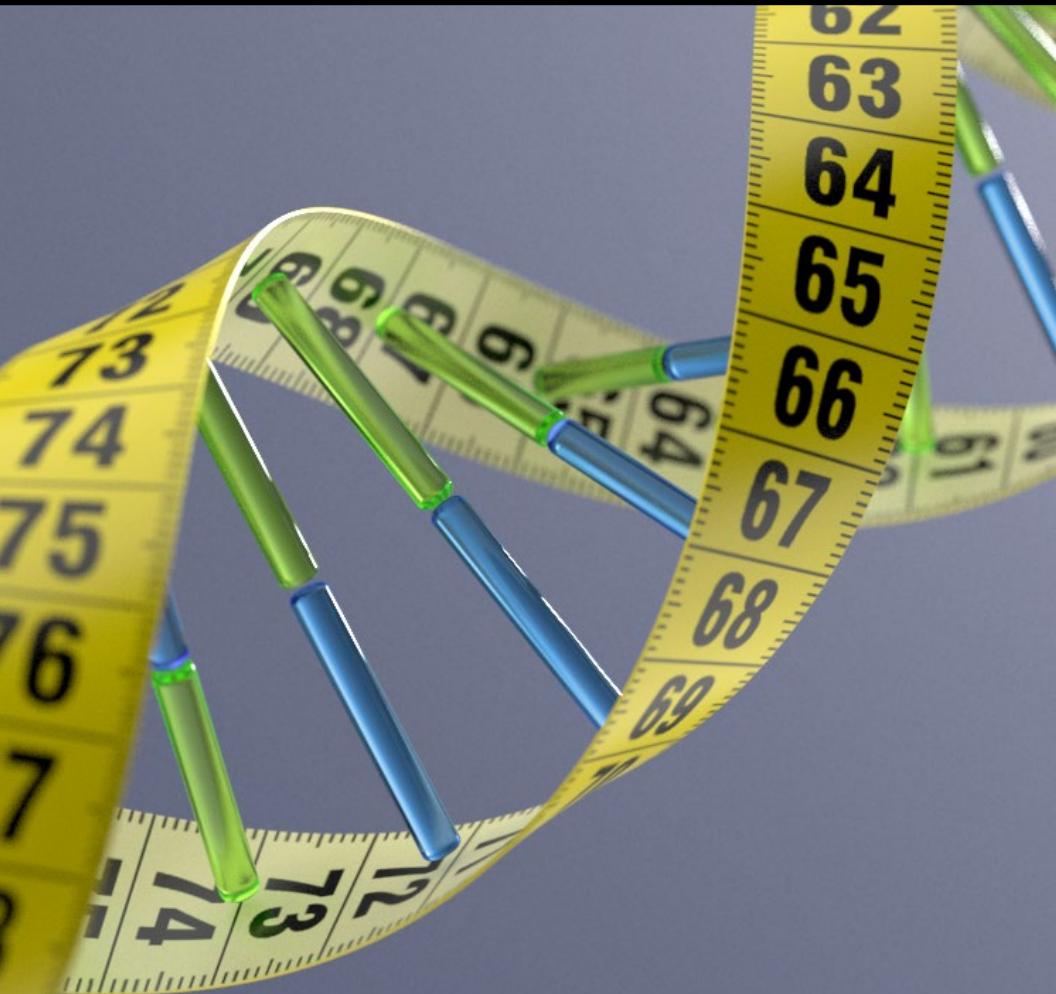


THE CELLULAR HEALING DIET

DR. DANIEL POMPA



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INTRODUCTION

Inspiring clients or individuals to modify their diets and abandon unhealthy, disease-causing habits is one of the most challenging aspects of being a health practitioner. Most people are simply reluctant to admit, or fail to understand, that making poor dietary choices can put them in a club in which no one wants to belong—one in which millions of Americans suffer from life-threatening disease. Because of false ideas, or what I refer to as nutritional myths, the majority of Americans will end up a disease statistic unless they are willing to change their diets.

Despite the fact that Americans spent trillions on health care, we are one of the sickest countries in the world and we consistently rank last among industrialized nations in all-around health. We have more degenerative disease than any other country in the world, as well. What many in this country fail to realize is that these frightening and alarming statistics are unique to the U.S. In fact, we have diseases in this country that others don't even have names for, including osteoporosis (which doesn't even exist in Okinawa, Japan), autoimmune diseases, heart disease, and cancer. Without traveling to other nations or studying their respective health statistics, many people believe that it's normal to succumb to these afflictions. While these diseases may be common, suffering from them is far from "normal."

Watch this video!

In fact people in such places as Okinawa, rural parts of China, and Indonesia not only live longer than Americans, they live their lives free of degenerative disease. Many simply die of old age, something quite rare in the U.S. today.

In this country, we assume that most of us will probably die from disease. This type of thinking is a myth common to most Americans. I recall an Okinawan man who was featured on the cover of Newsweek Magazine years ago. The fact that he was 102 caught my attention, but that wasn't the most impressive fact of the story. Amazingly, this centenarian still plowed his fields every day. What was most noteworthy was the fact that he was not the exception, but the rule among older Okinawans.

Where this article overlapped with what I understand to be occurring in our own culture is that even in Okinawa, their younger generations are beginning to suffer from degenerative disease. Why? Because their diet no longer reflect the diet eaten by the generations of Okinawans before them. If you believe that genetics are at work, think again. When older Okinawans immigrate to other countries, they suffer from disease at the same rates as others in their adoptive lands. For example, if they relocate to the US, their risk of heart attack and stroke rises dramatically, despite the fact that these ailments are rare in their native land.

In this country, we simply accept what we believe to be our ultimate fate. We think, "Well, my father had heart disease so I will end up with it too if I inherited the 'bad' gene." This is simply not the case, and just another myth polluting American minds.

While most of us realize that we have genetic weaknesses from some diseases, few understand that we actually contribute to the disease as it manifests itself in our bodies. Genes either express disease or health. Poor diet and toxins trigger our genes of susceptibility. Bad genes can be turned on and "good" gene expression can be turned off. Michael J. Fox (who was diagnosed with Parkinson's at the age of 31) said in an interview that after many years of studying Parkinson's he has come to one conclusion: genetics is the gun pointing at our head, however environmental toxins pull the trigger. He made a point of explaining that everyone in his family has the gene for susceptibility to Parkinson's but he was the only one to get it.

Take the Pima Indians of Southern Arizona, for example. Before World War II, this tribe had zero incidence of Type II diabetes. After being introduced to a western diet that included processed foods, over 50% of the Pima Indians suffer from Type II diabetes. Obviously they have a genetic weakness for this disease; however, when they ate a diet that was natural and well-suited to them, they did not develop the disease despite their genetic predisposition to diabetes.

Unfortunately, my father typified people who believe that they are unable to control their health destiny. My father insisted on eating things that he liked, despite knowing that they were bad for his health. "I have to die of something so I might as well enjoy myself," I regularly heard him say.

The problem with this nutritional myth is that we do not simply succumb to a disease and die at age 70 or 80. Unfortunately for many, there are years of suffering between the onset of a disease and death. Not only does disease cause suffering, but it robs many of the ability to enjoy the things they love and the ability to live an optimal lifestyle. It is very difficult to fulfill our life's purpose while enduring pain and suffering. I can attest to this from personal experience.

Years later, my father realized that I was right about his poor diet and the detrimental toll it took on my family. My mother suffered from a debilitating stroke, while my father endured the effects of emphysema. "It would have been easier if your mother and I had just died, but look at us now," he later admitted. My mother was confined to a wheelchair and only speaks if spoke to, dependent upon others for every aspect of daily care. Due to his respiratory ailment, my father grew unable to swing his beloved golf clubs and even sit in a chair without an oxygen tank by his side. This is not quite the anticipation of the golden years, is it? Eventually my father did change his mantra to "Son of a bitch, if I had known I was going to live so long, I would have taken better care of myself."

Watching my parents suffer, as well as my own personal battle, led me on a mission to spread the gospel of the importance of a good diet to preserve health. No one taught my parents that health and healing comes from within, and we are created with bodies that are capable of overcoming disease. They simply went on taking their medications, assuming they were okay until their health degenerated. They focused only on their symptoms, but never the root cause of their ailments.

My hope and prayer for you is that you are willing to make these important dietary changes to avoid becoming another health statistic like my parents.

