



RAPID REGENERATION

*Keys to Unlock Your Own
Self-Healing Mechanism —
The Fountain of Youth
& The Secrets of the Ages*

Dave Escamilla

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Rapid Regeneration

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A Note from the Author:

This book was mostly assembled in 2022 and 2023, after many years of research, education, experimentation and investigation, starting in 2015.

Looking back, I was once in a dark place of illness and never thought I would be capable of producing something like this. Now I am very grateful for the power of this information that things did turn around. This is one of the biggest pieces of my life's work and it's my gift to you.

This book is dedicated to the ones who helped me with your information when I needed it the most. Thank you.

This document is designed to be encyclopedic. The sheer amount of information in this book may overwhelm you. However, please do *not* feel the need to read the entire book in order to derive immense value from individual chapters.

Rather, you can access individual sections and pieces of content in this book for your benefit and knowledge. Use the table of contents to guide you to the subjects in which you are the most interested in and where you need the most help. Let your own curiosity be the best guide of what you should learn next.

You can also use the 'Control F' function (by holding down the function key on your keyboard and then hitting the F key), to search for a keyword. For example, if all you want to learn

about is relating to the liver, type in 'liver', and you will see the 95 different places it is referenced throughout the book.

Since (many) people don't like to read, in each chapter, you will see listed at the top a link to a specific webpage that sits on RapidRegeneration.com. When you click the link, you'll see that each chapter has a dedicated video and podcast episode companion. It's more than just an audiobook recording narrating the words from the chapter — it's a customized video / audio segment.

So, don't like to read? Watch the video. Don't like to watch? Listen to the podcast. I have eliminated the most convenient excuses you have to not learn this information.

Download and keep this resource handy as a guide in case you ever need it. This is the book I wished I had a decade ago. Learn the contents of this book, and you'll be able to stand on my shoulders, eclipse the progress I made, and go further than I ever did.

You will truly put the odds in your favor to eliminate your health issues and create the life, health and energy you wish to have.

Yrs. truly,
Dave Escamilla
October 14, 2024
Austin, TX



Good luck — you can do it!



Section 1: Entering the Doorway of Truth

[13] Introduction to Your New Life

[16] Why I am Doing This and Why You Want this Information from Me

[26] Where to Start? How to Start Improving Health Naturally

[30] What is Detox and Why it's Essential

[36] The Role of Supplements

Section 2: Total Body Cleansing

[44] Multi-Day Supplement Cleanses for Quick Results

[49] Intestinal / Colon Cleansing

[55] Mind Blown — One Day Gut Cleanse (Mucoid Plaque via Colon & Intestinal Flush)

[59] Liver and Gallbladder Cleansing

[68] Parasite and Harmful Organism Cleansing

[80] Harmful Chemical & Heavy Metal Detox - Kidney & Lymphatic Cleansing

[84] Additional Cleansing and Other Supplements to Consider

Section 3: Food and Diet Transition

[92] Why Fruit is the Best Food for Detox and Regeneration

[100] Cooked vs. Raw Foods

[108] What is the End Game? Do You Have to Eat Healthy Forever?

[112] Do you Have to be Vegan or Plant-Based to Benefit from Raw Foods?

[121] Top Foods to Avoid Consuming

[138] How Addicted are You to the Foods you Eat?

[145] Breaking Out of the Food Matrix

- [151] How to Transition to Eating Healthier Foods
- [160] Is a Healthy Lifestyle Like Being on a Permanent Diet?
- [165] The Power of Juicing

Section 4: Adopting a Winning Mindset

- [174] What is a Healing Crisis?
- [180] How to Maintain Balance
- [194] Can Everybody be Saved from Health Problems?
- [198] How Do You Know Natural Methods Will Really Work?
- [203] Eating Healthy is Not For Everyone and Here's Why
- [211] Is Eating Healthy & Supplementing Expensive?

Section 5: Supplements and Testing Methodologies

- [221] Vitamins, Minerals and Other Compounds — Does the Body Need Extra Supplements?
- [251] Blood Testing, DNA Testing, Urine Testing, Hair Testing — Supplementing for Specific Needs
- [271] An Essential Green Powder Supplement for Vitamins and Minerals
- [274] Red Alert — Sunshine and Vitamin D3 at Shockingly Low Levels
- [285] Probiotics to Assist Body Chemistry
- [288] Iodine — the Secret Missing Molecule for Vibrant Health
- [305] Nuances of Vitamin C as an Anti-Oxidant Supplement
- [312] B Vitamins for Energy and Cellular Function

Section 6: Higher Level Cleanses and Fasts

- [334] Accelerated Results with Higher Level Cleanses & Fasts
- [341] Fruit Only Cleanse — Fruit Fast

- [346] Grapes Only Cleanse — Grape Fast
- [351] Juice Cleanse — Juice Fast — Juice Feast
- [356] Lemonade Fast — AKA The Master Cleanse
- [361] Water Fasting

Section 7: Philosophy of Detoxification and Natural Healing

- [367] Understanding How Stuff Works Will Increase Your Awareness & Effectiveness
- [370] How to Solve the Cause of a Health Problem
- [374] Treatment vs. Regenerative Approach to Solving Problems
- [380] Understanding The Lymphatic System
- [384] Understanding Your Body's Chemistry — Alkaline vs. Acidic
- [391] Beware these Body Pollutants that Destroy Health

Section 8: Understanding Food, Nutrition and Digestion

- [398] Which Foods are Humans Supposed to Eat?
- [407] How the Body Digests and Processes Different Foods
- [417] Eating Strategically — Carbs vs. Fats vs. Proteins
- [430] Simple Sugars vs. Complex Sugars — Know this Critical Difference
- [435] Where Do You Get Your Protein and How to Get Enough Protein?
- [442] The Role of Fats in a Healthy Lifestyle
- [450] Is Eating a Lot of Fruit Too Much Sugar?
- [456] Does it Cause Shortages or Imbalances by Eating Raw Foods, Whole Foods, Vegan or Plant Based?
- [462] Essential Knowledge for Proper Food Combining

- [482] Beans, Grains & Starches — Healthy Vegan Foods or No?
- [492] The Role of Vegetables in a Healthy Diet
- [497] The Role of Nuts and Seeds for Alkaline Diet
- [505] Secret Healthy Fat Omega 6 to Omega 3 Fatty Acid Ratio
- [511] Raw and/or Healthy-ish Foods to Cheat With
- [535] Hierarchy of Raw Food Types
- [544] Raw Foods to Consider Avoiding

Section 9: Achieving Balance

- [574] Discerning Outside Threats, Bacteria, Germs and the Immune System
- [581] How to Go Through Detox While Holding Down a Regular Job
- [590] How to Function with Other People while Detoxing and Maintaining a Healthy Lifestyle
- [597] Dealing with Caffeine, Alcohol, Marijuana and Other Stimulants
- [608] What Does a Typical Day of Eating Look Like?

Section 10: Natural Self-Healing and Wellness Techniques

- [622] Tips & Tricks / Shortcuts / BioHacks / Natural Self-Healing and Wellness Techniques
- [626] Water — How to Consume Nature's Life Elixir
- [632] Getting the Most Out of Your Sleep
- [641] The Importance of Ideal Weight Management
- [652] The Role of Exercise
- [660] Benefits of Intermittent Fasting
- [666] Mitigating EMF Radiation / Electronic Pollution

- [683] Enemas and Colonics to Clean Out the Gut
- [688] Oral Hygiene Techniques for Longevity
- [693] The Power of Grounding / Earthing
- [699] Utilizing Hot and Cold Temperatures
- [706] Oxygenate Your Cells / Deep Breathing / Breath Work / Wim Hof
- [712] Yoga and Stretching for Youthful Energy
- [719] Meditation - Tapping the Raw Power Within
- [724] Iridology - Window into Your Health
- [732] Massage, Chiropractors, Acupuncture and Energy Work
- [737] PEMF / Pulse Electromagnetic Frequency to Alkalize the Body
- [740] EWOT / Exercise with Oxygen Therapy to Oxygenate Your Cells
- [743] Red Light Therapy / PMB / PhotoBioModulation for Balance and Skin
- [746] Cleansing Celery Juice Tonic
- [748] Grow Your Own Garden
- [752] The Deer Method / Taoism / Ancient Chinese Wisdom
- [756] Ear Candling for Oxygen Flow
- [759] Sinus Rinsing with Neti Pot
- [761] Eye Washing
- [763] Inversion Table — Relieve Your Spine
- [765] Alexander Technique — Unlocking Effortless Body Alignment and Posture Naturally
- [771] Harnessing the Power of Crystals

Section 11: Transcendence and Personal Growth

- [775] Emotions, Detox & Regeneration
- [779] Health and Spirituality
- [787] Going to the Next Level

Introduction to Your New Life

RapidRegeneration.com/Intro

My name is Dave Escamilla, and I didn't want to do this. Sorry — let me start over. My name is Dave Escamilla, and I never signed up for this trip.

What I mean is that, as a young man, I was happy enough just going on about my life trying to be a decent person and enjoying myself without ever giving too much thought to being that health-minded. Although I struggled with eating junk foods since a young age, I seemed to enjoy good health and energy while still indulging in unhealthy foods without experiencing serious immediate consequences, and the natural health world was just not related to what I was interested in.

However, in my early 20s I underwent some physiological trauma which made me very ill and for years I suffered from horrible physical sickness, which got so bad that I actually lost the will to live and every day was torture.

During these dark and turbulent years, while I was so desperate to heal and regenerate, I started discovering a few skeleton keys that began to unlock doorways of knowledge and awareness. At this time I felt that I saw a hint of a light at the end of the tunnel — maybe like you are right now. When this happened, in my desperation, I made a deal with God. I said, “God, please, help me find the solutions. If you help me fix these problems, I'll do anything.”

After much trials and tribulations, I discovered that the solutions to these problem were a variety of natural healing techniques, including but not limited to supplements, total body cleansing, environmental changes, diet and nutrition, cleansing, detoxification, and many other naturalistic strategies. I experienced what felt like a miracle as all my symptoms disappeared and I got a second chance of having a life back where I felt energized and vibrant.

Now it has come time for me to hold up my end of the bargain. In fact, I am now on an assignment to help you and to assist you in your journey. I've come a long way since first starting to discover these natural healing secrets starting in 2015, and I have amassed a copious amount of knowledge in parts and pieces which now fit together like the stone blocks of the great prehistoric structures. I'm not going to say it's comprehensive, because there is always more to learn, but I am going to cover some of the most important things to help you achieve your health goals, from A to Z.

If you make the commitment to learn this information for yourself, then I promise you that whatever problems you are having will be exponentially more solvable. If you're wondering what the answers are — if you're wondering 'What should I do?' — then soon that will be irrelevant and you will be asking different questions. Once you know what to do, you'll be asking yourself — how should you do it? And after you're in a flow of natural health, wellness and vibration, the questions that will keep you up at night will be of a much more elevated nature, because you'll have solved your basic problems.

I will help show you how to get to that point. I can't get you there totally on your behalf. I need you to commit to having an open mind and giving this information a try. I will show you the roadmaps which can include many of the mysteries of the Universe and the secrets of the Ages. The answers are out there, waiting for you.

If you are reading this, then you have made a decision to dig deep and figure it out. Congratulations for that, and keep going. I'll be there with you on this journey ahead.

Why I am Doing This and Why You Want this Information from Me

RapidRegeneration.com/MyStory

I am on a mission to spread information that saved my life in many ways. This is information that is not easily found. Most likely, it was never taught to you by your parents, by the school system, certainly not by the government, or the food industry players, and probably you didn't even have any friends who really understood this.

When I discovered that using herbal supplements, eating certain raw foods, and other natural wellness modalities could transform my health dramatically, I felt like Harry Potter when he finds out he is a wizard. The power of this information is truly magical and can change your life if you apply it properly.

Since 2015, which is seven years as of the time of writing, I have been pursuing headfirst the secrets of the ages of how to reverse severe degenerative health problems so I could solve my own health problems. I accomplished that for myself within a few years, and since then I've spent my time investigating more to figure out how to achieve even higher and higher levels of performance, health, well-being, creativity and energy.

To put it simply, I've been trying to put my hands on the Fountain of Youth. I believe I have found the next-closest thing which I wish to share with you now.

Very few people on this planet have invested the level of time, experience, attention and energy that I have into understanding this subject (although there are certainly a few individuals who are more advanced). I will bring you all of that in a distillation course of information and insights.

By the time you're done going through this knowledge, you would have learned within several dozen hours what has taken me almost a decade to discern. My goal is for you to be able to accomplish your health goals much faster and easier than it was for me to solve my problems.

When I was going along my journey, trying to figure things out, I discovered that many of these concerns and questions about how to do it were not easily answered, and the information was scattered all over the place on the internet and in different obscure books and schools of thought.

My goal is to answer the commonly-asked questions about detoxification, natural healing, and using herbs and foods to regenerate tissue. There are always unexplored territories and new levels of understanding, but after going through this program, you should have a grasp of about 90% of the basics of the power contained within this approach. By going through this program, and giving it a try, you will truly put the odds in your favor in order to live a happy, healthy life, and you will put yourself on the side of the angels.

It wasn't always peachy for me. I've gone through Hell to get where I am now. I can understand what many souls on this planet are going through, who are suffering from horrible health problems that make every day a struggle.

Starting out, I would not have been the type of person to get into raw foods or health foods. I was always the type who enjoyed burgers, barbecue and cold beer. For me, life was about having a good time and indulging in physical pleasures. And for those who are operating on that wavelength, God bless and more power to you — probably, this program is not for you, at least not at this time.

I probably would have remained in that mode, for a while, had it not been for a twist of fate and series of misfortunes that left me in terribly ill health. In 2011, while in my early 20s, and hanging out with some friends, we decided to drink half a bottle or so each of cough medicine to get high, and to have some fun basically. At that time, I was very freewheeling and willing to experiment with just about anything to have fun.

The next day, I felt absolutely horrible, like bricks had been lodged against all angles of my head, neck and body. I felt tremendous pressure in my head, sinuses, and even my eyeballs. I felt a very disconcerting feeling of horrific brain fog and inability to think clearly. I still felt just as intelligent as before, but my faculties all seemed slowed down and disconnected, including the ability to organize thoughts and communicate. I felt completely drained, lethargic, and lacking my regular energy. After attempting to sleep it off, I noticed that things were still the same.

This was a pretty terrible curse, it seemed at the time. I no longer felt like myself. It was like I had aged 60 years overnight and was now in the terminal stages of some

horrible condition. I carried on for a few weeks hoping that things would improve — but they did not. I cannot overemphasize how horrible I felt, day after day. I felt like I was trapped inside of a nightmare, and I couldn't form thoughts, express myself, or communicate properly, yet I was aware of all of this dysfunction happening in real time.

As you might imagine, I fell into a pretty deeply depressed state, and even into a state of despair you might say. My prospects of having a good life seemed to have been dashed. I tried continuing with the plans I had set out for myself, socializing with friends, and continuing with pursuing my passions and my college studies at that time, but everything felt forced and strenuous and all the fun was gone.

The next 18 months were the darkest and lowest chapter I've ever experienced, so much to the point where I actually left the country, abandoning my college studies and going on a backpacking trip to South America for seven months just to try and earn some money and run away from my problems. Needless to say, that plan didn't actually work. I came back penniless to confront my remaining studies and greet my confused friends. My career prospects were a shambles it seemed. I was overweight by then, and a shadow of my former self. I had truly lost the will to live — but something kept me carrying on.

I discovered at the start of 2013 that if I took enough Adderall it was very stimulating to my entire system and sort of put me on a high where I could function at a quicker level. Considering that without taking the drugs I was in a depressed, tired and slowed-down state, this became my

crutch. Without the drug, I felt crippled. I fell into a new way of living, and things continued on this way for a while. It felt more functional, but at the same time I knew that this was doing other collateral damage and side effects to my body that over time would surely cause harm — I knew deep down that the whole thing was a big bowl of wrong.

Throughout this period of time, which was about four years after I first felt as though I had lost my livelihood, I tried things like yoga, supplements, vitamins, minerals and nootropic formulas to try and restore my well-being, but none of these seemed to work. I had 99% given up hope that my problems could ever be solved, but I did hold on to that final 1%, barely, and although I had given up on seeking out a solution to my problems, I never completely ruled out the possibility that the answers could be out there in this mystical universe.

In 2015, after investigating a number of other seemingly unrelated subjects, I stumbled across some information that appeared to me like a brick of gold. It was Dr. Ed Group expressing his findings about how many health issues are actually brought on not by some fault of the individual's body or organs, but because of toxins and poisons in the environment as well as foods, water and beverages. His prognosis was an overabundance of toxicity in many individuals.

I already knew this was my issue — I had literally poisoned myself. So, I tried some of his supplements, including a colon cleanse product and other herbal formulas and was really pleasantly surprised by the results. These were the first

supplements I had taken where I really noticed a strong effect and an increase in energy.

I continued following Dr. Group's presentations. Not long after that, the product that he was promoting was a liver and gallbladder cleanse formula made from different herbs. He explained how these organs can get totally clogged up with poisonous gunk and harmful matter.

I went ahead and ordered this cleanse and went through it over the course of five days or so. The results were mind-blowing. On the final, fifth day — the 'flush day' — as this was happening I literally felt the sinus pressure in my head being relieved and air being released out of my ears. My body felt like my whole system was re-pressurizing and my brain felt like it was returning closer to normal.

After the cleanse was over, I felt so much better as compared with before. I was amazed at what had happened and I felt a tremendous surge of energy that was sustained and long-lasting. I was starting to feel closer to my old self again!

I had so much energy that I felt like a little kid again. I actually started eating fast food, junk food, alcohol, Halloween candy, and you name it, like it was going out of style, just because I was on such a tear and felt like nothing could slow me down. I felt great and my spirit was renewed because I was finally on the road out of Hell.

Long story short, I was eating and drinking so much junk over the next several weeks just for fun that it seemed like I made myself sick. I came down with some pretty bad cold-like

symptoms that lasted several days. I recalled that Dr. Group had mentioned that some individuals might experience a ‘healing crisis’ (more on that in a future segment) during the course of the liver cleanse. I had a certain intuition that this was happening to me — it was certainly a crisis of some sort.

I did a search on the internet for ‘healing crisis’ and found a video of Dr. Robert Morse rapping about a healing crisis and that if an individual is experiencing cold-like symptoms that he or she should eat as much fruit as possible until it passes. I thought, ‘Well, what the hell, I’m laying out in bed anyway. I might as well give it a shot.’

So I ate as much fruit as I could over the next few days, and my cold went away. But after my cold went away, I felt even better than I did before the cold started! This was amazing to me.

Keep in mind, I still felt mostly in a down-and-out state, with my sinus pressure, total feeling of lethargy and exhaustion, and brain fog and dysphoria still persisting. I was at that time in a state of desperation and my life was a total mess after spending the previous four years carrying on in a haze and without the will to live.

So, I embraced this amazing new tool I had found and added it into my tool-belt. I now had 3 tools: Herbal supplements, multi-day cleanse programs, and eating a lot of fruit. I was unstoppable and felt like I had a real shot at getting my life back.

I spent the next year doing other cleanses, including multiple colon cleanses and parasite cleanses, and two more liver cleanses. I slowly (very slowly) transitioned into eating more healthy foods, which ultimately took a couple years. I essentially was pressing my foot more firmly on the gas, moving myself faster and faster in the direction of my goal: To be healed up completely.

By the beginning of 2019, about three and a half years later, I felt like I had been completely healed and back to my good ole' self again. I felt fully recovered, with my horrible symptoms having been eliminated, and my energy levels at a robust level. I was so grateful and humbled by this experience, and simply amazed I had done it.

There are a number of factors why it took that long, including a completely chaotic and stressful work situation, my personal living situation being unbalanced, financial pressure, the fact that I also had to wean myself off the Adderral early in this process, and my own dietary choices and the slow pace that I made in transitioning to a more healthy lifestyle.

In addition, I didn't realize some of the pitfalls which sabotaged my success and shortcuts that are out there to make the results come along faster and more smoothly. Had I known more of this pertinent information with the benefit of hindsight, I feel I could have completely transformed myself back to normal in perhaps 18 months — hence, the reason I am putting together this information for you within the scope of Rapid Regeneration. I believe that somebody armed with the right information and the right attitude and mindset can be absolutely unstoppable.

This is not a motivational program — but I am familiar with the different schools of motivation and self-actualization. I think the biggest piece of the puzzle is the physiological piece. If an individual has the best attitude in the world and sets out to achieve their goals, it doesn't really matter if they get laid up in bed because of some health problem. So you can truly become unstoppable, armed with this information about how to control your health and other people's insights about how to create the life you want.

Ultimately, from early 2019 until 2022 — the time of writing — I have spent that time going to the next level, then the next, and then the next, and actually creating a life and environment around me that's starting to resemble what's in my creative imagination. This is truly the next step after you have solved your health problems that I hope you get to experience. I am so grateful for the power of this knowledge. Not only have I fixed my problems which tortured me, but I am achieving greater levels of energy, health and creative blessings more so than I had ever imagined possible.

So, enough about me and my problems — I've now spilled my guts for you and you now know about the complete cycle that I went through, thinking that all my hopes and dreams were exploded to smithereens, to now having been resurrected and eclipsing even the highest possibilities I had previously imagined for my own energy and wellness.

Now, it's time to get into the 'meat and potatoes' of this program. I want to now figure out how can we solve your health problems — how can we get your health and energy to

the next level, so that you can do what you need to do and create your ideal life.

I am on a mission from God to deliver these findings to you. It seems like every time I have tried to pause my other affairs and put this all together I get obstacles coming at me from every angle preventing me from doing so. I've been trying in one form or another since 2017 to create this documentation for you. I'm now mature enough, in many ways, and have also overcome much trials and tribulations, to where nothing will stop me from getting this information into your hands.

The fact that you've made it this far and are reviewing this information now is a great fortune that will serve you well. From this point, what will you do with it? Are you willing to give it a try?

I wish you good luck, and great success.

Where to Start? How to Start Improving Health Naturally

RapidRegeneration.com/Start

So you've decided to take the bull by the horns and take control of your own health destiny. Now what?

Congratulations — you have taken an epic step to regaining the direction of your life and wellness. That is the most important thing you can do. Armed with the will to solve your health problems, and the belief that it is possible to do it (despite the 'experts' claiming it's impossible), you now wield two essential and foundational tools to start putting in the work.

This segment is more dedicated to somebody who is suffering in some way or another from health issues and wishes to go in a direction of wellness and positive health. If you are already healthy, and are just interested in rocketing to the ultimate levels of health, vitality, energy, and creativity, the intel can also work for helping you achieve the next level of self-actualization.

Discerning the best route to take can be very challenging and there is a lot of conflicting information out there. That is one of my goals in creating the program of Rapid Regeneration — this whole enchilada will work to distill down the most effective methods for you.

To summarize the entire philosophy of this approach, when you're first getting started I would start by adding some herbal supplement formulas into your life. You don't necessarily want to radically transform your diet overnight — that can come as a shock to you physically and mentally. Maybe just try the herbal supplements for a few weeks or a month.

After you get a sense of any improvements you may be enjoying from using the formulas, I would do some multi-day cleanses using herbal products. Again, this can be done without really changing too much what you are eating (which is part of the logic of doing this step early on). The other benefit to this is that it massively cleans out your system and allows your body to better absorb and process any herbs and/or superfoods you give it.

The recommended order of the 'Big Three' cleanses would be something like this: First, an intestinal/colon cleanse (about 5 days), then, a liver cleanse (5-6 days), then, a parasite / harmful organism cleanse (about 6 weeks). Altogether, if done back to back, this should take about 2 months.

After this initial cleansing program is completed, I would go back to herbal formulas and do some additional herbal cleansing and strengthening. You might find that you are better absorbing and assimilating the herbs — whether powdered in capsules or liquified in tincture or glycerin form — now that your system is more cleaned out. The herbal supplementation at this point is not a quickie-fixie but something you might do over the course of another several weeks or months and see how your body responds (my guess is it will be very positive and powerful).

My experience is that the herbs elevate the function of the body in healing itself and increasing energy levels and awareness. Different herbs can be used to target different systems of the body, depending on where you need the most help. The use of herbal supplements can be dialed up or down depending on the responsiveness and success you are finding with it, as well as the level at which you can justify investing financially in using these herbal products to stimulate your body's own self=healing process.

At this point, you will now likely have momentum towards your goals, positive results, and should hopefully be feeling better,

stronger, and more aware. Your body would be cleared out from much toxins, excess sludge material and harmful organisms, and so your whole system, including digestive, endocrine gland system, and immune system would all be functioning at a higher level.

After you have reached this point, I would suggest to go ahead and make some transitions in your food consumption. But funny enough, if you actually get to this point, you probably wouldn't even need my instructions to do that. After getting cleaned out, you will likely find that your own natural intuition will be to embrace more energetic, hydrating and healing foods. This is what happened to me — after I got elevated by the supplements and cleanses, I naturally drifted away from the harmful junk foods more and more, and worked in more healthy foods into my day, especially fruits and raw foods.

