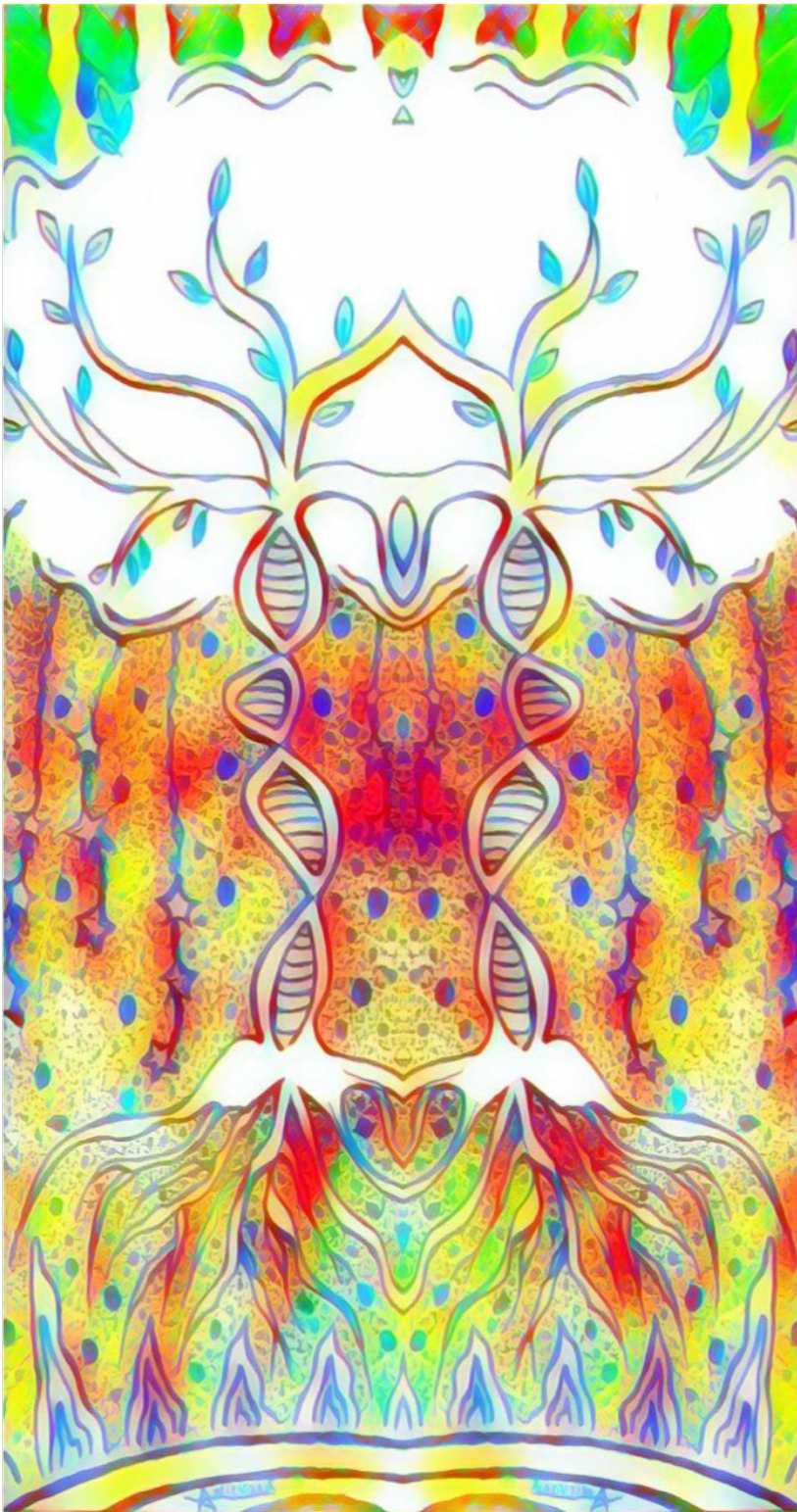
A top-down view of a white ceramic plate with a subtle floral pattern. The plate is filled with a variety of fresh ingredients: sliced kiwi, raspberries, blueberries, cherry tomatoes, asparagus, and small bread rolls topped with avocado and cheese. Two edible flowers, one purple and one yellow, are placed on the plate. A silver fork is visible on the left side of the plate. The background is a wooden surface.

Dr. Ava Perez

the basics.

**simple guide to the basic principles
that govern how your very
complicated body works**

note from author



We call this information "The Basics" because I feel this is basic knowledge about the very simple principles that govern our very complicated bodies. This is the information I go over with each new consultation and it's a little easier to learn with this handy booklet.

Inside these pages you'll find The Secret To Good Health, what food is, why we eat, what to avoid and easy solutions to start incorporating into your every day life today without having to buy any expensive equipment, a ton of supplements or start some crazy restrictive diet.

Any product recommendations inside are included because everyone always asks: What kind of bread do you buy, what supplements do you use, what equipment do you use. I don't get paid to make these recommendations. They're just the products I use.

There is no table of contents because this booklet is designed to be read in order using neural linguistics to engage your brain, spark your imagination and inspire you on your journey.

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perry

Congratulations! You have made the choice to make your health a top priority. From personal experience I know how much determination and courage it takes to make your health a priority. Food and ingredient labeling is intentionally confusing to keep us confused and sick. There is a lot of nutritional "advise" out there which is often mis-information parroted around trying to make things as complicated as possible so we're stuck in this cycle of feeling like we are unable to make progress. The basic concepts and guidelines for good nutrition and health are pretty simple (I will go into more detail in the future on the web site) and we're going to break it down for you right now:

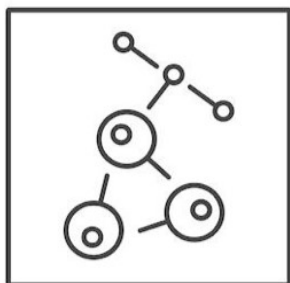
I **WANT** you to eat more food more frequently without stressing over portion size or calories. A meal is the size of your fist and a snack is smaller.

I **WANT** you to indulge in your favorites without restricting yourself.

If you've got a sweet tooth we've got easy recipes for ice cream, cookies, cakes, tarts, pastries, puddings, tiramisu and even a banana split you can have for every meal if you want because they all have perfectly balanced nutrition to give your body all the vitamins, minerals and Essential Amino Acids your body needs for optimum health.

If you're more salty than sweet, we've got you covered with pizzas, burgers, pastas, sloppy joes, sandwiches, chips, wraps and even plant-based sushi.

I **WANT** you to indulge in all the foods you love just prepared a little differently with ingredients that help your body instead of hurt your body.



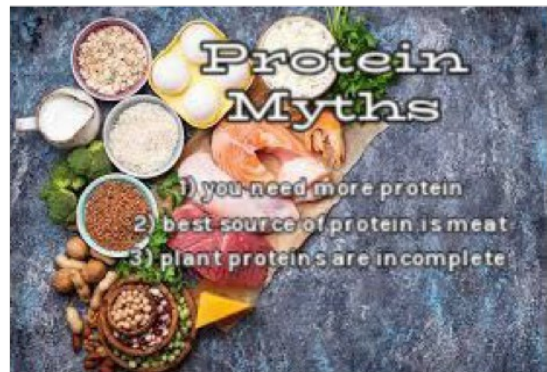
AMINO ACIDS

WHY DO WE EAT?

Our bodies require 22 Amino Acids to repair, heal, grow, regenerate cells and execute basic bodily functions. Of those 22 Amino Acids, our bodies are able to produce 13 of those Amino Acids. The other 9 Amino Acids which are commonly referred to as the "9 Essential Amino Acids." They are referred to as "Essential" because our bodies are unable to produce them and we get them through food and sunshine. Our bodies require balance of each of these Amino Acids to form proteins that are essential for our health. So, basically, we eat to absorb these 9 Essential Amino Acids our bodies are unable to produce and increase our biophotons (more on biophotons later).

WHY WE EAT MEAT?

We eat meat because we have been LIED to, sold the propaganda that protein PROTEIN comes from animals and vegetarians and vegans don't get enough protein. How many times have you heard that you need lots of Meat to get Protein to build muscle and strong bones and be healthy? How many times have you heard if you don't eat enough meat you'll get anemic, protein deficient, weak and sick?

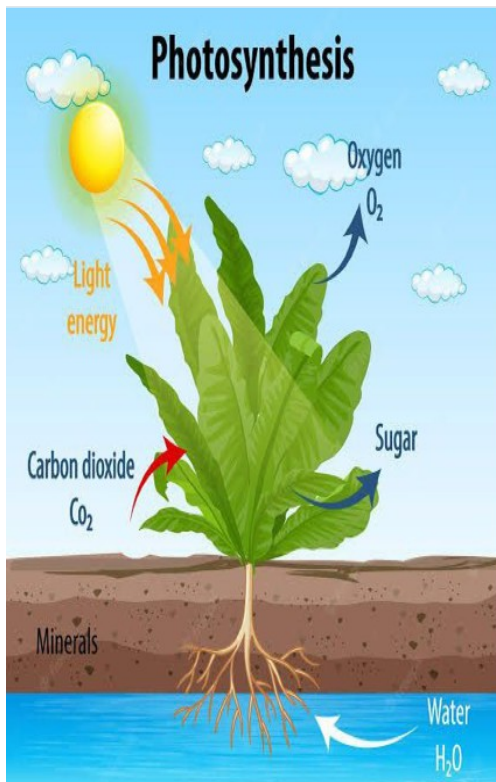


I have personally been told this many times and it is a LIE based on ZERO evidence and 100% propaganda. Bacon is classified by the FDA as one of the MOST fatal carcinogens.

Let's talk **FACTS**: There are 9 Essential Amino Acids our bodies are unable to produce. Protein is produced as a cooperation of these Essential Amino Acids.

Do you know what else is unable to produce these 9 Essential Amino Acids? Cows, pigs, chickens, turkeys, salmon, cod, lobster, ladybugs and all living creatures from the land, sea and sky are unable to produce these 9 Essential Amino Acids.

All of god's creatures get these 9 Essential Amino Acids that enables all of us to form protein from PLANTS. PLANTS develop them through photosynthesis as in life-force from SUNLIGHT! We're plants. Yes, it is that simple.



Cows and chickens and fish eat PLANTS to absorb the 9 Essential Amino Acids their bodies are unable to produce. Their bodies use the protein they need and store some in their muscles. When we consume animal flesh we get highly processed amino acids that have been degraded and mixed with high amounts of toxic carcinogens.

When we go to the source i.e. PLANTS and SUNLIGHT we get All our 9 Essential Amino Acids in their WHOLE form that is unprocessed and with ZERO carcinogens. A meat burger, chicken sandwich and 2 slices of bacon all have the same amount of carcinogens as a pack of cigarettes. That's not my opinion. That's just a fact. And for anyone out there thinking this doesn't apply to them because they eat chicken or turkey? Poultry and most fish including salmon and tuna have just as many carcinogens as beef and pork.

