

# Riohealth.com

if they spend it all on soda, then guess what? they don't have real food later in the month

[riohealth.com](http://riohealth.com)

[riohealth.com/account-management](http://riohealth.com/account-management)

there are plenty of companies out there that will try to take advantage of you by selling you a "baby  
guaranteed" diet, supplement pack, food, etc

[riohealth.com/patient-portal](http://riohealth.com/patient-portal)