This part may be a very slow transition — for me, it certainly was. My own appetite for certain junk foods and cooked foods was so overwhelming it took me a few years to curb it. Throughout this process, my own cravings and desires changed and it became easy. Everybody and every 'body' is different, despite what you've been told by so many experts. Nobody has the same experiences as you and you are on your own unique journey. Your transition into more energizing, healing foods is your own.

Don't be scared or turned off if you're not interested right now in being a health nut, eating super healthy, going plant-based, 'fully raw' or anything close to it. During this process, you will just be trying to work in more healthy foods, especially raw foods, into your lifestyle, as much as you like, and see what kind of results you get using that. This is not about having an ultimatum and walking away completely from the foods you're eating now. It's more about just transitioning into adding more healthy, vibrant foods into your life and seeing how you respond.

I just wouldn't advise people to quit the Standard American Diet overnight and go cold turkey into a dramatic change of what they're eating. It would be a great shock to almost all individuals and you would likely throw yourself into a very dramatic healing crisis. My recommendation would be a balanced approach, slowly but surely titrating off the junk foods into more healthy, electrically-charged foods containing the power to transform your life and change your body back into an ideal state!

If you are getting long in the tooth, (60, 70 years of age or more, etc.), or just have an incredible sense of urgency about fixing your health problems as fast as you can before you run out of time, then try and transition what you are eating as fast as you can. Your body will definitely signal and let you know when it's being overloaded with too much detoxification too fast. God bless you and I admire you for wanting to do this quicker than I did and put your foot on the gas pedal. Tap into your willpower and God's own awareness within yourself to do it swiftly.

This journey is more mental than it is mechanical. This program will teach you all the mechanical aspects of how to get from A to Z and reach your goal — which is your ideal destination where your health problems are eliminated and you are operating in an ideal condition and enjoying abundant levels of youthful energy. Please, continue through the rest of the documentation, and you will see how I unfold the path of how to get there (and I assert that I will cover about 90% of what you will need to know very comprehensively in order to do so).

It's up to you to maintain the mental aspect of this, which is to continue to hold out hope in the possibility of getting better, taking full responsibility for getting it done, forgiving yourself and others for all the mistakes, and letting the past go. I can only help you so much with the knowledge and the instructions and the rest is up to you. You can do it. Just give it a try.

What is Detox and Why it's Essential

RapidRegeneration.com/Detox

So now you know where I'm coming from, my qualifications, how I got sick and how I healed myself, and the basic tenets of the Rapid Regeneration program in terms of cleansing out and rebuilding your body as well.

Next up, it's time to roll up your sleeves and get to work, cleaning out the body and clearing it of toxins, acids, and harmful chemicals. This should be relatively easy for you to get into, if you follow the sequence of doing total body cleansing first, using herbal supplements, and not worrying so much about your food consumption until you have completed this initial round of cleansing. Then, start worrying about eliminating some of the most toxic ingredients you're consuming and eating healthier. This entire process is known as 'detoxification'.

Before proceeding with all the specific instructions to detoxify, it's important to understand the nature and anatomy of this key process. Detoxification sounds intimidating to some people at first, and I can understand resisting it. Just understand that detoxification is not the end-goal.

Regeneration is the ultimate goal, to renew your body and allow it to rebuild and heal itself via its own self-healing process. However, it's quite difficult for cellular regeneration to take place if your cells are surrounded with toxins. So, in order to effectively give your cells the needed environment to regenerate, you must embrace this process of detoxification.

Detoxification is the process of your body getting rid of these substances. Detoxification can either happen slowly — too slowly and inefficiently — or it can happen quickly and efficiently. It is true that the body will be in need of detoxing more or less so depending on how many toxic substances are being consumed. Things like junk food, certain beverages, medications, harmful products being put on or in the skin, and toxins in the air can all contribute to an especially toxic condition within the body.

Your body is always trying to detox, no matter what, even if you are feeding it the healthiest possible foods. That's because, living in this third-dimensional world, there is always a creation of wastes which then need to be eliminated. This acidic chemistry is created by metabolic processes from digestion, as well as breathing in the air, creating lactic acid by moving around and exercising, and stress which creates a lot of chemical aftermath.

Detoxification is handled by a few systems of the body specifically having to do with cleaning, filtering, eliminating and purifying. By increasing your awareness of these systems and how they work, these 'personal assistants' of yours will be that much more effective in cleaning you out.

First and foremost, you have your kidneys and lymphatic system. The lymphatic system is the plumbing system of the body, where water-based and lipid-based fluids flow and wastes get deposited, to then get filtered out by the kidneys. The kidneys filter out water-soluble chemicals, in order to neutralize and alkalize your body's chemistry.

The skin will eliminate wastes out of its membrane, via sweating, air and gases being passed through, or actual physical grit being pushed out through its pores. The skin is referred to as your ‘third kidney’ and is your largest organ.

The lungs will detoxify the body by means of respiration. Areas of the body can become starved for oxygen and in a state of oxygen starvation, so it’s important to respire, get the heart rate up, and inhale deeply — but equally important is the exhalation of your lungs to eliminate the toxic buildup of these areas.

A lot of wastes get transported out of the body via the colon. Not only will food wastes be eliminated via the colon, but it is also tied in with the lymphatic system, so mucus and other undesirable substances can be moved into the colon to be eliminated.

We don’t want to forget the liver, which also assists in certain detoxification functions. Although the liver is more of a transmutation organ, it does filter and neutralize certain toxins, for example, caffeine, alcohol, and numerous other pharmaceutical drugs.

The honorable mention goes to the spleen, whose job it is to clean and filter the blood system of the body. And, I don’t want to forget to mention the menstrual cycle for any pre-menopausal females which is another means of removing toxins via the blood.

Now that you understand which systems will help you clean your body out and get to a state of normative, functional wellness, let's consider a few key insights about detox and what it means for you before moving on. Detoxification is part science, part art, and it's something you should commit to mastering in order to get yourself healthy and well.

The degree to which toxins are being consumed, combined with the degree to which your body is effectively able to detoxify itself, is the calculation of how well and how long you can keep yourself healthy and well. This is the key to a long, healthy life.

If you are consuming high levels of toxins right now, with what you are eating, drinking, breathing, and putting on or in your skin, then it is (relatively) simple and straightforward to understand the source of the problem — you should clearly reduce or eliminate the toxic inputs you are consuming.

On the other hand, if your eliminative systems are suppressed or functioning at low levels, whether it is your kidneys, liver, bowels, lungs, skin or spleen, then there are more things you really need to do, including multi-day cleanses and/or herbal supplements, which can help get those systems back into higher function.

This approach can help you to figure out — what is the source of your problem? Is it more the inputs of toxins being put into your body? Or, is it more so your detoxifying eliminative systems? Or, is it both? In my experience, in most individuals the source of the problem is both to some degree, although each person is different. The process of Rapid

Regeneration is to first target the cleaning out and stimulation of these detox systems of the body to get them working better, and also to start eliminating some of the worst toxins being consumed.

Detox can sound like a gnarly, intense experience. In fact, detox can be intense, and emotionally involved at times, but mostly it's fun. It should mostly be a pleasant sensation as you give the body the tools to function at higher and higher levels. Don't be scared of detox just because it sounds scary. It may seem daunting at first but as you get the momentum going it should be a sensory and pleasant experience.

I'm not here to tell you it's all peaches and roses. You may even experience a 'Healing Crisis' (more on that later), and there will be challenging moments no doubt. But don't buy into the hype about detox and that it is some horrid thing like you'll be in a sweat lodge vomiting and shaking or something.

Once you embrace this equation of your body being in a constant state of purification, just as a river is always in a state of purifying itself, then this will be a revolutionary new doorway which will unlock for you and reveal to you the true secrets of the ages and how your body can heal itself.

You can get to the point where your body has detoxed itself where you have reached a 'stasis' of sorts, and is simply maintaining a healthy, energetic balance. My goal personally is to help you arrive at that point, as I have done for myself. Trust me — it is a very fun place to be and will allow you to get greater enjoyment in all areas of life.

To get there, you have to take action and move boldly in the direction of your goals to get healthy and well. If you truly are desperate (or inspired) and want to solve your health problems and go to the next level, then you must move towards a state of clean purification and away from toxic inputs. You must also provide assistance to your own body's eliminative systems to do their jobs for you.

I will show you exactly how to get there. Make a commitment now to yourself, to continue to discover the powerful information in the segments ahead.

The Role of Supplements

RapidRegeneration.com/Supplements

All I can say is ‘Thank God’ for supplements. Without them, I don’t think I would have achieved the kind of results as quickly as I did getting myself healthy and well.

Don’t get me wrong — you can achieve a lot simply with the power of whole foods, raw foods, and superfoods. The selection of foods you eat is also the most cost-effective way to transform your health, because the supplements are relatively quite a lot more cost. But supplements are a way to accelerate your speed towards your health goals, achieve tremendous results quickly, and also help to transition yourself more easily to change what you are eating into a more clean, healthy consumption of foods.

I don’t know about you, but for me I went through a long period of time where I was very tied in and attached to the foods I was eating — unhealthy foods by the way, junk foods that I knew were bad for me. I was addicted if you will, and felt that I lacked the willpower to significantly change my diet. It was a physical craving but also very psychological where junk foods and beverages had become my crutch.

Supplements were the back-door into good health and well-being for me. It gave me to chance to step into the world of energy and life-force power that exists in this realm, without changing what I was eating at first. My approach was, ‘OK I’m willing to invest an extra \$50 or \$100 to improve my health. I’m at the end of my rope and have nothing to lose.

I'm not going to change my eating habits right now and I'm going to keep eating what I'm eating, but I'm going to add in this supplement for the next two weeks.' Essentially, it just took a bit of money but virtually no effort.

At the time, I was in a very desperate place. If you know my story by now, I was desolate and my health had been shot down in flames. I had all but given up hope that I could ever restore my previously-felt vibrance, energy and creativity I had before I got sick.

What was amazing is that the effects of the supplements — especially herbal products — were quite incredible to me. They were subtle at first, which is understandable. When the body, especially the gut, is backed up and toxic it doesn't necessarily absorb supplements all that well. But, I felt a strong sensation that my systems were being stimulated in a good way.

At this point I will point out that there are purists in the natural health world that advocate against taking herbal supplements because they are supposedly too stimulating, which could result in ultimately a decline of systematic function later on, when the stimulation wears off. There may be some truth to this hypothesis. And I do understand that herbal supplements are sort of a shortcut in a way rather than holistically changing the diet and lifestyle of the individual. However, had it not been for herbs, I'm not sure I would have gone far enough down the road of health improvement to later on make significant changes to my food consumption and lifestyle. So I don't consider myself a purist in this sense and I embrace the expedient power of herbs.

There are also those who object to adding vitamins, minerals, or other potentiated isolated nutrients into the body. I can understand the concern about creating unnatural imbalances in the body by means of isolated compounds and this is a legitimate concern. Ultimately, each situation is different and each individual has to figure out for himself or herself if this is worthwhile. I will cover more in depth in an upcoming segment devoted to the question of whether additional supplementation of other nutrients, especially vitamins and minerals, is warranted, and if so which ones and at what quantities.

I'm also personally careful about the types of supplements I will take (this is covered more extensively in the Vitamins and Minerals section). I don't want to fall into the same trap that happens with toxic drugs from Big Pharma, when humans start to over-intellectualize everything and synthesize unnatural compounds and turn nature into something synthetic and unbalanced. I would prefer to trust the power of Mother Nature in whole plants and plant extract supplements, with some exceptions made for certain other supplemental nutrients in some specific cases. There are some amazing plants and herbs on this planet with extraordinary cleansing and regenerative power. The main point is to trust the power of Nature and the amazing natural qualities of these ingredients that Nature has provided us.

In my own healing journey, as I was adding in supplements (especially those of the herbal variety), I started to feel my systems getting stimulated, and getting a little spike of extra energy. This got me excited about the possibilities of

restoring my own health and well-being. At that time of my first experience with high-quality supplements, I had all but given up hope that I could ever save myself. I was down to a belief that there was less than a 1% chance that my health problems could ever be solved. After my experience trying a few different supplements, my confidence went up, my optimism went up, and my mindset changed — everything turned around for me.

I continued to embrace supplements and continued to see results. I investigated more about how to get more results and then at a certain point I did a 5-day intestinal cleanse, followed a few weeks later by a 5-day liver cleanse — wow! At this point, I experienced results which were phenomenal (which I will describe in greater detail in the Intestinal Cleanse and Liver Cleanse sections). I was blown away that I could achieve such meaningful effects in only a few days. At this point, I was on Cloud Nine, and my outlook shot up to at least a 50% chance that I could heal myself. For the next several weeks I experienced more energy than I had felt in many years.

After binging on junk foods and drinks over the course of this few weeks, due to my heightened energy levels and what seemed like an extra fast metabolism, my general feeling was that I could handle the abuse and my energy levels or waistline never seemed to suffer. It was incredible. However, I found myself in the midst of a classic Healing Crisis a few weeks later (covered in detail in a later chapter).

It was only after going through this healing crisis, which amounted to cold-like symptoms over several days, and

researching some information on how to handle it, that I uncovered the strategy of adding into your day as much fruit as possible. I proceeded to give that a try and about a week later, not only had I recovered from the crisis, but I felt even better than before with even more momentum. I had now taken a significant step in terms of improving my food consumption, which I continued doing over the next period of time.

Had I not been on a roll (due to the supplements) in terms of momentum, with heightened energy, increased enthusiasm, and an reinvigorated outlook, then I don't believe I would have had the gumption to take that leap of faith and the discipline required to start changing up what I was eating so audaciously. Certainly, the supplements helped. And thus, that is very much the role of supplements for me — kicking off my journey to get myself healthy, and it worked.

This initial transformation occurred in 2015. It is now the year 2023 as of the time of writing, and over the last 7 years, I have continued to add supplements in at various times, sometimes a lot, sometimes sparingly, sometimes not at all, sometimes in the form of a multi-day cleanse — but these magical tools created from nature have always there for me to some degree when I've needed a boost.

Different supplements are good for different things. There is a time for detoxifying and cleaning, and a time for building back up and strengthening. There could be a time for toning and refining certain systems of the body that need attention. The beauty of supplements is how they can really specifically

target a certain area, much like a sniper rifle can pinpoint the target.

My goal in putting together the program of Rapid Regeneration is to help as many people as I can, who have become fed up and disappointed with conventional modalities and being told their health problems are not solvable. I believe there is a huge need out there on Planet Earth for human beings to figure out how to take their well-being into their own hands and figure out how to solve their problems.

I understand how difficult it is to change habits, and how attached people can get to food. To heal the body, you're supposed to relax, but how can you relax when you're stressed and not eating the things you want? So I would advise anybody who is motivated to make changes to their health to start with supplements, and don't worry about the diet so much right away. Let that take care of itself later when you've got more momentum. Use the supplements to get your eliminative systems of the body functioning at a high level. Once these systems are tuned up and in a good rhythm, and your energy levels are up, then you should feel the natural desire to eat differently.

I will point out that the supplement industry is rife with poor quality and bad standards. Many supplements are marked up 5-10 times, meaning that for a \$100 bottle of supplement, there is \$10-20 of product in the bottle. In addition to that, low-quality ingredients are sourced, and in many cases are manufactured in foreign locations where they are contaminated in the manufacturing process due to

notoriously low or non-existent quality control standards. Don't even get me started on toxic fillers, from thickening agents to stabilizing chemicals to allergenic food materials to the pill capsule materials. There are so many times when companies cut corners which really defeats the purpose if you're trying to clean out the body and yet you just are consuming more toxic materials.

With my background professionally having worked as an investigative writer, I know how to get to the bottom of an issue and figure out truth from lies. I feel I have done a quality job of discerning which products are the most helpful in the marketplace. I have found a small handful of companies creating high quality products, not compromising the quality, and only marking up their products modestly. These are the only products which I would reference on RapidRegeneration.com and I would never compromise my reputation in recommending anything of lower standard than the best quality and fair value.

It does take money to get started with supplements and get some momentum going. I've spent thousands of dollars over the years on investing in my own health via supplements, but you don't necessarily need to do that. It's one of those unfair life facts that the more money you can make available to invest in your health, then the more quickly and easily you can go through detox and regeneration, in my humble opinion. If you can invest \$200 to \$300 over several weeks to get the best and most powerful supplements out there, then I would reckon you'll be way ahead of the another individual who isn't in that position and can only change his or her diet.

If you don't have money for supplements, don't worry about it right now. Make it a goal to put together some extra money to invest in yourself at some point. Personally, I went all-in. In fact I was in debt early on, and before I paid off my debts I continued to invest in supplements, putting them on my credit card bill, because I was so desperate to get better. Even factoring in the high interest I was charged, it's one of the best investments I've ever made and continues to pay me back.

If you can afford to do it, and are willing to give it a try, supplements can put you on the fast track and on the side of the angels. You are living in incredible times, where never before have so many exotic powerful plants and technologies to extract nutrients been accessible to you locally until now. Take the bull by the horns, and start tapping into the power of the hidden natural gems of this planet. Don't delay, and soon you'll be moving at top speed, closing the distance between you and your wellness goals.

Multi-Day Supplement Cleanses for Quick Results

RapidRegeneration.com/Cleanse

If you have followed the templates as described in this program, regarding 'Where to Start', etc., then perhaps you might first and foremost dabble with taking some herbal supplements as a way to get started in closing the gap between where you are now and reaching your health goals.

This is similar to 'dipping your toe into the water'. I have experienced good and positive results with just supplementing with certain herbal products and in fact that opened up many doorways for me personally to go to the next level.

There is always another, higher level to accelerate your results. The multi-day cleanses are like 'jumping all the way into the water'. This is an immersive and hopefully transformative experience. My experience personally when doing these for the first time is that revolutionary, metamorphic events occurred and changed my life forever.

There are four basic multi-day cleanses that come to mind:

- Intestinal cleansing
- Liver cleansing
- Parasite / harmful organism cleansing
- Kidney and lymphatic system cleansing / followed by harmful chemical and heavy metal cleansing

After that is completed, you can also continue with:

- Extended herbal cleansing for other systems of the body including endocrine glands, immune system, bone and

connective tissue, stomach and bowels, neurological / nervous system, or any other targeted areas you feel you need assistance with

My opinion is that these cleanses are best completed in this order. The reason why is because, after all, the colon is like a conveyor belt to remove wastes from the body and should be clean and clear to best facilitate further cleansing.

The liver is so integral to functional well-being, in that it performs over 500 tasks and is essential to proper systemic balance of the body. Without it being cleaned out, and especially if the liver and gallbladder are full of toxic stones, this will be an obstacle to your body healing itself efficiently, so that system should be cleaned out next.

If parasites and harmful organisms are taking over your body, absorbing your nutrients, robbing your energy and expelling wastes in your system, this can cause over-toxicity and be detrimental towards revitalization of yourself, so these organisms must be dealt with and killed off gradually and gently (over a period of about six weeks).

Then, once those main three items are knocked out, now it's time to address the water-based filtration system of the body, the kidneys and lymphatic system, which you can stimulate using powerful herbal formulas. Stored within the lymphatic system of many people's bodies also are harmful compounds — harmful chemicals and/or heavy metals that can get held up in the system. There are certain herbs and natural compounds that can pull out this deep-seated chemistry that can wreak havoc on the body especially the neurological

tissues. These two strategies work well together, of helping your kidneys filter out the chemicals, and actually assisting in pulling out the chemicals themselves using targeting formulas for both sides of the equation.

Lastly, you can address any other systems that really need extra support like the immune or glandular system to really be provided extra support from Mother Nature. The amazing herbal plants which exist can stimulate and provide divine intelligence to our body's awareness of healing itself.

At this point, you could also consider using a special form of iodine and/or taking a probiotic for further acceleration of your detoxification, which is covered more extensively in the segment about 'More Herbal Cleansing' and in later segments describing the power of that.

This lays out the basic overview of the multi-day cleanses. The intestinal cleanse takes 5 days, the liver cleanse 6 days, the parasite cleanse about 6 weeks, and the kidney and lymphatic cleansing and/or the harmful chemical and heavy metal cleansing should also take about 30 days each (these can be done at the same time).

If you were to complete all four of these initial multi-day cleanses, it would cost roughly \$300 — \$500 and you would have spent some extra time and energy in completing them and maybe taken a couple days off work or scheduled them around weekends. It would be, in fact, a decent amount of effort and financial resources invested. I would be absolutely shocked if you did not see phenomenal results upon completing this regiment. Personally, I almost couldn't

contain myself over the tremendous increase of energy that I felt.

These cleanses can be completed without radical changes to your diet. They can be done one at a time, and do not all need to be done collectively in order for one of them to work individually.

Good health and well-being really is simple, but we have to undue the damage caused by years and years of overloading our body with toxins, whether unconsciously or consciously. I don't care who you are or how clean and healthy of a lifestyle you have, these three areas (colon, liver and harmful organisms) are the Achilles' heels for us all.

We live in amazing times and the fact that these formulas are available in high quality and at reasonable cost is a modern phenomenon that I surely am grateful for because it saved my life — I wouldn't be where I am without them. I hope you will do the same.

To get started, you can go to:
RapidRegeneration.com/StartCleansing
Use promo code RAPID for 10% off.

While I divulge many insights and revolutionary information within the scope of Rapid Regeneration, there is nothing else that provides such expedient results to me with this little amount of effort which is why I emphasize this so early on in the program. Everything else is a little more involved in terms of effort and discipline and hard work. This one truly is God's gift and provides that extra push that is so badly needed in

the early stages when somebody is first taking that leap of faith to get themselves out of a personal Hell and onwards to a place where their health afflictions are a thing of the past.

Good luck, and Godspeed ahead.

Intestinal & Colon Cleansing

This is where it all begins — and ends, incidentally. Can the body become clean and vibrant without a clean, healthy colon? No, I do not believe so. The colon is the last stop on the train route of the body. It is also a particular area of degeneration, especially as people get older and older and many countless people suffer and even perish from issues with their colon.

Also known as the large intestine, the colon is where food goes after going through the digestive process and making its way through the small intestine. It is a sort of holding area, although nutrients and particles from food are also re-absorbed from matter after it goes into the large intestine area. The body determines what is unwanted waste, and from the colon it makes its way via the rectum outside of the body and into your local plumbing system.

It only makes sense that the colon can become backed up and experience many degenerative problems that can be helped by a cleansing program. My apologies for the graphic nature of this subject. If you do it right, we will only need to deep-clean it once, and simple maintenance from there on out.

If you have been eating junk foods, then the colon especially can become quite a messy place. What happens is some of these foods are quite mucus-forming. This is because if a food is consumed and the resulting digested matter is acidic and acid-forming to the body, the large intestine will actually secrete mucus as a neutralizing protective buffer, which coats

the walls of the colon so that they don't get burned and disintegrated by the acids.

The problem is that this mucus will remain in place as long as acidic foods keep being consumed (as they usually do). Eventually, it hardens, and can become like a sticky plague that lines the walls of the intestines. Not only does this interfere with nutrient absorption (which normally occurs through the permeable walls of the intestines), but this mucoid plague becomes toxic and acidic in itself.

To make matters worse, certain foods can actually combine with this hardened mucosa material and create even more of a gluey, hardened substance. Bread, flours, and foods containing gluten are one of the worst offenders of this. The digested flour itself is a sticky, gluey substance, and combines with the protective mucus to cause a thick, slime wall, lining the inside of the colon.

We generally think of people gaining weight around the waistline, and becoming rounder and wider on the outside. But consider that the colon can actually swell up and retain water as a protective measure to combat over-acidity. It can also thicken in diameter in terms of the size of the sort of inner tube. This slime wall can get bigger and bigger if left un-cleansed.

Not just gluten but all kinds of digested and undigested food matter can get lodged and stuck in this slime wall, where it will slowly rot and putrefy over time — yuck!

The final problem I will outline with the colon reaching this state is that this becomes a welcoming home for parasites of all kinds. Many parasites actually feed upon acidic wastes, rotten materials, alcohol created by indigestion, and other by-products of bad digestion and poor food choices.

The slime wall creates a nesting bed for harmful organisms of all kinds, some as small as microscopic candida and fungus, and some as large as worms which can grow several feet long. This problem is specifically addressed in the segment entitled 'Parasite & Harmful Organism Cleansing'. But don't get too freaked out — we have the tools to 'fumigate' the pests, clear out the nest, and eliminate the unwanted visitors.

This brings up a good point about the ideal order of operations, in terms of total body cleansing. In my view, the colon should be cleaned out first. It is after all the escape hatch of the body. So if the liver and gallbladder are to be cleansed, they need a conveyor belt out of the body to dump wastes to be expelled from the body. If parasites are going to be eliminated, they need a clear path towards the exit to be deported. Furthermore, they need their habitat (the slime wall) to be eliminated so that they will not be welcomed back should they return someday.

