

INTRODUCTION TO REGENERATIVE HEALTH

In my studies and own health/fitness journey, I've learned there are generally two kinds of diets: Performance diets and Regenerative diets. The first focuses primarily on energy intake and expenditure whereas the second is **about removing obstructions to energy flow**. If you're relatively healthy and feeling good, most opt for performance-based diets. Then, something happens. Maybe your cholesterol or blood pressure is suddenly on the rise. Maybe you develop type II diabetes, are experiencing pain throughout the body or tiring easily. Every doctor visit results in a new diagnosis and treatment but no answers to your questions. Like, what's causing these new health issues to surface? Well, it could be the time to explore the world of regenerative health. Don't know much about it? Let's dive in.

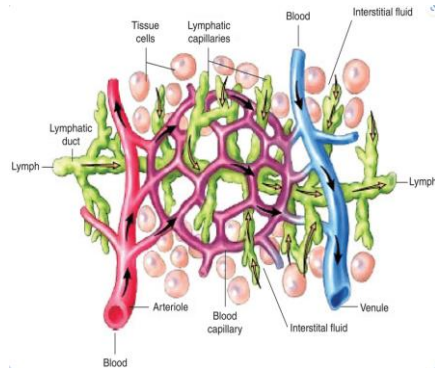
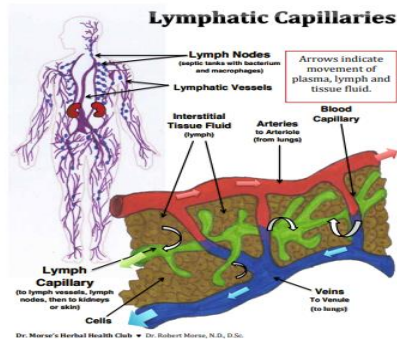
Lesson #1: Symptoms and Ailments are Always Systemic



Simply put, the body is a collection of trillions of cells and 3 channels: blood, lymph and nerve.

- BLOOD is the body's kitchen. This alkaline based fluid supplies nutrients to cells and comprises 20% of all liquid in body.
- LYMPH is the sewer system that exists around cells and in the interstitial spaces. This lipid-based fluid comprises 80% of the body's fluid and disposes cellular waste.
- NERVE signals cells to do work.
- Cells exist at the structure/function level and are grouped together into systems or departments. Other characteristics:
 - All cells, regardless of department, **share the same blood, lymph and nerve**. Hence, what you do to one cell, impacts all the cells. Likewise, when an organ or group of tissues fail to do their job, there is a domino effect throughout the body.
 - **Although a symptom appears localized to a tissue, it's always systemic.**
 - If you have toe fungus, you have fungus in the whole body.
 - If you have high cholesterol in the blood, you have it in other places ... eyes (cataracts), along the intestinal wall, etc.

Lesson #2: What You Don't Eliminate, You Accumulate



The Great Lymphatic System

Your body is made up of trillions of cells, and all cells do is eat, poop, work and make more cells. We know that blood provides nutrition to cells, but where does all the metabolic waste or poop go? It's handled by the **Great Lymphatic System**. Three things you need to know about this important but under-emphasized system.

- First, it is your body's sewer system. It's comprised of hundreds of miles of lymph nodes (septic tanks), veins, capillaries and lymph fluid that exists *interstitially between cells*. **Its primary function is to neutralize and carry chemical and metabolic waste** (aka cellular poop) to the kidneys where it is eliminated from the body. In many ways, the body is its own city, and the lymph system is the sanitation department. It picks up trash from each house in the city (the cell) and discards it. This trash, however, varies greatly depending upon the "lifestyle" within each cell or house.
- Second, the lymph system has two major pathways out of the body: the kidneys and skin. In fact, the **hallmark of a healthy lymph system is good kidney filtration**. In other words, it's not enough to get the lymph system moving, you also need to make sure the kidneys are filtering and excreting cellular waste. Why? What you don't eliminate, you accumulate. Imagine if your septic system backed up into your home. You'd have sewage in the bedrooms where you sleep, and in the kitchen where you make food. Over time, people in the house would be affected and get sick. The same is true with your cells. All waste (not just food waste) has to be removed from the body.
- Third, **whenever you have a chronic illness or disease, you have lymphatic stagnation**. Illness doesn't start in the blood. The blood is a closed system that has to be at a constant pH of around 7.45, or you die. The lymph system, on the other hand, is an open system that was designed to handle acid by-products and cellular waste. Sometimes, however, this system gets backed up from the chemistry (diet) one puts in it. Lymphatic stagnation is at the root cause of all of man's ailments.