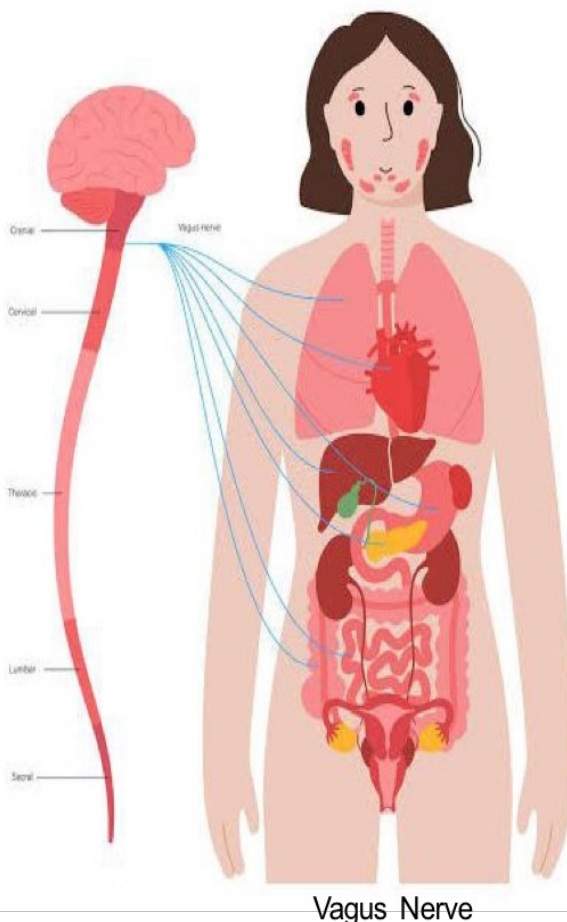
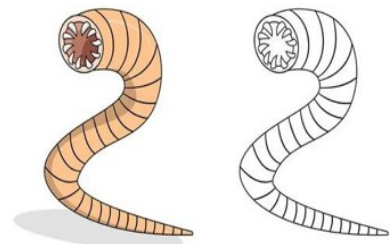
Additionally, if you have EVER eaten meat in your life especially pork you have parasites, probably several different species. Let me explain: intestinal parasites are micro-organisms that live inside another organism (you)

causing harm to that organism (you) and are transmitted through fecal matter contaminating food, water and soil. Food and “food products” regulated by the FDA are allowed up to 10 milligrams or more of fecal matter per pound which means that 4-6% of your food that you buy and eat is poop. Whether it's Cheetos, Organic grass-fed beef or that one time you had a gas station burrito you're eating poop and you've got parasites. Moving on...

Over 90% of us humans in this realm have the following intestinal parasites in our bodies right now: *Toxoplasma gondii*, *Ascaris* spp., *Ascaris suum* and *Trypanosoma cruzi*. *Toxoplasma gondii* is such a well known and harmful parasite it's even written about in the Bible, The Bagadavida, The Vedas and several other religious, mystical and medicinal texts referred to as the “one-eyed serpent” that controls the wills of men manipulating their desires. These texts teach us that consuming animal flesh poisons our souls moving us further and further from god, enlightenment and immortality. Consider this: we have only been consuming animal flesh as a primary food source for less than 150 years and in that time we have decreased our average life expectancy from 100s or thousands of years to a mere 65 years.



PARASITE



All 4 of these intestinal parasites connect to your vagus nerve which stretches from your brain to your colon giving your stomach micro-organisms the ability to communicate directly with your endocrine and immunological systems rewriting cellular commands to manipulate food cravings and behavior. ALL 4 of these common intestinal parasites crave animal flesh, simple sugars, simple carbohydrates and highly processed “foods” to terraform your digestive system and entire body to accommodate their best living environment to duplicate and thrive **AT THE EXPENSE OF YOUR LIFE**. This is not the plot for the next Marvel movie, this is happening inside you right now.

These parasites modify your anandamide, acetylcholine, GABA, serotonin and dopamine levels causing depression, anxiety, suicidal thoughts, mood disorders, aggressive behavior, low self-esteem, lack of empathy, addictive behavior, attention deficit disorder, insomnia, hormonal imbalances, chronic headaches, chronic inflammation, stomach and digestive issues, IBS, Crohn's, skin problems, Alzheimer's, Parkinson's, cancer, chronic and ALL serious health problems, diabetes, heart dis-ease, kidney dis-ease, autoimmune dis-eases, obesity and autism.

WHY WE EAT MEAT?

That midnight craving for ribs, chili cheese Fritos or peanut butter cups are those parasites manipulating your body and biochemistry into relying on carcinogens and addictive “non-food” chemicals to feed them and make YOU SICK. Maybe that pessimistic friend who always seems like they're on the verge of losing it when they seem to be surrounded by blessings just has intestinal parasites? Our bodies are miracles made of billions of micro-organisms working in cooperation and perfect harmony to keep us alive and when we give our bodies and those micro-organisms *The Right Tools* our bodies really begin to thrive. Plus, these 4 parasites and their larvae are easy to kill and evict permanently from your temple, however, your local pharmacy isn't where you'll discover the cure for these parasites. You'll need to look in your garden...



All that being said, bugs, mollusks, crustaceans and a little occasional white fish are excellent to incorporate into a healthy balanced sustainable diet. Plus they are packed with nutrition, versatile in flavor, texture and aromas as well as containing zero carcinogens. Bugs are eaten in most of the realm as a primary food source and there are a lot of variety. If you don't know where to start, we really like chocolate covered crickets for a sweet crunchy treat and spicy crickets are an easy snack and make a great spicy crunchy addition to salads, pizzas, tacos and wraps.

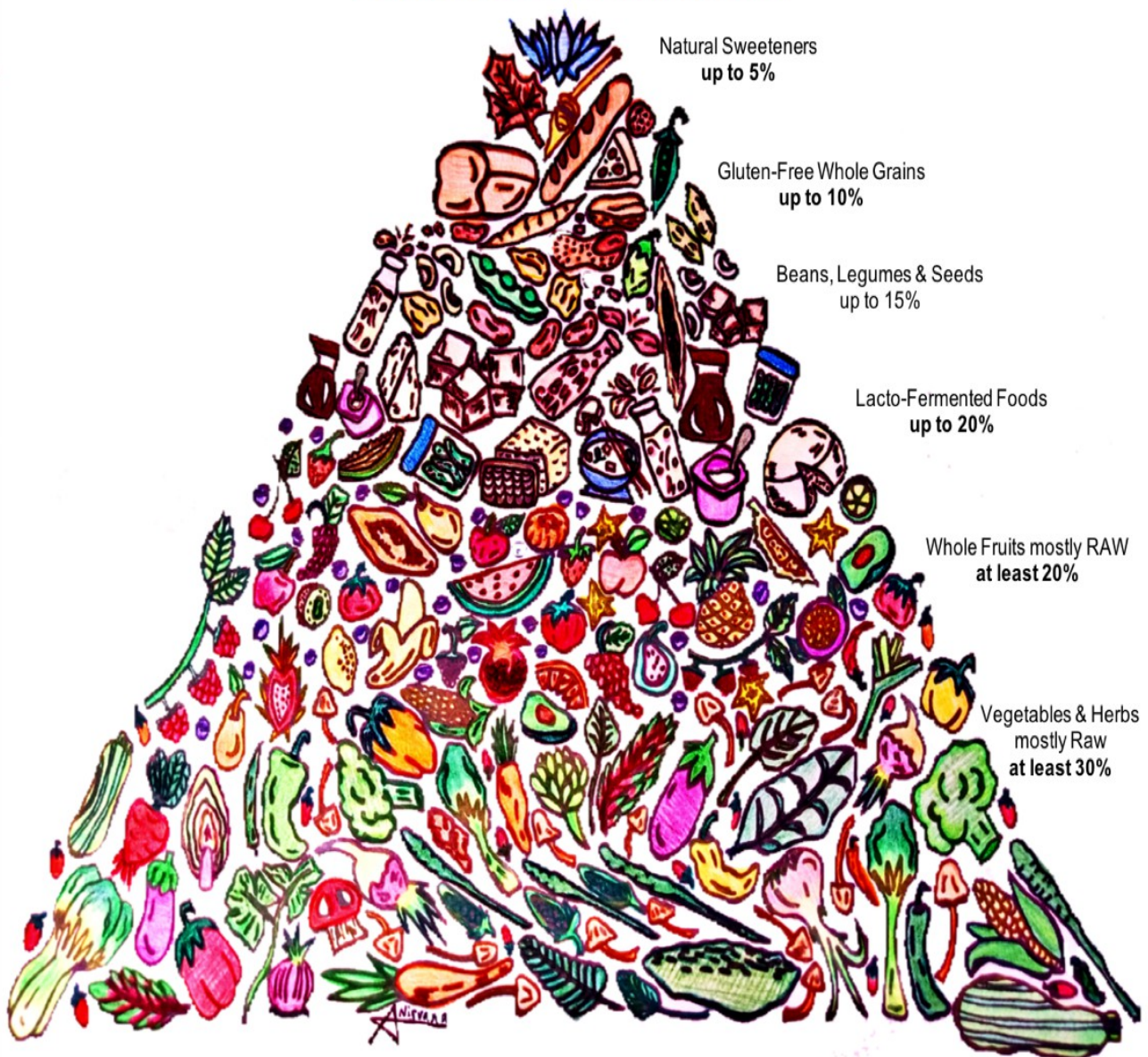


WHAT IS FOOD?

This should be obvious, however, taking a look in people's carts in the grocery store leads me to believe that it might not be as obvious to some of us as to others. There are a lot of products that are sold as "food" in grocery stores and restaurants that harm our bodies instead of nourishing them. Just because we can put it our mouths and it tastes good doesn't mean that it is food or good for us. Real food that is good for us is minimally processed whole fruits, vegetables, nuts, legumes, grasses, grains and oils.

Bread, cookies, pizza and pastas aren't intrinsically bad for you. It's how they're made, where they're made and what ingredients they are made from with that affects our health. Let's go into a little more detail on foods that are good for us and "food" products that harm our bodies and make us sick.

FOODOLOGY PYRAMIND



ALL ANIMAL FLESH including but not limited to: Cows, Pigs, Goat, Lamb, Chicken, Turkey, Poultry, Game, Wild Animals, Tuna, Salmon, Marlin, Octopus, most Fish, etc. ALL animal flesh contains carcinogens and are DEAD foods meaning they putrefy inside your body and pull out essential vitamins, minerals and amino acids i.e. your life force. **FACT.**



ALL ANIMAL PRODUCTS like processed/pasteurized cheeses, butter, cream cheese, yogurt, sour cream, crème fraîche, ice creams, whipped cream, parmesan, milk, cream, eggnog, etc. **UNLESS** they are unpasteurized with live cultures from a local grass-fed, free-range, pasture-raised organic and biodynamic farm and the milk is obtained from an un-pregnant cow, otherwise it is 100% **BAD** for you.