Upon completing a colon cleanse, you might feel a renewed sense of energy, cleanliness, and increased function of the digestive system and metabolism. Personally, I had forgotten what it felt like to have a nice, clean colon until completing the cleanse and I did experience all of these positive feelings after doing it.

To complete the cleanse, basically it takes 5 days. There is not a whole lot required in terms of willpower. It's not necessary to change what you're eating. You could do it while working, although it might be more convenient if you scheduled the final days around a 2-day or 3-day weekend (the cleanse does get a little more intense as it goes on) so you can be near a commode.

Every individual is different. For me personally, I didn't experience that many extra trips to the bathroom, but when I did go, it was expelling a lot of volume of material, much more than normal. So it was like depositing an extra amount per trip during my normal amount of trips. Weight loss is not really the reason why I like this product, although I did lose a considerable amount of weight taking it, which at the time for me was a big deal.

The actual formula is taken before bedtime and as you sleep it releases ozonated magnesium oxides — this essentially creates a time-released chemical reaction while moving through your intestinal tract. The result is that oxygen gets formed, acting as a cleaning agent and blasting the bowel walls.

This product can be found at:

RapidRegeneration.com/ColonCleanse

Use promo code RAPID for 10% off.

There are of course other colon cleansing products which are purely herbal, or perhaps using bentonite clay, which are more a la natural but none are as effective that I have found

as this one — although I will acknowledge there are certain herbs which are excellent for stimulating colon cleaning.

In addition to expelling large amounts of waste in terms of volume, there are also numerous reports, from reviews of individuals who have done this cleanse, that all kinds of questionable and offensive things were expelled from their bodies, including black material, stringy white stuff, unidentifiable colored blobs and more. This is stuff that — trust me — you don't want inside your colon.

This happened to me and I felt so much better when it was out. I actually felt invincible for a while after my first colon cleanse, and kept eating junk food, hitting the drive-thru lane every night, because I felt I had the magical elixir to give me immunity against the digestive consequences, but that's a whole other story.

The 5-day cleanse can be completed multiple times, and the product can be taken on a one-off basis as needed or for maintenance. Every individual is different and you should pay attention to what your needs are. You will know when it's time to move on once you're nice and cleaned out.

This is really honestly such a no-brainer. The formulation is so advanced, the value immense in terms of results, and the cost is so reasonable. When I first heard about it I didn't even think for two minutes before ordering it. 99% of Planet Earth's population could use it, especially if they've never cleaned out their colon before — and most people haven't.

Did your dad or mom ever teach you how to clean your colon? I didn't think so. But they did yell at you for having a messy closet.

There's really not a whole lot involved with this cleanse. It's relatively easy to do and is really the perfect first step for somebody looking to get themselves out of the world of health problems and really moving in the direction of good health and wellness.

To get started, you can go to:

RapidRegeneration.com/ColonCleanse

Use promo code RAPID for 10% off.

With a dirty, compacted, infested and slimy colon, I truly am concerned that somebody's health problems will be unable to be solved. The whole body is interconnected. In fact without going into excruciating detail, each part of the colon is also connected neurologically via the nervous system and is connected with the rest of the body. Don't buy into the theories about how everything is compartmentalized. Who came up with that honestly? If the roots of a tree are rotten, so too shall be its fruits.

So take care of your colon, and it will take care of you — for years, and decades to come.

Mind Blown – One Day Gut Cleanse, Slime, Mucus, Mucoïd Plaque Removal from Colon and Intestines via Enzymes

RapidRegeneration.com/GutCleanse

Over the last 9 years, I've done a lot of cleaning out of the intestinal tract. I've used herbal formulas, oxygen-based cleaning supplements, prebiotics, probiotics, postbiotics, minerals, vitamins, enemas, and things like activated charcoal, bentonite clay and psyllium husk. I've experimented with a lot of different foods and juicing. I've spent a lot of time and focus on the gut because:

1. I am highly aware that the gut is the origin of so many health problems that begin in the body
2. Personally I know how much junk I have put into my gut for the first quarter century of my life and
3. I am always looking for quick and dramatic results that will help take me to the next level quickly.

But never before did I experience anything like the most recent cleansing protocol I completed, which was a one day gut cleanse. To be fair, it actually took five days in total, two days of drinking only juice before the cleanse day, and two days of drinking only juice after the cleanse day. Although this apparently is not completely necessary but recommended (at least to drink juice after the cleanse day to help facilitate maximum removal of solid wastes from the intestinal wall).

This particular cleanse is based heavily on enzymatic activity which is the mechanism that loosens up, breaks down and dislodges hardened material that can become stuck inside of the gut lining. These enzymes are apparently formulated by a proprietary multi-year process of fermenting fruits and vegetables. The time and expense involved with formulating this product is one reason I think this cleanse is at a much higher price point than other colon cleansing products I have tried, have used with success, and have recommended here at Rapid Regeneration. Using an alternate product I have recommended elsewhere you can get a bottle for under \$50. This formula I am talking about here for the one day cleanse runs around \$250 presently (you can receive 5% off using my

affiliate promo code RAPID). This may create a challenge to some people doing it and making the commitment.

I will say that although the cost is 5X what other formulas are, the results I experienced were 10X. Never using another formula did I achieve such dramatic and shocking results.

What came out of me, over the course of four or five bowel movements throughout the afternoon following the cleanse day, appeared to be around 10 pounds of sticky, rubbery, stringy, coagulated, buoyant material. I took photos, but I will spare you the horror. This did not resemble regular stool from food waste.

I have reported in other segments about colon cleansing about the phenomenon of the 'slime wall' that can build up in the gut. When somebody ingests an overabundance of toxins and acids, the body is naturally intelligent and will protect itself. The creation of mucus (and, separately, cholesterol) is an intelligent defensive measure to protect the tissues of the body against this disintegrative chemistry — in this case protecting the cells of the intestinal wall. And so a slime wall of mucus can end up covering the intestinal lining to protect it and buffer these acids and toxins.

Under normal circumstances, if consuming some toxic material (food, many synthetic chemicals, alcohol, etc.) and the subsequent mucus-producing reaction was a one-off event, the body would then slowly eliminate this slime and return to normal. However, in our modern times, we know this is likely not the case. A typical individual will continue to consume toxic and highly acidic ingredients, multiple times per day, day after day, month after month, year after year. The body isn't given sufficient opportunity to clean and eliminate the aftermath of this, and so more slime can build on the original slime. Also food particles and wastes can become trapped in this mix as well. You can also add to this the liability of consuming a material such as processed white flour, which literally acts like a gluey paste going through the digestive system. All this creates a perfect storm and, over time, this slime wall can coagulate and harden, as usually

happens with acidic chemistry, and become like a hardened glue that is now stuck to the gut wall.

This is referred to by many as mucoid plaque. This is a term that for some reason some people love to hate. People are out there on the internet claiming that mucoid plaque doesn't exist and that products promising to remove it are scams and snake oil. I personally come from a different camp of understanding that the slime wall is a very real thing (AKA mucoid plaque or whatever else you wish to call it) and this appears to be exactly what came out of me.

After doing the cleanse I felt so much better. One thing I noticed that was remarkable was that I could feel increased sensation of my own gut and intestines. I had organic body sensation of the curvature of my intestines in a way I had forgotten about. Also, my appetite changed pretty dramatically. I was still eating just as much, but I was selecting different and more healthy food options. In particular, it seemed like I was craving much less fat than I did before and thereafter I seemed to thrive eating less fats which for me resulted in an overall more energetic lifestyle. Overall, I felt clearer, lighter, more energetic and emotionally lifted. Not only was my mind blown regarding what came out of me, but I felt like a giant weight had been lifted off my shoulders (or rather out of my midriff).

If you follow my work you will notice that I am always endlessly curious, committed to the research, and always experimenting. I am indeed your own personal experimental guinea pig or lab rat. I wanted to see what would happen if I did a second cleanse. And so I did. And only slightly less material came out (perhaps 8 pounds or so). Once again, I repeated this a third time. On the third cleanse, another 10+ pounds of material was removed again. I was completely amazed. How much stuff was in there? If you think about it, the intestinal tract is 30 feet long, and has so many folds, curves and twists. There are a lot of areas where junk can become impacted.

Ultimately, I completed six of these cleanses. After the sixth one, I noticed very little material came out. At that time, I experienced an intuition that it was time for me to take a nice long break from gut

cleansing, as I felt pretty cleaned out. The sensation I felt seemed like my body's healing and cleansing energy changed course, from cleaning out the insides of the intestines, to moving through the intestinal wall, and now working on cleaning out the space between the outside of the intestinal wall and the area beneath the skin (AKA the interstitial area of the body).

That's a pretty big area within itself, including all of the connective tissues, skin and lymphatic areas in the body, and so it's not to say that after you've completed the main cleaning of the gut that there is no longer any work to do — there is plenty still.

The goal really is to make sure that the entire body after all is free of toxins and blockages so the natural life force energy can flow. But it begins (and ends) with the gut, and that is why this really should be the first order of business for somebody, perhaps like yourself, who is working on improving your health, solving a health problem, or figuring out how you can go to the next level in terms of energy and performance.

You can find the gut cleansing product at:

RapidRegeneration.com/GutCleanseProduct

And you can use my affiliate code for 5% off your order:

RAPID

Good luck.

Liver & Gallbladder Cleansing

RapidRegeneration.com/Liver

Here we have arrived at the Big Daddy of cleanses. If you followed the same order which I did in these cleanses, and first complete a colon cleanse, then you may have been rejuvenated by the effectiveness of that regiment. You might feel nice and cleaned out and energized.

Well, now it's time for the next level of transformation. Truly, after I completed my first liver and gallbladder cleanse, I was blown away. I was ten times more affected, in a good way, by this cleanse than I was with the colon cleanse — which is great too in its own way and totally necessary as well. Actually, the effectiveness of the liver/gallbladder cleanse does rely on having a clean, high-functioning colon.

Maybe my liver and gallbladder were just in particularly bad shape. After all, back in my wild days I did do quite a lot of partying, consuming booze and various substances like they was going out of style. That was sort of my thing for a while, so who knows, maybe my liver got all swollen and crusted up. Or perhaps it was my overdose of cough medicine trauma which completely threw my whole complete body system out of whack and made me feel horrible for years. So it's possible that my liver in particular was a bad specimen and therefore really responded well to the cleanse program.

Actually, I suspect that the vast majority of people's liver and gallbladders are clogged up, sluggish, and functioning at a low percentage level compared with their total capacity. The

liver in particular is such an essential and amazing organ. If it were hypo-active, congested or inflamed, it would surely have a detrimental effect on many other areas of the body.

Clocking in at a large size — three times as big as the heart — the liver is quite a versatile organ and responsible for hundreds of different functions. It's amazing how many things it does. It creates bile, detoxifies various substances, has immune cells which destroy harmful organisms, and transfigures compounds from one thing to another — like glycogen to glucose or amino acids into glucose. The liver also stores excessive fats, vitamins, and minerals, while also spreading various compounds throughout the body.

The liver is also a digestive organ in the sense that the chemical aftermath of eating certain foods, especially toxic foods, must be neutralized by the liver, before the final acidic chemicals can go to the kidneys for filtration out of the body. In many ways the liver is caught in the cross-hairs between bad food consumption and detoxification. If there is too much toxicity being processed by the liver, whether by acidic foods, drugs, or other harmful chemicals, then it can overload the liver and it can suffer from being overly toxic just like the intestinal tract can.

Thus, cleansing must be done as a kind gesture to your liver after everything you've done to it, knowingly and unconsciously, over the years.

The gallbladder is primarily a digestive organ but is also tied in physically and as a matter of function with the liver. It acts as a storage area for bile created by the liver. The liver is the

close compadre of the gallbladder being a neighboring and connecting organ. Bile is used for numerous applications, but notably it is released to combine with fat to help emulsify and digest the fats.

For thousands of years, at least since the time of the ancient Greeks, liver cleansing has been practiced using olive oil. What I am going to share with you may be shocking to you, and is generally not acknowledged by the mainstream scientific community, so brace yourself for new and revolutionary information.

Many thousands and even tens of thousands of people have reported that upon completing a liver cleanse they have expelled many dozens and even hundreds of ‘stones’ from the body — large calcified blobs — which are hardened materials ranging in size from a small pea-sized pebble to as big around as a quarter and in some cases even larger. These are multi-colored, yellow, green, in some cases darkened green or even black, and are quite disgusting.

Is it proof that these stones came from the liver and gallbladder? No, it’s not proof, because how would you literally observe where these stones were before they exited someone’s rectum? But, it’s generally deducted by many that these stones were being contained within the gallbladder and liver. Gallstones after all are even common knowledge, while liver stones are much more obscure and not talked about hardly by the general public.

It only makes sense to me that if the liver is becoming overly toxic, that it would actually contain and trap these toxins in

the form of hardened, lipid, calcified stones, and these could become congested within the liver and gallbladder. Just like the colon can become all congested and filled with mucus, slime, food particles, and harmful organisms, so too can the liver and gallbladder become swollen and congested with toxic materials.

It's no wonder why many individual's livers are functioning at low capacity when tested, oftentimes at just 20% or 30%! This is completely shocking, but over-toxicity of the area and congestion of toxic lipid materials, containing an acid slurry inside of them, could certainly affect these organs from focusing on their job and put them in a state of degeneration, poor function and even an existential threat to the overall well-being of the individual.

How much better would you feel and how much more energy would you have with a cleaned out liver and gallbladder, functioning at much closer to 100%? It's impossible to know without giving it a try.

The actual cleanse itself is pretty straightforward. There is a natural herbal formula that is taken, which can be found at:

RapidRegeneration.com/LiverCleanse

Use promo code RAPID for 10% off.

Basically, you mix this herbal formula with water and keep this herbal tonic refrigerated. It is a liquid herbal tincture, made from herbal plants which target the liver tissue and proper function of the liver and gallbladder. You do this for four days. Other than that, you don't really have to change

much in terms of diet, rest, etc., although it is recommended to eat on the healthy side as much as possible and get as much sleep as possible.

Every night, the colon cleansing product is taken before going to sleep (the same formula used in the Intestinal / Colon Cleansing section). This helps to clear the pathways out of the body. The herbal formula helps to start cleansing out the liver and gallbladder areas. This is all in preparation for 'flush night'.

On the fourth night, before going to bed, basically you drink a small cup of olive oil. This is a little gross, but necessary to facilitate the full effects. You can then brush your teeth, and then go on to bed. When going to bed, it is advised to lie on your right side for about 30 minutes if possible (the side on which your liver is located), and then do whatever you wish to go to sleep.

What happens is that the high fat content of the olive oil stimulates the liver and gallbladder to release as much bile as possible to help digest the fat, as it normally would do when assisting to digest fat. As it's been reported, the gallbladder and liver are also stimulated by the oil and 'purge' their contents out, which get dumped via the bile duct into the intestinal tract.

When I was doing this for the first time, I laid down in my bed and I could feel something in the upper-back-right area of my chest gurgling and bubbling. I could literally feel the sensation of stuff moving around in that area as the oil was processed by my system.

You are also supposed to take the colon cleansing supplement as well on the 'flush night'. This way, when you awaken the next day, any stones which get released can be quickly and quite effortlessly whisked out of the body via the colon and rectum.

So it is the 5th day which is really the fireworks day, although personally I continued to release stones on Day 5, Day 6, and even a few into Day 7. So it's up to you on whether you wish to keep taking the colon cleanse supplement at night to assist with their removal. After Day 4, the taking of the liver herbal supplement is no longer needed, as materials in the liver and gallbladder area have been 'softened up' and stimulated to the point of getting them ready for the flush. The colon should also now be pretty well cleaned and cleared out.

Flush day was an absolute shock to me personally. I went to the commode and vile, green blobs just continued to shoot out on Day 5 and 6. They were the size of dimes, quarters, with many small pebbles, and they were sort of fluorescent lime green — a lovely shade actually, were it not for the fact that they were horrifying lipid stones of toxic, acidic waste. I took photos which I am sure I'll never share with anybody just because of how shocked I was at what was coming out of me.

There were probably five to seven trips to the bathroom on Day 5 — so it might be best to plan this one on a weekend day when you can be near the comfort of your own bathroom. At one point on Day 5 after releasing a large batch

of stones, I actually felt my inner ear and sinuses sort of recalibrating. I could feel a sensation of pressure being released in my head area and especially from my right ear and sinus area. It was a very strange sensation, but I did feel much better and relieved afterwards (previous to this one of my persistent health issues was longstanding sinus pressure and headaches).

I continued to be absolutely amazed and blown away by what was going on during the course of Day 5 and Day 6. When it was all over with, I just relaxed, cracked open a beer and just sat there in amazement. It had been a long time since I had felt that good physically, mentally and physiologically. I actually felt a tremendous pressure released from my sinuses and head/brain area, as well as a newfound lightness in my torso and gut area.

In addition to this, my energy levels were jumping off the charts. My mind was racing, and I felt like a little kid with abundant levels of natural, dynamic energy. If you know my whole story, you may know that in 2011 I underwent a horrific toxic health trauma and since then I had experienced lethargy, low energy levels and brain fog. Well, when I completed the liver cleanse in 2015, more than four years later, I had all but given up hope of ever getting back to 100% functionality. So after completing the cleanse in a way I felt like I was getting my life back, and that I really did have a shot at recapturing my Life Force Energy (which I ultimately spent the next couple years successfully doing).

I actually felt such a jolt of energy and lightness that I spent the next several weeks on a tear, consuming fast food,

alcohol, caffeine, and candy like a Tyrannosaurus Rex would devour a brontosaurus. I guess you could say I had a 'Keith Richards complex' in that I felt indestructible and like nothing could slow me down. In fact, my metabolism even seemed to handle everything I threw at it, and I was going through junk food like nobody's business and still had insanely high levels of energy all day long and wasn't gaining weight.

I felt I had stumbled upon the Fountain of Youth. I recklessly continued in this way for a while, and eventually got myself back into a better rhythm after my excessive consumption finally caught up to me, throwing me into a several-days-long healing crisis, and after that I started to transition into eating more fruit into my diet which opened up the next doorway for me.

Everything just got better and better for me throughout this whole process of discovery, but the real jump-off point to make that quantum leap and transform my health was the Liver and Gallbladder cleanse. I really can say that it saved my life.

I've done it a few more times since and although it wasn't as dramatic and powerful as that first one in 2015, the 2nd and 3rd times, completed in 2016, were also very effective and made me feel much better. With each cleanse, less and less stones came out. By the time I did another 4th liver cleanse in 2019 (the last one I've ever done as of the time of writing), hardly any stones came out and the ones that did were very small and pale yellow.

So perhaps the body does get cleaned out as a result of the information in this program I am sharing with you and really can function better when it is not filled with repulsive, voluminous stones that consume the space inside of you and poison the surrounding environment! I can't imagine now carrying on with those inside of me. Looking back, it all makes sense that there would be such ugly baggage accompanying me in the depths of the very unpleasant and painful body and health issues I was going through.

I hope you will give it a try, as you find necessary, in the scope of your quest to solve your own health problems. It's one of nature's best kept secrets, let me tell you. Buckle up, because it's a little bit of a bumpy ride, but truly a thrill and adventure — and not for the faint-hearted.

RapidRegeneration.com/LiverCleanse
Use promo code RAPID for 10% off.

Good luck, and remember to keep those pictures to yourself.

Parasite & Harmful Organism Cleansing

RapidRegeneration.com/Parasites

After the intestines are cleaned out, and the liver and gallbladder are cleaned out, what next? In my view, there is a clear answer to this, because in all likelihood there is a clear and present threat inside your body still remaining.

This is a chapter that could truly give you the heebie jeebies. I'm not trying to scare you. But it's impossible for us to really address the problems and eliminate them without understanding our enemy and how to put them out of business. But I will warn you, some of this is weird stuff.

I have mentioned before that if an individual is full of acidity, congestion, mucus and toxic waste in their body, whether in the intestines, liver, gallbladder, lymphatic system, areas in between tissues, or elsewhere, it can attract harmful organisms or parasites.

These two terms are interchangeable, and the definition is: An organism that benefits from taking nutrients at another's expense while living on or inside of another species (the host). The root of the word comes from the Greek word *parasitos*, meaning *para* (alongside) and *sitos* (food) — eating alongside (not really invited).

While parasites typically steal nutrients from the host, many of them also consume rotten, spoiled, putrid and toxic materials. Think about how you can open up the inside of a rotten log, and see all of the bugs and grubs and insects

feeding on the waste. So the more toxic and congested you are, the more it invites many of these harmful, invasive species to set up shop inside of you. In a sense, please don't even try and get mad at them. They are creations in a way that are custodial, designed to clean up and consume the messiest places. Like catfish, they are bottom feeders of sorts, feeding on wastes.

The trouble is, they aren't beneficial, mutualistic, or commensalistic in terms of the relationship, like birds sitting on a hippos back would be (eating the bugs that would otherwise annoy the hippo). For one thing, after consuming the toxic matter and other fuel inside your body, these organisms constantly create and eliminate their own wastes inside your body. This creates a huge obstacle to overcome, and this constantly gets more widespread as the spigot never turns off. Your body especially liver and kidneys have to work overtime to transmutate those wastes and filter them out.

The parasites also consume good nutrients as well, stealing them and robbing the host of energy. Many people feel lethargic and tired, with low energy levels, especially after eating or even a few hours later. Parasitic factors could be a contributor, considering if you have harmful organisms which are stealing the nutrients from your food, and expelling a bunch of extra waste into your system which is toxic, acidic and harmful.

There is also another gnarly element of parasitology which is the sheer consciousness factor. Having other living creatures existing and residing inside of you — acting as a parasite on you in an uncool way — is an inherently unbalanced,

negative, and uncomfortable energy. It can change people's personalities, dispositions, moods, thoughts and cravings. Surely, you don't want to live like this!

Speaking of cravings, harmful organisms living inside of somebody can also affect the desires of that person to eat certain ways. This could take the form of somebody eating greater portions or eating more frequently to feed the masses, or eating certain types of foods that will ferment, spoil, and rot — like breads, cheeses, or meats. Remember many parasites thrive on alcohol created from complex foods as well as other rotten acidic by-products and wastes from digestion.

There are many different kinds of harmful life forms which proliferate taking advantage of their hosts — funguses, bacteria (of the non-probiotic variety), worms, flukes, and other parasites.

There are some harmful organisms which thrive on more sugary sources of substance, like your Candida-type funguses. Some people get massive cravings for crackers, breads, cheeses, alcohols, etc., and 9 times out of 10 this person likely has an unbalanced fungal overgrowth living inside of them and influencing their appetite, cravings and eating behavior.

Other parasites thrive more eating rotten flesh, like your worms among other more protein-consuming harmful organisms. Some individuals have a craving for meat that goes way beyond regular hunger for somebody to satisfy their own nutritional needs. I venture to say that in many

cases parasites are influencing their hosts to make that person want what they want — animal flesh, which will ultimately rot as it spends the 24-48 hours or longer getting moved through the long human intestinal tract.

In this sense, it's not really your fault if you're experiencing intense cravings for junk foods. This came as a great blessing to me, and it took a big weight off my shoulders to realize this. Personally, I used to have such intense cravings for junk foods. When I had gone several hours with no eating and my appetite started creeping in, it was insatiable. I felt like I could eat a horse. I struggled with self-control and just couldn't fathom ever really developing the discipline to change drastically what I was eating.

When I realized that my cravings were perhaps being influenced by outside factors, it totally made sense to me. I felt as though nothing was wrong with me, but I was being taken advantage of and I was simply in a bad situation that was fixable. I also wondered how much of my low energy, lethargy, headaches, brain fog, aches, pains and sinus pressure could be related to harmful organisms. This was about halfway through my first parasite cleanse that I started having these revelations.

This can be intense and heavy to consider, but just know that these problems are fixable and there are straightforward, natural ways to soft-kill these unwanted guests.

There is a formula that I like in particular based on my own experience. Just like any formulas which I talk about and make reference to, it uses only the best quality natural herbal

ingredients, does not contain any harmful fillers or additives, and in terms of cost is a great value and extremely affordable: RapidRegeneration.com/ParasiteCleanse
Use promo code RAPID for 10% off.

This particular herbal formula would ideally be taken over the course of about six weeks. It contains herbal compounds which are known to kill off parasitic infestations, like Black Walnut hull compound and Pau D'Arco bark powder, among numerous other concentrated herbs which are contained in the capsule form. All of these different herbs work together synergistically.

Your own body's immune system is also enhanced and informed by the intelligence of these herbs. Ultimately, your immune system is supposed to be in charge of killing harmful organisms and parasites. But your immune system sometimes loses a war of attrition. Day after day, if the body is constantly adding in toxic wastes and acidic products, resulting in mucus formation and inflammation, then it becomes overwhelming to the body. This creates the perfect nesting site for harmful organisms which can proliferate in that environment.

The more the toxic environment grows from bad food and outside toxins, the more it supports a parasitic population, which in turn creates more toxins and thus perpetrates a vicious cycle.