Ever taken care of a goldfish in a fish bowl? What happens to the water after a few

days? It gets dirty because the fish is pooping in the water it lives in. People try to stir the water, but this often makes things worse as sediment from the bottom is disturbed. Some try adding in new water, but that just dilutes the poop. The water still looks murky, and it stinks. What's the end result? Leave the stagnant water long enough and the fish will die. It does not matter if the fish has strong genes, eats clean, nutritious food or swims a lot. If it sits in poop all day, it's going to start to feel like poop. Same is true with the cells in the body. All of your cells (aka glands, organs, tissues, etc.) are surrounded by and bathe in lymph fluid. Dirty lymph fluid leads to cellular dysfunction and death. **Simply put, without lymphatic health, there is no health!**

Now, most people assume that if they are peeing, their kidneys are filtering. While it's true every person has the ability to filter regardless of what he/she eats, the reality is many people have inflamed kidneys that don't filter well. Healthy, filtering kidneys release urine that has sediment in it. This sediment can be strings, snowflakes or a general cloudiness.

The best way to determine if your kidneys are filtering is to complete a Snow Globe Test.

Directions:

- Pee into a mason jar and let it sit on the counter for 16-24 hours. The sample can be taken any time of day.
- After 24 hours, inspect it. It should be a mellow yellow color with snowflake or stringy sediment in it. (*Note: this is not bacteria. This is metabolic waste or cellular poop.*)
- Results:
 - **SEDIMENT = LYMPH/SEWAGE ELIMINATION**
 - **NO SEDIMENT = NO LYMPH/SEWAGE ELIMINATION (NOT FILTERING)**



If your pee doesn't look like the picture on the right, then your kidneys aren't filtering. That means your kidneys and lymph system are backed up, and your body is accumulating acid waste. Store up enough, and cells/tissues break down.

Lesson #3: It's All About Energy and Chemistry

Energy is Life

Quantum energy is the number one factor (or constituent) needed for life. It's the life force of everything in nature. Although you cannot see it, it's the power behind the constant movement and interaction of atoms within cells, thus breathing life into the body. All natural Earth structures and beings are born with this energy, even rocks/crystals. Those who are sensitive to it say they can *feel this energy* when they sit up against a tree, hold a crystal or stand barefoot in a stream. We cannot live without this energy. If you recall basic physics class, this energy or life force follows certain laws:

- **Atoms (energy) cannot be created or destroyed, but they can be changed.** Their energy levels (frequencies or vibrations) can increase or decrease based on what we think, feel and do.
- **Atoms have an energetic interplay with other atomic structures.** All elements and compounds are constantly being dis-assembled and re-assembled into other compounds depending on need or intervention. For example, complex structures are broken down into simple structures (aka proteins into amino acids to repair and build cells and maltose or lactose into glucose as energy for cells). The application of heat or cold also effects atomic structures ... even sometimes turning a substance into a poison or toxin (aka cooking oils) that the body has to fight against instead of directing its resources toward healing and rebuilding.

Health is energy. The more quantum energy our bodies hold, the healthier our cells and body.

Food is Chemistry

Nature (and the body) are **built upon 2 sides of chemistry: acids vs. bases**. One is agglomerating, dehydrating and corrosive (acid side), and the other is energizing, hydrating and regenerating (base side). The body is always seeking homeostasis or balanced chemistry. 7 pH is the neutral point. Too much acid leads to acidosis. Too much alkaline leads to alkalosis, both of which cause inflammation and burn tissue.

Just like with all things in Nature, food can be classified into two sides of chemistry. They are either **acid-forming or alkaline-forming**, depending on the ash left after digestion and the food's inorganic minerals, which affect the pH of our body's fluids.