Regarding honey and royal jelly there are conflicting opinions. My opinion is if you enjoy honey please continue to enjoy it and make sure it is Organic Sustainable Raw Honey. Organic Sustainable Raw/Un-Pasteurized Honey has a lot of health benefits and beneficial bacteria that is harvested without harming the bees or their eco-system. I enjoy a little raw honey in my green tea every day and take a tablespoon of Royal Jelly mixed with raw honey as part of my daily health care.

Royal Jelly is beyond magic and contains the highest known levels of ORMUS in nature other than Concord Grapes. ORMUS, or mono-atomic gold, or Orbitally Rearranged Mono-atomic Elements, also referred to as the Philosopher's Stone or Manna in the Bible is highly beneficial to immortality and making it possible to connect to and reach the higher powers, creator gods, shaman, healers, Akashic records, etc.. ORMUS was normal and abundant in our soil until modern agriculture removed them. ORMUS helps to decalcify our Pituitary and Pineal glands and so much more.



ALL GLUTEN, Yes, ALL GLUTEN. Gluten is found in wheat, barley and rye. It is labeled under many pseudonyms and in the ingredients of many processed and prepared foods you would never think would have gluten in them like yogurt, salad dressing, sauces, corn chips, potato chips, whole oats, popcorn, "vegan meats," deli meat, precooked meats, some wines, most beers and other



random hidden places as well as the usual suspects such as bread, pizza, pasta, crackers and tortillas. Gluten is found under several names on packaging and ingredients lists. Common names include: wheat, whole wheat, sprouted wheat, durum, semolina, vital wheat gluten, gluten, seitan (pronounced satan), triticum vulgare, triticale, hordeum vulgare, secale cereale, triticum

WHAT TO AVOID

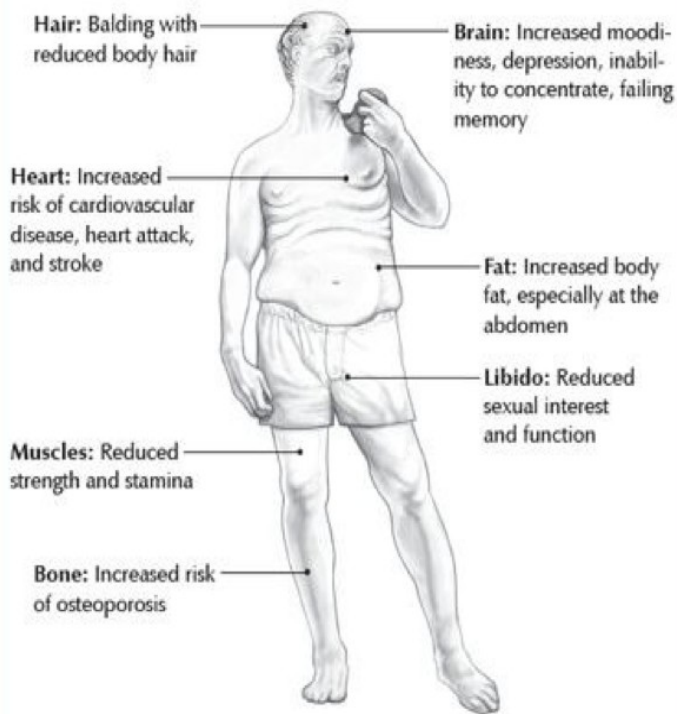
spelta, spelt, wheat protein, hydrolyzed wheat protein, wheat starch, hydrolyzed wheat starch, wheat flour, bread flour, enriched or bleached flour, bulgar, malt, couscous, farro, faro, atta, bran, einkorn, ehmer, fu, graham, kamut, matza, orzo, panko, udon, triga, farina, wheatgrass, barley grass, wheat germ oil and wheat germ extract.

Gluten may also be found in the following ingredients without specifically being listed as it is assumed we all know the following ingredients contain Gluten: vegetable protein, hydrolyzed vegetable protein, modified starch, modified food starch, natural flavor, natural flavoring, artificial flavor, artificial flavoring, hydrolyzed plant protein, hydrolyzed vegetable protein, seasonings, flavorings, vegetable starch, dextrin and maltodextrin.

Every human has a sensitivity to gluten. Gluten causes inflammation, disrupts hormones, crashes testosterone, destroys thyroid and thymus glands, eventually crashing your entire endocrine system. Gluten slows neural connectivity literally gumming up your neural receptors, it slows your immunological systems and immunological response, gluten causes brain fog, reduces fertility and is one of the major causes of erectile dysfunction and many illnesses and conditions eventually leading to a slow death. **Gluten Kills....period....!!!**



Effects of a Testosterone Deficiency



Here's what Michelangelo's statue of David might look like upon aging a few years and showing the effects of a testosterone deficiency.

SPROUTED WHEAT AND

WHEATGRASS is still gluten!!!! Yes, sprouted wheat and wheatgrass are easier to digest than bleached wheat or processed wheat, however, that's a lot like saying BPA free plastic is better to eat than an aluminum candy wrapper. It's still plastic and **Gluten Kills!!!**

GMO FOODS are foods that have been genetically engineered to be resistant to toxins that are 100% fatal to all organic carbon based living systems. That means YOU and all of us conscious sentient beings. GMO Foods are engine-ered to continue to grow while absorbing toxins and carcinogens sold under the label of pesticides as well as engineered to produce a higher yield at the sacrifice of nutrition, vitamins, minerals and amino acids. 5. Not only do these genetically modified "foods" have up to 70-80% less vitamins, minerals and amino acids, they also contain modifications to leech our body's magnesium, zinc, calcium, selenium and other trace minerals to be expelled as waste and omit ZERO

WHAT TO AVOID

bioelectricity/ biophotons because GMO foods are DEAD foods. Our bodies need trace minerals in order to repair and heal cells, regenerate cells, heal and prevent ALL illnesses, conditions and dis-eases as well as heal broken bones, get rid of belly fat, reverse the signs of aging, reduce pain, eliminate chronic pain and for basic life itself. The lower our trace minerals the heavier, slower, more lethargic, more complacent, overweight, less cognitive, sick and the more exhausted we become. GMO Foods impair our brain's abilities in processing deductive reasoning, logic and empathy as well as decreasing neural and cell communication up to 90% of our brain's and body's potential. GMO foods are making you 90% stupider and preventing 90% of your body's ability to heal itself.



It is possible to engineer GMO Foods to have more vitamins, minerals and amino acids and perhaps a day may come where we experience this, however, today GMO Foods harm and KILL. GMO Foods exist to poison you with toxins, leech ESSENTIAL trace minerals from your body and slowly and painfully KILL YOU.

It is also important to note that in countries like the USA, Canada, the UK, Thailand and The Philippines are NOT required to disclose whether any of their ingredients come from GMO "foods." However, there are at least 26 countries who



have banned GMO foods from being grown or sold like Mexico, Peru, Russia, Costa Rica, Australia, China and India as well as at least 60 more countries that have developed strict federal regulations. Over 42 countries have already banned the import of rice grown in the United States of America, even certified Organic rice because the water tables used to irrigate the crops have been contaminated with GMO byproducts mostly from corporate CAFO (concentrated animal feeding operations) farms.



WHAT TO AVOID

HIGHLY PROCESSED FOODS are foods that have gone through a deliberate change to alter their inherent physical, chemical, sensory, nutritional and energetic properties from their natural state. This may include adding other ingredients like additive chemicals and additives, preservatives, flavors, bad-sugars, bad-fats, etc. and some foods that are technically defined as “processed” are actually good for us. This term is used as a really broad blanket term. Processed Foods are usually defined as a spectrum from Minimally Processed to Highly Processed which are really easy to understand. It's basic common sense and we'll define them below:



Minimally Processed Foods include processing such as cutting, chopping and slicing raw fruits and vegetables, bagged salads and leafy greens as well as roasting nuts. **Minimally Processed Foods** are **GOOD**.



Moderately Low Processed Foods include canned foods like tuna, fruits and vegetables and precooked beans as well as frozen fruits and vegetables. Some Minimally Processed foods are good for you and some are not.

For example: tuna has carcinogens and heavy metals and most canned fruits and vegetables are in a syrup that contains GMO corn syrup or high fructose corn syrup. On the other hand most precooked beans with zero additives are healthy to eat and a quick shortcut in the kitchen just like frozen, powdered or pickled whole fruits and vegetables.

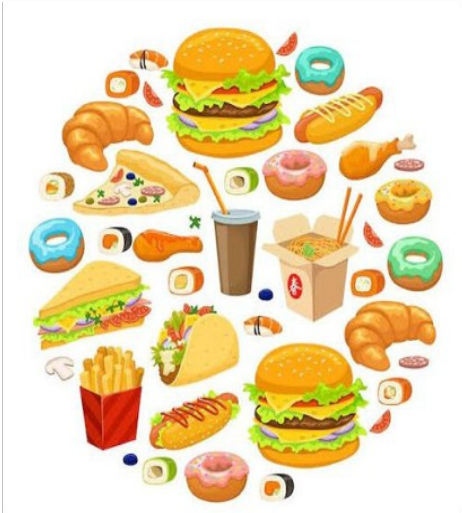
*We **ALWAYS** read ingredients labels of **Moderately Low Processed Foods** to ensure there are no harmful additives.*



Moderately High Processed Foods include things like jarred sauces, salad dressings, yogurts, bottled sauces and con-diments. These can vary greatly on how beneficial they are. Most of these items commercially sold contain many harmful additives, however, the ones we make at home can be made without harmful additives and there are more and more Moderately High Processed Foods becoming commercially available everyday that are made without harmful additives and made with minimal intrusion.

*We **ALWAYS** read ingredients labels of **Moderately High Processed Foods** to ensure there are no harmful additives.*

WHAT TO AVOID



Highly Processed Foods include prepackaged frozen foods, prepared meals and fast food and yet there are frozen prepared meals that are not highly processed. By Highly Processed we mean how many processes the food has gone through and what ingredients, addictive chemicals, additives and colors have been added to trick our brains into thinking poison is food.

One of my favorite examples of this is with Soy because as a Whole Food, Soy is a perfect food containing all 9 Essential Amino Acids and more protein than a steak though it's plant protein without carcinogens that's easier for our bodies to break down, absorb and use. So like, protein for Superman. However, not all Soy is created equal, treated or processed equally.