The way the body is designed, if it were clean and healthy, and not filled up with mucus, plague, acidic wastes and slime, then if there were a threat posed by an organism, the

immune system ideally can nip it in the bud and take care of it expeditiously. The odds are in the favor of your immune system when your body is healthy, cleaned out, and functioning at a high level.

Also consider that when your body is devoting the lion's share of its energy to digesting inappropriate foods and eliminating the digestive acidic wastes that follow, it has less energy for immune response and keeping harmful organisms in check.

Everything is connected and that is why just doing a parasite cleanse wouldn't really solve the root cause of the problem. Total body cleansing and cleaning out all the wastes and toxic sludge especially of the gut is also recommended. Of course, eating less junk foods after the cleanse is over will also help prevent the same infestation from happening again, but that is a different issue that we'll address later. Let's just go ahead and get the system cleaned out for now.

Six weeks is essentially a long enough period of time, at least theoretically, to kill both the main parasitic organisms, as well as any eggs that get left beyond which would also hatch. The dosage can vary depending on the individual. Personally for my first cleanse, I took 3 capsules twice per day for about 6 weeks, and I weighed at the time about 175 pounds or so (this is 2 bottles worth of the product as of the time of writing).

Keep in mind that these herbs can be toxic if taken in a big enough dosage — they are mildly toxic in the sense that they have a killing affect (in addition to an immune-stimulating

effect). The idea is a compound which is strong enough to kill harmful organisms, but mild enough not to kill off your colony of beneficial probiotic bacteria. These herbs from nature have a level of subtlety to them and will assist in discriminating to eliminate harmful parasitic organisms without killing off others, and assisting your immune system to effectively target the cause of the problem as well. Nature is sort of amazing like that. This would be as opposed to a sulphur-based anti-biotic product, which would basically kill off indiscriminately all bacterial life including all your probiotic population inside your body — not good!

The probiotic bacteria are especially important because they concentrate in the lymph nodes and they assist your lymphatic system in eating acids and breaking them down. Essentially, as the bacteria breaks down the acid and processes it out in waste form, the acid becomes less acidic on the pH chart, to the point where the kidneys can actually filter out the less acidic acids. What happens if your probiotics get killed off? Now these acids will just sit in your lymph nodes without getting any help to break them down. This can lead to over-acidity and so many not good things.

So this is a nuanced topic because some organisms that live with us as the host are so helpful to us and so necessary for good health, and yet we need to target the bad parasites and use Nature's tools to do so. Some of these ingredients are amazing for that reason, and even animals are known to sniff out and graze on these herbs while sick. We should follow this divine intelligence to lead us to our own good health.

The cleanse is overall a mild experience over the course of several weeks, especially in the earlier weeks. It can be completed during the course of your normal lifestyle. You probably don't need to do anything special or make any special rest preparations. It is a gradual, 'soft-kill' program.

I will say that, perhaps about 3 to 4 weeks into it, I did start to experience a little bit of some heavy sort of implications about what was going on. I don't want to freak you out, but it was a little bit far out. Basically there was a sort of dynamic that emerged sort of like, 'They know that you know.' Then, it was sort of like, 'You know that they know that you know.' And finally, 'They know that you know that they know that you know.'

Basically it seemed like there was a sort of consciousness inside of me that was becoming aware that it was being killed off. Again, at the risk of making myself sound like a crazy person, it was as if the organisms inside me had a certain awareness that their host was turning against them and they were sort of hanging on for dear life, in a desperate, final death-rattle.

It did get intense in terms of sensations in these mid-later weeks of the cleanse, and I felt areas of my neck and head especially experiencing sort of concentrated energy being sent to these areas, and perhaps organism resistance and die-off — if there exists such a sensation, that's what it felt like, which is challenging to describe.

So there was a little bit of intensity in the 4th and 5th weeks, as this was going on. And it was a little freaky and heavy. But,

it made me realize just how much of a matrix perhaps I had been living in. I started to wonder about whether my cravings and appetites had been influenced over the years and to what degree. I became more steadfast in my resolution to kill any harmful organisms who were victimizing my body's health.

By the sixth week, the back-and-forth sensations had ended, and I felt much more at peace and everything. The cleanse sort of leveled out at the end there and reached a final glide-path to close it out, which was smooth and with good feelings.

Throughout the several weeks, I did notice several things be expelled from my body — my apologies for the graphic nature of the descriptions. I noticed a lot of colored material come out in the stool, including hardened dark black-ish material, as well as a bunch of sort of small red blobs shaped like parachutes (which could have been flukes, such as liver flukes, a common parasite), as well as what appeared to be worms, on several occasion.

Some of these apparent 'worms', which were several inches long, appeared to be almost white. It's my understanding that if the worms are killed while inside of the body, they will lose their color and turn white, before being expelled out of the body. Other 'worm'-looking things still had their color and I even wondered if they were still alive, although I never verified as such.

I know what I'm telling you sounds out there and crazy. But it did happen. And it validated all of the freaky things mentally

that I went through during the course of the cleanse — it confirmed to me that I had been infested with harmful organisms, which were robbing my energy and dragging me down to a lower frequency of existence. And boy, did it feel good to get them killed and out of the system.

Afterwards, I felt amazing and transformed. I would say my impression was similar to the liver cleanse, where I was just blown away. After the last week of taking the herbs, things calmed down and were just getting back to normal. At this time, what I felt most of all was a sense of peace. I noticed a certain quiet stillness in my mind that was not there before. It was an elimination of static noise and constant interrupting patterns affecting the blank slate of consciousness — sort of hard to explain but I'm doing my best.

I had more energy, but I also felt more tranquil and at peace. My mind felt clearer, and I was better able to gather my thoughts. Also, quite notably, my appetite had changed considerably. I no longer had nearly as wild of cravings as before for junk foods.

In fact, this is when I really actually started to crave healthier foods. Even though I was still eating meats and grains and other things that I really don't eat now, I was actually craving salads and vegetables and fruits and started eating that stuff much more often — because I actually desired it. This came as a shock to me, but was welcomed and I embraced it.

There is a method to my madness in how I lay out this information. I am trying to help somebody who has their back against the wall health-wise and is fighting to get it back. By

now, you can see my approach. Don't worry at first about the diet. Try out some supplements if you want first. Then, clean out the gut. Clean out the liver. And rid the body of parasites.

Then, I believe you will have the support necessary and the infrastructure within your body to actually start eating a more clean, healthy diet. What good is it to eat healthfully when your intestines are clogged up, you can't absorb the nutrients, your liver is all out of whack and can't assimilate your body's energetic materials, and you've got parasites which are taking up real estate in your body and creating their own wastes? Aside from that, your cravings are sure to be overwhelming with a parasitic condition as well.

Why not clear the path for something truly good and positive to arrive, so it can actually make an impact when you really start eating more healthily? This way, you won't be pushing your way forward, but instead you'll be pulled by your body's newfound strength and fortitude.

The parasite cleanse can be completed multiple times and I actually did three separate parasite cleanses within about six months because of how impressed I was with the results (and how much I became resolved to make sure I was not hosting any unwanted visitors whatsoever any more). After those first three, I took a long break and over the next several years I did maybe two or three more.

I've heard some schools of thought that this cleanse should be completed once per year for maintenance purposes. You could do that, although I have a little more confidence in my immune system than that nowadays. It really depends how

much of a clean diet you are eating. The cleaner the diet, the less you would need to do a clean-out type program like the parasite cleanse again, in my opinion.

The parasite cleanse really is a great example of the absolute power of the information I will lay out throughout the scope of Rapid Regeneration. I can only imagine — if everybody who was suffering knew about this and applied it in their own lives — how different the world would surely be.

The fact that you have your hands upon this information is truly a blessing for you and you must have somebody upstairs looking out for you! So go ahead and take control of your life and your body and your health today and cleanse away in this department.

RapidRegeneration.com/ParasiteCleanse
Use promo code RAPID for 10% off.

Stay strong.

Harmful Chemical & Heavy Metal Detox - Kidney & Lymphatic Cleansing

RapidRegeneration.com/HeavyMetal

If you have completed intestinal cleansing, liver cleansing, and parasite cleansing, then I want to give you a big congratulations. You are putting yourself in a great position to win with your health and putting yourself on the side of the angels. Even though it's really not that difficult, very few people commit the time and resources which are necessary to clean themselves out and renew their systems in such a dramatic way.

Those are the Big Three, no question, in my opinion. The Big Three Cleanses really target a lot of key areas. So what's left? I am going to mention a fourth body cleanse here, with respect to chemical and heavy metal cleansing and stimulating the kidneys and lymphatic system. This is super important and your body will absolutely thank you for doing it. I will consider this fourth cleanse to be extra credit, where I consider the Big Three to be absolutely essential. This system of the body does respond excellently to herbal cleansing and so while I consider it less critical than the first three, it's still something everybody should do at least to stimulate this system and give it a push to get working better on its own.

The kidneys and lymphatic system in most individuals are majorly in need of cleansing, and could use a little bit of herbal stimulation and help. After all, even though we helped out the intestines, the liver and the immune system, the

kidneys and lymphatic system are actually the main eliminative and cleansing system of the body. And also, something else that goes hand-in-glove with that would be the deep cleansing of harmful chemicals and heavy metals out of the tissues of the body. These two are quite interrelated really, because harmful chemicals and heavy metals ultimately will be filtered out largely through the kidneys and lymphatic system, although you may also see some toxins being dumped into the colon for removal, processed via the liver, respired out, or cleared out of the skin.

The kidneys and lymphatic system are really the star of the show, when it comes to detoxification, cleansing and renewal of your body. For a more in-depth look of why this fluid-based system of the body is so important please see the section entitled: 'Understanding the Lymphatic System'. We were really just cleaning out the gut, liver, and parasites from the system as a means of getting the body ready to really dig into detoxification on a deeper level. You were just preparing the body to be ready to effectively really filter out toxins and acids through the lymphatic system and eliminate them mostly via the kidneys and urinary system.

There are multiple sources of toxins, poisons, and heavy metals — these can get stored in fat molecules, calcified along the walls of tissues, or kept somewhere causing an obstruction in the lymphatic system, which encompasses all of the areas of your body which are in between everything else.

Long-term toxin build-up can certainly result from eating unhealthy foods, which causes an over-abundance of acids and harmful chemicals. Other sources may include chemicals which enter the body through the respiratory system, whether they are from artificial fragrances, cleaning solutions, vehicle exhaust, smoke, or other poisons which are breathed in. Also worth mentioning are skin and hair products of all kinds, which can contain many harmful chemicals that are unnatural and abrasive to the body. Let us not forget drugs and pharmaceutical products, which are manufactured using a litany of unnatural fillers, adjuvants, and binding chemicals which are synthetic and many of them quite difficult for the body to process out.

If you take an herbal formula which will stimulate the kidneys and lymphatic system, once the kidneys and lymph get going, they can get a good momentum on their own and will keep filtering for you, but these herbs can help bring them up to speed initially.

That formula can be found here:

RapidRegeneration.com/KidneyCleanse

Use promo code RAPID for 10% off.

You could also take an herbal formula — which may also include natural whole mineral compounds — that is highly alkalizing and has a very astringent quality to some of its ingredients, meaning that the formula will pull and suck out toxic chemicals from the surrounding environment, so they can be eliminated. This can help to detoxify some of the most gnarly poisons, harmful chemicals, and heavy metals, if any, which you have accumulated over the years.

You can find it here:

RapidRegeneration.com/ChemicalCleanse

Use promo code RAPID for 10% off.

Some people report dramatic transformations after cleaning out their body of heavy metals and toxic poisons. You can imagine how these extreme materials could only cause harm and destruction to the tissues of cells. Our job simply is to get out of the way, and allow our cleansing systems to really clean out these type of harmful residues which can create blockages inside of the body.

Definitely take the bull by the horns, and go after the main system of the body responsible for keeping you clean and clear of health-destroying toxins. Stake a claim in the ground and make a declaration to defend yourself against the aggressive modern practices of using so many harmful artificial toxins which can wind up inside of us. Unless the lymphatic system is functioning at a high level, they can stay in there and cause a litany of problems.

Roll up your sleeves, put your scrubbing gloves on, and get yourself cleaned out.

Additional Cleansing and Other Supplements to Consider

RapidRegeneration.com/Additional

At this point, if you have followed along with the information contained within the Rapid Regeneration program, you have now completed total body cleansing. This is truly amazing and revolutionary and after I had completed the first four cleanses I really did feel completely different and better and had such an empowering sense of momentum. I felt renewed confidence that I could actually solve my health problems, and frankly my faith in humanity and in nature was restored, by the fact that these formulations were assembled by a human being trying to help me from the most amazing ingredients of nature.

So what next? After you have completed these steps of total body cleansing, if you would like to continue making improvements to your health and eliminating your health problems, there are a few options you can consider:

- You are likely feeling renewed now and may be desiring more clean, healthy foods, so you can start focusing on transitioning to a more healthy diet
- You can repeat any of the four body cleanses for continued results and deeper cleansing in a particular system
- You can do some additional herbal cleansing which would target other areas of the body
- You could investigate other supplementation options aside from just herbal formulas
- You can do any combination of the above options, or start implementing a number of many other multitudes of

techniques and methodologies that will help improve overall wellness

Ultimately, much of this will depend on your unique budget and what you are prepared to invest in your health. Eating healthier shouldn't really cost you any more money than what you're spending now on food (maybe a few dollars more here and there). But herbal supplements are no doubt an extra investment of capital. So, if you're in a position where you can trade dollars for increased health and vibrance, then go full steam ahead. If not, don't worry about it, skip this chapter and focus on the foods you are consuming which should still get you amazing results, and come back to supplementation when you are in a different financial position.

You can of course do things like exercise, breath work, utilizing hot/cold temperatures, grounding/Earthing, improving sleeping methods, meditation, as well as making your environment more of a healing place. There are a number of bio-hacks, tips and tricks which are covered in later segments that you can do for free or at a reasonable cost as well.

In my personal experience, what has been powerful in my own healing journey have been the times when I have felt really compelled and inspired in a certain area. I never really felt like I was forcing my own self-healing process in some way. I never tried to put myself on a diet or force myself to eat foods I didn't want to do. The amazing thing about the supplements I took and the cleanses I completed was that, after I was done, I felt like eating healthier. I craved natural, wholesome foods like fruits, vegetables, nuts and seeds. It

didn't feel like work to eat better foods (whereas before I felt completely addicted to junk foods) and suddenly I felt filled with momentum and desire to eat healthy.

If you don't feel this way, then I would be concerned about you pushing yourself and contriving yourself to start eating healthier and then becoming ratted out and run ragged by the process. I am concerned about somebody who is cracking the whip on themselves to eat healthy foods that they really don't really feel like eating. I understand that this aggressive approach could work for some people who can discipline themselves to eat healthier, but I also think there is oftentimes an easier way.

If you have completed total body cleansing and your appetite and desire for healthy foods has not improved (which I would find very unusual) then perhaps you could continue focusing on other areas of supplementation. Also, even if you do start on the journey towards eating healthier, you could also start adding in some other forms of supplementation at the same time that can enhance your health and well-being.

The cleanses are amazing, and can achieve a short-term gain, but in the bigger picture, there are areas within the body that are of critical, red-alert importance to make sure they are getting the proper nutrients and are in balance. If you are lacking or have a shortage of a certain nutrient within the body, it could cause serious health issues and could also impact your behavior and your desire to eat healthier as well. The levels of these nutrients in the body are serious issues and can make the difference of decades in terms of life

expectancy and a dramatic distinction between living the good life and constantly feeling bad.

The nuances of supplementation with regard to vitamins, minerals, amino acids and other nutrients will be covered more extensively in upcoming segments. Within the scope of my deep research and almost a decade of experience as of the time of writing in the world of natural wellness, these are the most critical areas which can be causing major problems with regard to potential supplementation:

- The lack of nutrients in the foods and where to find food-bound nutrient sources that can be consumed easily and quickly
- The testing of the body for various levels of different materials as well as genetic mutations which could cause an increased need for a certain nutrient
- Sunshine exposure for a certain individual, resulting D3 levels within the body, and potential D3 supplementation
- The microbiome of the body, beneficial bacteria levels, and potential probiotic supplementation
- B Vitamins and the nuances of different scenarios where they may be helpful
- Whether there is justification for extra antioxidant support such as Vitamin C supplementation
- The Iodine issue and how to approach a body lacking in this essential mineral
- Other potential supplement tools to consider from some of the most amazing nutrients and compounds on the planet
- What to watch out for and pitfalls to avoid with certain types of supplements and conventional wisdom

If you wish to right now spend some time learning about these different areas, please feel free to skip ahead past the food and diet segments. Although make sure to return to the information about food and eating, because although you can procrastinate on doing it, eventually you're going to need to confront what you're eating. Each strategy when implemented is designed to help increase your energy and feelings of well-being as you become more aware and learned about how these things work. Please know that I am not a medical professional or nutritionist and if that's the advice you seek then you should seek out a medical professional or nutritionist.

There is one other option that I hesitate to share with you, but I feel I must do it. Personally when I was at this stage of having cleansed out my body, and was now figuring out how to transition to a healthier way of eating, I also started to take another cleansing and rebuilding supplement product. At this time, I was young and inexperienced, not understanding much about natural health and supplements. Now, as an older (and hopefully wiser) man, and having also healed my health problems and achieved a good balance for myself, this is a product that I wouldn't personally take at this stage in my journey. The ingredients, while natural, are controversial, for reasons which will be extrapolated on in a later segment about Vitamins, Minerals and Other Nutrients.

I would just feel unethical if I omitted information from you. Even though it's an imperfect formula and some more purist natural health advocates may take issue with some of its ingredients not being completely raw and natural, I understand how important momentum is.

This supplement in particular is an incredible formulation of some of the most powerful extracts on the planet. Some of the ingredients in this product have actually been shown to regenerate nerve tissue. When I took it I could literally feel the nerve energy flowing up and down my body. Many elite members of society know about the individual ingredients in this formula and consume these compounds as a strategy for their own life extension.

This is not a completely natural, whole-plant-based type of herbal extract. It does contain extracts and compounds which are synthesized. I don't normally like to take things like this — in fact since getting completely recovered and now being super healthy I have found that I don't like taking this product because it feels too overstimulating and could lead long-term to an imbalance. I simply cannot deny the amazing power that this formula displayed when I was early on in my healing journey.

So now you understand that I am not a total purist. Actually, nowadays, I am much more aligned with being almost totally natural in terms of my philosophy towards supplementation. But at the time when I was getting started, feeling the weight of the world on my shoulders of my health problems, I was that much more willing to try something outside of the box in order to give my body a boost to get to my destination. It is powerful, no doubt, and especially for somebody who feels like they are digging themselves out of a hole. In terms of overcoming health problems, this could provide that person with such a critical boost and momentum to carry themselves forward to a better place.

You can find it here to check it out for yourself:

RapidRegeneration.com/CellCleanse

Use promo code RAPID for 10% off.

Ultimately, when the rubber meets the road, you're going to have to figure out how to start eating healthier and transitioning into a more healthy and balanced lifestyle in terms of food. If all you had to do was take a pill to feel great all the time and you could eat whatever you wanted, then what would be the point of eating healthy? My goal is to help you understand how to gain as much momentum as you can in terms of journeying towards your health goals, so that you can achieve liftoff and start to build altitude when it comes to the foods you are eating and making that an easy undertaking.

Changing what you're eating can certainly sound daunting, but it really shouldn't be if you are already changing from the inside out in terms of cleaning your body out and regenerating yourself. Pay attention to your own feelings and promptings because you might find a gift from God — the desire to actually eat healthier. It's hard to imagine, but just try to envision a day when you wake up and instead of craving the usual junk foods, you actually desire to eat a big smoothie or a fruit bowl. It makes things so much easier when you have passion on your side and you're not dragging yourself along.

From there, it's a matter of baby steps and it can take some time to start to eat healthier — which frankly, is probably also what your body needs from you to solve your health

problems and go to the next level. It's a marathon, and please know that I am here to help you to figure things out in terms of the full spectrum of everything — cleansing, supplements, food, and how to achieve your health goals. Speaking of God, I made a deal when I was in my most desperate state that if I could ever get healed from my health problems and feel well again, I would pay it forward to you.

Well, here we are. So here we go.

Why Fruit is the Best Food for Detox & Regeneration

RapidRegeneration.com/Fruit

Now we have addressed the strategy of getting yourself healthy and well in the most expedient way. Food is a great tool which can transform your health, but it's hard to control discipline and cravings at first, and also if the body is not cleaned out, it won't properly absorb the benefits of good food. So, I started out presenting this information going through the supplementing and cleansing route because I want to give you something that you can do easily which can have a tremendous impact on your well-being in a short span of time.

Once you have completed that, I think there is a good chance that you will now feel up to the challenge of making some changes in what you are eating. I personally felt this intrinsic motivation after I had done some of the basic cleanses that was overwhelming in a positive sense to start putting into my body more cleansing, energizing foods.

I thanked God that I felt that at the time, because I generally had not felt like that before. In fact, food was a big stumbling block for me. I always felt rather addicted to junk food, fast food, and all the rest.

I learned about the amazing power of eating fruit and was lucky enough to discover this information. When I did, I thought to myself, 'Really? It's so ridiculously simple. Never had I thought during all these years that such an obvious food could have such a tremendous impact.'

To be clear, fruit was not my favorite food, or the tastiest food to me. It's just that I discovered it was the most effective food for detoxification and regeneration, which I have verified and confirmed over the years. I would like to outline a few of the main reasons why that is, so you have have a higher awareness of the power of fruits and how they can help you achieve your health and wellness goals.

Did I mention that I was once in a completely miserable and desperate place health-wise, and that I completely reversed all of that using supplements, cleansing, and especially eating lots of fruit? Please, allow me to continue to explain the power behind this amazing gift from nature.

Fruit will assist you in cleansing out your body, simply put, because chemically the way that it interacts with your body — it is a matter of chemistry. If you are particularly science-minded, feel free to skip ahead to the section entitled 'Understanding Body Chemistry'. In a nutshell, to the degree that your body is chemically unbalanced towards the acidic side of chemistry, you will be suffering health-wise. To the degree that your body is chemically balanced towards the alkaline side of chemistry, you will be thriving in vibrant health. There are a few exceptions where occasionally people get into trouble due to being overly alkaline, but those cases are rare compared with an abundance of individuals who are overly acidic. In almost all cases of poor health, that person's body will be associated with highly acidic chemistry.

Consuming the most commonly-eaten foods results in acidic chemistry, including basically all cooked foods, unfortunately.

Eating these types of foods creates a chemical aftermath which can include sulfur, phosphorus, and nitrogen, most commonly (these are acid-forming elements in the body when too much of these are created), as well as many other carcinogenic byproducts like acrylamides. On the other hand, when you eat raw fruits, it leaves behind a chemical aftermath consisting generally of calcium, magnesium, sodium and potassium — these elements are alkalizing to the body.

One of the basic premises of Rapid Regeneration is that your body is intelligent and will detoxify and regenerate itself. It has a self-healing process which will automatically fix problems and imbalances, much as a plant will regenerate and regrow itself. However, you have to get out of its way in order for your body to do that. How do you do that? You have to stop throwing at it acid chemistry, constantly, which overwhelms your body with tasks of constantly battling and buffering against acids. You'll be amazed at what happens when you get out of your own way.

By stopping giving your body too much acids constantly, it will free up resources and energy within your body to actually heal, strengthen and regenerate itself. So one of the big benefits of fruit is that it is non-acid-forming. The other side of this coin is that fruit is alkaline-forming. An alkaline environment is what your body needs to focus on its own healing and repairing abilities.

From a nutritional standpoint, there are numerous benefits, although I am sure going through this program by now you have realized that food isn't just nutritive — it's electro-

chemical. So yes — fruits have all the amazing vitamins, minerals, antioxidants, flavonoids, amino acids and everything else. What's amazing is how that chemistry is bound together synergistically to deliver those resources to your body, unlike a multi-vitamin pill. Also the simple sugars (unlike complex sugars in other foods which are harmful) of fruits are the easiest possible energy source for your body to assimilate and use as fuel.

Not only is fruit alkalizing and highly nutritional, it is also naturally cleansing. Fruit is naturally astringent, meaning that it will pull out acidic chemistry from the tissues of your body, and essentially neutralize them — basically like a solvent or cleaning agent. It is important to keep in mind that some fruits are more astringent, and others aren't really much astringent at all. Your more acid fruits, like grapes, citrus fruits, pineapple, and so forth, are the more astringent fruits.

As a side note, it's important to point out that just because a fruit is an 'acid fruit', it doesn't mean it's acid-forming in the body. What's important is the digestive aftermath, after the food is digested. In the case of acid and sub-acid fruits, after going through the stomach and small intestines, the chemistry created within your body is actually alkaline. Hopefully that clears up a point there which could otherwise be confusing.