- **Acid foods** (aka meats/fish, eggs, dairy, grains, legumes, nuts and seeds, cooked foods, processed foods, soft drinks, Gatorade, etc.) leave phosphorus, iron, and sulphur compounds after digestion which push out alkaline minerals like calcium, magnesium, sodium and potassium. These foods also leave a high acid residue which is normally picked up and eliminated through the lymph system. If this residue is not eliminated (such as with a stagnant lymph system), this residue crystallizes and gets deposited throughout the body. Remember chemistry. **Acids are agglomerating, dehydrating and corrosive. They burn up and break down cells and tissue.** Uric acid, for example, is the by-product of meat metabolism or fungal overgrowth in the body. Uric

acid build-up causes gout and other conditions in the body. In other words, the more acid you become, the more damage you create within the body.

- Alkaline foods** (aka fresh raw fruits, vegetables, nuts and seeds, etc.) bring in calcium, magnesium, sodium and potassium. They are alkaline-forming and help to break up acids. They also **infuse energy, hydration and nutrients into cells which lead to tissue repair and regeneration**. Let me say that again. **Alkaline-forming foods repair and regenerate tissue...any tissue across the entire body**. Their regenerative power comes from their high nutrient, antioxidant and electrical properties which facilitate the absorption and utilization of nutrients and speed up neuron transport of endocrine messengers.

A quick summary of the differences between acids and bases and their effects on the body appears below.

Acids	Bases (Alkalis)
Masculine	Feminine
Proton	Electron
Hot	Cool
Pain	Analgesic/Pain Relieving
Swelling	Diuretic
Catabolism (Tear Down)	Anabolism (Build Up)
Cationic (Coagulate/Slow Down)	Anionic (Disperse/Move)
Inflammatory	Anti-Inflammatory
Dehydrate	Rehydrate
Corrosive/Destroy Tissues	Heal/Strengthen Tissues

Ideally, for optimum body function and health, the pH balance -- or **balance of alkalis to acids should be approximately 80% alkaline to 20% acidic**. Most people, however, have a 20% alkaline to 80% acidic internal environment from the diet, lifestyle and chemicals they are consuming. Over time, this can overburden the lymph system causing acid accumulation (acidosis). Malabsorption/malnutrition, inflammation leading to disease, cyst/stone/mass formation, pain, electrolyte depletion (dehydration), swelling, convulsions, etc. are all the result of too much acid. Hence, if your diet falls largely on the acid side of chemistry, your ability to feel good, eliminate pain, heal and regenerate will be very low. It does not matter how clean you eat, how many pills or supplements you take, how much exercise you do, how long you sweat in a sauna, etc. None of those things will reverse the cause, which is too many acids. You need to make sure you're focusing on the right side of chemistry...more alkaline and less acid. No disease or cancer can breed in an alkaline medium. In the long run, it's always better to alkalinize the body.

The Power of Raw

Today, many people, mistakenly believe they can bio-hack what God has created by isolating components and using "look-alikes" ...hormones, protein powders, vitamins, minerals, etc. Orthomolecular supplementation often gives relief, but it never cures illness. Why? You cannot isolate nutritional components from its energy source and expect it to have the same health impact. It simply is not possible.

Raw, natural foods have an awareness or consciousness to them. In fact, each type of natural food has its own unique individuality and reason for existing. ***That innate energy IS a reflection of that food's total chemistry, and that chemistry is designed to work with the DNA of all living creatures, including the human species.*** God does not create something for no reason. For example, when you eat raw fruits and vegetables, you bring in electromagnetic energy together with the vitamins, minerals, phytonutrients, electrolytes and enzymes needed for the body's numerous chemical functions. The body doesn't have to go searching for anything, transmute anything or stop/slow down chemical processes until all the right components are present. It's all there in one package. Food is energy and chemistry. The lower the energy of the food, the lower your systemic energy (life force) becomes. Likewise, the more energetic foods are that you eat, the more vibrant and healthier you become. In healing and regeneration, this is helpful to understand.