It is FALSE to say Soy is good or bad because how it's grown, processed and how processed all determine how GOOD Soy is to eat. Organic GMO free Tofu is Soy and a McDonald's hamburger is around 70% Soy. The Soy used in McDonald's "meat" is GMO and Highly Processed with lots of addictive chemical additives to make it taste like something you would eat. Both are technically Soy though one will give you all 9 Essential Amino Acids, vitamins and minerals your body needs and the other leeches those 9 Essential Amino Acids, vitamins and minerals from your body. I trust you're smart enough to see the difference.



We **ALWAYS** avoid Highly Processed Foods and read ingredients labels of **ALL** prepackaged and frozen foods and meals. The two main things to keep in mind is this: the further away from the plant the less healthy it is and if you don't recognize the ingredients as "Whole Food" definitely **AVOID**.



ORGANIC is a tricky little word used on a lot of food packaging that give us the impression as consumers we are purchasing something free of pesticides, toxins, chemicals, additives and GMOs, however, that "impression" is often just that: an "impression." Technically, everything is organic or made from organic compounds. Aspirin is made from willow bark so technically Aspirin is organic though the little white tablets sold in grocery stores and PHARMacies no longer resemble willow bark. Those little white tablets are also 75% less effective at reducing symptoms of cardiac distress, heart attacks, relieving inflammation and reducing pain than willow bark tea which has zero side effects. Aspirin cannot say the same.

Aspirin, Ibuprofen and NSAIDS are the fourth leading cause of death in this realm. In clinical studies it has been shown that just 2 Aspirin suppresses your immune system and that increases exponentially with habitual use especially in people over the age of 65 resulting in a higher mortality rate. This means the 2 Aspirin a day you're taking to protect your heart from another heart attack is actually increasing your risk of dying prematurely and unnecessarily from a heart attack. Irony.

WHAT TO AVOID

Global Organics™ Comparing Organic & Non-GMO		
	ORGANIC	NON-GMO
Synthetic inputs (pesticides, herbicides, insecticides)	Not Allowed	Allowed
GMOs	Not Allowed	Not Allowed
Growth Hormones	Not Allowed	Allowed
Antibiotics	Not Allowed	Allowed
Irradiation	Not Allowed	Allowed
Animal Welfare requirements	Yes	No
Lower levels of environmental pollution	Yes	Not necessarily
Certification required	Yes	Only for Non-GMO Project Verified
Traceability	Yes	Yes
Segregation	Yes	Yes
Legal restrictions on allowable materials	Yes	Not legally regulated

When it comes to marketing, a landmark Supreme Court case in the late 90s determined that **any food manufacturer could use “organic” with a lower case “o” on their labeling** and food products, however, **anyone using “Organic” on their labeling with a capital “O” are required by law to be certified “Organic”** by an independent third party that determines the products are free of pesticides, toxins, chemicals, additives and GMO ingredients.

To be clear, this independent third party is certifying that the farm, business, corporation etc. is NOT using pesticides, toxins, chemicals or harmful and/or GMO ingredients. They do NOT certify that the land, water or structure(s) are not already poisoned. In the USA alone ALL commercial farm land and surface ground water is contaminated with GMO corn and dangerous pHARMaceuticals like estrogen, birth control and other hormones, barbiturates,

narcotics, anti-depressants, anti-seizure medications, high blood pressure pills, etc. It has contaminated the water table, our rivers and streams and land.

There are farms, businesses and corporations who go the extra mile to clean up the environment they are going to be growing in, however, there is no singular recognized third party who investigates and certifies this extra mile. There's a lot to say on this subject though we'll keep it simple here.

When shopping for **“Organic”** food always look for the upper case capital **O**.

ALL NATURAL ~~≠~~ ORGANIC



Anyone can use this label (not regulated)

Ingredients from nature are considered natural even if they are heavily processed

High fructose corn syrup is considered natural by the FDA

No regulations on treatment of animals or what they are fed



Regulated by the USDA with strict requirements

Only uses approved organic farming methods

No GMOs, growth hormones, or antibiotics allowed

Livestock must be fed organically and treated humanely

@cheatdaydesign

WHAT TO AVOID



SUGAR evokes a wide range of emotions in different people. In short: It's complicated. Personally, I have a sweet tooth and if I failed to learn how to prepare a wide range of sweets, candies, pies, cakes, pastries etc. that are both delicious and give my body all the vitamins, minerals and amino acids it needs I would be that 1,000 pound woman they need a forklift to remove from her double wide. Seriously.

There have been entire books written dedicated to Sugar and I could write at great length about the topic myself, however, here in the NOW we're going to go over the essentials of what you need to know when shopping for food and reading ingredients labels.

The first thing to know about Sugar is a lesson we all learned with Dorothy in The Wizard of Oz. Just like there are good witches and bad witches there are good sugars and bad sugars. The Sugars we are talking about here fall under the heading of Sweeteners, of which there are many ranging from highly processed beet sugar to minimally intrusive cinnamon.

What makes a Sugar Sweetener beneficial or harmful is in direct correlation with how it is grown, how processed it is, how it affects the glycemic index (avoid rollercoaster affect) and what vitamins, minerals and amino acids it contains.



Beet Sugar, Corn Syrup, High Fructose Corn Syrup, and Hydrogenated Corn Syrup are the most Highly Processed Sugars that lead to a laundry list of health issues and ultimately a premature avoidable death. There are over 60 registered synonyms for harmful Sugars.

Here are a few common ones: sugar, table sugar, beet sugar, raw sugar, brown sugar, sugar in the raw, corn sweetener, dextrose, fructose, galatose, maltose, barley malt, fructose sweetener, fruit juice concentrate, glucose, honey*, invert sugar, confectioners sugar, powdered sugar, lactose, maltose, malt syrup, sucrose, trehalose, turbinado sugar, aspartame, saccharine, acesulfame, neotame,

WHAT TO AVOID

sucralose, cane sugar, cane juice crystals, castor sugar, corn syrup solids, crystalline fructose, demerara sugar, dextrin, diastatic malt, ethyl maltol, golden sugar, glucose syrup solids, grape sugar, icing sugar, muscovado sugar, panela sugar, sucanat, yellow sugar, buttered sugar, buttercream, caramel, carob syrup, HFCS, molasses, refine's syrup, treacle and levulose.



Yes, this is a long list of hidden sugars to AVOID.

The list of healthy Sugars and Sweeteners is a much shorter list to memorize and is mostly common sense.

*Honey sold or listed simply as "Honey" is a Pasteurized or Ultra-Pasteurized Honey meaning it has been Highly Processed to remove all of its vitamins, minerals, amino acids, beneficial bacteria and bioelectric frequency making it a DEAD food. This DEAD food spikes your glycemic index resulting in a rollercoaster effect stressing your endocrine and ALL systems of your body throwing your entire body out of balance. Raw Honey that has not been pasteurized is one of the most nutrient rich healthy sweets in the realm that I enjoy daily mixed with Royal Jelly for my health.



SEED OILS should be avoided as principal oils especially if you live in a Westernized country. Most humans living in Westernized countries or eating the highly processed Westernized diet, have 16 times more omega-6 that is healthy for maintaining cellular life. Seed Oils are full of omega-6 unbalanced with omega-3.

Let's look at the **FACTS**:

WHAT TO AVOID



Omega-6 is necessary for brain and cellular health and growth **WHEN** in the correct balance with omega-3 acids.

Ideally we are looking for a balance of 6:1. That's six times the amount of omega-3 to one times the amount of omega-6.

When our bodies consume an excess of omega-6 without being balanced with omega-3, the omega-6 acids build up in cells and tissue creating inflammation, digestive issues, autoimmune conditions, heart disease, cardiovascular issues, magnesium deficiencies and cancer.

In Westernized countries like the United States we have been exposed to huge amounts of unbalance omega-6 acids hidden in canola oil, **rapeseed** oil, corn oil, hydro-genated corn oil, cotton-seed oil, **grapeseed** oil, palm oil, vegetable oil, sunflower oil, pine seed oil and peanut oil and to a lesser extent walnut oil, hazelnut oil, sesame seed oil and pumpkin seed oil.

To be clear some of these oils also have amazing health benefits in infrequent small doses.

I love sesame oil and black sesame oil especially when I'm preparing a lot of Asian, Mediterranean, North African and Middle Eastern dishes though I use it sparingly and pair it with whole foods that are rich in omega-3 like wild rice, spinach, mustard seed, red lentils, purslane, winter squash, navy beans, Organic tofu, natto, soybeans, hemp seeds, chia seeds, flax seeds, whole walnuts, grape leaves, wild berries, brussels sprouts, seaweed, kelp and other sea vegetables.



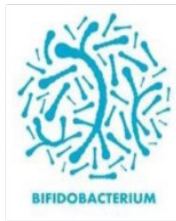
Saag Paneer with tofu & jasmine rice

*Use Seed Oils sparingly to accent a dish and **AVOID** Seed Oils as a principal oil.*

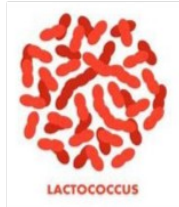
WHAT TO AVOID

PASTEURIZED AND ULTRA-PASTEURIZED DAIRY, EGGS AND HONEY

are harmful to your body. Pasteurization and ultrapasteurization kills ALL the helpful good beneficial bacteria our bodies need to digest food and absorb vitamins, minerals and amino acids as well as harming the helpful good beneficial bacteria living in the complex bio-dome we sometimes refer to as our "gut" inhibiting their functions in maintaining balance within our holy temples. Pasteurized and ultra-pasteurized foods are also DEAD foods meaning they contain ZERO toroidal fields i.e. life force or life function and ZERO bioelectric frequency.



BIFIDOBACTERIUM

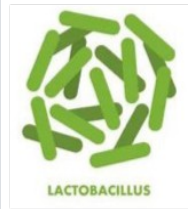


LACTOCOCCUS



LACTOBACILLUS

Without ALL 9 of these beneficial strains of bacteria we begin to develop digestive issues and eventually auto-immune, metabolic, hormonal and neurological illnesses, conditions and dis-eases. For example: the only commonality between the over 70% of the women in this realm suffering with PCOS is the daily consumption of pasteurized and ultrapasteurized dairy and eggs especially during developmental years. Gentlemen, if that's not stirring enough, it also yo-yo's testosterone and other sex hormones leading to erectile dysfunction.



LACTOBACILLUS



Raw dairy and eggs from your own organic biodynamic homestead or a local farm can be very good your health as long as the milk is from an UN-pregnant cow. Milk and dairy products made from raw milk contain various species of beneficial bacteria including The Holy 9 Beneficial Bacteria Strains that aide our immunologic libraries and every part of our bodies especially when consumed during formative and adolescent years and are LIVE foods.

An 8oz glass of raw milk a day growing up prevents various cancers (even without other preventative measures) and auto-immune dis-eases up to 75% whereas a glass of ultra-pasteurized milk a day increases certain cancers (without other preventative measures) and auto-immune diseases up to 95%. These cancers are regarding reproductive function and our endocrine systems.