So many fruits are highly astringent, in that they will naturally clean out your body with the pulling quality. The fiber from fruit also has a cleansing, maintaining effect on the gastrointestinal tract, acting as a sort of broom.

Fruit is also very hydrating to the body, which is very important as many health conditions occur in a dehydrated, cationic chemical state of the body (even if the individual is drinking lots of water). Fruits are very high in electrolytes, have high water content, and are extremely hydrating to the body. You may find that you actually thirst for less water when you eat a lot of fruit.

Also a benefit to eating fruit is the probiotic benefits that come with eating a raw, living food. The beneficial bacteria have not been killed in the cooking process, and so when you eat a raw piece of fruit, you are getting a natural probiotic kick as well. Also known as phytonutrients, there are numerous benefits to having a healthy gut biome and population of beneficial bacteria in your lymphatic system. This helps with the breakdown of acidic chemistry to help in the filtration process, Vitamin B creation among other cofactors, as well as numerous other benefits.

Nutrition aside, having covered the chemical importance of alkalizing, nutritional fruit, as well as the cleaning benefits, the hydrating qualities and the probiotic help we can get from fruits, I would like to lastly point out the electrical energy contained within fruits. This is not some kind of far-out, hippie-dippie unsubstantiated claim — it is real, measurable science.

Raw fruit contains more electrical energy than any other type of food. This is covered in the segment 'Cooked vs. Raw Foods'. As much as I like vegetables, and I definitely can enjoy a good dish of cooked vegetables, the cooked vegetables are vibrating at only 4,000 to 6,500 angstroms,

approximately, while the raw vegetables will contain about 8,000 to 9,000 angstroms. Most humans are vibrating at around 6,500 angstroms, so the cooked vegetables would actually take you down a peg, vibrational-wise, and the raw vegetables would elevate you electrically.

Fruit on the other hand can contain 10,000 angstroms or more, higher than any other food on Planet Earth. If you are looking for a food that will be stimulating to you energetically speaking, and even spiritually, look no further than fruit, because it will do exactly that. We humans are simply blobs of flesh, blood and bone that are electrically charged. We are transmitters of electricity, conductive, and purpose-oriented. We are divine, spiritual creatures, containing high levels of awareness and greater powers than even we realize.

This is an area not even close to being completely understood by our scientific community or by human beings in general. Many times people have problems with their health, and can point to an imbalance of chemistry, or a deficiency of nutrition, or a toxic overload in their environment or what they are consuming — and all of these would be valid strategies.

But how about electrical problems? What happens when somebody loses that ‘spark’ and can’t figure out how to get it back? I think we’ve all seen it happen to individuals, who become degenerated, dull and on their way to death’s doorstep. Or it can drag on for many decades as somebody just functions in their everyday life, carrying on, but without really having that buzz and vibrance about them.

If you have any problems relating to your nervous system, mental stamina, focus, energy, endurance, and emotions, consider intaking more of the best food for boosting your electrical energy and vibration to the highest possible levels. It's easier to elevate when you let nature lift you up to resonate at a higher electrical frequency. This informs the cells in your body and activates their intelligence, attuning them to the frequency of the food you are feeding them.

With so many benefits to eating a lot of fruit, why wouldn't you do it? Well, my friend, the answer is simple: Because it's hard. I am not going to sugarcoat it. I never said it would be easy. But it is amazingly simple — if you can really wrap your head around it — how to get healthy, vibrant and well.

I will promise you this — stick with me, especially over the next few segments, and I will share with you from my own experience and insights the art of transitioning into getting healthier. I'll show you how to add more fruits into your diet without overwhelming yourself or making radical changes. Slowly, you can work more of this amazing food in without feeling like you're making such strict changes to how you like to live your life.

Please, do not be intimidated. I will show you how to approach this beast of improving the types of foods you are consuming to give your body more beneficial, helping foods, so that you can get out of your own body's way and let it solve the problems you wish to be solved.

Someday I hope you will experience the sensation of total regeneration, as well as the high-frequency sensation of

overwhelming electrical energy. Please hang in there with me and I will guide you through how to navigate the world of foods, as well as the other important topics ahead, so that you can achieve your health goals.

Cooked vs. Raw Foods

RapidRegeneration.com/Cooked

Over the years I have come to discover for myself the energetic power of raw materials, so to speak — of foods. It is this power that has fueled my recovery, out of my own personal Hell of health issues, back into a life that I greatly enjoy. I now enjoy robust health, amazing levels of energy, and this is the inspiration behind me putting together all of this information in one place to help you solve your own problems as well.

On the one hand, there is nothing like the satisfying feeling of a hot cooked meal. Whether it is home cooking in a rustic setting, with amazing side dishes being passed across the table family-style, or at the most amazing restaurant with the dishes being carried out to the table steaming-hot, sizzling, and smelling incredible.

After the meal is complete, you sit back in the comfort of your chair, feeling completely satisfied, full, and generally happy. It is a warm, fuzzy feeling that we all enjoy.

The raw food experience is a whole different enchilada. It doesn't necessarily have that same kick, that bite, that salty, oily 'bliss point' as referred to by the food industry. It's not the same type of pleasurable experience as you bite into it, with the different levels of savory, salty, crunchy, tender and so forth. It doesn't 'stick to your ribs' in quite the same way.

A raw food meal is light, energetic, and nourishing in a totally different way. By the end of it, in my experience, that same fullness is not experienced in the same way as a cooked meal. Hunger is gone, and you feel satisfied, but you don't feel full or

bloated, and still feel light and airy. After the end of a good raw meal, you will feel more energy and with more pep in your step than before the meal, as opposed to a cooked meal, where you might feel a bit sluggish or have a drop in energy for a little while.

A raw meal can be delicious in its own lighter way, with all of the amazing flavors provided directly from Mother Nature, and can still be enjoying and exciting.

I just want to make one thing clear. I eat raw foods for the results, not for the dining experience. Raw food cuisine will never rise, in my opinion, to the level of cooked culinary creations, with all the different artificial and processed-food compounds chefs have at their disposal, not to mention how cooks can manipulate foods with heat. Cooked foods in my view will generally be more elegant, exciting, intriguing, and interesting to prepare and eat — but these delicious cooked meals will deliver nowhere near the results of the power of raw foods in terms of how someone will feel and levels of healing and wellness that can be achieved. Please allow me to explain why that is.

First I just wanted to clarify that, as delicious and satisfying as it can be to eat raw foods, I understand that cooked foods are more appealing and more crave-able. I just choose not to eat them (mostly) and opt for raw foods because personally I eat to live, I don't live to eat. Here in America, it's all about living to eat, and that's fine, but that was a different phase in my life. I've moved on from that. I am now more interested in results in areas of life other than what's on my plate (health, wellness, physical and mental performance, vitality & energy)!

Here are the main differences between raw foods and cooked foods:

#1 Difference: The chemistry of the food changes and becomes acidic when cooked:

When a food is heated, it lowers the pH of the foods. The Acid/Alkaline scale is measured on a pH scale, from 0 to 14, 0 being the most acidic and 14 being the most alkaline and 7 being completely neutral.

By cooking the food, it alters the chemistry of that food. As we have all learned in elementary school science class, this is the nature of chemistry and is simply cause and effect. When something gets heated, it causes the molecules to change and rearrange and in some cases oxidize and the result is a food that has had its pH lowered. Throughout this process, different harmful chemical compounds can be created by the cooking of the food, including carcinogens like acrylamides.

Some foods like vegetables start off alkaline-forming and become less alkaline-forming when heated, although in my research the vast majority of foods change from alkaline-forming to acid-forming, or go from slightly acid-forming to even more acid-forming when cooked.

This gets down to the nitty gritty of what Rapid Regeneration is all about, which is fixing the body or allowing the body to fix itself by putting it into an alkaline state. This allows the proper conditions to persist so the the body can be in an ionic state while alkaline, rather than a coagulative state that is associated with highly acidic conditions.

Every meal is a battle that is either won or lost, in chemical terms. Even when 'healthy' foods — like vegetables — are cooked and turned acidic, this meal is now a battle which is lost in the body, because now you have acidified your body by a certain degree

and the body will have to fight back and compensate in some way.

It's up to you on which battles you want to win or lose, and it's OK to lose some battles — you don't have to win them all and it's a long life (hopefully) with numerous meals. However, it's just good to have the awareness of the chemistry — either acid or alkaline — that you are putting into your body.

#2 Difference: You lose out on so much in terms of probiotics, phytonutrients and other nutrients when foods are cooked:

You may have seen a craze in recent years over the amazing benefits of probiotics. People seem to be guzzling down these expensive drinks with bacteria added to them, which are considered beneficial.

It is true that beneficial bacteria are a huge contributor to overall good health in the body. It is these bacteria which act as the custodians of the body, because they consume acidic waste within the body, and basically process that into more broken-down chemistry which is less acidic. This resulting 'bacterial waste' now has a higher pH (less acidic) and can be filtered out more easily through the kidneys and bladder, to put it simply. This process also contributes to the creation of Vitamin B compounds and other nutrient cofactors.

Raw foods and especially fresh fruits and vegetables contain probiotics (with the exception of foods which gets radiated or pasteurized). These little bacterial helpful friends have been there all along, throughout the entire growing process of the food, all the way until it's right there sitting on the store shelf, into your shopping basket, sitting in your pantry at home, and being assimilated through your digestive system. When you cook a

food, if it contained probiotics before, they get killed off and are dead by the time the food gets digested.

By eating whole foods in their raw form, we get all of the benefits of the probiotics that are contained with them, also known as phytonutrients, which are so helpful for digestive purposes, the immune system, the lymphatic system and to help keep the body cleaned up and maintained. Especially for those individuals (most of us) who have taken rounds of antibiotics and essentially wiped out entire colonies of beneficial bacteria in the body, it's important to re-populate the body with probiotics.

#3 Difference: Energy of the food is lowered dramatically when cooked:

People that know me know that I am an energy freak. I am always looking for ways to get that extra lift, buzz, or push to get me closer into that cosmic groove.

This phase of my life where I've been into raw foods and fruit especially has been the most energetic phase of my life, and I run around like a headless chicken with more proliferation in my activities now than when I was a little kid.

When you cook your foods, you lower the energetic properties of that food. Now I may be going out on a limb here, but I will theorize that if you consistently consume foods with a lower energy level, it will end up lowering your own energy level, with the same principal applying to foods with higher energy.

The energy of all matter can be measured using a unit of measure called angstroms. Just for reference, a healthy human body on average will be measured as having approximately 6,500 angstroms, although it can vary depending on the individual. Raw vegetables contain approximately 8,000 to 9,000 angstroms,

while raw fruits contain approximately 8,000 - 10,000 angstroms or more.

By contrast, milk has an electrical measurement of 2,000 angstroms, cheese 1,800 angstroms, white flour 1,500 angstroms, and cooked meat: zero angstroms.

By eating these raw foods, as you will experience, you literally raise your energy of your body and can feel the powerful interaction with these compounds that are resonating more energetically. It's a fascinating and rather incredible process that you will get to experience firsthand if you embrace the power of raw foods. In fact, most people know about this experience on an intuitive level, because everybody seems to enjoy fruit for a light, energetic snack. But maybe this will provide some additional insight and additional reasons to eat it more often.

On the other hand, cooked foods vibrate at a much lower frequency than a human who is in healthy condition. Cooked vegetables have their energy lowered from 8,000 - 9,000 all the way down in the 4,000 — 6,500 angstrom range.

I'm not sure I could add much more to this particular section, because this information about energy is so powerful, the numbers speak for themselves. The 'proof is in the pudding' in terms of angstrom measurements.

Getting yourself healthy and well is about chemistry, and it's about probiotics and phytonutrients, but it's also about energy, and you're going to need as much energetic help as possible to overcome your personal challenges ahead and to get to your destination of great wellness and vitality.

#4 Difference: Spirituality, Awareness & Consciousness:

The final difference between cooked and raw foods is just a fancy way of elaborating on the energetic differences between these two types of foods. After all, if you want to get more into the deeper levels of creation and the nature of reality, what you refer to as spirituality, God, or creation can also be referred to as energy.

Simply put, all matter especially all living forms have some level of consciousness to them or intelligence. By keeping a plant in its raw form, you can absorb its whole consciousness so to speak and sort of interface with it on a genetic or divinely intelligent level.

This speaks to the power of herbs in affecting the body's consciousness and stimulating certain systems of the body. An herbal plant after all has a great sense of awareness in its own millennia of survival and genetic programming, which then is transferred on an energetic level to a human who consumes it.

This gets quite far out, and is powerful to experience for yourself, but the same is not just true with herbs but with foods in general. The tree that grew the fruit can have a lot to teach us on an energetic and/or consciousness level when we consume the gift of its fruit raw, and there is something deeper that goes on within that interaction that transcends explanation.

Putting it all together:

Those are the Big Four differences between cooked and raw foods. At the end of the day, it's no contest, at least not for me. If I were in a different life, with perfect health and great genetics, sure, I could see why somebody would eat cooked foods all the time and indulge themselves.

But if you find yourself going through this information because you are in need of a solution to a health problem, or really have a strong desire to transcend to the next level of wellness, energy and performance while here on this planet, then the chemical, nutritious, energetic and even spiritual power of cooked foods does not even compare with what can be accomplished while eating raw foods. It's like allowing professional athletes to take all the steroids and performance-enhancing drugs they want — there is no comparison and it's a totally unfair advantage.

The ability to use the power of the raw elements of this earth, even though they might not be as delectable in your mouth, gives you a powerful Ace up your sleeve and will take you the distance to achieve your personal health and wellness goals, so you can create a truly beautiful and vibrant life.

What is the End Game? Do You Have to Eat Healthy Forever

RapidRegeneration.com/EndGame

A lot of people, when exploring the world of healthy eating especially raw foods and the prospect of changing what they are eating, become concerned about giving up their favorite foods and abandoning certain creature comforts about their present lifestyle. That is completely understandable.

It is my philosophy that you don't need to worry about that happening. My school of thought is not to convert somebody to an orthodox raw foodist. Instead, the approach has always been, for starters, not to worry about the diet and just start adding in herbal supplements and cleansing. Then, supplement and augment what you're eating now using the power of raw foods. You can accomplish a lot of ground, between where you are right now and the destination of where you want to be with your health goals, by just adding in lots of good things into your daily life and without completely eliminating all of the so-called 'unhealthy foods' from what you're currently eating.

If during the process of adding more raw foods into your lifestyle you decide to immerse yourself completely in the energetic transformation of eating almost all or all raw foods, especially fruit, then more power to you and I would reckon that you will accelerate your velocity towards getting the results you desire by doing that.

If let's say you are nearly or all raw in terms of the foods you are eating, and you keep that up for a while (let's say until you fix your health issues), and then decide you want to continue eating mostly or all raw for the rest of your life, good for you. You may find that it becomes a sensational high and that you continue to find higher and higher levels of vibrational energy and inner harmony to continue living your life that way.

If on the other hand, you should achieve the results you want from either a partially raw, mostly raw or fully raw lifestyle — enough so where you now feel strong and resilient health-wise — and wish to return to eating some of your favorite comfort foods and get back into a more regular lifestyle, I take absolutely no issue with that. There are numerous examples of this with well-known people in the raw food community who are still in relatively good health after they went back to cooked foods. Many of these individuals seem to be doing fine health-wise following their own version of balance.

It's 100% a personal choice. If you were to find your health to deteriorate and become compromised after going back on cooked foods, then you know exactly what to do and how to detoxify and regenerate yourself once again. Just be careful about 'playing with fire' once you're healthy and well — some of us after falling ill once want to reduce that risk as much as possible, knowing how miserable it can be, and so stick with more healthy foods even after feeling vibrant, energetic health.

My philosophy is for you to try out the world of raw, to transition into eating more healthful cleansing foods, and

seeing where that takes you. Try and live in the moment when it comes to your health and well-being. Why fill your head with schemes and plans and mapping out what you're going to do with the rest of your life — who knows what's going to happen? Just give this a try, in terms of eating more fruits and raw foods, and then see if that takes you on the journey of regeneration to your ideal destination.

I am giving you permission to just use the amazing power of raw foods temporarily as a means to an end. Let Mother Nature give you the incredible gift of healing and regeneration for now. Get a taste for yourself of the incredible power of your own self-healing process, once activated, and figure out the end-game later.

The truth is, by recommending you 'dip your toe in the water' or wade in waist deep, I know that you may ultimately decide to dive all the way into the deep end headfirst. In my own experience, regenerating the body can be very addicting almost, and it becomes a thrill to get more and more energetic results. Maybe that's just me and my own personality to keep chasing the next level of performance and state of being.

I've been at this a while now personally with no plans to slow down or stop. I've had my times where I leaned more heavily on certain cooked foods over the years. At this point, I intend to continue eating lots of raw foods for the foreseeable future, but that could change. I've always been a bit mercurial...

That's part of the fun is to see where things will take you after you really start exploring the world of raw foods. There's no need to get bogged down in a five year plan when it comes to what you're going to be eating, much less a lifetime projection. Just go with the flow for right now. Use the tools available to solve your pressing, urgent health problems or achieve your health goals to get to the next level.

Once you elevate to the next level, it will be actually a fun and satisfying quandary for you to explore what you should do next.

Do You Have to be Vegan or Plant-Based to Benefit from Raw Foods?

RapidRegeneration.com/Vegan

The world of raw food-ism and the world of vegan-ism are closely related — that much is true. And so it may be easy to assume that I am pitching you to be vegan by going through all of this information.

I would emphasize that this really isn't a program about veganism, per se. Many vegans, in fact most of them, still eat basic vegan junk foods and cooked food combinations which are detrimental to health. They will wind up with similar problems as the rest of the world and can likely end up needing regenerative transformation from raw foods ultimately just like meat-eaters.

The short answer to this question is that anybody can benefit from the power of raw foods, despite what they're eating on the side. There are many levels to the power of the process described in Rapid Regeneration, and you can benefit moderately or greatly, depending on how much you commit to feeding yourself these superfoods in contrast with other foods.

After time, I ended up transitioning to plant-based foods exclusively. However, this was never my intention to give up animal foods when setting out to fix my health problems.

I am a country boy originally from Heath, TX. Trust me, I would be the last person who would give up meat. Cold beer,

enchiladas and barbecue were always the name of the game growing up in Dallas and into early adulthood — how could I not?

When I first starting getting into raw foods, sometime in the fall of 2015, it was very much a supplemental thing. I would have a big bowl of fruit for breakfast. And perhaps, as a late afternoon snack I would have some more fruit. My lunch and dinner would still typically stay the same. I would oftentimes eat chicken, or fish, or beef, and of course eggs I would eat every day.

At the time, I was already hip to the detrimental nature of dairy so I would eat as little of it as possible. I would also try and minimize eating breads and grains, although I would still eat a lot of tortillas. And of course, corn chips were my big go-to food that I couldn't get enough of. With my meals on a good day I would cook some vegetables to go with it, and try and work in some raw greens like salad.

At this time I was making an effort to 'clean up' my more or less standard American diet. From 2011 to 2015, for about 4 years straight, I had been on a streak of eating pretty terribly, from McDonalds to chocolate candy bars to you name it. I know a lot of people tend to feel good just cutting out the worst type of foods (for more on this, please refer to the segment 'Top Foods to Avoid'). So I was making improvements at this time, eating more whole, cooked foods which included eggs and meat two to three times daily.

Please keep in mind that at the time I was also investing a good amount in supplementing with herbal products. And, I

was putting the time and effort into doing some multi-day cleanses. Both of these were giving me big-time results, and helped motivate me to clean up my diet and eat more healthfully, even though it was still cooked foods, grains and meat, etc. So I was already experiencing momentum, feeling good, and felt like I was making progress towards my health goals.

I started incorporating more fruit into the diet and it was a powerful catalyst. I noticed the effects right away. I felt the cleansing energetic power of the fuel moving through my system. When I incorporated more fruit into the diet, I felt like it took things to the next level. I felt like I was being elevated to a new level of healing and regeneration. I could feel my body working on itself to purge out harmful toxins and repair and revitalize my problem areas.

Personally, I felt like this was my new secret weapon and this would remain my lifestyle for the foreseeable future. I intended to keep eating meat, and cooked foods, but simply supplement with fruits and of course the supplements. I actually felt amazed at the power of this simple combination and felt this would be the winning formula for me.

I believe that each individual is different. But for a lot of people out there, I think that they could have very powerful results just by using this combination. For some, maybe this is all you would need for now. Just to get to the next level, relieve some of your problems and get a big boost of energy and vitality, but to keep on basically with much of your existing carnivorous lifestyle to which many of us have grown attached.

What happened with me was really outside of my own volition. I never intended to give up meat or become 'vegan'. What I found was that over a period of several months, as I started getting more and more energy, and working in more fruits into my day, and after completing a parasite cleanse, is that I start craving and desiring meat less. I actually lost my appetite for eating it, most of the time. It was very strange because I used to love the stuff.

So, naturally, I stopped eating it as much. I would eat other high-fat, high-protein foods such as avocados, guacamole, olives and nut butters like almond butter, and I would eat a lot of that. Those foods became the objects of my desires more-so than meat and I followed that urge. I would eat meat maybe a few times a week, and then a little less and then a little less.

I reached the point where I was eating meat simply as a formality, or you might say as a social function — if it was being served or if I was out socially and in that type of situation.

Then I started getting these realizations after I would eat it, which started to send me a bit of a message. I recall once I was out with a girl that I was seeing at the time. We were out walking the dog and we stopped at a food truck and ordered a steak burrito, which we shared. After I ate it, that's the first time I can remember distinctly really feeling bad after eating meat.

It was unfortunate because, prior to that, I was on a bit of a high. That's what I had been enjoying about eating more raw foods, is that I would feel a sort of buzz like a natural high, all day long. And after we ate this burrito, my buzz totally evaporated. Not only that, but I felt a very disagreeable feeling coming from my stomach, as though my body was not happy with me for eating that. I felt uncomfortable and like my good mood had been ruined for the evening. I still plowed through and everything was fine, but this was a heightened level of awareness that I was feeling about eating meat, for the first time, highlighting the detrimental effects on how it made me feel.

Over this span of time, my body was directing me on what to give it in that way, and I listened to it. It was nothing more complicated than that. So I would eat meat even more occasionally and it got to the point where really I would just eat it in social settings.

The final straw for me, socially speaking, was one time when I was with my family and my grandmother was visiting. My mom, bless her heart, made a chicken pot pie for supper and we all sat around the kitchen table and tucked in. I remember thinking, 'I really don't want this, at all.' I felt as though I was just eating it totally as a formality, and out of courtesy to my family, but against my natural best judgement. After the meal was over and I went to bed, that food did not agree with me. I felt my stomach churning and actually felt pretty bad. I thought to myself, 'I'm doing this for what? Just to please other people? What about me?'

At that point, I made a decision to selectively start telling people that I was plant-based, just so that I wouldn't have to eat their cooking if I didn't want to. It gave me sort of an acceptable excuse, and let me off the hook. That way, I wouldn't appear rude, as opposed to if I just said, 'Actually, I would just prefer not to eat your dish, as I don't find it very appetizing.'

I thought I would still eat meat occasionally, and I think I did a couple more times, but not long after that I really did totally lose my desire to eat it.

I want to make a distinction here, because there are (at least) two types of desire when it comes to food. One is a surface-level craving. We see a commercial for a fast food burger, covered in cheese and bacon and everything else, and our mouth starts watering because sensorily it's so stimulating and delicious. This surface-level intrigue continued even after I gave up these foods and still to this day I love the smell of a bacon cheeseburger and can imagine the pleasure of biting into it.

But, what I discovered in cleaning up my diet and eating more raw foods is a deeper, more intuitive disposition. It's a bit tough to explain but I'm doing my best. I have I guess only Nature or God to credit because literally I would look at the same burger, a bowl of ice cream, or macaroni and cheese, and I really had lost my actual physical desire to actually put it inside of me. What could be easier diet-wise than simply having no desire to consume certain foods? That is what happened to me.

I still would eat eggs until eventually I lost my appetite for those too. Eventually, after about only six months after I had started incorporating more raw foods and fruits, and only nine months after I started supplementing and doing some herbal cleansing, I pretty much moved off any animal product foods whatsoever. From that point, I was just eating plant-based foods, which was a good amount of fruits, still a lot of high-fat plant-based foods, plus still some cooked foods and definitely still a lot of corn chips. I was still far away from being ‘all-raw’.

I simply followed my intuition and what felt natural and easy for me. I never set out with any grand agenda, and certainly never made a decision early on to become vegan. I didn’t choose the raw lifestyle — the lifestyle of eating more raw and the power of plant-based foods chose me, you could say. I just went along for the ride, because I was that committed (and desperate, you might say) to solve the health problems that still plagued me. I desperately wanted to transform my life and get back to the old energetic me, before I had gotten sick.

Once I accomplished that a couple years later, which is a whole other story, I suppose I could have given up the plant-based way and gone back to things as normal. In fact, I did have a couple episodes where I did just that, because I craved meat and I gave permission to my craving to do whatever it wanted — but that was relatively short-lived.