My favorite saying is "our bodies do not need help healing, they just don't need interference." The basic, intermediate, and advanced dietary changes listed in this book remove interference in order to optimize our body's function. New millennium health care is this: we need to let the body do its work to heal, not simply mask symptoms with often times harmful, costly, and ineffective medications.

I do not believe that one diet is for everyone. After working with thousands of clients and searching exhausting amounts of literature, it is apparent that there are 3 basic changes that everyone on the planet must make to optimize their health. I refer to this as The Basic Diet.

For those who are interested in taking their health and performance to a higher level, there is an Intermediate Diet. Some individuals require a more advanced diet to restore health and healing to their body. I call this diet The Advanced Diet, otherwise known as the “Cellular Healing Diet.” There are 5 factors that I use in determining if this diet is right for you. Many individuals needing this diet are already in a state of disease. This diet is also perfect to use on a short term basis for detoxification and weight loss, and on a permanent basis for those who are genetically suited.

I am excited that you made a decision for incredible change in your future health. This diet and guide is impacting the lives of thousands around the world, and I look forward to adding your testimony to the arsenal. I pray that you optimize your life today by utilizing this life transforming resource and sharing your personal testimony with others.

To Your Excellent Health!

Dr. Daniel Pompa

Foreword by Merily Pompa

When my husband asked if I would write the forward to The Cellular Healing Diet book, I welcomed the opportunity to share what I know to be true of this information. I have always understood that the most incredible direction comes into the world through adversity and struggle. The reality of what that meant in our life became more than I would have ever imagined. The purpose of his suffering lead to resources that truly improve health and life. This book is one of those resources.

In the fall of 2000, we were moving through life with our 2nd child and all was not well. My husband developed bizarre and unexplainable symptoms that were only explainable in that they were absolutely beyond anything remotely close to what I had experienced with him through a then 10 year relationship. He was suffering from debilitating headaches which laid him out flat until the next day, insomnia which made him fearful of every night, anxiety that accompanied the insomnia, as well as fatigue that shrunk his once successful chiropractic business by half. Had it not been for our philosophy of understanding that there is always a cause at the root of every health challenge, I am not sure he (or perhaps even I dealing with him) would have not done what most Americans often do: medicate to cover up the symptoms.

Fortunately though, we were solid in our understanding of true health being something that is not always freedom from symptoms, but certainly freedom from disease, and while we didn't know **WHAT** was wrong, we knew there was an explanation and a solution.

The sporadic times that weren't consumed by self-examination were times of research. He would search for any and all resources that could possibly lead him to answers. While his own answers didn't come until 3 years later, the information that he acquired, and the ability to understand it and retain it, built the most amazing resource library that any person would love to have within the confines of their own headspace. He attributes that talent to the coping mechanisms he had to adopt as a result of the dyslexia and learning challenges he had as a child. I attribute it to the call upon his life that God placed there, as He knew he would be the one to take such overlooked and misunderstood information to the masses who have no explanation for their mind-body disconnect.

As if the journey of our life wasn't enriched enough by him learning a wide and varied range of health processes that have proven time and time again to have added purpose in his clients' lives, there was another event that may have just made us both wonder what our lives were really destined for (and not in the hopeful way we forced ourselves to focus against the odds). I had just given birth to our 3rd child, that I was confident was a sign that Danny's health restoration was fast approaching, when we received a phone call that would change and challenge our lives in a way that even his sickness wasn't capable of. My cousin Lisa, who was also my best friend, was murdered by her husband the day after Christmas, 2003. Our oldest son, Daniel, was five, Izik was two and a half, and Simon was just six weeks old. Lisa has seven year old twins, a boy and a girl. Olivia was an amazing little girl, independent and full of personality. Her brother, Dylan, was damaged from an MMR vaccine at the age of four and a long way from being joyful or independent. He was living in his tortured body without understanding of himself or his challenges. Because of all that my husband learned to regain his own health, he was able to set Dylan in motion to also live again free of the angst that accompanied his days. A once labeled child with a diagnosis of Sensory Integration (an autism spectrum disorder) was released from his IEP within two years and integrated into a normal classroom without learning support at the beginning of third grade.

What you will find within this book are the resources and the diet to help you or someone you know searching for answers and also needing to be led through the process of health restoration, which begins and ends at the cellular level. My husband's suffering has supplied countless people with hope. The road back to vibrant health is a long one at times, but the direction and understanding of what it takes to fully get there is not in short supply when you are led by my incredibly knowledgeable and compassionate husband Dr. Daniel Pompa, or one of the practitioners he trains.

I encourage you to stay the course. Do not allow your temptation to give up or give in get a foothold. Remember that there is a reason and a season for your pain. Staying on the right road often takes super-human strength (or so it seems when you are not well), but trusting in The One who has allowed it for a purpose will lead you through it as well. While too many people end up on a journey and making choices that are less than capable of restoring their health, what you will find within this resource is life-saving and life-giving.

Proverbs 16:25 says "There is a way that seems right to a man, but in the end it leads to death." My husband always quotes Hosea 4:6 "My people are destroyed for a lack of knowledge." Do not be one of the ones who had to lose their life to gain their hope.

Welcome to the truth. I present to you my husband's stamp of endorsement within these pages for your journey back to life!

About the Author:



Daniel Pompa, D.PSc., is a global leader in the health and wellness industry, traveling across the country educating practitioners and the public on the root causes of inflammation driven diseases such as Weight Loss Resistance, Hypothyroid, Diabetes, Chronic Fatigue Syndrome, Autoimmune Disorders and other chronic conditions.

Dr. Pompa received his Bachelor of Science from the University of Pittsburgh and his Doctor of Chiropractic degree at Life University, graduating second in his class. His authority today, however, is rooted in his own personal battle, having overcome serious neurotoxic illness and heavy metal poisoning using the cellular detoxification and diet strategies learned during his journey back to health. A relentless self-experimenter, Dr. Pompa has been studying, practicing, and teaching the Cellular Healing Diet and True Cellular Detox™ for nearly two decades. The Cellular Healing Diet was a key component to his recovery, and when combined with his powerful cellular detox protocols and ancient healing strategies, lives transform.

Dr. Pompa's methodology runs counter to mainstream healthcare, which focuses on suppressing symptoms, by seeking the root cause of illness and removing it so the body can execute the healing. Coaching clients with severe health challenges remains one of his greatest passions, and seeing lives change from a multi-therapeutic approach fuels his mission to change the world.

Besides his private coaching practice, Dr. Pompa oversees a practitioners' coaching program wherein he teaches techniques to bring wellness to individuals once considered hopeless. He is also the host of Cellular Healing TV, watched throughout the world via the internet, and co-host of Health Seekers radio, a nationally syndicated radio show. Learn more about Dr. Pompa and his health strategies at www.drpompa.com.

If you are interested in working directly with Dr. Pompa or one of his trained health practitioners, GO HERE.

THE THREE BASIC RULES

1

**If the food was not created by God, do not eat it.
(If you can't read it, don't eat it.)**

- Foods listed in Leviticus 11 as unclean
- Man-made fats such as hydrogenated oils
- Most preservatives and chemical excitotoxins in foods

2

**If the food has been altered by man, do not eat it.
(If man changed it, exchange it.)**

- Genetically Modified Foods and Organisms (GMO), refined grains (white bread, white rice, and white pasta)
- Pasteurized and homogenized dairy
- Grain-fed meats (beef, chicken, and lamb)

3

**Do not let any food be your god.
(If you can't do without, throw it out.)**

- Alcohol
- Coffee
- White breads and sugars
- Junk food (excitotoxins)

THE BASIC DIET

The Three (3) Changes that Everyone Should Make to Optimize their Health.

THE THREE BASIC CHANGES

There are many nutritional changes you need to make; however, we found that these three basic changes to your diet are undoubtedly the most effective and critical to prevent the top three killers in America.

- ✓ The first two changes are very simple to implement because they are horizontal shifts in our eating habits. If you are eating man-made fats and meats, simply replace them with God-made fats and meats. This takes very little effort beyond educating yourself to new food choices listed below.
- ✓ The third change is challenging and should be implemented after making the first two changes. This change may be difficult but it will yield the greatest transformation in your health.
- ✓ It is necessary that you set strict time goals to implement each change. For example, transition to eat all good fats and meats in 60 days and remove all refined and processed sugars in 90 days.

1

Removing the BAD FATS - replacing them with GOOD FATS.

