



Month One - Video #4

Cellular Healing Diet & Nutrition

1. Basic
 - a. Remove bad fats and replace with good (follow our printed list).
 - b. Change your meat (go organic whenever possible) Ideally we want grass fed beef organic chicken etc....
 - c. Remove all processed grains out of your diet
2. Intermediate
 - a. Same as the basic diet but you can consume the following grains.

Recommended: Amaranth, buckwheat, millet and quinoa.

Accepted: Wild rice, brown rice, non GMO corn.
3. Advanced
 - a. For those already in a diseased state or suffering with diabetes, heart disease, high blood pressure, chronic fatigue, attention deficit disorder, autism etc.....
 - b. If you have blood work or testing showing increased toxicity, increased blood levels of the following - triglycerides, leptin, glucose, insulin.
 - c. Those suffering with weight loss resistance.