Ultimately, my desires have simply changed. A steaming skillet of fajita meat just no longer excites me like it used to. This is a strange concept that is almost impossible to fathom,

for a meat-eater, unless you get to this point in your own body transformation to experience it for yourself.

I also think that parasite and harmful organism cleansing definitely contributed to changing my appetites and desires. After all, an intestinal tract full of purifying meat is one of the most prolific breeding grounds for parasites, especially tapeworms and intestinal worms of all varieties. Raw sushi for example has an incredible number of parasite eggs contained in each square inch of it. These specific parasites proliferate within the intestines of an individual, and what do they crave and feed on? Rotting, decomposing flesh. It is my opinion that these parasites influence the host in what they want him/her to eat so that they can be fed. Once these parasites get killed and flushed out, many of these cravings for meat and animal products stop. It's really amazingly simple.

My message to you is not to become vegan — it's to do whatever you want. But, my other message to you is about the power of raw foods, herbal cleansing and supplements. If you start going in that direction, and adding more of these things into your life, there is no need to worry so much about cutting things out or making strict rules about what you can't eat like giving up meat. You don't have to be a vegan cop about that to yourself at this phase. If you simply focus on the good things, then just buckle up and see what direction that this will take you in.

I leave the rest in your hands. I would just like to play a role in getting you started down that road towards your wellness goals, and away from your health problems. Use the tools I

will lay out in this program, and they will take you far regardless of the choices you make about animal products. As far as what will ultimately happen with your dietary choices, I have no idea. I hope you will focus on the Now and be present in your journey towards wellness, vitality and regeneration and use the incredible power of raw foods to transform your life.

It will be exciting and maybe even surprising to see what will unfold for you.

Top Foods to Avoid Consuming

RapidRegeneration.com/Avoid

I was having a conversation with a friend of mine who is a smart guy, but not really sold on the power of raw foods. He said to me, 'Maybe this way of eating is simply effective because of all of the foods you are not eating, and you feel so much better because of the foods you're not eating, rather than the foods you are eating.'

I think this is a good point and valid. While, I do maintain that fruit and raw foods do have incredible and powerful effects when eaten, I do think that when you eat a diet that is high in raw foods, you are also putting your body in a vacuum existing outside of many toxic chemicals, substances and harmful acidic molecular compounds that can ravage the body when eating other foods.

In the art of transitioning to a more healthful way of living, I share helpful information with you about how to make that transition successfully. I think that simply adding in more fruit and raw foods is one way to supplement what you are eating and reduce some perhaps unhealthy choices of foods you've been consuming.

The other thing you can do is — when choosing to eat cooked foods — you can choose to avoid the worst offenders that contribute the most to creating an acidic environment within the body (for a greater insight into the issue of chemical balance, please see the section entitled: 'Understanding Body Chemistry').

I will outline in this section what I perceive as the most offensive things you could consume to your body. This should be a top blacklist of foods. This is like the CIA list of known terrorists — when encountering them, you should not negotiate with them if at all possible. These foods create degeneration and health problems within the tissues of your body by creating an acidic effect, and all sorts of bodily responses including inflammation, mucus, immune response, water retention, cholesterol plaque, calcium loss, invitation of parasitic organisms, cellular damage, and many other issues.

First, let's start with harmful chemicals. This should be a simple one — for starters, how about avoiding the water from your city government or local private water company coming out of your kitchen sink. Although each municipality is different, in many cases the drinking water supply is recycled from the plumbing of the general public. You can imagine the kinds of toxic wastes and chemicals that go through the plumbing system, including gnarly germs, parasites, herbicides and pesticides, pharmaceutical drugs and other harmful toxins (not to mention human waste).

Water facilities will then use heavy chemicals like chlorine and bromide to disinfect the water, which are harmful chemicals in and of themselves, as well as other heavy chemicals which are added to the water like fluorosilicic acid (a harmful fluoride industrial byproduct) among others. These chemicals are harmful in and of themselves to the body and should be avoided.

The solution should be to either get water from an outside source, like spring water or distilled water, or to use a high-powered filter to filter your tap water before drinking it.

I have located what seems to me to be the highest quality and most affordable filters which you can find at RapidRegeneration.com/WaterFilter

If you are planning to drink bottled water, this brings up another quandary about avoiding chemicals. Most plastic bottles contain a harmful chemical known as bisphenol-A (BPA). A good quality water with a neutral or alkaline PH will actually pull the BPA chemical out of the water bottle's plastic lining and will actually soak up that chemistry which you would end up drinking — so make sure the bottled water you get says 'BPA-free'.

Also keep in mind that most beverages are made using tap-water and so would expose you to these same harmful chemicals. Therefore, most beverages out there would also be top on the list of top items to avoid consuming. In addition to their use of tap-water, most of these beverage products are laden with many harmful chemicals of their own and are worth avoiding so as to not consume those chemicals, as well as the fact that their own innate processed chemistry for many beverages is acidic-forming after drinking.

Next up in the chemical category of top foods to avoid would be chemicals added to the foods. This would include things like dyes, preservatives, emulsifiers, thickening agents, and artificial flavor compounds. These types of chemicals proliferate in the world of packaged foods. When you read

the label on the back of a food product, and there are a bunch of difficult-to-pronounce names of chemicals which you have to look up to even see what they are, this should be a red flag of something that you should avoid eating.

Unfortunately, here in America, our health regulatory bodies seem to let a lot of things slide on allowing food product companies to put in chemicals into the food, in order to make the foods preserve longer, taste artificially better, and yes, even to make these food products more addictive.

Ultimately though, it is not the responsibility of some governmental agency to protect you against the marketplace. It's up to you to figure out what you're eating and hold corporations accountable by buying different products or shopping elsewhere if the food products they are selling you are poisonous or harmful. It's up to you to become informed and aware of what is going on around you. Don't be like a herd animal sticking your head into a feed trough to just gobble down whatever comes out and is placed in front of you.

A great example of this is MSG (monosodium glutamate), although this chemical mixture now goes by many names on product labels (which is because I suspect the public has become hip to the harmful nature of it). This compound was originally developed by the US government. MSG was used way back when as a military additive to troops' foods, in order to make bad, bland, stale food taste good. The fast food industry of course loves this concept, because they can take cheap, low-quality ingredients and just add this miraculous flavor-transformer.

The other amazing thing about MSG is that it actually has been shown to have an addicting quality amongst individuals who consume it. What better for pushers of this food ‘dope’ than for you to become quite addicted and filled with the need to return for another ‘dose’ as soon as possible?

This is just one example of the things that are going on in the food industry within this umbrella of many chemicals and artificial ingredients which are being added to food products. These chemicals are often very toxic and can cause an acidic reaction in the body. In many cases some of these chemicals are neurotoxic, harming the brain and nervous system, and in addition are hormone-disrupting, changing your entire energy flow and hormone production within the body. Is that really something developing children and young adults should be eating, or humans of any age for that matter?

This category of foods to avoid should really be a no-brainer, but know that these types of chemicals are quite ubiquitous — you turn the corner, and they’re there. In many cases they are used to save costs, so if you’re eating out at restaurants, avoid fast food or lowest-cost-provider type of eateries, which slash costs by compromising the safety of the foods in this area. Eating out is more challenging because you can’t really read labels so well in restaurants. When buying food in stores or online, go ahead and start reading the labels (something few people do in a supermarket) and buy only simple, whole-food type products.

Luckily, there is a growing market for transparent foods which are natural and don’t have harmful chemicals added to the

production process. This is a booming industry, just like it's a growing movement of people who like yourself want to get out of the manufactured ghettos of poor health, and are sick of getting bounced back and forth between Big Agri and Big Pharma.

Next up on the list of top foods to avoid would be more toxic chemicals and materials found on mostly unwashed or non-organic produce, which would include things like herbicides, pesticides, fungi and harmful organisms.

While I understand that it's not always practical or affordable to purchase organic foods, there are some good distinctions to be aware of. I understand and have the same concerns when it comes to cost. For a fruit with an outer skin which I am not going to eat, for example, oranges, bananas, pineapples, melons, or avocados, I could go ahead and buy the conventional (non-organic) varieties (using common sense that the fruit inside is more protected by the outer skin from the harmful pesticides and chemicals). But, it is important to be aware that things like berries, grapes, and other fruits where the skin is exposed are among the most sprayed fruits in the business in terms of herbicides and pesticides.

Pesticides are incredible harmful to health. Take a chemical for example like glyphosate which is used ubiquitously by Big Agri — this chemical has been linked in so many different studies and investigations to so many health problems. Entire books have been written about that, sufficed to say you should avoid it at all costs. If you're concerned about the conventional pound of strawberries costing \$3 and the

organic ones costing \$6 and you *cannot* afford the extra \$3, then I've got a message for you: Don't buy either one. Get some oranges instead because that orange rind can at least protect both you and the orange from the food industry's expedient reliance on chemical pesticides.

Also, it would be recommended that you wash fruits and vegetables before eating them, specifically in reference to foods without an outer skin, peel or rind which gets removed. You can use a natural, organic produce wash product to accomplish this quite easily. This will also help you avoid things like fungi and parasites, and any unnatural residues that wind up sitting on that food from the trip between the farm and your refrigerator. Here is a good product for that: RapidRegeneration.com/ProduceWash

Next up on the list of top foods to avoid would be fast foods. This one should be obvious. I'm sure you know the secrets of the industry that everybody knows about. We've all heard about documentaries or seen them exposing the industry for its use of highly unnatural practices, from the raw ingredients used to food processing additives to the actual preparation. Everybody knows that eating these foods will destroy health and vitality. Very few individuals can get away with continuing to eat these foods over a lifetime and still receive a get-out-of-jail-free card with respect to their health. Don't roll the dice and gamble at the roulette wheel of the food world — don't become a statistic.

Next up on the list of the top foods to avoid would be genetically-modified foods, AKA what are called GMOs. The main GMOs as of the time of writing are:

- Corn
- Soy
- Canola oil
- Refined sugar (from beetroot)
- Potatoes
- Zucchini and yellow squash
- Alfalfa (primarily used for animal feed)

You could obviously still eat these foods in their natural form, in which case you would want to buy organic versions of these foods. The big issue addressed here is eating them in their genetically-modified states. Without getting into excruciating detail, my concern with eating GMO foods is regarding the fact that the food industry created these inventions in order to grow food more cheaply and in a sort of lifeless, unnatural vacuum. Indeed, these alien-like creations are not susceptible to the harsh realities of Mother Nature as all other life forms are. Some of these foods are essentially implanted with a virtual pesticide-like compound within the DNA of the food, so that bugs will be alerted that they are toxic, poisonous, and so they would have to be foolish and possibly suicidal to eat them. Yet we're supposed to eat these freakish creations? Sadly, billions of people do eat them regularly.

There have been numerous studies and investigations by far more qualified experts than myself that have sounded the alarm bells about the dangers of GMOs. For example, there are well-documented studies with rats that were fed GMO food products and grew massive tumors. These are basically mad scientists who consider themselves heroes for being able to deliver a crop for 70 cents on the dollar by playing

God and manipulating the genes of nature. As long as people continue to buy their products, the population of the world will continue to get sicker.

I simply am smart enough — and so are you — to have an awareness about this and the ability to do a full-spectrum analysis to understand that these people who have developed this are not friends of yours or mine. They're very rich now, while so many people especially those in disadvantaged communities suffer from ill health that continues to decline. You should stop supporting this industrial practice, and start defending your health from this external, alien-like threat of GMOs to the natural genetics of this planet.

Next up, in our (somewhat depressing so far) list of top foods to avoid is: Highly-processed food products. These are foods which aren't really foods at all anymore, by the time they make it into the box or bag. I know I am starting to sound redundant, because by going through this segment, you should now probably realize that these highly-processed foods are no-nos from other lists as well — filled with GMO products, and chemical-laden. You can see how many of these categories overlap, like a Venn Diagram of health-destroying chemistry.

Many food products are broken down, processed, reheated and preserved in such a way that they no longer even resemble food — but they are tasty and addicting, thanks to the amazing revolution in food enhancement technologies and chemicals from the last several decades. The more a food gets processed, the more it loses any nutritional or

energetic benefit that it once had. Take for example flour from wheat that gets refined and turned into white flour, losing much of its original vitamins and minerals in the process. It also turns into a sort of sticky, gluey material that is well-known to form a pasty plaque along the walls of intestines. At this point, it's not even a natural substance any longer.

Add to this the fact that the food will get heated up in the cooking process and all of the chemistry can get transformed radically throughout the cooking and heating process. For example, with the prolific use of cooking oil in processed foods, this changes the chemical makeup of the oil (becoming oxidized) as well as the other foods which come into contact with it. Then you add in the GMO factor plus all of the chemicals which get added into this food to preserve it longer, enhance the flavor, change the texture, or make you crave it more so you'll buy it again. These are the reasons why this category absolutely makes the top of the list of top foods to avoid.

I understand that packaged foods can be convenient and for many a sort of necessity (for example a parent raising children who is on the run and cannot always serve prepared, fresh foods). Fortunately, there is a growing market for products which are packaged foods, but without the chemicals and GMOs, etc. But just keep in mind to still consider the ingredient list and to be aware of highly processed food product ingredients and avoid them.

That sort of marks the halfway point of this list. Because everything mentioned up until now are sort of alien non-foods that get combined with our foods, these are both the easiest

and some of the most challenging things to avoid — easiest because of how weird and obviously harmful they are, but challenging because of how prolific and widespread they are.

It is also important to address in the 'actual food' world what are also some of the top things to avoid eating, and so I will do that now as well.

Dairy is definitely at the top of this list of 'real foods' which you should highly consider avoiding. Dairy is a food which is alkaline when raw but in America basically all dairy is pasteurized (cooked), which is very acid-forming to the body. I am not an expert on raw milks or cheeses, and I know some raw food people do recommend that. I am just not so sure and it still seems like a weird thing to consume and still has its issues. I am going to keep the scope of this segment focused on pasteurized dairy, which is basically all of the dairy products you will find in stores and restaurants.

Pasteurized dairy products are acidic-forming, mucus-forming, congestive, irritating, constipating, complicated to digest, and promote overgrowth of yeast, candida, and harmful organisms — I mean, what more do you need to know?

Dairy foods are very addictive and many cheeses even contain a compound called casein, which basically acts like an opioid drug on the brain. Have you ever seen a sunken-eyed junkie sitting in an alley waiting for his next fix of drugs? Have you ever seen a large overweight man with a blank look in his eyes walk into a Pizza Hut to pick up his order? Why do you think these two individuals share so much in common

with their actions? It is because of the addictive qualities of casein, whereby casomorphins are created and bind to opiate receptors in the brain.

This is a pure indulgence food. There is far more to lose from eating it, than any potential nutritional gain. It's a made-up food, invented by mankind and his arrogance over Mother Nature. What other animal suckles the teat of another species? Even the paleo meat-eaters, the Whole30 dieters, and many other nutritional groups who are not so much into raw foods understand the detriments of eating and drinking dairy. Definitely avoid this food category — your life may depend on it.

Next up on the list of top foods to avoid would be grains, beans and starches. I know I'm getting less and less popular with you the reader as this chapter continues onwards. I'm trying to start off with the worst things to consume, and move down the list, so maybe these last couple categories can be like extra credit. Or if you're approaching this at a higher level, you might consider these next ones quite essential to avoid, if you really are serious about solving your health problems at an accelerated pace and getting to the next level.

I actually will cover a whole section going over the misconceptions about this next food group and what the real deal is, entitled 'Grains, Beans & Starches — Healthy Vegan Foods or No?' For a more detailed breakdown of that information, please refer to that chapter.

This would include grains, like wheat, oats or rice, as well as beans and legumes, in addition to starches and foods made from starches like potatoes and corn. Now these are going to constitute a lot of fun foods which are enjoyable to eat (like bread, pasta, tortillas, chips and crackers) and you're not going to want to give up easily. But, you will prevail ultimately. Even if not today, or this year, you will gain the strength and fortitude to eat more foods which energize and cleanse you and eat less and less of foods which compromise your health and vitality.

Without going into massive detail (we can save that for the aforementioned section later), just know that eating these cooked foods results in major acidic digestive results, causing a blowback from the body just like anytime you throw your body into an overly acidic state. The foods are also robbing of your energy, creating more work expounded by your body in order to digest them compared with the units of energy you will receive from the actual nutritive make-up of these foods after digested.

Most everybody is eating from this category, and I understand it's not easy to give up. I'm just telling you what the real deal is, without sugar-coating it, just so you can start thinking about cutting down in this category, or making some substitutions. We'll figure out 'How to Transition' in a later section. It's just important to identify the source of the problems (with the main problem across the world being overly-acidic body chemistry) before we go about figuring out how to eliminate the problem naturally.

The final category I would mention for Top Foods to Avoid Consuming would be conventionally-raised meat products. These are some of the most toxic, chemically-altered, unnatural and parasite-ridden foods out there. There are so many problems with the conventional (AKA non-organic) meat industry from a health standpoint that I'm not sure where to begin.

First of all, you have the condition of conventionally-raised livestock, which is very bad from a sanitation standpoint and can attract a lot of parasites and harmful organisms which can grow inside of the animals and wind up in your packaged meat (and hopefully not but in many cases end up inside of a new human host).

Then, to combat the dirty and deplorable conditions of the animals' environments, farmers give the animals antibiotics and other pharmaceutical products, which compromises the animals' health and fills them full of chemicals and toxins — that end up inside of the consumer.

There is also the issue of what these animals get fed. In many cases they are fed genetically modified products like GMO corn, or if they're lucky GMO alfalfa. The health ramifications of eating GMOs can send shock waves through the animal eating it. Even if you are smart enough to avoid GMOs in the foods you choose to eat, if you eat an animal which was raised on it then you are ultimately eating tissue which has been affected and altered by the harmful and pervasive nature of GMOs.

Aside from the GMO issue, you have many other truly offensive things which barely qualify as food which are fed to these animals, primarily to save costs. If the animals you eat are being fed harmful and toxic chemicals, then you are consuming those things by successive approximation. There are even examples of farmers who grind up their sick and diseased cow meat that they couldn't sell and feed it back to the rest of the healthy cows. I mean, cows aren't even designed to digest meat — that would slowly putrefy and rot within a cow's long intestinal tract and cause so many health issues which then can affect the rest of the tissues in its body, which ultimately wind up on your dinner plate.

Definitely avoid this type of meat product, just as you would avoid eating directly the chemicals, drugs, and types of foods that are being fed to these animals.

I'm going to spare organic, grass-fed, free-range, etc. type meats for now. Don't get me wrong, even naturally-raised meat has its problems. It is acidic-forming, very intensive digestively and energy-consuming. Meat also rots slowly as it moves through our intestinal tract, causing the intestines to get congested with mucus, and attracting harmful organisms, among other issues.

But, this section is about the 'Top' Foods to Avoid Consuming, not 'All' Foods which You Should Ideally Avoid Consuming in a Perfect World. And I think that while organic meats have their problems, they're not in the top category, in my opinion. Aside from that, I understand how challenging it is to transition to a more healthful diet, and so organic meats

could be a sort of stepping stone food to rely on while cutting out many of the worst-offending foods.

I am also aware that there are numerous individuals who seem to do OK on a food intake consisting of fruits, vegetables, nuts, cooked vegetables, organic meat and organic eggs. That's what I did for awhile and I was still able to see incredible results while doing it. So, for now, maybe plow ahead avoiding toxic conventionally-treated meat products and figure out later on whether you are going to give up animal products entirely and go fully plant-based or not. It's your journey, and you will figure out I'm sure what will work best for you.

For now, I hope this provides a bit of a roadmap in terms of the minefield that we're navigating here, which is to say the landscape of your day-to-day life, in the modern marketplace of food products. It's almost as though you are in a war against the marketing machine of Big Agri, and you need to know where the mines are buried, waiting to explode, so you can traverse the land and complete your mission — just remember, your mission is to arrive to your destination of optimum vitality and a lack of health problems.

I will help you figure out how to avoid these explosive liabilities, or in the very least, how to reduce your consumption of them or find substitutes. For now, it is important that we identify them so you can have a heightened level of awareness about the true nature of the reality we live in today and the source of health problems.

Hang in there with me and I promise I will help you with the solutions of how to get yourself healthy, well, and energized in the segments ahead.

How Addicted Are You to the Foods You Eat?

RapidRegeneration.com/Addicted

The longer I go in my life eating a healthy, clean array of foods that are energizing, alkalizing, hydrating, nutritive, and electrically charged, the harder it gets for me to remember what it was like when I was in the depths of eating The All-American Diet.

I guess when I reflect back on my life, I can break it up into a couple of phases, food-wise. First, growing up as a child and as a teenager, I would eat basically anything and everything, as much as possible. Eating was always good fun and my desires were very hedonistic or pleasure-driven. I was definitely constantly craving junk foods and indulged with no second thoughts.

Then there was a phase where I wanted to maintain a certain figure and athleticism, as a young adult, and so it became a bit of a battle, where I would resist temptation and watch what I was eating. Ultimately I achieved an ideal weight, or close to it, but it was a constant battle.

Then, there was a phase — after I experienced acute poisoning of my nervous system and got chronically sick — where I became so listless and depressed really that I just pretty much succumbed to my addiction to junk foods and ate them daily as one of my few remaining pleasures. This was a painful downward spiral.

Then, luckily, a few years later I discovered herbal supplements and full-body cleansing, and started turning things around health-wise. At this point, I started to transition over to a more healthful, raw-food-centric way of eating. This was still challenging, because I still had all my old cravings, but ultimately I transitioned over mostly smoothly (although it took a few years).

Lastly is the phase I am in currently, which is pretty much a good place to be for me personally. I barely desire unhealthy foods ever and I actually am drawn to eating healthy, vibrant, living foods.

So I would say that I was addicted to junk foods in four different ways during four different phases, before finally transcending that way of living. First, I was addicted but in a willing sort of fun way. Then, I was addicted, but would resist my addiction and fight it constantly to maintain a sort of tug-of-war balance. Third, I was addicted but in a miserable sort way where I had almost given up. Lastly, I was addicted but was finally prying the monkey off my back while transitioning to a new lifestyle and getting rid of this addiction ultimately.

After going through these four phases, addiction to foods and junk foods became a thing of the past for me which has been a great blessing (after all I've got enough challenges in life to deal with aside from a compulsion to eat unhealthy foods).

So how addicted are you to the foods you eat?

Think about what kind of cravings do you get, for a certain salty, satiating, savory dish that makes your mouth water? Or for a sugary sweet chocolate treat or a pastry that puts you into a bliss point? How about the textures of some of your favorite snack foods or fast food menu items with a certain crunch or crispiness? Can you imagine the explosive party in your mouth that happens when you dip a piece of fried chicken tender into your favorite dipping sauce, and the satiating side dish of deep-fat-fried French fries?

It's OK to admit that you feel drawn and compelled to these things, and you know what — it's not your fault. Think about how you were fed all kinds of irresistible foods starting when you were a young child. Even your parents were probably not educated or informed or maybe didn't have access to the internet at that time to bring you up a different way. And plus, factor in all the immense societal pressures and pressure from your peer groups from a young age.

On top of this, there is an industry who we'll refer to as Big Agri / Big Food who spend tens and hundreds of millions of dollars (if not billions) to pay scientists — some of the smartest and brightest minds we have available in the modern world — to figure out how to get you more addicted to their food products, so that you'll become a repeat customer.

They are a legal dope pusher of sorts, just like how doctors are allowed to supply addictive opiates to customers and have received financial compensation from Big Pharma and subsidies from the government in return. The food is the dope, and Big Agri unfortunately wants you hooked on their

products so that you'll return over and over and give them more of your money for the next fix, whether it's at the grocery aisle or in the drive-through lane.

This is the harsh reality. We live in strange times here in the modern First World. Never before have so many options been available for consumption. We have the majority of adults in America overweight, and you can look around and see chronic diseases exploding, with statisticians having a field day trying to chart out the quantum leaps we're seeing in people's health going down the drain.

It's OK to admit that there is a problem in our world — you would be highly unaware to not see that. And it's OK to admit that you've been hooked on junk foods by the industry, or by society, or however you wish to describe it. You should forgive your parents for whatever they fed you, forgive the schools for not teaching you better, forgive the regulators for allowing some of the addictive and toxic chemicals in the foods, and even forgive the Big Food Processing companies for deciding to make profits at the expense of your health.

After learning the truth about this, the responsibility is yours if you want to get yourself un-addicted to these things. To be clear, what I am suggesting is not the Alcoholics-Anonymous-type modality where you say, 'I am helpless and I will be an addict for my whole life, even if I abstain from consuming these substances'. I would give you a different mantra that goes something like, 'I am responsible for overcoming my addiction and I am freeing myself of all negative addictions to harmful foods.'

You can do it, and you can get there (if you truly want to). I will help to guide you out of the dark woods, and into the clear, beautiful meadow ahead (for more detail please see the segment 'How to Transition to a More Raw and Healthy Diet').