Bad fats, such as hydrogenated and partially hydrogenated oils, trans fats, and rancid vegetable oils, are linked to cellular congestion, leading to cancer, chronic fatigue, and neurotoxic syndrome.

Bad fats are also linked to chronic inflammation, which is the key to 21st century medicine. Heart disease, stroke, cancer, diabetes, etc. are the leading causes of death in the United States, and inflammation is at the root.

- Good fats are the most lacking nutrient in the Standard American Diet (SAD), not vitamins and minerals.
- Good fats are essential to hormone production, cancer prevention, brain development, weight loss, cellular healing, and anti-inflammation.

FAT TIPS

COOKING WITH FATS AND OILS WITHOUT TURNING GOOD FATS INTO BAD FATS

For high temperature cooking with oils there are a few things that need to be considered.

1. Whether an oil is mechanically pressed or chemically extracted is an important factor that needs to be considered. Chemical extraction uses toxic solvents during the extraction processes, which in itself is very damaging to the fats. Harsh treatments must be used to remove the solvents, which cause further damage. This process is used with most mass-market oils and is not recommended. Quality oils are worth the extra money. Buy from companies that are known for their quality or imported oils that do it the old fashion way. Most imported oils are typically a higher quality oil; however, as far as cooking at high temperatures goes, it is often more difficult to determine what oils are better for heat and which are not. Spectrum Brand and Whole Foods 365 Brand do a good job of labeling the degree of heat the oil can withstand.
2. "Naturally refined" oils will oxidize less during heating than unrefined oils because they have less delicate particulates and polyphenols (antioxidants) that are heat sensitive. The unrefined oils do offer more in the way of nutrition and antioxidant protection, but are more sensitive to heat. The refining process is a filtering method that removes the naturally occurring particles. Refined oils are simply filtered more. Spectrum Brand and Whole Foods 365 Brand do a good job of labeling whether an oil is refined or non-refined.
3. Finally whether an oil is saturated, monounsaturated, or polyunsaturated plays an important role in how well the oils take

the heat. The saturated and monounsaturated fats in the oils take heat much better than the polyunsaturated fats. Most saturated fats are found in meat and dairy products. However coconut oil is an example of a plant derived source. Monounsaturated fats are found mostly in nuts and olive oils. Polyunsaturated fats (PUFAs) are found in many different foods, but the ones you are most familiar with are the omega 3s that are healthy unless you heat them. Vegetable oils and fish oils are the most popular sources of these oils and fats. When the fats are in the vegetable or the fish protected, but once it becomes an oil it oxidizes very easily. That's why the source of your fish oil really matters. Much of what is on the market is oxidized. Vegetable oil is in most processed foods and is oxidized before it makes it to the store shelves. PUFAs, due to the oxidation, cause cellular inflammation and are a leading cause of heart disease, diabetes, obesity, and even thyroid conditions. It's obvious that you should not cook with vegetable oils; however, you need to avoid these oxidized rancid fats in all foods. That means you will need to read the ingredients. If an oil high in polyunsaturated says "high oleic," it changes the oil to withstand the heat much better. It does this by changing it to be a higher percentage of monounsaturated fats. Sunflower oil is a great example. If you look at the list below, you will note that this oil is in the high heat list only when it says high oleic, otherwise it's in the raw to low heat list. Normally it is 69% polyunsaturated fat, but the high oleic version is 82% mono.

Obviously, this is all very confusing and difficult to remember, but that's why I have provided a list of oils in 3 different categories of heat. Using the 3 considerations above, here is a list of oils that are good for cooking (tolerate the heat) and oils that are better to use raw...

High Heat Oils: 400 degrees and above, can be used for frying

Almond oil (naturally refined only)

Avocado oil

Coconut oil

Grape seed oil, expeller pressed (naturally refined only)

Macadamia oil

Peanut oil, high oleic (naturally refined only)
Safflower oil, high oleic (naturally refined only)
Sesame oil (naturally refined only)
Sunflower oil, high oleic, expeller pressed, (naturally refined only)
Rice or rice bran oils

Medium Heat Oils: 350-400 degrees, quick fry in pan

Butter or ghee
Coconut oil
Red palm oil
Olive oil, extra virgin (naturally refined only)
Peanut oil, expeller pressed (naturally refined only)
Walnut (naturally refined only)

Raw To Low Heat: Most unrefined oils

Hemp oil (unrefined)
Fish oil (purchase from a trusted source)
Flaxseed oil
Olive oil extra virgin, (unrefined)
Safflower and sesame oil (unrefined)
Sunflower oil (unrefined and purchase from a trusted source)
Sunflower oil (unrefined)

Note: Refrigerate Hemp oil and all cold pressed oils. Hemp oil has nature's ideal 4:1 Omega -6 to -3 ratio.

MYTH #1: Fat makes you fat.

TRUTH #1: Fat does not make you fat - it's the inability to burn it. Fat burning is regulated by a hormone called leptin, explained in the Cellular Healing Diet. [Click Here to Learn More](#)

MYTH #2: Butter is bad.

TRUTH #2: Butter contains arachidonic acid which is important for cellular and brain function. Butter also contains CLA (Conjugated Linoleic Acid), which aids in fat burning.

MYTH #3: One bag of french fries now and again will not hurt anyone.

TRUTH #3: The half life of trans fats or hydrogenated fats is 51 days. This means after 51 days $\frac{1}{2}$ of the negative effects of this man-made fat have been processed. [Watch this Video Twinkie vs. the Torch!](#)

The body needs an additional 51 days, or a total of 102 days, to remove the majority of the trans fats and the negative effects, such as:

- Decreased nerve transmission.
- Decreased focus and increase in hyperactivity.
- Decreased immunity.

2 Change the MEATS that you EAT.

- There are hundreds of studies that link commercial meats with cancer and heart disease.
- Grain-fed to animals created to eat grass changes fatty acid ratios and denatures good fats, leading to modern day disease.
- The bioaccumulation of commercial pesticides, herbicides, antibiotics, and hormones in meats are far higher than what you receive from commercial vegetables. This leads to many cancers and chronic illness.
- Grass-fed and free-range meats offer many fatty acids missing in the Standard American Diet (SAD) such as: arachidonic acid, conjugated-linoleic acid (CLA), and the proper ratio of Omega 6 and Omega 3 fatty acids.

FAT FACTS: THE SCIENCE BEHIND THE MEAT AND FAT

Scientists are now realizing that the ratio of fatty acids like omega 3 and omega 6 are more important than the single fatty acid itself. In grass-fed cows, for instance, the ratio is 2:1 to 4:1 ratio of omega 6 to omega 3.^[1-2, 4, 7] In grain-fed cows, this important ratio is 20:1 or higher. Similar effects occur in grain-fed chickens and their eggs. In this case, more is definitely not better. The danger of fat ratios that far exceed what occurs in nature is contributing to a myriad of health problems in both children and adults.

In children, these unnatural fat ratios are causing slower brain development and an all-too-common set of complicating symptoms we refer to as ADHD.^[9] But they are no less damaging to adults. Excessive omega 3 to omega 6 ratios contribute to a host of ailments including heart disease, cancer, hormonal issues, skin conditions, and type II diabetes - to name a few.^[10-11]

MYTH #4: Saturated fat in meat causes heart disease and cancer

TRUTH #4: It's not the meat, it is what man has done to it. Saturated fat contained in grass-fed meat is critical for brain and cell function. Studies indicate that the saturated fat in grass-fed meat prevents heart disease.^[3] Another study of public health at Harvard showed that the more vegetable oils the women in the study ate, the worse their atherosclerosis became.^[6] The irony of the study was that the more saturated fats they ate, the less their atherosclerosis progressed, and the highest levels of saturated fat eaten actually reversed their condition over time.

Additionally, a second Harvard study showed a high fat diet consisting of saturated fats found in meat and dairy products actually had a three-fold decrease in Type II diabetes.^[5]

3 Remove ALL Processed grains and refined SUGARS from your Diet.

This includes white rice, white pasta, and white bread. These are processed grains which turn into sugar and raise glucose and insulin the same as sucrose, fructose or any other "ose."

To identify acceptable grains, the word "whole," "stone ground," or "sprouted" must be before the grain's name. For example, if it doesn't say the words "whole wheat" it is processed. Wheat flour is not a whole grain and is thus disease causing to your body.