Regarding eggs I could write a book. Here's the basics you need to know: Almost EVERY egg sold in a store is bad for you. This means conventional eggs as well as egg labeled: pasteurized eggs, cage-free eggs, free range eggs, organic eggs, farm raised eggs and omega-3 rich eggs are all **BAD** for you.

Yes, there are safe eggs to eat!

Eggs that are GMO free laid from pasture-raised hens with a space allotment of 108 feet per hen on rotated pastures where the birds can forage on grass and bugs to supplement their diets on

biodynamic organic land are rich in vitamins, minerals and amino acids and are safe to consume in MODERATION. **Vital Farms** is one of the few commercial brands I am familiar with that meets this requirement.

The truth is eggs are meant to be eaten fresh within a couple of days from being lain by the hen. That's it.

Yes, it is that simple.



WHAT TO AVOID



Eggs like any RAW milk or dairy product is best purchased from a biodynamic organic local farm where the animals have lots of pasture range or get your own dairy cow and/or a few chickens. Add some chickens and a small chicken coop to your local community garden, start a community garden, add a chicken coop to your own garden, speak with any local food co-ops regarding adding a few dairy cows and/or some chickens to their local participating small farms. There are lots of possible sustainable solutions. Sometimes we just have to think outside the box, realize the box is a manifested constraint held onto by our brains through routine and repetition and be brave enough to push through the limits of our own imaginations.

How safe a food is to consume is 100% in relation to the source.

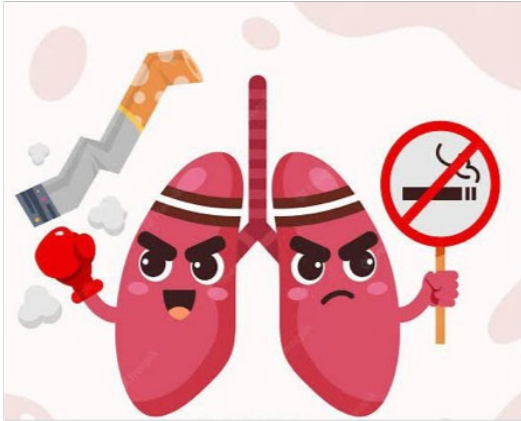
ALCOHOL dehydrates your cells and impairs your neural responses. Yes, all alcohol even red wine. That's just what it is. Yes, it is that simple. Alcohol can also lower inhibitions, increase confidence and increase our sensitivities to emotional stimuli. So, if you're gonna drink alcohol follow these simple guidelines to minimize damage to your body:

- a) AVOID Gluten this means ALL beer made from Barley or Wheat or Rye
- b) ALWAYS consume an equal amount of pure living Whole Food Water to the amount of alcohol you are consuming
- c) ALWAYS take 1,000mg of Magnesium before consuming alcohol
- d) ALWAYS take 1,000mg of Magnesium before bed after consuming alcohol
- e) ALWAYS take 1,000mg of Magnesium the following day before breakfast
- f) ALWAYS drink on a full stomach and continue to eat Sustainable Healing Foods every couple hours that are antibacterial and rich in protein, fat and complex carbohydrates.



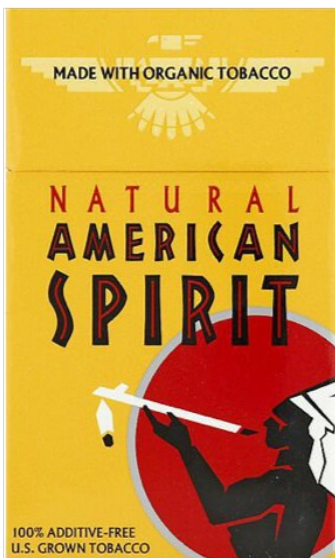
WHAT TO AVOID

CIGARETTES being something to avoid seems like a no-brainer because we've been hearing that all our lives. Smoking's bad for you and smoking will kill you is the rhetoric we've been hearing for the last 60+ years. Yet looking into history further back than 60-70 years we see a low ratio of lung cancer in relation to the percentage of people smoking tobacco and using tobacco products.



Tobacco is medicine and has been for thousands of years. Tobacco continues to be used topically, ingested and drank as teas as well as used as a pesticide in your garden, smoked and used to purify and spiritually connect with our divine creators. Known for over a thousand years as "god's leaf," tobacco is a powerful anti-inflammatory when applied topically or taken internally.

Use tobacco to relieve allergies, protect against infection, treat respiratory conditions like asthma and tuberculosis, relieve acute symptoms, increase respiratory function, relieve hunger, fight fatigue, treat intestinal parasites, laxative, expectorant, to induce vomiting, for fainting, dizziness and headaches or as a stimulant for focus, energy and a quick mood boost. Smoking tobacco is also believed to carry thoughts and prayers to the spirit world or to the divine creators.



Smoking Organic GMO free tobacco, rolling papers and filters increases dopamine, anandamide and glutamate production. This means smoking Organic GMO free tobacco makes you more relaxed, increases blood oxygen levels, regulates blood pressure, makes you feel happier, increases cognitive function, increases learning capacity, increases memory and blocks foreign entities from attaching to our brains. That includes things like nanotech, snake venom and spike proteins i.e. aborted fetal tissue.

It is all the pesticides, additives, harmful chemicals and heavy metals ADDED to tobacco, filters and smoking papers that are harmful, create an environment for cancer to develop and ultimately KILL you. This doesn't mean smoke a pack a day for your health. What this means is cigarettes, tobacco and smoking are a little more complicated than just saying they're good or bad.

WHAT TO AVOID

Here's the deal, we're not going to lecture you about quitting smoking because you already know and you've heard it all before. First of all we don't "Quit" smoking because we're not "Quitters." We unlearn harmful behaviors and relearn healthy behaviors because we are the masters of our realities.



So, If you're going to smoke cigarettes, switch to a more natural brand like American Spirits that are free of harmful chemicals, additives and pesticides (those are what kill!), spray diluted food grade safe hydrogen peroxide into your lungs several times a day (email us for full protocol) and use colloidal silver with 1 drop of peppermint essential oil everywhere skin, mouth, lungs, eyes, anus, literally everywhere (email us for full protocol).

EASY SOLUTIONS

GLUTEN ALTERNATIVES are many because gluten is ONLY found in wheat, barley and rye. There are over 25 other grains and plant based flours commonly sold that are naturally gluten-free. Most of nature is gluten-free. Processed "foods" full of chemicals, toxins and addictive additives are engineered to cause you and your body harm. There are even several gluten-free all purpose flours blends to simplify things in the kitchen which is so much easier from when I had to learn every grain's absorbency rate.



Some of my favorite gluten free grains and plant-based flours include: whole oats, rice, wild rice, brown rice, Organic corn, blue corn, red corn, quinoa, sorghum, lentil, Organic soy, amaranth, millet, teff, tapioca flour, tapioca starch, arrowroot, potato flour, potato starch, soy, black bean, legume, pea, buckwheat, almond, coconut, cassava, tiger nut, green banana flour, chestnut flour, chickpea, garbanzo bean, edamame, lotus root, sweet potato, sea vegetable and Job's tears. When it comes to flours I use a Gluten-Free All Purpose blend the most and also have a variety of other gluten free flours on hand for various specialty dishes. For pastas I'm a big fan of the Organic corn, rice and quinoa blends, pea flour penne, edamame lasagna noodle, red lentil rotini, lotus root ramen, buckwheat udon and organic soy spaghetti.

EASY SOLUTIONS

Sorghum flour makes the best cookies, Organic blue corn makes the best empanadas and gluten-free whole oats can do everything from calzone dough to egg nog. Coconut flour is the most dry, almond flour or almond meal is the densest and has the most texture, rice flour can be gummy though is the most versatile and chickpea and garbanzo bean flours have a very strong aroma.



Cranberry Oatmeal Cookies



Tapioca, arrowroot, potato and cassava are ultra fine powders that work best as thickeners and light chewiness to baked goods. Green banana flour, edamame and pea flour are green, black bean flour and black soy spaghetti are bluish black, red lentil flour is red, yellow lentil flour is yellow and Organic blue corn flour and meal have an indigo bluish purplish color. So many more culinary possibilities are opened up to us with a rainbow of possibilities. Have fun with it and discover new favorites.

BEER ALTERNATIVES are growing everyday. Wine, spirits and ciders are naturally gluten-free plus there's tons of gluten-free domestic and craft beer options including many dedicated gluten-free brewing facilities like Redbridge Lager by Anaheuser-Busch, Glutiny Pale Ale by New Belgium, New Grist Pilsner by Lakefront, Bierly Brewing Felix Pilsner, Coors Peak Golden Lager and Bavaria Premium Gluten-free are a few domestic style lagers and pilsners sold across the USA and online plus I will include a few links below for a wide range of craft beer styles from IPAs to sours.



[Gluten Free Beers](#)

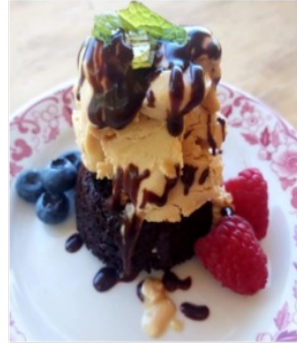
[More Gluten Free Beers](#)

[Even More Gluten Free Beers](#)

[Some More Gluten Free Beers](#)

EASY SOLUTIONS

BAD-SUGAR ALTERNATIVES sounds like the saddest band name and yet there are several sweeteners and sugars that are full of vitamins, minerals and amino acids that never spike your glycemic index or take you on a hormonal digestive rollercoaster.



The Two dry sweeteners we use the most are: Wholesome Sucanat or Florida Crystals (1:1 for baking and coconut sugar (to substitute brown sugar). Florida Crystals Organic Pure Cane Sugar

The Four liquid sweeteners we use the most are: Organic Dark Amber Agave syrup, 100% Pure Organic Maple Syrup, Raw Filtered Honey and Blackstrap Molasses.

Other favorite sweeteners include fresh fruit purees in cookies, breads, muffins, pastries, cakes, pies and tarts as well as cinnamon for a spicy sweet enhancer.

