries. **\$7**

### SWEETS

Rootbeer float with house malted vanilla ice cream. **\$5**

Milkstout® float with house malted vanilla ice cream. \*21 and over **\$6**

Grammy's Cherry Crisp. Baked to order and served à la mode with malted vanilla ice cream. **\$7.5**

Seasonal fresh fruit sorbet scoop. **\$3**

Ice cream of the moment scoop. **\$3**

**(206) 693-2333 / 7324 NE 175th St, Kenmore, WA 98028**

### Printer's Alley

BAR & GRILL  
322 S. CLEVELAND ST.  
MEMPHIS, TN 38104  
901-471-0982  
PRINTERSALLEYMEMPHIS.COM

### LATE NIGHT MENU

Food served from 10pm-8am

#### STARTERS

Wings	8.25
Chicken Tenders	8.25
Sausage Cheese Plate	6.25

#### CHEF SPECIALS

Chicken and Waffles select Chicken pieces with waffles, butter, and syrup.	13.5
Double Burger a double back 1/3 lb. burger with cheese, lettuce, tomatoes, your choice of toppings, and your choice of chips or French fries	12.5

#### BURGERS



Classic 1/3 lb. burger with cheese, lettuce, tomatoes, your choice of toppings, and your choice of chips or French fries	10.25
Jamaican with jerked onions, peppers, pepper jack cheese, lettuce, tomatoes, and your choice of chips or French fries	11.25
Bollywood with curried onions, mushrooms, white cheese, lettuce, tomatoes, and your choice of chips or French fries	11.25
Jive Turkey turkey burger with your choice of cheese, lettuce, tomatoes, and your choice of chips or French fries	11.25



#### SANDWICHES

Philly premium Philly steak, grilled onions, peppers and Swiss cheese	9.25
Taj Mahal curried chicken, grilled mushrooms, Swiss cheese, and Ranch dressing	9.75
Farmyard grilled chicken, bacon, grilled onions, American cheese, mayonnaise, and mustard	9.75
Paradise jerked chicken, grilled onions, peppers, and pepper jack cheese	9.75
Cuban with Cuban Black Forest ham, Cuban marinated pork, mustard, pickles, provolone, and Swiss cheese	9.75

#### FLATBREAD PIZZAS

Four Cheese with American cheese, Swiss cheese, provolone, and mozzarella	8.25
Pep Squad with a double portion of everyone's favorite topping—pepperoni	10.25
Monster Meat with pepperoni, bacon, sausage, provolone, and mozzarella	10.25

### INDUSTRY NIGHT MONDAY

Specials for employees of the food service industry  
Flip Your Tab - win a coin toss and get 25% off!

### POOL TOURNAMENT TUESDAY

Enter to win the weekly Printer's Alley Pool Tournament

### WING DOWN WEDNESDAY


Enjoy our special \$0.75 wings

### THIRSTY THURSDAY

Drink specials all night long

### KARAOKE FRIDAY

Come early for karaoke ... stay late for the party



### BOOK YOUR PARTY AT PRINTER'S ALLEY

Looking for a cool late night venue for your next party or corporate event?  
Call **901-471-0982** to book your private event  
or submit a request online at [printersalley.com](http://printersalley.com)!



# INFOGRAPHICS

## THE ACHIEVER'S CHALLENGE

### Tier 1: Activator (\$297)

- Health strategy & planning session with Dr. Iris Crawford
- Identify challenges + resolve obstacles exercise
- 12-month blueprint & implementation plan

### Tier 2: Energizer (\$597)

- All of the above PLUS:
- 12-Week comprehensive online Achiever's Launchpad including:
  - Digital health guidance platform
  - Educational content, tracking tools, + accountability
  - Private messaging with team
  - 3 private coaching sessions with Dr. Danica Kampfe

### Tier 3: Accelerator (\$997)

- All of the above PLUS:
- Healthy Lifestyle Kit, including:
  - Withings Blood Pressure Cuff
  - Fitbit Fitness Tracker
  - Body Composition Scale
  - Water Bottle
  - Protein Shaker
  - Stretch Exercise Band
  - Measuring Tape
  - Printed Guides



Struggling with frustrating health issues that stop you from living a meaningful life?

Confidently step into your life with vision and purpose, and make a bigger impact on the world.