- One-third of sugar consumption comes from soft drinks, while two-thirds of our sugar intake comes from hidden sources including: lunch meats, pizza, sauces, breads, soups, crackers, fruit drinks, canned foods, yogurt, ketchup, mayonnaise, etc.

- High glycemic or refined sugars cause elevated glucose, which elevates insulin, leading to premature aging and degenerative diseases like Type II diabetes, heart disease (inflammation of the arteries), and cancer.
- Sugar, an anti-nutrient, offers insignificant amounts of vitamins and minerals and robs your body of precious nutrient stores. This inevitably leads to diseases of the new millennium, such as chronic fatigue, ADD, ADHD, heart disease, diabetes, and cancers.
- Remember, refined sugars unnaturally spike and elevate insulin and leptin. Prolonged spiking and elevation of insulin and leptin lead to insulin and leptin resistance. Insulin and leptin resistance cause diabetes and weight loss resistance (the inability to burn fat for energy), respectively.

Note: *If you're interested in taking the Cellular Healing Diet to the next level, try implementing any (or all) of the following strategies with the support of your health practitioner.*

SUGAR FACTS

Removing all refined sugar is by far the hardest of the three to change, but equally as important as the others, partly because most Americans are addicted to sugary foods. To our bodies, sugar is a drug. If there is any lingering doubt of this fact, just talk to someone who gave up sugar and experienced classic detox symptoms like headaches, shakes, gastro-intestinal trouble, fatigue, and mood swings. These symptoms alone should serve as a warning about how dangerous sugar is to the body.

- With sugar removed from a child's diet, he/she will experience less sickness, fewer behavior issues, better sleep, and better grades. Experience has shown that it takes about one week for cravings for sugar and breads to cease. Any indulgence in sugar during this time, no matter how small, will trigger cravings, so I tend to adopt an "all or nothing" approach to sugar.
- Refined sugar lowers the immune system.

MYTH #5: Why am I overweight when I eat very little sugar?

TRUTH #5: Americans consume an average of 120 pounds of sugar per year per person, compared to 5 pounds per year per family in the early 1900's. These sugars are hidden in virtually every boxed food, cereal and cracker.

SUGAR TIPS

- Removing all sugar at once is easier because you lose cravings in approximately 5 days resulting from insulin and leptin receptor regeneration.
- Look at sugar content on labels. Anything with -ose at the end is sugar.
- Avoid corn syrup, fructose, sucrose, malt, barley malt, maltodextrin, dextrose, sweetened brown rice syrup, rice syrup, sugar cane. (The herb stevia and xylitol are an acceptable sweetener)

Intermittent fasting:

Intermittent fasting offers a multitude of health benefits, including weight-loss, hormone optimization, and helping you live healthier, longer.

- Simply skip breakfast and drink pure water and/or organic coffee or tea with good quality fat added such as MCT oil, coconut oil, grass-fed heavy cream or butter, or full-fat coconut milk or homemade nut milk. The good fat added to your beverage helps to prevent blood sugar dips throughout the morning and turns your brain “on” to jumpstart the day. You can also add grass-fed collagen powder to your morning beverage for protein if desired, and a sprinkle of cinnamon is helpful for blood sugar regulation.
- Try to wait and consume a later lunch, between 1PM and 3PM, to extend the fasting window between 16 and 18 hours. A light lunch of quality fat and protein is suggested to maintain energy levels throughout the day and avoid the dreaded post-lunch “slump.” Simply have a smaller lunch portion or sip on a high fat smoothie (see recipes).
- Aim to eat dinner between 5-8PM and include most of your daily carbohydrates at this meal. Be sure to make dinner a big and satisfying meal. This is very important! If you do not eat enough food at dinner your body will think it’s starving and hang on to fat stores. Eating a larger meal with adequate carbs also helps to spike your blood sugar enough to promote restful sleep.

Advanced Cellular Healing Diet or ketogenic diet:

The high fat ketogenic diet may help increase brain function, fat burning, appetite regulation and more.

- Focus on eating mostly good quality fat (60-80%), moderate amounts of protein (20-30%) and very small amounts of carbohydrates (10-20%). Your vegetable choices would be lots of leafy greens and non-starchy veggies like broccoli, cauliflower and brussels sprouts. Small amounts of starches would be sweet potatoes, carrots and peas, for example.
- Make sure you're drinking plenty of pure water and taking in adequate amounts of sea salt to maintain electrolyte balance.

Remember Diet Variation!

- Follow the basic or intermediate Cellular Healing Diet for a few months and experiment with intermittent fasting. Perhaps then try the ketogenic diet (aka Advanced Cellular Healing) for a month or two then shift back into eating the basic Cellular Healing Diet. The point is it to mix it up and take advantage of your body's innate adaptation mechanisms to increase health, lose stubborn weight and regulate hormones. The magic is in the variation and has helped transform many bodies and brains.

TO REMEMBER THE THREE (3) CHANGES:

Meet Fat Sally!



- 1 MEET** Change to Grass-fed **MEAT!**
- 2 FAT** Change from Man Fats to **GOOD FATS!**
- 3 SALLY** Change to Whole & Ancient Grains and Remove all Processed Grains and **SUGARS!**

Optimize Food Choices Using The Basic Diet Food Choice Quick List

PROTEIN CHOICES

- ✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese), grass-fed, free-range, cage-free, and no hormone added sources whenever possible. Avoid farm raised and Atlantic fish. Choose fish in moderation due to mercury content.
- Cold water fish - salmon, sardines, mahi-mahi, mackerel etc.
- Game birds - pheasant, duck, goose, grouse
- Eggs
- Cottage cheese
- Raw cheeses
- Chicken and Turkey
- Ricotta cheese
- Venison
- Beef
- Lamb
- Game birds - pheasant, duck, goose, grouse
- Whey protein ([PaleoMeal™](#) or [Whey Cool™](#))
- Bison

GOOD FAT CHOICES

- ✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese), cold-pressed, grass-fed, free-range, pastured, and no hormone added sources whenever possible.
- Raw nuts & seeds: almonds, cashews, flax, hemp, pecans, pine nuts, macadamia, sesame, sunflower, walnuts etc.
- Grass-fed meat
- MCT (Medium Chain Triglyceride) oil
- Cod liver oil
- Hemp seed oil (3 to 1 ratio)
- Olive oil, olives
- Flaxseed oil
- Nut butters
- Avocado
- Butter
- Grapeseed oil Vegenaise
- Raw cheeses
- Full fat coconut milk, oil, and butter, and coconut flakes
- Full fat raw milk
- Pastured eggs
- Full fat plain yogurt
- Grass-fed tallow
- Canned sardines, salmon, oysters

Learn More about GOOD Fats vs. BAD Fats HERE!

HERE is another article with recipes that utilize HEALTHY FATS only!

NOTE: AVOID Hydrogenated and Partially Hydrogenated Oils such as cottonseed oil, soybean oil, and vegetable oils, **Trans Fats** such as margarine and synthetic butters, **Rancid Vegetable Oils** such as corn oil, canola oil, or those labeled simply “vegetable oil”, located in practically every bread, cracker, cookie, and boxed food.

HIGH FIBER CARBOHYDRATE (VEGETABLE) CHOICES

- ✓ Choose organic when possible. Remember the best carbohydrate choices are vegetables due to high fiber content and low glycemic action. This means little to no glucose or insulin rise when consumed.

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Bell peppers (red, yellow, green)
- Broadbeans
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chayote fruit
- Chicory
- Chives
- Collard greens
- Coriander
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger root
- Green beans
- Hearts of palm
- Jicama (raw)
- Jalapeno peppers
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Radishes
- Radicchio
- Snap beans
- Snow peas
- Shallots
- Spinach
- Spaghetti squash
- Summer squash
- Swiss chard
- Tomatoes
- Turnip greens

STARCHY CARBOHYDRATE CHOICES

✓ Choose organic when possible. If weight loss is a concern, starchy carbohydrates in moderation. These carbohydrates have a moderate glycemic action. This means small to moderate glucose or insulin rise when consumed. The foods highlighted in BOLD are grains. In the basic plan these grains must be whole. The grains with an asterisk * are good grains and the only grains permissible on the Intermediate Diet.