Other common sweeteners: stevia (available in liquid and powder with an aftertaste), brown rice syrup (nutty, half as sweet as table sugar), date sugar (whole food, great in raw foods, doesn't melt well), monkfruit sugar (200 times sweeter than table sugar, use 1/2 less than table sugar), palm sugar

GOOD FOOD TO STOCK UP ON



SPICES/HERBS

Smoked Paprika	Dill
Garlic powder	Saffron
Chili powder	Cumin
Herbs de Provence	Basil
Turmeric	Thyme
Onion powder	Parsley
Italian Herbs	Tarragon

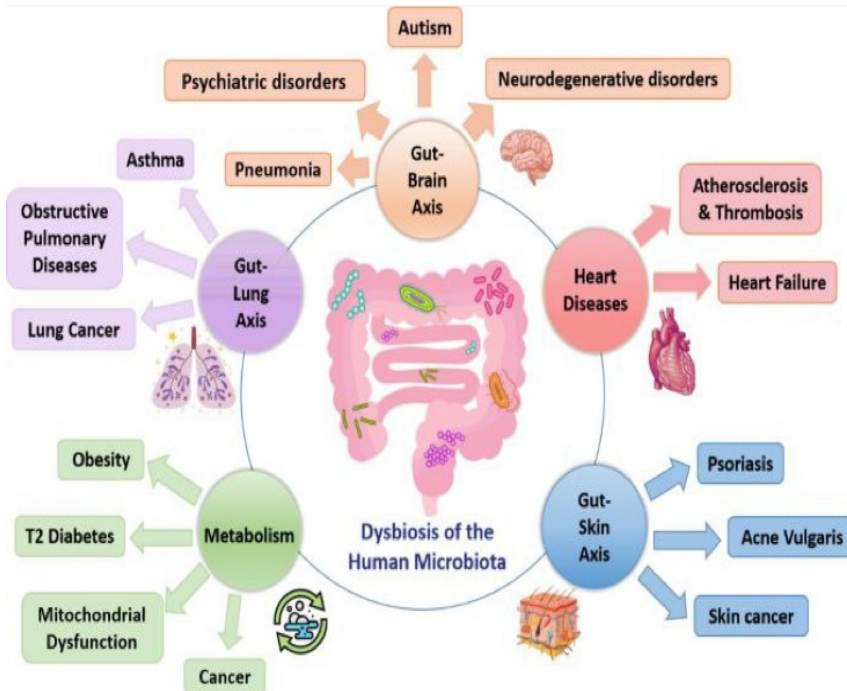
FLAVOR ENHANCERS

Liquid Smoke	Dijon
Himalayan Pink Salt	MSG
White Truffle Oil	Tamari
Black Truffle Oil	
Sesame Oil	
Chia Seeds	
Flax Seeds	
Cacao powder	
Crystal hot sauce	
Vegan Mayo	
Vegan Butter	
Organic Coconut Oil	

BREADS & GRAINS

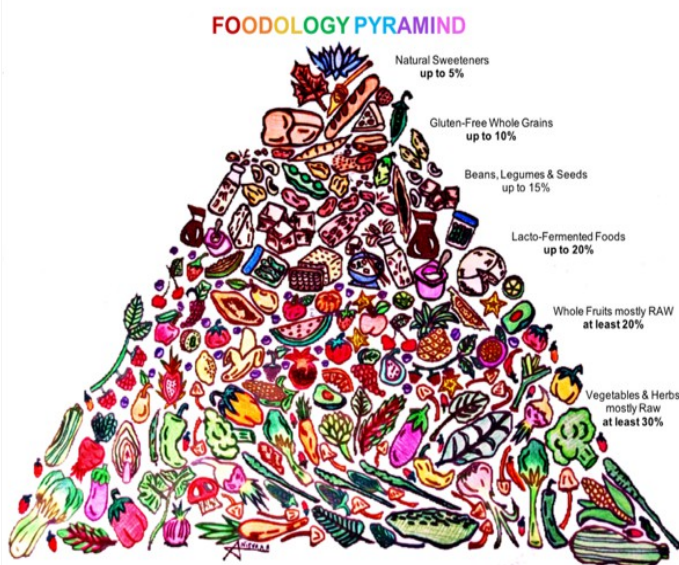
Schar Hamburger Buns
Schar Pizza Crust
Schar French Baguette
Schar Multigrain Bread
Schar Petite Baguette
Spinach Tortillas
Organic Oatmeal Tortillas
Organic Corn Tortillas
Crunchmaster Crackers

EASY SOLUTIONS



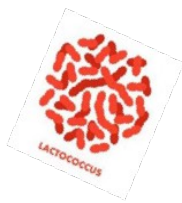
LACTO-FERMENTED FOODS are **ESSENTIAL** for a healthy body and you only need a minimum of 2 tablespoons per day. Lacto-fermented foods contain The Holy 9 Beneficial Bacteria Strains that repopulate your gut bacteria that affects every part of your health. From your mood to the foods you crave to the way you look and the way you feel all start with what bacteria are in your stomach and digestive system. When our stomach is populated with beneficial bacteria everything starts to come into balance and into balance with our divine creators.

Lacto-fermented foods help you lose weight especially stubborn belly fat, aid digestion, prevent cellular decay, prevent tooth decay, increase nutrient absorption, balance digestive system, boost blood circulation, boost energy, boost organ function, boost collagen, improve skin, hair and nails and reduce cholesterol. It's also anti-inflammatory, anti-aging, anti-bacterial, anti-fungal, anti-microbial and anti-parasitic plus it's full of antioxidants, reduces oxidative stress, reduces risk of heart disease, stroke and neurodegenerative diseases like Alzheimers, Parkinson's and dementia.

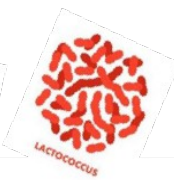


You can boost your cognitive function, kill cancer cells, boost your immunological library, regulate your blood sugar and reduce symptoms of lactose intolerance with just 2 tablespoons of lacto-fermented foods a day.

In short, incorporating just a minimum of 2 tablespoons of lacto-fermented foods a day make you smarter, stronger, quicker, thinner and healthier.



EASY SOLUTIONS



So, what exactly are lacto-fermented foods? Lacto-fermented foods are foods that are pickled without vinegar of which there are many different styles. The most common forms include fermenting with sea salt, aged Tamari, gluten-free soy sauce or gluten-free rice bran. We also want our pickles to be raw and unpasteurized. The majority of commercially sold pickles are pasteurized which kills ALL the beneficial bacteria including The Holy 9, however, lacto-fermented pickles are so easy to make yourself at home with fruit and vegetable scraps you'll be a master in no time.



The Holy 9 Probiotic Bacterial Strains are: lactobacillus gasseri, lactobacillus rhamnosus, lactobacillus fermentum, lactobacillus paracasei, lactobacillus plantarum, bifidobacterium bifidum, bifidobacterium longum and bifidobacterium breve. Individually, each of these strains is beneficial and when we eat foods and combinations of foods that get us ALL 9 we create the optimum environment for our digestive systems and ultimately our bodies gifting ourselves with the tools we need for our bodies to thrive indefinitely as superhero immortals.

Lacto-fermented foods includes foods like pickles, Japanese and Korean pickled vegetables, sour kraut, tofu, tempe, miso, kombucha, Tepache (Mexican pineapple probiotic drink), kiefer, yogurt with live cultures, Parmigiana Reggiano, extra-sharp cheddar that has been aged over 12 months (Tillamook extra-sharp white cheddar is the best example I've found), gluten-free sour dough, olives and Korean kimchi.

Lacto-fermented foods are ridiculously easy to make and a great way to reduce food waste. Some lacto-fermented foods are available for retail sale at various grocery stores and online retailers, however, if you are buying retail ensure that you are purchasing products that are certified Organic with a capital "O"



gluten-free ramen in miso broth with lacto-fermented vegetables



watermelon ceviche lettuce wraps

and un-pasteurized. If you are purchasing dairy products purchase from a producer that ferments from Organic pasture-raised milk from cows that were not pregnant.

EASY SOLUTIONS

DENTAL CARE When it comes to dental care many of us may cringe at the thought of drills, needles, failure and the incredible cost for dental services even with insurance. Personally, I have had some challenging dental experiences as has nearly everyone on Team Lite which is why we are so pleased to share American Biodental based out of Tijuana, Mexico because our dental health is just as important as the health of every other part of our bodies.

Balance is what we are striving for in our bodies. Healthy gums and teeth are part of a balanced healthy body and there's no one we trust more with our mouths than American Biodental. Since 1998 they have been offering holistic dental care helping over thirty thousand patient's realm-wide. They specialize in integrated holistic dental care using state of the art equipment at a reasonable cost that won't break the bank and pioneering in ozone and plasma therapies.



Part of their standard practices include using ozone, your own plasma and injectable vitamins to accelerate healing and minimize pain without pharmaceuticals. After one of our team members had an impacted molar extracted and was eating a solid food less than an hour after surgery with zero pain medication and drove himself home, we were convinced.

If you have dental care you've been putting off seriously check out their website and set up a consultation. Admittedly, I let my dental care get a little out of control from so many negative experiences and needed major bridge work. I think I actually laughed in a couple dentists faces when they told me how many thousands of dollars it would cost to fix my teeth. I even told one that he was charging more money than the average American earns in an entire year.

Yet, as skeptical as I was everyone at American Biodental was so gentle, patient, kind and helpful and my total cost was half what I paid for my last car on Craigslist. After my initial consultation where we came up with a dental plan that actually works for my life and budget I felt a little silly I put it off for so long. They're helping us and they can help you too.



EASY SOLUTIONS

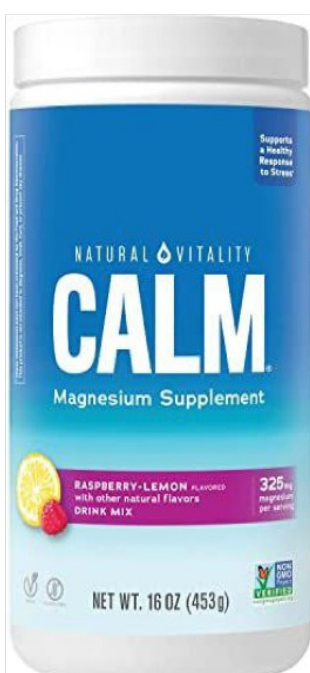


In addition to superb dental care, in my experience the right toothbrush can be life changing. For us it has been this Phylian Sonic Toothbrush. I always thought sonic toothbrushes were like an unnecessary vanity expense until my partner brought this very affordable toothbrush with multiple heads home.

Every time I brush it feels like I'm getting the most delicate professional dental cleaning. My teeth are so clean and this Sonic Toothbrush is so delicate since I've been using it my gums stopped bleeding. My gums have started repairing and the plaque and yellowing are gone.

I feel like I've tried every toothpaste, toothbrush, natural therapy and crazy dental hack from every expert with a license or a website without much improvement. This affordable Sonci Toothbrush has single handedly improved my teeth, gums and overall dental health more than other product or practice I have ever tried.

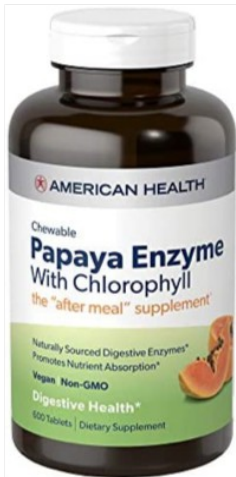
Big recommend.
Money well spent.
Your teeth will thank you.