#### Step 1 - The Breakthrough

Frustrating, unsolved health issues  
Knowing the exact path to vibrant health and what has been missing until now



#### Step 2 - The Power Source

Patterns of constant stress and struggle, feeling stuck



#### Step 3 - The Barrier Crusher

Being told everything is normal, accepting things as they are, or going it alone  
Even-keel moods, boundless energy, feeling happy, healthy, and sexy

Transform mental limitations with confidence and clarity

#### Step 4 - The New Woman Leader

Doing too much with few to no results, feeling overwhelmed and afraid of never reaching goals  
Have more productivity and fulfillment in your career, higher income, improved relationships, more passion and joy in life



#### Step 5 - The Change Maker

Too busy trying to survive to make a difference  
Make a bigger impact by leaving a meaningful contribution to the world



# INFOGRAPHICS

## ROADMAP TO GUT HEALTH

**ENGAGE**

**IDENTIFY**

**ASSESS**

**PREPARE**

**APPLY**

**RETEST**

**REPAIR**

**OVERCOME!**



### YES:

**Fruit:** All fruit is allowed, based on stages.  
**Vegetables:** All non-starchy vegetables are allowed.  
**Meat:** Non-processed meat with no non-SCD ingredients.  
**Fish:** All types. Must be unprocessed and unbreaded.  
**Eggs:** All types of eggs are allowed. Preferably organic pastured eggs should be used.  
**Cheese:** Hard cheeses aged over 90 days. Use DCC, Friendly Farmer cheese for intro stages.  
**Nuts:** ALL - almonds, walnuts, pecans, cashews, hazelnuts, macadamia, peanuts, etc.  
**Seeds:** Sesame, pumpkin etc. for advanced stages.  
**Beans:** Only dried navy, kidney, lentils, lima, black, string, and green beans, split peas, and peas cooked using SCD rules.  
**Homemade Yogurt:** Use SCD guidelines for making yogurt from cow milk, goat milk and nut milks.  
**Honey:** Preferably raw and/or local for sweetening.  
**Oils:** Ghee, pastured butter, coconut oil and olive oil.  
**Starches:** Rutabagas.  
**Other:** Unflavored gelatin.

### NO:

**Grains:** Rice, corn, quinoa, millet, amaranth, buckwheat.  
**Starches:** Potatoes, turnips, parsnips, yams.  
**Milk:** All milk and cream based products. It's okay to use these to make homemade yogurt, though.  
**Cheese:** Ricotta, goat cheese, feta, cream cheese, mozzarella. Only cheeses that are aged and have a low moisture content are allowed. DCC Friendly Farmer is a good ricotta substitute. Store-bought yogurt or Dannon can be used as a starter.  
**Nuts/Seeds:** Avoid those with an illegal coating, or those which might have used some illegal ingredients during roasting. Flax, chia and hemp seeds are not allowed.  
**Beans:** Garbanzo, canned beans.  
**Sugar:** Agave, cane, brown sugar, molasses, rapadura, date or coconut sugar are to be avoided.  
**Artificial Sweeteners:** Avoid artificial sweeteners.  
**Preservatives:** Avoid all preservatives.  
**Binders/Thickeners:** Agar, carrageenan, guar gum. Potato flour, rice flour, sorghum bean flour are not permitted. These all feed bad gut bacteria.  
**Oils:** Avoid vegan butter products, soy bean oil, or canola oil.  
**Other:** Stevia, carob, whey powder, margarine, FOS (fructooligosaccharides), seaweed or seaweed products, cassava, tiger nuts, tapioca starch, coconut water, or coconut amino.  
**MAYBE:** Balsamic vinegar, canned foods with no illegal ingredients (may still contain BPA), saccharin (allowed but possibly not healthy), and packaged foods verified as SCD legal by the manufacturer. Stevia may be tried after two years on the diet.

### INTRO DIET

**Broth:** Kitchen Basics or homemade bone broth.  
**Eggs:** Organic pasture eggs. Omit if having acute diarrhea.  
**Juices:** 100% apple cider and grape juice (Welch's is SCD safe).  
**Gelatin:** Knox, Great Lakes.  
**Meat:** Roasted, boiled or brailed: chicken, beef, turkey, lean pork, lean game meats. No ham or bacon (tolerated).  
**Carrots:** Peeled and cooked for four hours.

### STAGE 1

**Veggies:** Spinach, butternut and acorn squash.  
**Fruit:** Ripe banana (brown spots), applesauce and pear sauce.  
**Meat:** Same as intro diet.  
**Nut Milk:** Homemade coconut milk, blanched almond or pecan milk is permitted if tolerated. Same with nut milk yogurts.

### STAGE 2

**Veggies:** Peeled, seeded, and well cooked: asparagus, cucumber, green beans, peppers, mushrooms, pumpkin and other winter squash.  
**Fruit:** Peeled, deseeded, and cooked: apricot, avocado (cooked & raw) peach, pineapple, plum, tomato.  
**Meat:** Same.  
**Nuts and Seeds:** Nut butters: almond, cashew, hazelnut, macadamia nut milk.

### STAGE 3

**Veggies:** Peeled as appropriate and cooked: beets, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, collards, eggplant, kale, leek, lettuce, lima beans, onions, parsley, spaghetti squash, swiss chard, watercress.  
**Fruit:** Peeled, seeded and cooked: blueberry, blackberry, cantaloupe, cherry, date, elderberry, fig, gooseberry, grapefruit, kiwi, kumquat, lemon, lime, mango, orange, papaya, passion fruit, strawberry, tangerine, watermelon.  
**Dried Fruit and Raisins:** Well cooked in water and plump and soft. Raisins are more advanced than other dried fruit.  
**Meat:** Crisp fried pork or legal bacon can be used.  
**Nuts and Seeds:** Same as Stage 2.