- Squash (acorn, butternut, winter)
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potato or yam
- Turnip
- Legumes
 - Adzuki beans
 - Black beans
 - Chickpeas (garbanzo)
 - Cowpeas
 - French beans
 - Great northern beans
 - Kidney beans
 - Lentils
 - Mung beans
 - Navy beans
 - Pinto beans
 - Split peas
 - White beans
 - Yellow beans
- Tapioca
- Plantains
- Carrots
- Bulgur (tabouli)
- Beets
- **Whole grain cooked cereals**
- **Millet***
- **Whole grains**
- **Barley**
- **Whole grain tortillas**
- **Brown rice***
- **Wild rice***
- **Rye**
- **Buckwheat groats* (kasha)**
- **Steel cut oats**
- **Semolina (whole grain-dry)**
- **Spelt**
- **Quinoa***
- **Amaranth***
- **Whole grain breads**
- **Sprouted bread**
- **Corn**
- **Non-GMO corn***

*** The only grains permissible on the Intermediate Diet, soaked and sprouted are best.**

Basic Diet Food Choice Quick List (cont.)

FRUIT CHOICES

- ✓ Choose organic when possible. If weight loss is a concern, eat fruit in extreme moderation.

Low GI Fruits - best fruit choice, especially if weight loss is a concern.

- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Boysenberries
- Avocados
- Elderberries
- Lemons
- Gooseberries
- Limes
- Loganberries
- Granny Smith apples

Moderation Fruits

- Cherries
- Pear
- Fresh apricots
- Melons
- Orange
- Peaches
- Plum
- Grapefruit
- Pitted prunes
- Apples
- Nectarines
- Tangerines
- Passion fruit
- Persimmons
- Pomegranates
- Kiwi fruit

Sparing Fruits - or after a workout with some protein.

Avoid if weight loss is a concern.

- Banana
- Pineapple
- Grapes
- Watermelon
- Mango
- Papaya

Note: Detailed Basic Diet food list located in Appendix 3

EATING TIP

EAT MORE VEGETABLES

- Potatoes are not vegetables; they are tubers that raise glucose and insulin, especially if white.
- If you cook vegetables, lightly steam to preserve nutrients.
- Some people will do better with more protein and less vegetables, and others will do better with more vegetables and less protein, depending on metabolic or genetic type (e.g., an Eskimo vs. a Peruvian Indian)
- Organic is best. If not organic, wash with distilled vinegar or solution available in health food stores. Use bags to squeeze air out of vegetables before storing to maintain freshness.
- Eat some protein with vegetables (e.g., an egg or piece of chicken, turkey, or fish)
- Add in a quality greens powder (like *Paleo Greens™* from Designs for Health) if you do not get 6-9 servings of vegetables per day. This is a whole food vegetable supplement designed for this purpose.

MENU TIP

PREPARE WEEKLY MENUS WITH LOTS OF VARIETY

- Make a menu for each week; Sundays are the best time for many people.
- If you work, make meals ahead of time.
- Make enough for leftovers.
- Wash and bag veggies on Sunday for 1 week. They will stay fresh if you use vacuum bags with zip-locks.
- Find 10 recipes that you like. If you rotate between 2 or 3 meals, boredom will threaten success.

Note: Listen to your body. Your cravings and energy levels will tell you when you need to adjust or modify your personal plan. However, during the first two weeks, while insulin levels are adjusting, you may need to eat more meals a day to feel better.

The Basic Diet is for everyone and provides 3 easy steps towards optimizing your living. By choosing the 3 changes, you are choosing a lifestyle of energy, health, strength, and longevity. If you have a desire to go to the next level in optimizing your health, explore the power in the Intermediate Diet and the Cellular Healing Diet.

THE INTERMEDIATE DIET

The Intermediate Diet is a powerful diet, well-researched and designed to optimize a body's full potential for health, weight loss, energy recovery, and brain power. The Cellular Healing Diet is the diet of choice to down-regulate cellular inflammation and regain health. I utilize the Intermediate Diet as a transition from the Cellular Healing Diet once the five factors that put you on the Cellular Healing Diet are resolved. My recommendation for most of my clients is to remain on the Intermediate Diet for the rest of their lives, with periods of diet variation. Genetics and grain tolerance obviously play a significant role in this determination and how much grain you can ultimately add back into your diet. I do believe this diet could be a starting point for some who have minor health challenges, or simply those who want to maximize their health and well-being. The Intermediate Diet is accomplished by eating the Basic Diet with only certain ancient grains (one meal a day) and low-GI (glycemic index) fruits. If you have been following the Cellular Healing Diet, you are simply adding certain ancient grains to your existing diet. Sprouting and/or soaking the grains is strongly recommended, especially for those who are facing or have faced health challenges.

The Intermediate Diet was created through my extensive research on the history of grains. Grains have only been in the human food chain for five hundred generations. This is a very short time period considering the amount of time it takes for the body to adapt to a food. Most genetic experts agree that very little, if any, adaptation has occurred to our enzymes that are needed to break down grains and some of their anti-nutrients. Historically, when a culture consumes greater than 20% of its calories from grain, degenerative diseases rise proportionately. That is why this diet limits your intake of grain to one meal a day and specifies healthy grains, as they are less altered by man. Genetically modified (GM) grains are the foods most extremely altered by man. GM grains represent most of the grains on the market, and what I believe is the greatest threat to the human existence. We are finding that, through a process known as "gene transfer," the genes from plant material are appearing in our human DNA. These genes carry information from the plant to our DNA. Scientists are now finding pesticide-producing DNA from plants in our friendly gut bacteria. They are also finding tumor formation, cancer, infertility, and miscarriages as it relates to GM crops. This diet chooses ancient grains, as they are the least altered by man and have the highest protein and

a lower sugar content, some of these ancient grains are even considered seeds or fruits and not grains. Quinoa, for example, is actually considered a seed, and amaranth and buckwheat are technically considered fruits. Today, most people who have health challenges are familiar with gluten and learning to avoid it because of its effect on weight gain, fatigue, brain fog, and inflammation. Within the autistic community, it is advised to eliminate gluten completely due to its opiate-like effects on the brain, and therefore an increase in symptoms. This diet eliminates all grains that contain gluten. There are many other anti-nutrients, such as lectins and phytates, that are present in grains and can cause effects similar to those caused by gluten. Sprouting and/or soaking grains helps to limit these, therefore decreasing the toxic effects. All of these anti-nutrient effects are made worse with poor digestion and a leaky gut. If you have either condition, I suggest following the Cellular Healing Diet until the gut heals.

The Intermediate Diet follows the same food list and principles as the Cellular Healing Diet with the addition of these grains.

Optimal grain choices (soaked, sprouted, or cultured is best):
amaranth, buckwheat, millet, quinoa

Acceptable in small amounts: wild rice, brown rice, non-GMO corn

For the Intermediate Diet, it is highly recommended to **GO ORGANIC**. Organic fruits, vegetables, nuts, seeds, and grains contain higher nutrient levels for avoidance of inflammation and cancer causing chemicals.

FACT: Soaking, sprouting, or culturing grains overnight enhances the nutrient profile by making them more digestible and mitigating the effects of the anti-nutrients such as phytins and lectins.

TIP: To soak and culture grains, cover with warm filtered water and add ½ cup of Amasai or Suero Gold from Beyond Organic*. Put in a warm place overnight (oven or microwave) and rinse in the morning.

*Visit BeyondOrganicMilk.com to access these products.

THE CELLULAR HEALING DIET

Some individuals require a more advanced diet to restore health and healing to their body. I call this diet the Advanced Diet, otherwise known as the Cellular Healing Diet. There are 5 factors to determine if this diet is right for you. Many individuals needing this diet are already in a state of disease, such as ADD, autism, cancer, chronic fatigue, fibromyalgia, diabetes, or heart disease - just to name a few. However, this diet is used by others on a short term basis for detoxification and weight loss, and on a permanent basis for those who are genetically suited for this diet (Factor # 5).

Why is this diet so powerful and what makes it work?

The Advanced Diet works utilizing two principles: increasing good fats and removing sugar and everything that turns to sugar (grains). These principles allow this diet to do 3 things for your body that no other diet can do.

Three Functions of the Cellular Healing Diet

Following this diet accomplishes three objectives: healing and powering up the 70 trillion cells that make up your entire body and thus assisting the removal of toxins, regulating hormone function, and controlling inflammation, the root cause of new millennium disease.