SUPPLEMENTS: Most Americans are taking too many supplements. Supplements are not to be in place of sustainable whole foods. Supplements are to help supplement some of the minerals your body needs during times of stress to accelerate healing. Keep in mind supplements are not regulated and unless you are purchasing from a well known, well established certified Organic company that has passed third party testing to authenticate the supplement like Nature's Sunshine you might not be getting what you think you are buying. Additionally, you only absorb up to 55% of potential vitamins and minerals from the supplements you take and pee out the rest. It is easier for our bodies to break down and use vitamins and minerals from sustainable whole foods than highly processed supplements.



EASY SOLUTIONS



That being said there are some supplements everyone should be taking everyday because everyone in the realm is deficient and are not getting enough in our food because our food and soil lack ORMUS. These supplements are: [Zinc Gluconate](#) 600mg a day (I receive zero commission), [Magnesium](#) 1,000mg a day (I receive zero commission) or drink your [Magnesium](#) (I receive zero commission), [Papaya Enzymes with Chlorophyll](#) chewable tablets (I receive zero commission), [Diamond G Forest Turpentine](#) (I receive zero commission) [StemEnhance](#) & [StemFlow](#) (I do make a little commission).



MOVEMENT is an important part of our health that we often tend to neglect or overdo unintentionally hurting ourselves in the process. There are lots of different kinds of movement from martial arts to ballroom dancing and the most important part is that you're moving and stretching your muscles several times a day. This doesn't mean find an extra hour in your already busy day to go the gym, deal with traffic, parking, other people... If you love that then rock on. Zero judgement. By Movement we mean frequent stretching, pulse timed isometrics, deep diaphragm breathing and yoga asanas and mudras. These boost your body's ability to clean, heal and regenerate cells more rapidly as well as balance our chakras and mind, body and soul/spirit connection with our divine creators.



Stretching every 40 minutes if you are doing sedentary tasks. This is both the easiest and the hardest to do. It is so easy to do a little arm and leg stretches: reach for the sky, reach for your toes, etc and every 40 minutes seems to come up so fast. Once we've gotten in the routine of doing this (I have to set an alarm on my phone) it's gotten really easy and I look forward to it. Every 40 minutes I jump up from my office chair and do a couple minutes of stretching then right back to work on the computer. This couple minutes of stretching every 40 minutes increases oxygen in our blood and brains boosting cognitive function, learning capacity, memory, anandamide, dopamine, serotonin and energy making us faster, smarter, happier and more efficient.

EASY SOLUTIONS

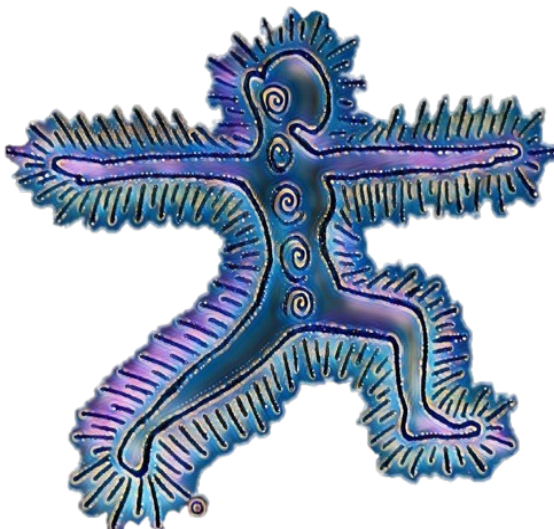
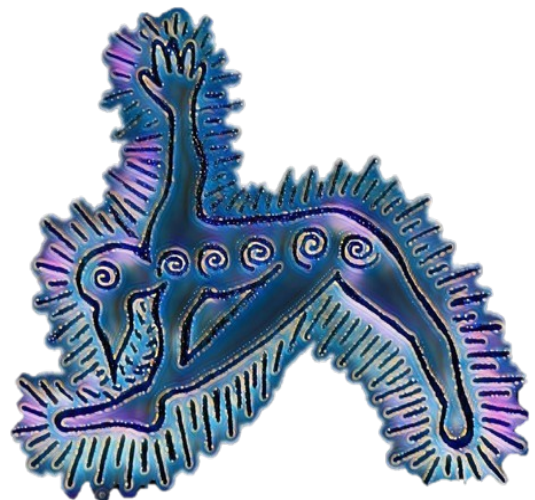
Why every 40 minutes? Because that's how long it takes for our anandamide, dopamine, serotonin and blood oxygen levels to start to dip when we are engaged in a sedentary activity like computer work.



8-Minute Abs Everyday are easy to do and I like to do them right out of bed to start getting my body moving after sleep. They are 8 isometric exercises anyone can do regardless of their athletic ability. Each move targets a different abdominal muscle group. Each isometric exercise is done for only one minute going at your own speed. You don't need fancy equipment or expensive exercise clothes and you'll start to see results in about 8 days. I love this routine and feel empowered and physically strong when I do it especially since I started doing them with my B3 Sciences Bands*.

20 Minute Daily Yoga Asanas Everyday

Yoga Asanas are physical and spiritual poses to realign and balance our physical, spiritual, emotional and intellectual bodies that have been practiced for over a hundred thousand years. There are so many yoga poses, routines and styles of yoga, books, videos and studios dedicated to one or several styles of yoga. There's a lot to say about yoga and we're going to keep it brief here.

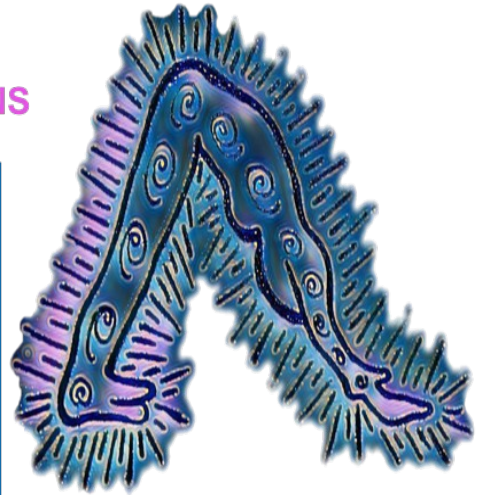


This easy 20 minute Daily Yoga routine is super easy where we hold 16 different asanas for 30 seconds to 1 minute depending on the asana. At the start of each asana we say aloud in the tonal language of Vedic Sanskrit the name of each asana with the intent to focus all of our energy on this one singular pose. While holding each asana we practice deep diaphragm breathing sinking more and more into each pose. Even though there are only 16 asanas it usually takes me around 20 minutes to complete them all.

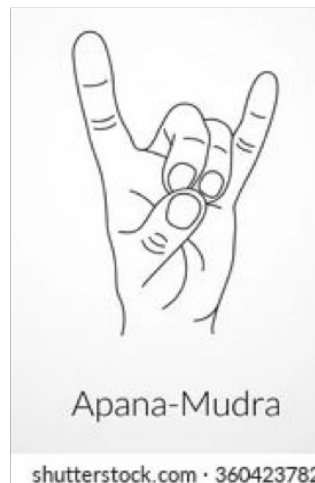
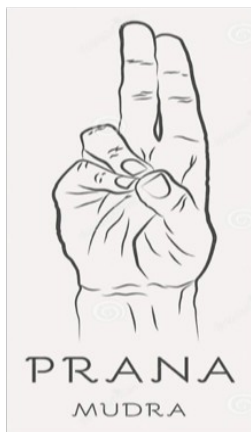
EASY SOLUTIONS

We designed this yoga asana routine to lengthen and strengthen, build lean muscle tone, open up your hip flexors, open up your diaphragm, aide digestion, increase blood oxygen levels, raise your vibrational frequency, lower blood pressure, strengthen organ function, boost focus, boost cognitive function and boost anandamide, dopamine and serotonin while simultaneously reducing cortisol, adrenaline and other stress hormones.

This is my favorite routine to do in the afternoon usually after lunch when I feel like I need an energizing boost. Afterwards I feel stronger, more limber, energized, focused and more open energetically, spiritually and physically. Whether you adopt this 20 Minute Daily Yoga routine, you already have one you enjoy or prefer to take a class, adding yoga to your daily routine boosts every part of your health.



Daily Mudras A mudra is a “seal of authenticity,” a spiritual gesture and symbolic gesture used in spiritual Buddhism, Hinduism, Taoism, Ayurvedic medicine, tantra and kung fu to activate and balance prana (life energy) in combination with diaphragm breathing and focused intent.



There are almost a thousand different mudras mostly performed with your hands and fingers though some involve your arms, legs or your entire body. Each mudra gesture is a communication you make with your body, your higher self, your environment and our divine creators for a wide range of goals.

Here we are going to focus on 3 mudras: Prana Mudra (mudra of life), Apana Mudra (mudra of digestion) and Apana Vayu Mudra (mudra of the heart).

These simple 3 mudras are practiced several times throughout the day for a few seconds up to a few minutes to strengthen your blood vessels, strengthen your body, mind and spirit, boost your energy, boost your immunological systems, boost ocular strength, fight fatigue, boost vitamin absorption, regulate diabetes, regulate bowels, cure constipation, reduce risk of heart attack, stroke and other heart conditions, strengthen heart muscles, regulate heart rhythm and reduce gas in your body.

These mudras can literally be done anytime and anyplace: in your car, the bus, train, subway, office, bathroom or bed. It is incredible how something as simple as a few hand gestures a few minutes a day can have such a noticeable and measurable affect on our health and overall wellbeing. Start incorporating these sacred gestures today into your daily routine and experience the difference.

EASY SOLUTIONS

*B3 Sciences Bands really maximize my movement and keep my hormones balanced. I like to use my B3 Sciences Bands when I do my 8-Minute Abs and Daily Yoga Asanas or when I just feel like taking a walk. If you're not already familiar with B3 Sciences Bands don't worry you're not the only one. They are a relatively new product based on over 40+ years of research that uses BFR (blood flow resistance) with cushioned air compression therapy to trick your body into thinking you're getting a strenuous exercise with only a few minutes of light to moderate movement. This means we get a release of HGH (human growth hormone) after only 10-15 minutes instead of after an hour or more of strenuous exercise. This results in doing less work with less pain for bigger healing and anti-aging benefits. This is the future of exercise today that is safe for humans from age 4 to 99 whether you are an athlete or have mobility challenges.



I keep my B3 Sciences Bands next to the bed so on mornings when I'm struggling to get up and go I put them on before I even get out from under the covers and go straight into the 8-Minute Ab routine. Also, when I see my bands first thing in the morning I feel more motivated and responsible for using them daily.