### STAGE 4

**Veggies:** Raw vegetables are now introduced.  
**Fruit:** All peeled and deseeded but may be raw: apples, pears, peaches, persimmons, and grapes.  
**Meat:** Meats battered and fried in nut flour may be tried.  
**Nuts and Seeds:** Coconut flour, walnut and macadamia flour can be introduced as well as nut pieces and coconut flakes.  
**Legumes:** Split peas and lentils, lima, and navy beans soaked and well cooked.

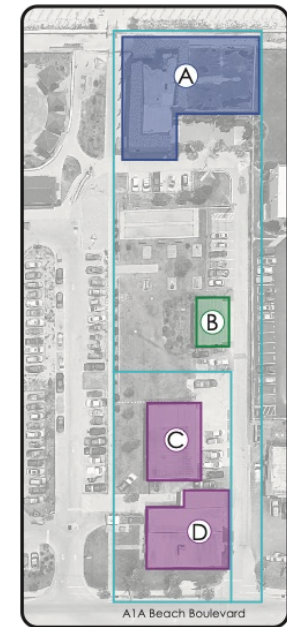
### STAGE 5

**Veggies:** All veggies, raw.  
**Fruit:** All fruits, raw.  
**Meat:** All meats, including dried meats like jerky (as tolerated).  
**Nuts and Seeds:** All, whole pieces.  
**Beans:** Black and kidney beans can be allowed, plus other beans prepared according to SCD rules.

No more than 2-5 days on intro diet • When moving to the next stage, include the foods that you have eaten in previous stages • If symptoms get worse on moving up a stage, move back by one stage until better • If in flare, eat intro diet for 2-5 days then reassess • When introducing new foods, wait a day between the new food and introducing the next food • If symptoms appear, wait for them to clear before resuming reintroduction • All fruit and veggies should be peeled, deseeded and very well cooked until stage 4, then just peeled • Stage 5 allows raw fruit and veggies, whole nuts, seeds and SCD beans •

## ST. AUGUSTINE BEACH ARTS & CULTURE CORRIDOR

### EXISTING CONDITIONS



**Building A**

- Owner: City of St. Augustine Beach
- Number of stories: 2
- 1st Floor  
Tenant 1: Art Studio & Gallery  
Tenant 2: The Dance of Company
- 2nd Floor: Unoccupied / Undeveloped

**Building B**

- Owner: City of St. Augustine Beach
- Number of stories: 1
- Storage: Art Studio & Gallery
- Storage: Bocce Court

**Building C**

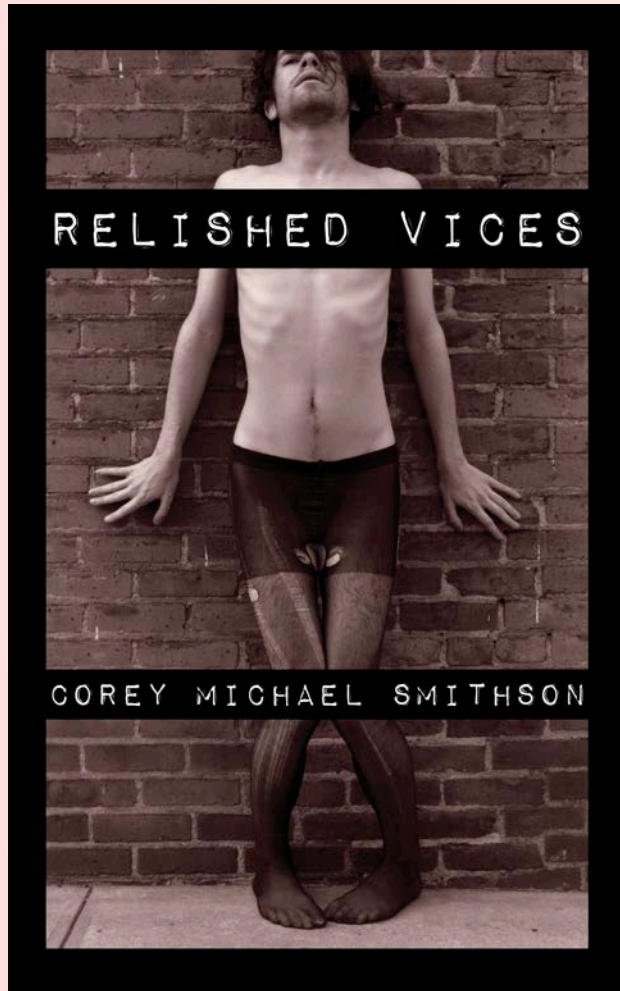
- Owner: St. Johns County
- Number of stories: 1
- Tenant: Marine Rescue

**Building D**

- Owner: St. Johns County
- Number of stories: 1
- Tenant: Fire Department

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# TEXT / DOCUMENTS



ESSAYS

BRANDING

STYLE GUIDES

COPY EDITING

BOOK LAYOUT

GHOSTWRITING

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