How does it feel not to be addicted to these junk foods anymore? It took me about six months to break the basic addiction to these worst kind of junk foods, although I was still hooked on starches and grains for about another two years before transcending that harmful and acidic habit. After graduating from each of these, I felt absolutely amazing, freed, and like a great weight had been lifted from my shoulders.

Once you break out of these addictions, you can experience an elevating, dynamic energy like no other. It's not like the stimulating energy you get from a sugary snack, a cup of coffee, alcohol, or any other substance. You will feel a truly deep, organic energetic spiral that comes from within and doesn't crash. This includes being fully aware and high-functioning all day long, and feeling a sensory, pleasant sensation tingling throughout your body, something I have enjoyed ever since I really embraced high-vibrational foods.

What types of foods are the least addicting? It's a pretty small list — you have things like fruits, vegetables, salads, and vegetable juices.

There are some foods which are slightly addictive, like nuts and seeds, fruit juice in all its explosive sweetness, high-fat fruits like olives or avocado, and maybe some steamed

vegetables. And of course there are things in the raw food world which are more addictive than others, like salt, peppers, cacao, added sugars, alcohol, fermented foods, starches, onions, garlic, and certain nightshade plants (for more detail see the segment entitled: 'Raw Foods to Consider Avoiding'). Please don't worry right now too much about these nuances and distinctions within the raw food world. Just know that your least addictive foods are fruits and vegetables basically, in different forms, and perhaps some other raw type foods and maybe some cooked vegetables.

So what should people do with all this in mind? The answer is very simple, and it basically comes down to: Do you want to get well? Do you want to break your addictive relationship with Big Agri? The answer is to eat more foods from the above list of non-addictive foods, and eat less foods from these mega-corporations that invented these harmful food products that most everybody is addicted to. There is no need to go cold turkey in this addiction recovery. Again, this is not AA for foods and the approach here is completely different. I will show you how to successfully transition gradually if you will hang in there with me and just give it a try.

I now can't even imagine living in that world that I once did, being addicted to foods which were destroying my health and vitality, whether slowly and gradually, or imminently. It was so beyond worth it for me to kick this habit and break that addiction and I can't even begin to describe how good it feels now.

I hope you will experience that for yourself, because it will be the taste of the next level of living and energetic existence for you, to transcend this lifetime and achieve your true potential.

Breaking Out of the Food Matrix

RapidRegeneration.com/Matrix

I don't want to sound too freaky, but once you get yourself healthy and well, and break your addiction to junk foods, you might look around and see a bunch of junk-food-addicted food zombies walking around, just waiting until they can get their next fix, overweight, and eating themselves into an early grave.

As your awareness levels go up, this planet starts to resemble more and more a place where a lot of souls are essentially taken over by their desires for food, almost like they are infested, like 'The Invasion of the Body Snatchers'. In some cases, this may be true, especially as you become more educated about parasites and how these harmful organisms can influence an individual's appetite and behavior, if not properly cleansed out of the body.

Speaking of parasites, you have industrial food giants whose ideal customer is somebody who is overweight and who overeats, while addicted to their food products. Due to poor diet choices, this person may perhaps become chronically sick, although ideally they shouldn't get too sick too fast. This target customer should still be functional so they can have discretionary income and give up four to six adult decades of their money to buying these food products, over and over again.

Perhaps you feel I am being too cynical. Unfortunately, there are predatory groups on this planet and although I don't

subscribe to their philosophies, this is how they think. Living in denial of this is simply a drop in awareness.

And although these are two separate breeds, there is another group which is parasitic in nature, referred to as Big Pharma. These mega-corporations benefit when there are individuals who are sick but can stay alive for numerous decades, so the sick humans can pay for prescriptions, month after month as prescribed. The general population's problems may even be connected to the unhealthy junk foods being sold to them by Big Agri in the first place. Big Pharma swoops in and capitalizes upon the poor lifelong health of its consumers. The truth is that Big Pharma would cease to exist if the entire world's population got healthy and well — their existence is sadly incentivized by people's suffering from poor lifelong health.

Food has been used as a method to control populations for thousands of years, whether the goal was outright totalitarian control, like it was more historically, or whether the goal is profits, like perhaps we see more in modern times.

Going back through the history of civilization, in feudal society (the land of kings and queens, etc.), the general lower class of people (98%+ of the population) were told what they could grow food-wise, what they could keep, and what they couldn't. The vast majority of people were agrarian based, meaning that a family grew food on a plot of land — that generally they didn't even own — and used that food to feed their family. Then, a percentage of that crop yield would be given up to the crown (taxation for the king). You can imagine

how limited the nutritional options were for food in this type of environment.

We now live in amazing times, where we have experienced a renaissance in freedom and revolutions against hyper-controlling governments in the last few hundred years. This has opened up market trading and allowed for people to freely buy and sell products from across the world to one another. From a food perspective, this took humanity out of the Dark Ages and into an age with an abundance of food options. Think of how many food options you can access from all over the world with your discretionary income.

This amazing bevy of options has spoiled us here in the First World, you could say. In Roman times, the fall of the empire was precipitated by a moral depravity of its citizens following many centuries of prosperity and a thriving middle class. Many generations before the empire walls crumbled and the currency and laws of the civilization collapsed, Rome's citizens over-indulged in wine, food, prostitution, and even the spectacle of human sacrifice. The society became hedonistic, pleasure-driven and shallow.

In modern times, so too to some degree have we become spoiled by our own prosperity. Just like immigrants to America are often harder-working and more disciplined than individuals whose families have been here in America for generations, many times a lack of adversity combined with a great abundance of comfort can become a barrier to building strong moral character. The same is also true with food, where we have been brought up with such a comforting abundance of food in developed countries.

Gone even are the days of the 1950s, 1960s, and 1970s, where it was all about three square meals a day, no snacks (at least in many households), and you'll go to bed with no dinner if you don't behave. Nowadays, we look around and there is food around every corner it seems like — and the vast majority of this food is highly processed and contains chemicals, harmful preservatives or flavor-enhancers, GMOs, additives, and is comprised of harmful chemistry that will result in an acidic condition of the body after digested. As time marches on, the food gets worse and worse for us as the culture becomes more permissive towards comfort foods and indulgence.

I am not trying to depress you — I want to make you aware of what you're up against and why things have gotten this bad in society. Let's just admit it: The USA is a nation primarily of overweight, addicted individuals, and most other countries are not much better. Most people have low productivity as a result of this condition, and don't achieve the type of life they really want, in regards to their work, their love life, their creativity, or their spiritual development.

Don't become another statistic. You can break out of this matrix. You can break the Zombie-like programming to put you into a state of bondage where you pay these mega-corporations penance for the rest of your life. Most importantly, you can achieve what you wish to achieve, with respect to your health goals, your athletic and weight goals, and your energy levels. Once you crack the code on this, it is no longer about what some greedy or expedient corporation is trying to do with you or your family, or some government

regulatory body who seems to be simpatico with them. This is about YOU.

Now that you are aware of the problem and the 'Food Matrix', let's now take our attention away from it. And let's put your attention on you, on your instincts and intuition, and on what you wish to achieve for yourself in this lifetime.

If you enjoyed ideal health, wellness and energy, what would that look like? What would your daily life resemble? What sort of things would you spend your time doing? How good would you feel knowing your health problems are eliminated and you are focusing on living the life you want to live?

There are three levels to this game, in my experience. The first level is not knowing what you don't know, in other words not being aware that you are living inside of a bubble or a 'Food Matrix'. The second level is becoming aware, informed, and well-researched on the current nature of reality in this regard. In this second level is the most amount of discomfort, because it is difficult to grasp that you and your loved ones have been manipulated and were carrying on in this state. The third level is after you have transcended this controlled paradigm and elevated out of it. At that point, your focus is removed from the negative and is directed towards those positive, creative things that you can control in your own life. Now you can really blossom and enjoy high levels of creativity, energy, and even self-actualization.

There does always persist an awareness going back to the 'Food Matrix', because oftentimes you'll still notice people walking around in a trance-like state or following a downward

spiral food-wise and health-wise. In those cases, try to practice detached love — there's too much sickness and degeneration to be affected personally by each case, otherwise you would be constantly overwhelmed. You can try and spread the message to help others, but try not to be personally devastated when somebody decides they would prefer the pleasures of the Food Matrix over the invigorating yet challenging Truth-Seeking path.

It would not bother me if somebody reviewed this information and decided to just keep living in comfort and indulgence. If that's your trip, then I have absolutely no issue with that. That's the beauty of freedom and having free will to decide for yourself. I'm simply doing my part to put this information out there, to help individuals who wish to go to the next level.

If that's you, then just know — you can do it, so pay close attention to the upcoming sections, and I promise I'll help you get there.

How to Transition to Eating Healthier Foods

RapidRegeneration.com/Transition

Wanting to do something and actually doing it are miles apart, and that gap represents the difference between failure and success. Indeed, most people want to be healthier, exist at an ideal weight, carry a certain degree of athleticism, and maintain high levels of energy and vitality. But most people live in a perpetual state of, “I’ll do that later. Someday, I’ll start that workout program and clean up how I’m eating and stop with the late-night snacks and all the fried foods and fast foods.”

I would like to offer some guidance on how to actually bridge the gap between figuring out that a more raw-food-centric lifestyle could help you to solve your health problems, and actually implementing some of these things. How do you actually start cutting out the things you’re eating now which you know are harmful for your health? And how do you actually get to the point where you actually desire and crave healthy, vibrant foods? You can arrive at a state where eating healthy is easy, and avoiding junk foods is nearly effortless. It’s not going to happen overnight — but I will show you some insights on how to successfully transition as quickly and easily as possible, if you’ll bear with me.

The short answer for how to successfully transition is: Do it slowly, but surely. You don’t need to get too ambitious too quickly on making dramatic changes. In fact, if you too hit the gas pedal too hard, this can burn you out and strip your gears. You could throw yourself into an intense healing crisis.

The way I transitioned was with no special end-game in mind. I wasn't thinking about going fully raw, 80% raw, or any other specific outcome. I was just feeling the power of eating fruits and wanting to turn up the knob on the dial of my own energy and vitality. So that is the first trick — just to add in more fruit throughout your day. When you eat fruit, it is recommended that you eat it by itself and not with other foods (for a more complete understanding of why that is important, please see the section entitled: 'Essential Knowledge for Proper Food Combining').

The fruit when eaten alone will digest relatively quickly and will give you the full benefit of alkalizing your body. Otherwise, if the fruit is eaten with other types of foods like fat, protein or starch, the sugars from the fruit will get held up in the stomach, ferment, and turn to alcohol, losing its helpful benefits and creating acidic chemistry instead.

You might consider this initial strategy of adding in more fruits into your day as 'meal re-placement'. However, for me this was more of meal 'delay-ment'. In other words, instead of eating a breakfast of eggs and whatever else at 9:00am, I would eat a big bowl of fruit at 9:00am. Then, I would have my regular breakfast at 10:30am or 11:00am.

Another example — instead of eating a lunch of chicken tacos at 12:30pm, I would eat a big melon, a smoothie, or bowl of fruit at 12:30pm, and lunch would be delayed until 2:00pm or 2:30pm. So on and so forth. Ultimately throughout this process, it would be only natural that you will eat less 'regular meals' (or smaller portions) and more 'fruit meals'

throughout the day. But, there are no rules on how much you should eat, fruit-wise, or regular-food-wise — just start to work in more fruit into your daily life. This describes the first tenant of successfully transitioning into a more raw and healthy lifestyle.

Just by going through this process, you should feel a natural boost of energy and awareness from the raw power of fruits. Be sure to be eating ripe, healthy fruits. A bonus to you if you can eat more of the tropical, watery, liquid type fruits like oranges, grapes, pineapple, and melons. Just like in the 'Free Love' era of the 1960's, there are no rules in the groovy fruit paradise. Just eat whatever fruits you want, and don't get too mad at yourself for the other regular foods you're continuing to eat at this point. Become more aware of the cravings you are fulfilling, and become the observer of yourself when you do go through that fast food drive-through lane or ice cream aisle and the depravity that ensues.

What happened with me is that I started to feel an urge to eat healthier foods, outside of the fruit meals. This happened independently, without me forcing the issue. It was just an organic and authentic urge and my cravings actually started changing. At this point, I was still eating meat, eggs, and grains. I started to figure out ways to cut out some of the bad chemicals and worst types of ingredients from my meals, and cut down on things like grains and starches. I started cooking more at home and preparing meals, and thereby skipping the drive-through more often. When preparing meals at home, I started figuring out how to use ingredients that were more whole-food based, like getting organic chicken from the meat

counter, as opposed to conventional sliced deli meat which is full of nitrates, chemicals and preservatives.

For more insights on which foods to avoid and the worst things out there which you should ideally not be putting into your body, please see the section entitled ‘Top Foods to Avoid Consuming’.

Once you have added in some fruit meals into your daily regiment, now you want to focus in on the meals that are being consumed outside of those fruit meals. Basically, this would be the logical next step of a successful transition. What things should be eliminated entirely from those (heavy chemicals, etc.)? What foods can be easily substituted with other foods with no sacrifice of flavor (buying organic versions of ingredients or food products specifically without the preservatives and fillers)? What foods are simply not good and need to go or need a plant-based workaround (white flour and dairy products)?

This step is really pretty easy. In fact, if you follow the information in this guide, all of this should be pretty easy — especially if you have already completed the first basic total body cleanses (ideally at least the Big Three, as covered in previous sections). That will help a lot with cleaning out your gut, regulating your metabolism, killing the parasites that can influence cravings, and giving you a big boost of momentum and willpower.

I’m not asking you for 100% perfection in any of these areas. For example, one of the food groups on the naughty list are grains and beans. It’s very hard to completely eliminate these

types of foods from the diet. But instead of eating bread, I would eat tortillas, and try and make sure they are from whole grains instead of white flour, or even better, from corn. Maybe instead of eating potato chips or white flour crackers, I would eat non-GMO corn chips. To avoid beans, I would eat a sunflower-seed hummus which tastes almost as good as a garbanzo bean hummus, and so on and so forth. So it's not about achieving a monk-like level of perfection at this stage of the game (although later on I was able to really dial down the grains and starches). In the early phases, it's more about turning down the dial of harmful, acidic-forming foods, and turning up the dial of healthy, wholesome foods.

For more suggestions of foods you can use as healthier substitutes for your favorite indulgent foods, just go to: RapidRegeneration.com/Cheat-Foods

Now after you have added in a routine of eating as much fruit as possible multiple times daily, and cleaned up your other meals in terms of the types of food you are consuming, the logical next step after that might be to replace a 'regular meal' with a 'raw meal' or 'mostly-raw meal'. To pull this off, you may need to delve into the heavier, bulkier types of raw foods that are out there, to make sure you stay satiated.

Remember what the point is at this stage of eating more raw foods, in terms of the higher electrical energy, higher nutrition and a more alkalizing chemical effect on the body — all of these things are going to help assist your own body's self-healing process as you detoxify and regenerate.

Achieving balance is key. Because if you try and throw yourself into a diet that is mostly high-carb fruits and get away from a standard meat-and-potatoes diet, then you are that much more likely to crash. Just think about it — you try and eat fruit all day long. You're doing great all morning and afternoon, but by 5:30pm you feel an overwhelming craving take over and next thing you know you're leaving the drive-through with your passenger seat piled high with all manner of things you know you shouldn't be eating. So take it slowly and at an astute pace, and gradually you'll get to the point where you can go all day long, or even weeks or months, eating healthy food choices, because your body will be attuned to a higher frequency. For starters though, focus on keeping your cravings for junk foods at bay as you transition to a more healthy way of living and getting closer to eliminating your health issues.

There are raw foods which can be your friend in terms of standard meal replacements. Most standard modern diets are high in fat and protein, and as a result fatty and protein-rich foods are typically what people crave as a result of eating this way for a lifetime. And so, look at things like avocado, coconut, olives, and things like nut and seed butters, as well as nuts and seeds. At a higher level, there are nuances with nuts, seeds, and high-fat raw foods and it's possible to eat too much of them because they can be moderately acidic-forming, but do not worry about that at this stage. After all, we're talking about replacing a meal of let's say meat and potatoes which is highly acidic-forming.

A big bowl of guacamole can be your friend in this type of instance. Maybe a big bowl of olives as well, and some fresh

salsa or pico de gallo. Mix all that up into a big salad with other vegetables if you like. Cut up cucumber slices and eat it all together. You could make them into tacos perhaps. Or, if you're like me when I was transitioning, my go-to indulgence was corn chips for a while. I used to make a meal out of chips, guacamole, maybe some olives, and salsa. Who says that you can't make an entire meal out of appetizers? If you eat enough of this — trust me — it can be a very satiating meal. That would end up replacing whatever else would be on the menu like tacos with chicken, fish or steak.

You can also use nut butters as your high-protein and fatty friend to help you out. I used to buy jars of almond butter and spread that on just about anything, from strawberries to bananas to tortillas. This is not ideal food combining, but neither is meat and potatoes. At this stage in the game, the goal is not perfection, but rather how to replace an ordinary meal with a raw food meal or mostly-raw food meal. Almond butter or other nut butters can be very filling. I used to eat half a jar a day as I was moving more away from meat. In the early days I used to also crush up nuts into a fine mixture, pour them into a bowl with some almond milk, and eat them like oatmeal. Nuts and seeds are a very calorically-dense food and extremely filling.

Even at this stage of transitioning, there are still no strict rules. I'm not telling you to eat or not eat meat, fish, eggs, or other things. I'm just explaining how to turn up the raw dial. As I was eating more and more raw foods, I wanted more and more of them. I felt the cleansing sensations and overwhelming energy sweep over my entire body. For me personally, this was superior to any high from any drug. And

also, I was still in a desperate state to solve my health issues – I wanted more than anything to totally heal my body and mind and I felt with 100% confidence that I was making significant progress every day towards that goal.

So, I continued to transition over a long time and finally after almost three years I pulled off eating a completely raw intake of foods consistently with lots of fats involved still. Initially it was about solving and eliminating my health problems, which basically took about three and a half years to do completely (thank God). From that point forward, it's been about achieving higher and higher levels of energy, vibrancy, and self-actualization.

Since my original transition, things have been relatively easy in terms of staying on a path that is healthy. I have continued to find ways to eat for high performance, including being more strategic about how I consume fats and proteins. I'm less concerned now with the chemistry of what I'm eating, and more concerned with the energy that it will give me so I can accomplish things outside of food and achieve certain goals and visions within this lifetime. I also intend to live numerous decades or even a century while enjoying optimum health and avoiding bodily problems that plague so much of our fellow humans.

The point of my explaining this is that transitioning is not about being a cop and cracking the whip on yourself. You don't have to do anything or go anywhere you don't want to. I never imagined I'd wind up so immersed eating a highly raw intake of foods, but I was open-minded and just went along for the ride. You have permission to just see where this

journey will take you. You don't need to have an end-game agenda as you live in the present moment and continue to cleanse your body of toxins, acidic chemistry and sludge, and regenerate yourself into new levels of health and well-being. Just decide on the destination of vibrant wellness you would like to visit and follow your intuition and instinct to get you there.

I am simply providing a roadmap to make this easier to navigate for you. I can't decide for you how much or when you will turn up the dial on your own health and well-being, by turning up the raw, nor do I know how bad of a state you are in now and how badly do you need help in the way of alkaline chemistry to cleanse your body. I simply have a knowledge and an awareness of the acidic nature of the way most people eat, and how to transition out of that using raw foods. If alkalizing yourself and healing yourself is your goal, then I do know that this information will show you how to achieve your goals, should you actually start doing it.

The rest, my friend, is up to you. Do it now — you can do it!

Is a Healthy Lifestyle like Being on a Permanent Diet?

RapidRegeneration.com/Diet

You may be wondering about this radical-sounding way of eating and thinking that it is more like a lifestyle and less like a diet. In fact, my experience is that this is the case. Being into healthy eating, raw electrical foods, feeling good all the time and being highly energized is definitely a lifestyle. Each indulgence to eat cooked comfort foods comes with a crash from the buzz of being on a high-raw intake of foods, much like a druggie will crash whenever he gets sober. In this sense, when done right, eating lots of raw foods should not feel like you are on a diet.

I've tried diets before, withholding from eating foods, and so forth, and I know how not fun they are. I struggled with my weight from a young age and into early adulthood, gaining and losing as much as forty pounds and cycling back and forth, so I understand the unsustainable nature of dieting.

What is the ultimate point of eating healthy and raw and how long should you keep it up? The point is to get yourself healthy and well and solve your health problems. In terms of how long you keep it up — ultimately, that is up to each individual. This topic is covered in greater depth within the segment: 'What is the End Game? Do You Have to Eat Healthy Forever?'

My personal goal is to supply somebody with the informational tools so they can transport themselves out of the current health problems they are having to a better place where they no longer are experiencing them. If they can do that, I will feel very much accomplished. What that person chooses to do after that and if he or she chooses to go back to eating more regular cooked foods or stay up with the raw and healthy foods is totally up to him or her.

But what does it feel like along the way throughout that journey? Does it feel very tedious like being on a diet?

At first, when making dietary changes, for me, it felt a little strange. However, I want to emphasize that I transitioned very slowly (this is covered in the segment entitled: ‘How to Transition’). Changing what I was putting into my belly made me feel some strange sensations and more hungry for a couple hours of the day, because I wasn’t giving my body the typical ‘meat & starch’ it was used to.

However, it was not like dieting really — at least for me specifically — because I never really held back too much. While in the beginning when I was incorporating more raw foods and fruit, I was still eating my regular indulgence foods, including grains, meats, chips, alcohol and even in some cases I was still eating fast food. In the early days, I was still eating almost as much regular foods as I would normally, while just adding in some fruits throughout the day.

Later, I got to the point where I just wasn’t eating quite as much of my favorite cooked foods because I would try to swap out a meal for more raw foods. For example, I would try my best to have a big bowl of fruit for breakfast. Or, if I did have an omelet or breakfast tacos with eggs for breakfast, for lunch I would try and have a big bowl of guacamole and chips and salsa, or nuts, or maybe a big snack in the afternoon of more fruit. In other words, rather than having ‘three square All-American meals per day’ I would just have two, and I would swap out the third meal for something raw, or at least mostly raw.

The beautiful thing about eating raw also is that it does not implore you to limit the amount of calories you are taking in. Unlike a diet, which specifically limits your calories and sets restrictions on macro nutrients, you can eat however much fruits,

vegetables, nuts and seeds that you want. I certainly did as well in the beginning.

This may not be suitable for an individual who is trying to lose weight, because fruits do contain a lot of carbs, although they are healthy carbs with simple sugars that the body can burn much faster than complex carbs and complex sugars (from breads, refined sugars, alcohol, dairy, etc.). If it were me, and I was trying to lose weight while transitioning to raw foods, I still wouldn't worry about portion control when it comes to fruits or other raw foods too much. I would simply stop eating at 7pm, and also try and get a little bit of exercise or the heart rate up first thing in the day before breakfast.

Ultimately, after having transitioned to eating more raw foods, it still didn't feel like a diet at that point really either — in fact, it never really did. The fact is I wanted to eat more raw and slowly transitioned into doing so. Whenever I craved salty, savory foods, including meats and grains and other cooked foods, I would still eat them on the side with no remorse. I still felt I was overall headed in the right direction.

It took me almost 3 years to transition from just starting to get into raw foods, to an almost-100% raw-food intake. I started in 2015 and by 2018 I was eating almost all raw. By that time, I was feeling amazing and couldn't help myself but to press the foot on the gas more and really lean into it even more. I didn't consider myself fully recovered from my health issues until early 2019.

From then until now I have continued eating lots of raw foods and it still has not felt at all like a diet. I've been eating the way I have wanted to and have been excited about the foods I've been eating. I simply have had a different outlook on cooked foods and acid-forming foods. They are no longer as appealing to me even taste-wise. You could say that my taste buds have changed.

So, I have been extremely blessed because by pursuing this way of healthy living, my desire has been removed to put harmful foods into my body. By taking this leap of faith, I have been rewarded because moving towards the direction of ultimate health and well-being has been an easy, natural flow.

With all that said, I want to be clear that I am still human and still made of flesh, blood and bones. I still have similar desires and inclinations as anybody and still indulge sometimes. After all, milkshakes and double bacon cheeseburgers will always have a certain deliciousness to them. Also we are hardwired it seems biologically to desire salts, sugars, and fats — and the food industry works hard to pack these things into food products to titillate the consumer.

My taste buds have changed though. Now rather than craving a cheeseburger and ice cream, I might get a craving for something else plant-based but still with that savory flavor and perhaps a crunch to it. In essence, what would be considered a regular person's healthy food has become my new 'junk food'. A banana smoothie as an example would overall still be better, and what makes me feel the best and perform at my best. I try to eat for results because my day-to-day schedule is very demanding and I like to get a lot done in a day. Most times, I stick with the banana smoothie for this reason and eat the other indulgent foods on more special occasions or when there's time to relax. This is getting extremely high level and there's no point worrying about these details early on until you're really advanced.