[Read the Ketogenic Diet vs. Cellular Healing Diet Article](#)

1

Inflammation

The Cellular Healing Diet controls inflammation throughout your body. This type of inflammation affects every organ, tissue, artery, blood vessel, hormone and cell, and therefore determines your state of health. Studies indicate that inflammation is the root cause of the #1 killers in America and the majority of the degenerative disease we are facing today. For example, the true cause of heart disease is not cholesterol, but an inflammatory condition of the arterial wall. Removing grains from your diet controls inflammation by eliminating a sugar called amylose. Amylose is present in all grains (except corn) and causes an inflammatory reaction, particularly in

individuals suffering with inflammatory conditions (heart disease, arthritis, chronic fatigue, fibromyalgia, and IBS to name a few.)

As scientists and practitioners look for the next miracle cure, they should look no further than controlling this type of inflammation. Unfortunately the cure will not be in the form of a pill, but will come from these dietary changes and cellular detoxification.

[**Watch the video on reducing inflammation**](#)

2

Detoxification

The Cellular Healing Diet achieves detoxification because it heals the cell membrane. True Cellular Detoxification™ must occur at the cellular level. Nutrients must move in and toxins must come out in order for a cell to be clean and healthy. The cell membrane is the gatekeeper that allows this to occur. The Standard American Diet (SAD) and our toxic environment cause the cell membrane to be inflamed. When the cell membrane becomes inflamed, the above process is hindered and the cell becomes toxic. To restore and heal a toxic cell, you must remove sugar and everything that turns to sugar. This regulates insulin and an enzyme involved in controlling cellular inflammation called PLA2. Regulating insulin and PLA2 controls cellular inflammation and is the key to true detoxification.

[**Watch this Video on Detoxification**](#)

3

Hormone Regulation

Controlling cellular inflammation (cytokines and PLA2) and removing toxins allows hormone receptors, which reside on the cell, to heal and regenerate. Regenerating these receptors allows dysregulated hormones to balance and normalize. Most practitioners treat hormone dysregulation by trying to balance individual hormones. Most hormone problems, however, are not problems with the hormones themselves, but the hormone receptors on the cell membrane. The Cellular Healing Diet™, along with the 5R's of True Cellular Detox & Healing™ and True Cellular Detox™, treats upstream to get to the cause of all hormone dysregulation.

[**Watch this Video on Female Hormones**](#)

The FIVE FACTORS to Determine if the Advanced Diet (Cellular Healing Diet) is a Must for You

You only need 1 of the 5 to qualify!

- 1 High Triglycerides/Cholesterol** – If you are a sugar burner and not a fat burner your body will not store or burn fat normally, therefore elevating triglycerides (100 to 135 = normal; greater than 135 = elevated).
[Read this Article about Cholesterol](#) and view the product [CVO](#)
- 2 High Blood Pressure** – Inflammation of the large arteries leads to high blood pressure. Inflammation is controlled by the Cellular Healing Diet.
[Watch this Video on Heart Disease](#)
- 3 Elevated Glucose / Insulin / Leptin** – Once the insulin receptors are burned out, a fasting glucose, insulin, or leptin test will be elevated. Removing all sugar is the only way to heal the insulin receptors.
[Learn How To Fix Diabetes Naturally](#)
- 4 Neurotoxicity** – A trained cellular detoxification specialist can determine this with a neurotoxic history and Visual Contrast Sensitivity (VCS) test.
[Watch this Video on the VCS and Video on Top Toxins to Avoid](#)
- 5 Weight Loss Resistance** – This diet works for weight loss resistance because of its effect on hormones and toxins. Therefore, if you are a person who struggles to lose weight, despite what you eat and how much you exercise, this is a diet that will work for you.
[Watch this Video on Why You Can't Lose Weight](#)

After correcting all of the 5 factors, you start by adding the ancient grains back into your diet first (listed in the Intermediate Diet).

Note - How much grain you are able to bring back into your diet can only be determined by how you feel and how your body responds to weight change, energy, brain clarity, etc. Some individuals may have to remain on this diet long term, with diet variation. Genetically, these individuals do better on a high fat diet without consuming grains.

TIP: A family history of diabetes or obesity is a genetic clue that the Cellular Healing Diet is the right diet for you.

The FIVE BASICS of the Cellular Healing Diet

- ✓ The Basic Idea: We must eliminate all sugars and everything that turns to sugar to heal the hormone (leptin and insulin) receptors.

1. NO SUGARS – this includes all forms of sugar & artificial sweeteners!

2. NO GRAINS – not even whole, “healthy” grains! (Read the ingredients).

Yes, that means NO oatmeal.

3. ↑ FATS – 2 to 3 weeks after beginning program. (This is the typical time needed for a non-neurotoxic person to become a fat burner).

AND TWO ONLY IF YOU ARE WEIGHT LOSS RESISTANT:

4. NO FRUITS – berries in moderation.

5. PROTEIN intake – on avg. 15-25g per meal.

This is **NOT** a high protein diet.

- On average 20g per/meal for men or 15g per/meal for women.
- Larger males and those performing resistance training can consume between 25-30g per/meal.
- A piece of meat the size of a deck of cards or the size of your fist typically contains 15 grams of protein.
- An egg typically contains 7 grams of protein.

TWO STOP CHECKS!

IF YOU ARE NOT LOSING WEIGHT OR ANY ONE OF THE 5 FACTORS IS NOT IMPROVING:

- Check your protein intake – too much protein?
- Consider toxicity – did you pass the VCS (Visual Contrast Sensitivity) test?
- Are you simply eating too much and too often?

To Remember the Five Basics of the Cellular Healing Diet Find Out...

How Sally Got so Fat?

Sally got fat from punpernickel

1 NO SUGARS SALLY

2 NO GRAINS GOT

3 UP FATS FAT

4 NO FRUITS FROM

5 EAT PROTEIN PUMPERNICKEL



***Cows like Sally become fat when force fed grain,
making the meat fat and tasty, yet deadly.***

Cellular Healing Diet Food Choice Quick List

For protein and fat choices, choose raw (not roasted for nuts and not pasteurized or homogenized for cheese) grass-fed, free-range, cage-free, and no hormone added sources whenever possible. Avoid farm raised and Atlantic fish. Choose fish in moderation due to high mercury content.

PROTEINS CHOICES

- Cold-water fish - salmon, sardines, mahi-mahi, mackerel etc.
- Eggs
- Cottage cheese
- Raw cheeses
- Chicken and Turkey
- Ricotta cheese
- Venison
- Grass-fed meat*
- Lamb
- Game birds - pheasant, duck, goose, grouse
- Whey protein – grass-fed
- Amasai, a cultured dairy product from Beyond Organic*
- Raw cheese from Beyond Organic*

Tip: Pacific and Alaskan salmon are the best choices, and the smaller the fish the cleaner the fish.

FAT CHOICES

- Raw nuts & seeds: almonds, cashews, flax, hemp, pecans, pine nuts, macadamia, sesame seeds, sunflower, walnuts, etc.
- Grass-fed meat*
- Red palm oil
- Cod liver oil
- Hemp seed oil (3 to 1 ratio)
- Olive oil, olives
- Flaxseed oil
- Almond butter
- Avocado
- Butter
- Grapeseed oil Vegenaise
- Real raw cheese*
- Coconut milk, oil, butter, flakes
- Full fat raw milk
- Full fat plain yogurt
- Eggs
- Cashew butter
- Canned sardines, salmon, oysters in olive oil or water

* Beyond Organic products are what I believe to be the highest quality grass-fed products available. Visit **BeyondOrganicMilk.com** to access these products.

NOTE: AVOID Hydrogenated and Partially Hydrogenated Oils

such as cottonseed oil, soybean oil, and vegetable oils; **Trans Fats** such as margarine and synthetic butters; **Rancid Vegetable Oils** such as corn oil, canola oil, or those labeled simply “vegetable oil”, located in practically every bread, cracker, cookie, and boxed food.

TIP: Cod Liver oil is best ingested periodically in the winter due to the naturally high vitamin D content.

HIGH FIBER CARBOHYDRATE (VEGETABLE) CHOICES

- ✓ Choose organic when possible. Remember the best carbohydrate choices are these vegetables due to high fiber content and low glycemic action.
- ✓ Eat as much as you desire or until full.

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Bell peppers (red, yellow, green)
- Broadbeans
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chayote fruit
- Chicory
- Chives
- Collard greens
- Coriander
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger root
- Green beans
- Hearts of palm
- Jicama (raw)
- Jalapeno peppers
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Radishes
- Radicchio
- Snap beans
- Snow peas
- Shallots
- Spinach
- Spaghetti squash
- Summer squash
- Swiss chard
- Turnip greens
- Watercress

For the following Two Categories, Consume in Moderation.