ADOPTING AN ATTITUDE OF GRATITUDE You can rewire your brain for free in less than 5 minutes a day. There are many ways to be more grateful and invite more gratitude into your life and they're all great. However, this is the best, most effective and easiest plan I've come across, seen, tried or participated in creating. Our brains have been manipulated into prioritizing experiences and memories we associate with negative and/or traumatic feelings to keep our cortisol, adrenaline and other stress hormone levels high.



When your stress hormones are elevated in an acute situation they can save your life and when you're stress hormones are stuck in a permanently elevated state we are out of balance, our bodies adjust so we begin to believe this elevated stress state is what normal feels like and we begin to develop a long list of health issues. **FACT:** It is IMPOSSIBLE to lose weight or heal your body if you are stuck in a fight or flight response. This is why we put so much emphasis on activities, movements, therapies and foods that lower your cortisol, adrenaline and other

EASY SOLUTIONS

stress hormones while simultaneously boosting your anandamide, dopamine, serotonin and other feel-good bliss hormones. Everything in The Basics is designed to help you detox toxins so you have a clean temple, balance your physical, emotional, intellectual and spiritual bodies as well as rewrite your DNA and have more information and resources to keep your body healthy for hundreds or thousands of years. You have all the power, all the choice and all the freedom to be whoever you want to be. Your body is a miracle.



BIOPHOTON LIGHT is the best health and wellness device I have ever experienced personally or with any of my clients in my thirty years of experience healing people on 4 continents. It is easy and safe to use externally as well as internally, doesn't shock you, is portable, works even when you're not using the wands topically, efficient at stimulating the lymphatic system, efficient at accelerating healing, has multi-uses and is very affordable considering everything it does. This mighty little lymphatic stimulator combines photobiotic light, sound, ozone, frequency, radio waves, ultraviolet, infrared, energy magnetics and long distance radionics to charge, stimulate and clean the lymphatics of multiple people at once within minutes that can be measured in your blood and your aura.

Personally, I have had some amazing results with my Biophoton Light including healing a torn ligament in my foot in hours, breaking up kidney stones I was able to pass painlessly and curing my PCOS with only two 20 minute treatments. I've got a lot of praise for this mighty little device and I'll do my best to keep it short here. Before I go into more about the machine let's talk a little bit about biophotons because you won't find them on the Harvard Medical syllabus but they should be. Biophotons are the smallest physical units of light and we



EASY SOLUTIONS

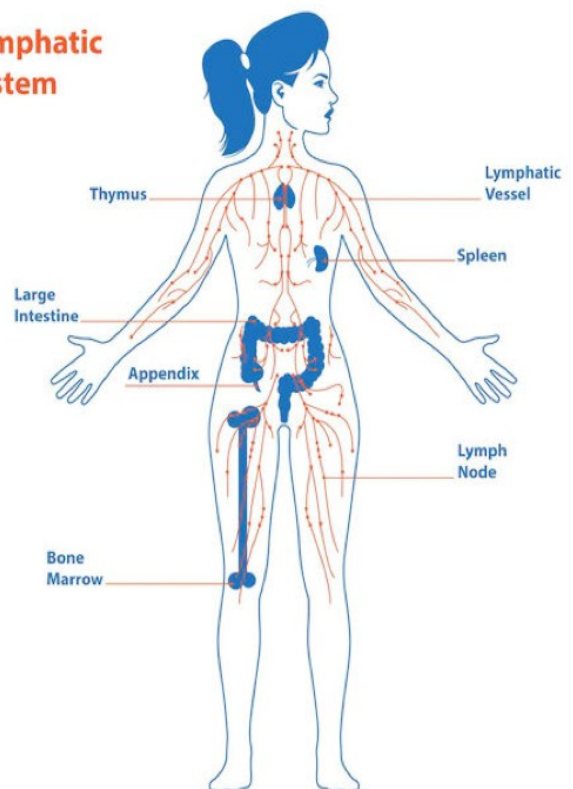


generate them inside our bodies as do ALL living things from plants to people. Each of our cells generates ultraviolet photons that generates bioelectricity for cellular communication and to animate life itself. We absorb biophotons from sunlight, we consume biophotons through whole Organic foods and we can stimulate biophoton production with deep diaphragm breathing and certain light exercises. The more biophotons we have in our bodies the faster and more efficiently our bodies can heal and repair cellular and genetic damage. The Biophoton Light generates healing energies similar to what we get from our earth, our sun and our natural environment as well as stimulating our lymphatic system.

FACT: when your lymphatic system is congested your body is unable to eliminate unwanted cellular waste which rots inside you causing auto-immune, neurodegenerative dis-eases and what we call viruses (rotten cellular debris a clogged lymphatic system is unable to drain). When our lymphatic system is stimulated and healthy our body is able to more rapidly expel toxins as well as emotional and generational stress toxins to help create an environ-ment where our bodies can heal more rapidly.

Remember we are beings of light and light is the language our bodies use to communicate within themselves, with each other, with our earth, our sun, our environment and our divine creators.

Lymphatic System



My biophoton is on all the time so even when one of us isn't using the gas tubes we're still getting treated all over the house helping anyone who passes through our door. There are a lot of cool devices and lymphatic stimulators out there and they're all cool. I'm just at a point in my life where I don't need the newest thing I just need something that consistently works with measurable results that's easy to use, easy to move around, doesn't shock me and doesn't break the bank. The Biophoton Light checks all those boxes for me at a fraction of the cost of a MedBed or Tesla Coil. There should be at least one in every home, in every health and wellness facility, in every recovery facility, in every gym and in every clinic and hospital.

HEALTH PLAN FOR A HEALTHIER YOU



Pura Vida Health & Wellness Centers Worldwide

Making food your medicine

Dr Ava Perez

Foodologist, N.P., M.D., PhD

Name: (your name here) Age: any Gender: any Date: today!

Rx

- Stimulate Endocannabinoid System
- Smoke more cannabis
- Have more sex
- Avoid Gluten
- Avoid Highly Processed Foods
- Eat more Fruits & Vegetables
- Eat Sustainable Healing Foods
- Drink Pure Living Water
- 20 Minutes of Movement per day

AVOID Meat
AVOID Gluten
AVOID ALL Animal Products
AVOID Highly Processed Foods

AVOID Pasteurization & Ultra-Pasteurized Foods
AVOID Sugar
AVOID GMO "foods"
AVOID Tobacco with additive & chemicals



Dr. Ava Perez

Doctor's Signature

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Yes! Eat when you're hungry
Yes! Eat from your Garden
Yes! Eat LOTS of whole fruits and vegetables
Yes! Eat LOTS of gluten-free Sustainable Healing Whole Foods
Yes! Eat at least 2 tablespoons of Lacto-Fermented foods everyday

Yes! Sleep when you're tired and when you're detoxing or healing you will be more tired

Yes! Smoke more cannabis, eat more dark chocolate, have more sex, practice gratitude

Yes! Papaya Enzyme with Chlorophyll chewable tablets after every meal

Yes! Zinc Gluconate 300mg (6 tablets) 2 times/day with food for 30 days, reduce by half

Yes! Magnesium Powder once 1 teaspoon once a day

Yes! StemEnhance 2 capsules once a day for 4 days
then 2 pills twice a day

Yes! StemFlow 2 capsules twice a day with meals



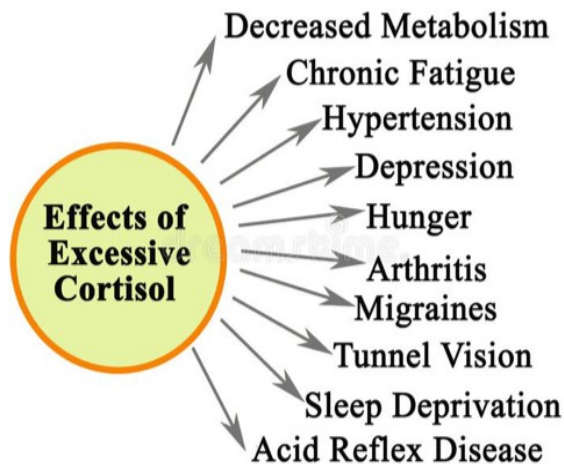
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Doctor's Signature

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SECRET TO GOOD HEALTH

The secret to good health isn't a secret and I'm going to share it with you right here in easy to understand language. Your miraculous body is a cooperation of billions of micro-organisms fueled by really tiny particles of light (biophotons) we get from sunlight, whole sustainable healing foods, lacto-fermented foods, whole food living water and ORMUS.



When we deprive our bodies of any of these things, poison our bodies, poison our brains or are in toxic environments we are out of balance and begin to develop physical and emotional health problems. These physical and emotional health problems, body aches, pains and cravings are your body's way of communicating to you what it needs and what it doesn't need. It's your job to learn your body's language and give your body the right tools to come back into balance. When we learn what the right tools are and how to give them to ourselves our bodies heal themselves.

First we want to stimulate your lymphatic systems so your body can eliminate toxins. Then we want to detox, clean and purify your body slowly and with healing loving intent to prepare your body to heal you. As you detox your body, mind, spirit and environment also nourish your body with whole sustainable healing foods, lacto-fermented foods, whole food living water, ORMUS and sunlight.



Headaches, dizzy spells, and body aches

Insomnia

A lack of energy

Palpitations

Shortness of breath

Anxiety stress and mood swings

Depression

Loss of appetite

Inability to concentrate

Weaker immune system

How do toxins impact us?

Next we want to get you out of flight or flight, raise your vibrational frequency, increase the amount of anandamide, dopamine, serotonin and other feel good hormones your body produces while lowering the amount of cortisol, adrenaline and other stress hormones your body is producing as well as regulating when it releases these stress hormones. We want you to retrain your brain to prioritize positive memories and experiences as well as learn how to manifest paradise around you and begin to raise the vibrational frequency of anyone and everyone you come in contact with even indirect contact.

SECRET TO GOOD HEALTH

If you live in or around a city, agricultural land, in any country that allows the growth of GMO seeds or anywhere in the continental United States your body is deficient in trace minerals especially magnesium, zinc gluconate and glutamate. Because of this you will also need some supplements to help support your body while living in a toxic environment. Recommendations are above and for more specific information please contact us directly.



The right tools give our bodies all the vitamins, minerals, 9 Essential Amino Acids, beneficial bacterias, hydration, biophotons (really tiny particles of light) and oxygen our bodies need to heal and repair EVERYTHING that is out of balance. This also

includes things we don't even realize are out of balance because they've been that way for so long that's become our new normal. These right tools are: sunlight, whole sustainable healing foods, lacto-fermented foods, whole

food living water and ORMUS
i.e. Clean Air, Clean Water, Clean Food, Clean Environment, Clean Earth, Clean Structures and Clean Technologies that heal and support our biology instead of harming and killing us.

Yes, it really is that simple. What are you waiting for?

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perry