Key Mindshift – Pause your focus on performance-based diets (aka high protein) for a bit and switch to regenerative eating. Ask yourself:

- ***How can I keep my lymph system clean?"***
- ***Are the foods I am eating full of the highest energy and chemistry needed to maintain optimum health?***

Lesson #4: Eliminating Disease with Regenerative Health Protocols

Treatment Versus Detoxification

When you go to the doctor, he/she will perform a bunch of tests, give a “label” to your symptoms and prescribe one of three treatments: suppress (medicine/injections), burn (radiation/chemotherapy) or cut (surgery). In comparison, holistic healers won’t just focus on treating symptoms but rather focus on cleansing and rebuilding the whole body. It does not matter which cell/tissue the ailment is localized. The fix is the same. Regenerative health protocols involve 3 phases.



Phase 1: Alkalization/Detoxification/Energizing -

Alkalization brings hydration to cells. *Detoxification* cleans out all unwanted acid chemistry and obstructions.

Energizing means adding electro-magnetic energy into the body. Without this energy, you cannot detoxify or repair organs and tissue.

- Detoxification always comes first and requires ENERGY.



Phase 2: Regeneration and Rebuilding –

After cleansing, the body has a fresh medium from which to repair and build new cells/tissue. The body will even eradicate a genetic weakness passed from the mother at birth. This is because the body is constantly striving towards optimal resonance with its highest genetic blueprint.

- Repair and regeneration require a medium of ELECTRICALLY CHARGED and “ALIVE” nutrients.



Phase 3: Maintenance –

Every human body needs to be cleaned and repaired as time goes by. Foods that leave a lot of residues must be cleaned out, or the accumulated waste will damage healthy cells.

Two takeaways: 1) To minimize the blow back from acid chemistry, change the diet, and 2) detoxification is the best tool for cleaning out the body. Add it to your self-care tool kit.

Lesson #5: The Road to Health is Paved with Fruit

Fruit is the Master Cleaner and Healer

If you're wondering if some raw foods are better than others for reversing disease, the answer is yes. Just like protein is the rock star of performance diets, fruit is the king of the regenerative diet. Not only does fruit contain many nutritional compounds, it has the highest electrical energy of all foods. It's the combination of energy + chemistry that gives fruit the ability to **clean tissues AND the lymph system, remove cysts, boils ... even cancer, and rebuild organs, bones and tissues. It can even regenerate brain and nerve tissue.**

In fact, there are a number of documented clinical cases of naturopathic doctors who have regenerated brain and nerve tissue (even for C4/C5 quads in wheelchairs), just by eating fruit. Raw vegetables or animal meats/fish cannot do this. Raw vegetables are important tissue builders for the body, particularly muscle and skeletal tissue. Nuts and seeds are structural foods that also strengthen the body as a whole. Only fruit, though, can rebuild the nervous system. Do you know of anything in traditional medicine that has the ability to clean, alkalize and regenerate tissue? There is none. It only exists in nature. The more energy a food has >> the more nutritional compounds (aka chemistry) = increased health and vitality.

Energy of Natural Foods	Angstroms
Fresh, Raw Fruit	8000-10,000 angstroms
Fresh, Raw Vegetables	8000-9000 angstroms
Fresh, Raw Milk	8500 angstroms
Fresh Vegetables (Cooked)	4000-6500 angstroms
Energy of Toxic Foods	Angstroms
Pasteurized Milk	2000 angstroms
Pasteurized Cheese	1800 angstroms
White Flour	1500 angstroms
Cooked Meats/Fish	0 angstroms
Body Frequencies	Angstroms
Human (average)	6500 angstroms
Cancer Patient (average)	4875 angstroms

It cannot be stressed enough. Energy is life, and humans need at least 6000-7000 angstroms of systemic energy at all times to even begin to smile, no less to be happy and healthy. The more "dead" or cooked food one eats, the more a person's vibration weakens. As the body's energy drops to 4500-5200 angstrom, you become more susceptible to cancer or other serious degenerative diseases.

What's Next?

If you are interested in learning more about regenerative health protocols or how to apply them to reverse a chronic health condition, please consider working with me at www.healthymarykay.com.