ONLY if you are weight loss resistant/trying to lose weight.
Otherwise consume as much as you like.

CARBOHYDRATE CHOICES IN MODERATION

✓ These carbohydrates can be consumed in small amounts and not on a daily basis.

- Artichokes
- Leeks
- Okra
- Pumpkin
- Tomatoes
- Turnips
- Legumes
- Black beans
- Adzuki beans
- Lima beans
- Chick peas (garbanzo)
- French beans
- Great northern beans
- Navy beans
- Kidney beans
- Lentils
- Mung beans
- Yellow beans
- Pinto beans
- Split peas
- White beans
- Beets
- Squash (winter)
- Carrots
- Plantains

Note: Always soak beans overnight

LOW GLYCEMIC INDEX FRUIT CHOICES IN MODERATION

✓ Choose organic when possible. If weight loss is a concern, eat fruit in extreme moderation.

Low GI & High Antioxidant Fruit Choices:

- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Boysenberries
- Avocados
- Elderberries
- Lemons
- Gooseberries
- Limes
- Loganberries
- Granny Smith apples

LOW FIBER CARBOHYDRATES TO ELIMINATE

- ✓ These carbohydrates are high and moderate glycemic with little fiber to regulate the glycemic action and turn to sugar very quickly.
- Barley
 - Brown rice
 - Buckwheat groats (kasha)
 - Bulgur (tabouli)
 - Millet
 - Rye
 - Semolina (whole grain-dry)
 - Steel cut oats
 - Tapioca
 - Whole grain breads
 - Whole grain cooked cereals
 - Quinoa
 - Spelt
 - Amaranth
 - Whole grains
 - Wild rice
 - Sprouted bread
 - Sprouted grains
 - Whole grain tortillas

NOTE: If you are not concerned with weight loss and are on this diet because of nuerotoxicity, non-GMO corn is permissible because it does not contain amylose and therefore will not cause an inflammatory response, unlike the whole grains listed above.

NOTE: Detailed Cellular Healing Diet Food List Located in Appendix 4

TIP: ELIMINATING SUGAR IS CRITICAL

- Refined sugar lowers the immune system.
- Sugar promotes yeast growth.
- One can of soda has 9-11 teaspoons of sugar.
- Americans consume more than 120 lbs per year per person, compared to 5 lbs per year per family in the early 1900's.
- Avoid corn syrup, fructose, honey, sucrose, maltodextrin, dextrose, molasses, rice milk, almond milk, fruit juice, sweetened brown rice syrup, maple syrup, dates, sugar cane, corn, beets, and lactose (lactose is a sugar found in milk). Avoid milk for 2 weeks, then add small amounts of whole milk after 2 weeks. The herb stevia and xylitol are acceptable sweeteners.
- Look at sugar content on labels. Anything with -ose at the end is sugar.
- Avoid carbs or sugars from vegetables that are not grown above ground (Cellular Healing Diet only). They will alter insulin levels.

TIP: NO MORE GRAINS!

- Stop eating grains until glucose and normal weight are reached as prescribed in the Cellular Healing Diet. It will take several days to lower insulin levels. In the meantime, high insulin levels and dropping glucose will cause symptoms such as dizziness, confusion, headaches, and a general ill-feeling.
- Eating every two hours can help minimize unpleasant symptoms during this transition.
- Eating 4-6 meals a day is better in the beginning, only until you become a fat burner.
- Once you become a fat burner, eating three meals is preferable to allow your body to burn its fat for energy (at this point your cravings will be gone.) You may experiment with intermittent fasting as well, eating 2 meals per day.

HORMONE FACTS:

- Your cells can only use two things for energy: fat or sugar. Most Americans are stuck in sugar burning mode, and therefore are plagued with uncontrollable cravings.
- Once you become a fat burner, your cravings disappear and it is more beneficial to eat less often.
- Regulating the hormone leptin allows your brain to burn fat for energy, leaving you free from uncontrollable cravings.
- Leptin is regulated when you eliminate sugar and everything that turns to sugar. This is the goal of the Cellular Healing Diet.
- Most leptin dysregulation occurs as a result of toxicity; therefore, many individuals will not lose weight until True Cellular Detoxification™ occurs.

REMINDERS - Choose raw nuts and cheese, grass-fed meat, free-range and cage-free eggs, and no hormone sources whenever possible. Avoid farm-raised and Atlantic fish. Avoid hydrogenated, partially hydrogenated, and vegetable oils, including canola oil. Use cold pressed oils. Use ORGANIC when possible. If weight loss is a concern, eat fruit in extreme moderation and watch protein intake - this is not an Atkins diet.

Meal Ideas

The following Meal Ideas are Cellular Healing Diet Approved:

Breakfast Ideas

- **Eggs** - Eggs are the perfect food to start off your day, and you can prepare them almost any style, including:
 - Hard or soft -boiled
 - Poached
 - Scrambled
 - Omelet
 - Sunny-side up

You can also use natural salsa with avocado slices, MCT oil or healthy mayonnaise (like Vegenaise) as a condiment for the eggs. Also, remember to lightly cook in coconut oil, avocado oil, butter (don't let it get brown), grass-fed tallow or olive oil (don't let it smoke).

- **Turkey bacon or beef bacon** - You can find free-range turkey bacon and natural beef bacon at Whole Foods, Trader Joe's, or equivalent. Make sure there are no preservatives or artificial colors/flavors added!
- **Smoothies** - These are a great, quick way to optimize your nutrition and energy. Try making Vanilla, Berry Smoothie, Eggnog, or the ever-popular Chocolate Shake! (We carry many of the ingredients for the smoothie recipes at revelationhealth.com)
- **Plain, full-fat yogurt** - Add organic frozen berries, hemp seeds, chia seeds, or cultured "Probiotic Infused" nuts and seeds to half a bottle of Amasai* yogurt.
- **Cultured "Probiotic Infused" nuts and seeds*** - These can be eaten alone, or added to yogurt or cottage cheese.

* **Beyond Organic products are what I believe to be the highest quality grass-fed products available. Visit BeyondOrganicMilk.com to access these products**

Lunch Ideas

- **Salads** - Chicken salads, salmon salads (with canned sockeye salmon), steak salads – add copious amounts of olive oil, black olives, cultured “Probiotic Infused” nuts and seeds*, hemp seeds, lettuces such as Romaine, leaf, butter, endive, or escarole, cucumbers, tomatoes, purple cabbage, lacto-fermented sauerkraut, artichoke hearts, celery, hard-boiled eggs, avocado slices . . .
- **Salad Shakes** - These are a great way to get all of the health benefits of a salad, quality fat and protein when you don't have the time to prepare a meal. Believe it or not, it tastes great! Add two large chopped handfuls of a type of green leaf lettuce, such as romaine, with one cup water, and ½ to 1 teaspoon stevia to taste. Add two raw eggs or a scoop of [PaleoMeal](#) or [Accell](#) and blend. Add ice if you like. Option: add unsweetened cocoa and you will not believe there is lettuce in this shake.
- **Leftovers** - What better way to save on prep time for lunch than to make extra for dinner the night before?

Recipe: Soaked Cultured “Probiotic Infused” Seeds and Nuts

1. Place 8 -16oz of raw nuts and/or seeds in bowl.
2. Pour Probiotic Cultured Whey from Beyond Organic* over nuts and/or seeds, covering them completely
3. Soak for 6 - 8 hours.
4. Pour nuts and/or seeds into a colander, draining off excess whey.
5. Place soaked nuts and/or seeds on a baking tray and sprinkle mineral salt, spices, raw soy sauce, etc. if desired.
6. Set oven to dehydrate setting (lowest setting for over 140-170 degrees).
7. Place baking tray with nuts and/or seeds into oven and dehydrate for 12 hrs or until completely dry.

