Given the proof of nutritional deficiencies shown in numerous studies over the last decade and the devastating disease state that has decimated our local economies, we need to reconsider our nutritional sources. The increased industrial intervention in our nutritional choices has given rise to fewer options in our diets and led to more problems of nutritional imbalance. Giving people the choice of how they approach their own health through nutrition is the most basic of our rights and has a historically significant record of success. Our freedom to choose has been the basis of our entire message to the world. It is time to embrace that choice in our diets.