*Visit [BeyondOrganicMilk.com](#) to access products

Dinner Ideas

Entrees

- **Steak** - Grass-fed steak, broiled, grilled, or fried, is a quick and delicious way to get a healthy source of fat, protein, and nutrients.
- **Burgers** - Bison burgers, grass-fed beef burgers, and turkey burgers are another quick and easy way to make dinner. Simply take the ground meat and mix in a few spices, such as minced garlic or beaten eggs (be creative!) and saute in coconut oil for a few minutes. You can serve it with a tomato wrapped in butter lettuce or romaine lettuce and natural, preservative-free mustard or ketchup.
- **Roasted Chicken** - It takes a few hours to cook but only a few minutes of prep, and a chicken will serve a whole family for dinner, leaving leftovers for salads the next day. Use butter, garlic, natural spices, and a pastured chicken.
- **Crockpot Roast** - Chuck roast or stew beef (or lamb) can be thrown in a crockpot with some onions, garlic, celery, a turnip, and some spices for a satisfying dinner that requires almost no preparation.
- **Lamb Chops** - Season lamb chops with salt, pepper, oregano, lemon zest, rosemary, and thyme. Saute in coconut oil or butter.
- **Curried Chicken** - You can take any chicken pieces, cook them with curry powder, vegetables, and other spices, and at the end add some organic yogurt or coconut milk and chickpeas (in moderation). A nice Indian flare.
- **Fried Chicken** - Use almond or coconut flour and eggs for the breading, and fry in avocado oil. Kids love it!

Dinner Ideas

Sides

- **Roasted Veggies** - You can take all sorts of veggies, like zucchini, squash, eggplant, onions, bell peppers, garlic, and others (although no underground veggies on the Cellular Healing Diet) and roast them in coconut oil for 15-20 minutes with various spices. This is a very flexible dish that can be changed to add variety.
- **Greens** - Spinach, kale, chard, collards, mustards, turnip greens, and beet greens are among the many varieties of greens that cook in minutes. Just wash the greens, tear them up, stir-fry them in coconut oil with garlic, salt, pepper, and other spices. Drizzle with olive oil after cooking to add flavor and increase nutrition. This cooking method will make even the bitter greens taste excellent.
- **Cultured Veggies** - See probiotic sauerkraut recipe.
- **Stir-Fried Veggies** - Use the method for cooking greens with any veggie, except lettuce. Just put coconut oil in a pan and let the veggies cook for a few minutes with spices of your choice.
- **Grilled Veggies** - Marinate vegetables in olive oil and spices. Thread vegetables onto a skewer and grill. A great summer food.
- **Soups** - Soup ideas, include Black Bean, French Onion Soup, and Broccoli Cream soup (which uses coconut milk). They are filling, nutritious, and can be apportioned to last over a few days.

Snacks

- **Trail Mix** - Combine cultured "Probiotic Infused" nuts and seeds (see recipe), a pinch of sea salt, and even cacao nibs for a great snack on the go.
- **Yogurt** - Add hemp seeds, cacao nibs, and stevia for flavor.
- **Brownies and Fudge** - The brownies on the Cellular Healing Diet are made without grain or sugar and taste great!
- **Olives** - Chop them up and put in a lettuce wrap with hemp seeds and other favorites.
- **Raw Cheese** - Goes well with olives.

7-DAY MEAL PLAN

Use this meal plan as a template. Modify to your taste and favorites using listed foods, meal ideas, and recipes in this guide. The meal plan below is Cellular Healing Diet Approved.

The following breakfast, lunch, dinner, and snack ideas will add variety to your meal plan. **Snacks are always optional and should only be eaten if truly hungry.**

DAY 1 - Sunday

Breakfast

- Florentine omelet (2 eggs, spinach, mushrooms, feta)

Snack (optional)

- ½ cup of almonds

Lunch

- Greek chicken salad (romaine, olives, cucumber, peppers, tomato)

Snack (optional)

- 1 bell pepper
- Guacamole (avocado and salsa)

Dinner

- Dilled salmon
- Asparagus

DAY 2 - Monday

Breakfast

- Amasai with organic frozen berries, hemp seeds, chia seeds, or cultured "Probiotic Infused" nuts and seeds

Snack (optional)

- Shake (See shake recipes)

Lunch

- Hard boiled egg salad (spinach, sprouts, tomato, cucumber)

Snack (optional)

- ½ cup of cultured "Probiotic Infused" nuts (see recipe on page 45)

Dinner

- Grilled chicken breast
- Green beans

DAY 3 - Tuesday

Breakfast

- 2 hard boiled eggs
- 1 Avocado

Snack (optional)

- ½ cup of pumpkin seeds

Lunch

- Sardines
- Salad

Snack (optional)

- Celery
- Almond butter

Dinner

- Coconut curried chicken (coconut milk, onions, mushrooms, broccoli – see recipes)

DAY 4 - Wednesday

Breakfast

- 2 eggs, poached
- 4 pieces of turkey bacon

Snack (optional)

- ½ cup of walnuts

Lunch

- Chicken breast
- Black beans
- Salsa

Snack (optional)

- Full fat, plain yogurt
- 5 strawberries

Dinner

- Salmon teriyaki
- Broccoli

DAY 5 - Thursday

Breakfast

- Shake (see recipes)
- ½ cup of berries

Snack (optional)

- ½ cup of pumpkin seeds

Lunch

- Greek chicken salad (feta, tomato, black olives, onions, romaine or mixed greens (no iceberg), basil and other herbs to taste.

Snack (optional)

- Hummus
- Celery

Dinner

- Grass-fed burger
- Sautéed mushrooms and onions
- Cultured probiotic Suerokraut (see recipes)

DAY 6 - Friday

Breakfast (combine the following ingredients)

- Cultured "Probiotic Infused" nuts and seeds
- Yogurt
- ½ cup of blueberries
- Cinnamon

Snack (optional)

- Shake (see shake recipes)

Lunch

- Buffalo chili

Snack (optional)

- ½ cup of walnuts

Dinner

- Grass-fed steak
- Broccoli
- Cauliflower

DAY 7 - Saturday

Breakfast

- Florentine omelet (2 eggs, spinach, mushrooms, feta)

Snack (optional)

- ½ cup of almonds

Lunch

- Steak salad

Snack (optional)

- Raw cheese slices
- Guacamole (1 avocado, salsa, sea salt)

Dinner

- Cod or Alaskan/Pacific salmon
- Mashed faux-tatoes (cauliflower, raw butter, sea salt, pepper – see recipes)

APPENDIX: FAT FACTS

- About 60% of your brain is fat.
- Fats play an important role in brain function, building cell membranes, clotting blood, absorbing vitamins, protecting vital organs and providing safety in extreme temperatures.
- Eating fat does not make you fat.
- Americans eat more non-fat foods than people in any other country.
- From 1970-2000 grain and sugar consumption increased significantly along with trans fats. Trans fats have been linked to heart disease and cancer - not saturated fats.
- It is not the **amount** of fat that we eat that matters, but the **type** of fat.
- The good saturated fats are very healthy and can be consumed daily.
- Coconut oil is loaded with saturated fat and is one of the healthiest foods on earth.
- Grass-fed meat and free-range poultry contain healthy fats in the proper ratios, unlike conventional grain-fed meats that also contain steroids, hormone, and antibiotics.

ADDITIONAL RESOURCES

We have a hard copy full version of this book.

If contains the following additional material:

- 78 Minute Cellular Healing Diet Audio CD
- Complete Food and Food Resource Lists
- Over 90 Advanced/Cellular Healing Diet Recipes

Purchase the FULL recipe book at www.RevelationHealth.com

These delicious cellular healing recipes are used by thousands of clients across the world. You can also find advanced cellular healing recipes to take your diet to the next level!

Many of these great recipes were created by clients whose lives were transformed by the Cellular Healing Diet.

Note on the Cellular Healing Diet

The key to this diet is high fat, moderate protein and low carbohydrates. All or most carbohydrates should be coming from vegetable sources.

The items listed “in MODERATION” should not be consumed in the first few weeks of the diet and should be consumed sparingly when adding them back into your diet. You must transition from a sugar burner to a fat burner prior to consuming these foods again.

Once **glucose, insulin, leptin, blood pressure, and triglycerides** are normal and the desired weight is achieved one may then add in some whole grains, legumes, root vegetables, and fruits in small amounts. However, some people may never be able to add these foods back into their diet depending on their metabolic type and hormone resistance.

"I have tried other diets and failed...on the Cellular Healing Diet I not only lost 146 pounds within one year, but also all of my high risk blood work is now normal."

Rich Brooks Jr. | [Watch His Testimonial Here](#)

We treat clients from all over the world through phone consultations. [CLICK HERE](#) to watch Dr. Pompa discuss what makes us different. You can also schedule a call with a member of our team. Don't delay your health.

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