Sufficed to say, you can see that I no longer really am tempted by truly unhealthy foods, but I still get cravings to stray off the path I am on. So it does take some degree of willpower still, to choose to eat a certain way. I can still be known to give into my desires, and eat something that I would consider junk food, and then I will feel a loss of energy over the following 24 hours, and wonder why

I did it. Or I might go out to a restaurant with friends and enjoy a delicious cooked meal, and then feel the acidity getting processed by the body and feel my energy levels drop. I am only human, and I don't seek perfection here on Planet Earth. There are levels to it — sometimes I give in when I wish I hadn't, and other times I indulge and it's totally worth it.

In that sense, it does still take willpower and discipline to some degree to really get specific results, but ultimately my message to you is that it's been easy for me overall, both in transitioning and maintaining this way of keeping myself very healthy and well and continuing to go to the next level of wellness.

I hope it will be mostly an organic and natural flow for you to follow as well — I know you can do it.

The Power of Juicing

RapidRegeneration.com/Juicing

When I was going through my worst version of Hell, I was about 24 or 25 years old, and I had accidentally poisoned myself a few years back, resulting in chronic over-toxicity of the nervous system and body. I felt as though I had been brain damaged and I was unable to function properly. I had no energy, and my personality seemed a shadow of my former self. I was working two jobs that I hated (probably because I was sick), one as a sandwich maker and delivery driver, and after my first shift there I would leave that restaurant to go work as a valet driver, where I would run several blocks through downtown to go fetch people's parked cars.

I recall now that, during this time when I was feeling my worst, in between shifts, my innate intelligence would kick in, without me even realizing it. In reality, my body was completely quenched for nutrition and electrical energy. I would stop over at the smoothie place or juicery and order the biggest drink they had of fresh, tropical fruits. For a few minutes, I would feel happy and as though I was re-charging myself after feeling totally depleted of my life force energy.

This feeling never really lasted too long because not long after that I would be making myself a deli sandwich at the sandwich shop, going through the drive-through of some fast food establishment or eating some gas station snacks. But, looking back, I realize that my own internal compass was pointing me in the direction I needed to go to get me well.

Years later, I was now thrust into the midst of solving my health problems once and for all. I was in a death-grip with the issues which had plagued my body from being in a state of over-acidity, and I was drenching myself in alkalinity, constantly waging war against the problem using high PH, alkaline foods. The tide was turning and I was feeling suddenly amazingly confident again, like I really did have a chance to save myself from the Hell I had been living in for years.

At this time, I started making frequent stops at my local juicery. Sometimes I would get smoothies but most of all it was juices that I craved. There was something about this which was so nourishing and rejuvenating to me at that time. With every 16 ounces of juice that I consumed, I felt that I was 1 pound closer to regenerating my cells and intercellular areas of the body to make them clean, healthy and vibrant. I could feel the raw, electrical liquid power being absorbed and I was ingratiated by the magic of nature, and also the intrigue of technology which allows us to extract this pure liquid goodness.

Don't underestimate the power of your own innate intelligence, intuition and instinct. This is what I believe was trying to inspire me to refuel my tank when I was at my lowest point back in 2011, as well as encouraging me to double down on the liquid nourishment as I was just about to turn the corner in 2016 and revolutionize my own well-being and figure out how to heal myself.

There are logical points of course that I could present to represent the power of juicing. I could talk about how it is beneficial to give your digestive systems a break from having to break down solid food materials. Consuming only liquids provides the fuel needed for the body while the digestive system can work on repair and restoration.

Also, many people have poor absorption and therefore still miss out on a lot of nutritional benefits even when they eat great healthy raw foods. This can result from years of bad dietary choices causing a reactionary buildup of mucus and protective slime to coat the walls of the intestines, covering up the pores which would otherwise be absorbing nutrition. The juice can be more easily absorbed in its liquid form.

Beyond macro-nutrition, the abundance of phytonutrients (probiotics) is key to your internal landscape of wellness. As long as the juicing process is low-heat and gentle, then the probiotics and beneficial bacteria remain in the liquid, which are extremely good for supporting the lymphatic and immune systems. These are absorbed as you drink the juices, not just in the stomach but directly to your tissues, your mouth, throat, chest, etc. Also, the electrical composition of fresh juice, especially fruit juice, is very high and this stimulates the electrical function of the body as the liquid gets absorbed and energizes the surrounding cells.

You can also benefit from the nutrition and health-enhancing qualities of certain foods which you might not otherwise necessarily eat. Things like leafy vegetables, celery, roots like beets or carrots, or let's say the tops of plants like beet leaves, carrot leaves or strawberry leaves, or something like a

lemon or pomegranate where eating them is impractical because there are so many seeds involved. If you're like me, sometimes eating certain raw vegetables is just a bit too much — it's a lot of chewing and not always very satisfactory. By juicing some of these foods, you pack all of the punch nutrition-wise without all the chewing, as well as avoiding a lot of extra work for your digestive system from having to break down a lot of excess cellulose.

These are the logical points behind the power of juicing. But ultimately, our attraction to the sweet nectar of plants goes beyond logic — it is a natural gravity whereby these things magnetize us towards them. This is really a luxurious treat that 300 years ago only kings and queens would have been able to enjoy. The technology that exists today which allows us to extract the liquid goodness out of plants is amazing.

With all of the great things listed out about juices, you may be wondering what is the catch, or downside, to consuming your nutrients and energy in this way. Well, there are a few. First of all, intuition is supreme and that's the dial which I use most of all to figure out what to do, how to transition, and how to fuel the next leg on my journey. Right now, and for the last few years, I haven't really been into juicing. I'm much more into smoothies. I'm now at the point where I like the fiber and the pulp and all the matrices of the fruit to be going through my system in addition to the raw liquid power.

This also brings up a good point about nutrient absorption especially with regard to sugars. We cover in another section (Simple Sugars vs. Complex Sugars) how simple sugars (fructose from fruit and glucose from vegetables) are the best

fuel for nutrition, energy, and sustaining optimal health for a human as compared with complex sugars. However, even simple sugars can be overloading and can be absorbed too much too fast. This can occur if an excessive amount of juice is consumed, especially fruit juice, and most especially fruit juices with fruits that are most concentrated in terms of having the most sugar per ounce. This can result in blood sugar spiking and crashing, as well as create other issues such as energy absorption via the cells. From a weight management standpoint, you could also be over-consuming an excess of calories with the excess carbs being stored as fat reserves and this could work against your ideal weight goals.

By consuming pulp or fiber at the same times as the simple sugars, it slows the absorption of the sugars, which results in a more steady fluctuation of blood sugar and therefore you may see a more consistent flow in terms of energy levels by consuming your sugars in this manner. This is how I intuitively consume foods nowadays, for the most part, although I still do love a good juice.

So while I don't juice like I used to, that is simply a function of the chapter I am in now versus then. There was a time when juicing was the tip of the machete for me in terms of foraging ahead into the unknown wilderness of getting better and healthier. It was something that was keeping me excited about putting things into my body which would cleanse me and take me to the next level. It created that bliss and a spiritual experience for me to transcend my health problems and self-limiting concepts. So, maybe it could do that for

you, too. It doesn't mean that you're going to be doing it all the time forever.

As for the potential downsides of juicing, just be aware and you may want to consider not overdoing it. You may not want to drink a gallon of pineapple juice in one setting. Like many things, this modality contains great power and gravity, but can be used in excess.

This would be a good time to mention something you and everybody should do in their lifetime — buy a juicer. This brings up another downside to juices, which is that they are quite expensive to buy, over and over, from the juicery. A large juice can easily cost in excess of \$10 and won't even keep you full for more than a couple of hours. If you're getting a juice twice a day, you would be spending \$610 per month or \$7,320 per year — not including tips!

Good quality juicers are more costly but do pay for themselves after a certain amount of uses and so could be considered a good investment for that reason. Also, you could consider buying a used juicer. That's what I did, when I was first getting heavily into juicing in early 2016. I bought a one-horsepower fully-masticating Champion juicer, used, from a nice couple I found on Craigslist, for about \$40. I of course washed it extensively, and it worked like a charm.

I will point out that there are (at least) three main kinds of juicers: circular / centrifugal, cold-pressed, and fully-masticating / slow-masticating / cylindrical. Basically what you want to consider is the element of heat when the ingredients are being juiced. The more heat that is created,

the more it will destroy the phytonutrients / probiotics, as well as destroy the electron-rich molecular structures of the foods, in other words lowering the nutrition and overall electrical energy of these foods. So the ideal way of juicing is to do so in a low-heat manner.

A circular / centrifugal juicer is therefore not ideal because it creates a high amount of heat during the process. I recommend skipping this rookie mistake and going ahead and investing in what you really deserve, which is either a cold-pressed juicer (being the best but quite expensive) or fully-masticating juicer (producing juice still at a low temperature but a lot more affordable). The challenge is that the centrifugal juicer is actually the lowest-cost option (naturally). This is not to say that it is an absolutely terrible or shameful option, but just that the alternatives are clearly the superior choice and can give you quantum levels of increased benefit.

For a recommendation of the best juicer, just check out: RapidRegeneration.com/Juicer

Once you have your own juicer, you will see that juicing is actually a relatively low-cost activity. You can select the produce items which are more cost-effective and let that be your guide, or just have fun and juice whatever you are into. There are no strict rules and this is supposed to be fun anyways.

The other challenge is that juicing can be time-consuming. I see this over and over again with raw food enthusiasts, which is that some individuals can spend two hours per day on

meal prep and cleanup, or even more with juicing. I don't know about you, but time is one of my most valuable assets, and that can simply be too much for me to do and still handle my other obligations.

You will find that there are certain items that when juiced will provide very little juice for the amount of work required, like leafy greens for example, carrots, or strawberries. On the other hand, there are fruits and vegetables which create a great deal of juice, like cucumber, apples, and oranges, just to name a few. You'll get the hang of it and figure out which foods are easy to peel, clean, chop, juice, and clean up after. Because much of the time in juicing is in the food prep and cleanup, it can be more efficient if you juice a large batch of juice to drink over a few days, rather than juice before every meal, although it's not as fresh. Another helpful tip is that adding the juice of a lemon to any large batch of juice can help preserve it so it stays more fresh for you in your refrigerator.

If you really are feeling extreme and ready to walk on the wild side, try juicing things like lemon, lime and ginger. You can experiment in adventurous ways with juicing. Although I don't eat this pungent root much anymore, there was a time years ago that I made a juice tonic of lemon and garlic. I drank about 12 ounces of it and it literally floored me. I laid on my bed for about 45 minutes at least because it was so powerful. I felt that it was going deep in my tissues and cleaning me out hardcore. Another time, I made a 'liver tonic' of Brussel sprouts, cabbage and broccoli which also was very dramatically received in my liver and other areas. To be clear, I am not recommending these specifically for any individual. I

just wanted to highlight the raw power of juicing and how you can experiment, have fun, and get more dramatic results in your self-healing journey than you necessarily could eating whole foods.

Whatever can get you excited about consuming raw foods, and utilizing the power of fresh fruits and vegetables, I am for it. Juices are a way for raw foods to get their foot in the door of your life, simply because they are so fun to consume. So invite that in and see how you like it. Get the whole family involved in the kitchen and make up a fresh batch for everybody. A delicious, fresh, refreshing beverage of your favorite fruit or vegetable juice is one of the finest ways to enjoy all the gifts of nature and all that it can do for you. Try it for yourself, and see how you enjoy it.

What is a Healing Crisis?

RapidRegeneration.com/HealingCrisis

As you progress through detoxification, and clean your body out, moving any harmful materials to the exits, you are liable to experience what is known as a Healing Crisis. This is a phenomenon which is sort of incredible and which is mystical in its own way to try and grasp what it's all about. But, I will do my best to explain.

Nothing in life of great accomplishment comes easily. If you have an ambitious goal that is out of reach, have no doubt that obtaining it will involve challenges and you will be tested. Thus is the nature of free will and the dichotomy of this life we live. The same is true of reversing poor health and putting yourself into great health and well-being.

Here is the basic concept of the healing crisis: As toxins get released from being lodged inside your body, from your lymphatic system, your intestines, your organs, your fat deposits, and your connective tissue, they get dislodged and then are sent to one of your eliminative systems to be eliminated. During that process, some of these toxins can get re-absorbed back into the bloodstream and the trauma of the original detriment to the body can be re-experienced to some degree, as your body purges itself of that substance.

People have reported and I can personally attest to having old injury areas swell back up or become sensitive temporarily. You may even experience fleetingly the same symptoms of health issues in years past. The body is

attempting to clear up blockages as well in the flow of the lymphatic system and the overall energy flow.

These are also emotional experiences. The body's physical unit is deeply connected to an emotional experience as you are traveling throughout this lifetime. It's impossible to transform the state of your physical unit dramatically without going through emotional cycles and sort of re-birthing your psyche, so to speak. Sometimes too we have emotional associations in the past where we caused harm to the body, acutely or cumulatively. As that harm is detoxified out of the body, so too can the emotional states get dislodged which were created during that same point in time.

Everybody's life experience is different. Most people I know have undergone drama and trauma emotionally throughout their lifetime and carry some type of baggage from that. We need to heal from these things too, and my experience and observation of the experiences of others is that the healing crisis can actually be a beautiful way of letting go of negative experiences of the past, and throwing overboard negative emotional baggage and moving on to a fresh, clean slate.

Just keep in mind these emotions can get experienced on the way out, just like physical toxins can and it's not always pleasant — but it's normally short-lived, perhaps for hours or maybe a day or a couple of days maximum. Do understand that everybody is different and I can't predict exactly what will happen with you on your journey to ultimate wellness if you have a healing crisis or multiple crises.

For me, the experiences I have had with healing crises — I've probably had seven or eight major ones over the course of seven plus years as of the time of writing being in the business of detoxifying myself — have been very fulfilling and I accepted them with welcome arms. Perhaps this is because of the low point that I had been coming from before getting well. If you know my personal story you will know that before getting healthy when I was sick I was so distraught and had lost the will to live.

After my first healing crisis, which basically appeared to be an intense, multi-day cold, with runny nose, coughing, aching, fever and lethargy, I felt amazing after it was over at how good I felt. I had never felt that way previously after a 'cold' (the symptoms of which had always been previously suppressed with synthetic medication and drugs).

As a side note, what most people perceive as cold-like symptoms are one type of process of what I would perceive as a healing crisis. As we have covered previously, the body is permanently in a state of detoxification, constantly. However, the body is very intelligent and it can throw itself into a dramatic state of detoxification, expelling mucus out of the mouth and nose, heating the body with fever to kill harmful organisms and sweat out toxins, coughing out toxins through the lungs, losing appetite so as to urge you not to eat (digestion diverts energy from cleaning and healing) forcing rest and breaks from work stresses through the feeling of lethargy, among other methods.

This is not to say that this process can't be caused by outside invasion of the body of some kind of harmful

organism — it can. This sort of process can also be brought on simply but the body's own intelligence and not because of some invasive event or immune trigger. Either way, this experience is basically a healing crisis, even without you even recognizing it as such. A healing crisis does not always happen in the form of common cold type symptoms, but it can, and this is perhaps one of the more commonly experienced healing crises.

We grow up and are taught by our parents that the body's attempts to detoxify and heal are a bad thing, and refer to it as 'getting sick'. Actually the individual had been making themselves 'sick' previous to that episode, gradually over time, until the body finally throws itself into a healing crisis to cleanse and heal.

If you don't take suppressive medications which reverse what the body is trying to do (for example cough suppressant medicine will actually prevent the lungs from expectorating mucus and toxins), and you embrace the healing crisis for what it is — and you listen to your body signals telling you to rest and telling you to refrain from eating heavy foods — then you should feel much better after a healing crisis, not worse.

If you ignore what your body is doing, take suppressive medications which stop or reverse its efforts, continue to stress yourself out without breaking for rest, and consume junk foods and drinks, then you are liable to feel worse when it's all over with. This is how many people thank their bodies for trying to fix its problems. And you can see why many people's health conditions simply spiral downwards and decline into degeneration and ultimately death.

Some people will argue that my point of view is controversial that the body is trying to help us with these healing crises. I think that what I am observing and documenting here are just natural facts and common sense. Once you embrace the logic of the healing crisis, there are also amazing doors which open up. Because once you raise your level of awareness about this dynamic, now you are putting yourself in an harmonious frequency with your body, and acknowledging and thanking it for how it is serving you.

To wrap up, people go through healing crises, essentially all people, even those who do not put themselves through a detoxification process. But if you do pursue the art and science of detoxification for yourself, it's just as important to keep in mind that you may accelerate these healing crises, or 'get them out of the way', so to speak, so you can enjoy good stable health for the rest of your life. You may bring them on quicker and move them up in terms of timetable to have them happen on your own schedule rather than waiting for a crisis to explode at a very inconvenient time.

In fact, now that I've had several healing crises throughout my journey of regenerating my health, it's now quite difficult for me to experience one. I am actually begging for my body to have a crisis of this sort. It seems like I'm pretty well cleaned out and so it's very rare nowadays. But I know how much better I always feel on the other side, so I always say, 'Bring it on!'

Don't be afraid of the intelligence of your body and what it will do to clean itself out and regenerate tissue. Go through

your first Healing Crisis, as you detoxify, with an open mind, and see if you do like the results on the other side. If you do, then you will surely welcome any other dramatic transformations your body wants to make for the better.

After all, you maybe have spent years and even decades creating a toxic buildup in your body which may be contributing to a state of poor health. Now, your body is demonstrating to you the power to transform on a dime and within the period of a few days, weeks or months take a dramatic quantum leap to transform into better health, and erase a lifetime of damage in a short period of time — hence, the power of Rapid Regeneration.

This is the amazing power of detoxification, healing and regeneration that is possible if you embrace it.

How to Maintain Balance

RapidRegeneration.com/Balance

Throughout this journey of detoxification and regeneration, maintaining balance through your own unique struggles, tribulations, and as you overcome your obstacles is a constant necessity. Losing balance runs the risk of faltering and potentially crashing and burning, setting yourself back and causing you to reach your destination much more slowly.

How often will you have to focus on maintaining balance you might wonder? Well, how often does a tightrope walker concentrate on maintaining balance? The reality is that it is a constant and consistent focus in order to succeed quickly.

Balance within the scope of Rapid Regeneration can be a reference to how aggressively are you pursuing your progress towards total cleansing and rebuilding, versus the comfort of eating certain foods which are indulgent and taste good but don't contribute towards getting you closer to your health goals.

The same is true for exercise, moving the body, and physical activity. If an individual attacks so aggressively going to the gym, doing yoga, and working out every single day, this may be too excessive in the sense that it is not sustainable over extended periods of time. The result of this imbalance may lead to overeating, lack of sleep, a decline in work/job performance, personal relationships being neglected, or other inequities. By the same token, if that same individual nurtured all these other areas sufficiently but only moved their body

twice per month (not often enough), then this person winds up with a body that will suffer from underuse and neglect, with problems ranging from muscle atrophy, to excess weight gain, as well as poor circulation and stagnation of the lymphatic fluids. Either extreme leads to an imbalance on one side or the other.

Another key area to consider keeping in balance would be the use of investing in herbal solutions and the utilization of multi-day cleansing regiments to make quantum leaps forward in terms of progress towards your health goals. On the one hand, you may have somebody who is imbalanced in the sense that they are so frugal and tight with money that he refuses to spend anything on herbal health supplements. Although he has a bank account with a healthy surplus, this person may experience an imbalance in never achieving the deep and effective levels of cleansing necessary to really propel his body towards ultimate rejuvenation.

On the other hand, perhaps you have somebody who dives headfirst into herbal supplements — after all there are so many great and powerful tools out there — and deep cleansing programs. This person invests several hundred dollars per month on herbal supplements and is putting forth massive amounts of time and energy going through deep-cleansing multi-day programs, repeatedly in the span of just a few months.

While this aggressive, all-in approach may work for some (and I would hope you are in this position), in this particular hypothetical case, this person earns a meager income and does not have the cash flow on a monthly basis to support

this. He is intrigued by the healing power of these herbs, but lacks the money right now to justify the purchases, so is instead building up a large amount of credit card debt. His complete immersion into deep tissue cleansing is affecting his work performance negatively, and although he is experiencing amazing health benefits and results, he is approaching a point of a financial existential crisis as a result.

You can see that balance certainly applies to the velocity at which you pursue your detoxification and regeneration from a financial standpoint, compared with how you maintain the prospect of making a living and achieving your financial goals as well in this crazy world.

Personally, I can relate to this last example. When I first discovered the power of herbal supplements and herbal cleansing in 2015, I was so grateful and amazed by the results that I really put the pedal to the metal and pursued this avenue like a madman, hell-bent on detoxifying myself to the fullest. I was in such a state of desperation — from years of poor health and thinking my quality of life had been ruined for the rest of my lifetime — that when I saw the light at the end of the tunnel, I became laser-focused and narrow-minded, obsessing on the prospect of transforming my health back to a state of wellness.

At this point, I was in debt with student loans, as well as credit cards. I had actually moved in with my parents for a short period of time. The company I had been working for had closed, I was out of a job, and I had just relocated from California back to my home state of Texas. It was a time when perhaps I should have been focused on clearing my

debts, and accumulating savings, so I could figure out how I would sustain myself in the next phase of my life financially. Looking back, I can see that I behaved irresponsibly and that I burdened my parents by overstaying my welcome by several months, I lost momentum personally in terms of career and earning a living, and I racked up much additional debt and credit card interest.

Had I been more of a good steward economically, I would not have spent thousands of dollars on herbal health supplements, the best quality organic raw foods, juices and even crystals over a period of about a year. Also, my work and job life was neglected — I actually spent much time just meditating and clearing my mind and sort of doing a karmic cleansing of sorts. My body rested and I really became centered with the direction of my life, but at the same time, all of that energy and focus could have been applied towards earning more money or getting a higher-paying job.

Eventually, my parents gave me a deadline by which time I had to move out (AKA they kicked me out), which sounds harsh, but it was really a great gift. I moved out, to a new living situation that was far from ideal, and took a job that I absolutely hated. I had no car (mine had broken down and was deemed impossible to recover a few months prior) and would ride my bike every day to this awful job, through the rain and everything, which is a whole other story.

I eventually worked my butt off and of course got a car, got a second job, and finally got another main job that was better and better paying. About two years later, I had cleared my debts and was now in a good operating position financially.

Was my approach worth it? In retrospect, things are always clearer. Looking back on what happened with me, I am not attached to the decisions I made or didn't make. But, with the benefit of hindsight and the goal of making this easier for you than it was for me, I would have approached things differently and more judiciously. I would have focused more on the whole picture in terms of my overall life balance and not been so myopic early on about my health metamorphosis. No regrets — I just want to share with you my own experience of the struggle to maintain balance along this journey.

That was just one chapter for me, the first chapter in my journey towards total detoxification, rebuilding and regeneration. And you can see that — although I experienced amazing and miraculous health benefits and my energy levels exploded — my life became very out of balance in other areas. Had I focused more on those other areas of personal finances and personal life, etc., then I would have experienced less progress with my own health and well-being. I wasn't willing to wait, and I put all my chips on the table, going all-in on healing myself as quickly and purely as I could. That was my personal choice, and my own imbalance (some might call this Karma) to then unwind later on.

Some of the questions you will need to answer will be how will you balance the amount you are investing in your health — in terms of your time, energy and finances — as well as how will you approach what you are eating, how much you are moving your body physically, the relationships you

maintain, and what you are spending your attention and focus on, just to name a few.

The other prime example of maintaining balance has to do with what you are actually eating throughout this journey for yourself. What I have found over the years is that, the more cleansing and detoxifying a food is, then the more of a challenge it is to focus intensely on ‘a proper type of work task’. Now you may have a different experience, and obviously this totally depends on the vocation or the position involved. If you’re a professional dancer or artist, maybe eating lots of fruit enhances your work performance — if you’re an accountant, maybe not so much.

For me while going through a health transformation in the big picture, from day to day I was working intensively with clients, trying to figure out how to work with their goals, negotiating with them and trying to put deals together, and doing intensive researching and coordinating between departments to try and solve problems logistically — all while maintaining a system of organization and not forgetting about different clients and different projects in different stages — which is very involved mentally and takes a lot of intellectual capital to function smoothly. If I were consuming let’s just say only juice like vegetable or fruit juice, or just grapes, or just oranges or pineapple, then these are all foods which are extremely astringent, hydrating, and cleansing. However, I noticed that when placed in high-stress and highly analytical, focused situations that if I was fueling myself with the types of foods that it proved very overwhelming for me and I would not function at my best. Maybe I just needed a different job!

But all types of vocations involve elements of this need to deal with pressure from the marketplace.

This is describing I guess you could say a different chapter for me, in my own health journey. Now by this point I was trying to get my financial shape into a better state of balance, and so I did make some sacrifices in terms of what I was eating, and I did shy away from the most cleansing foods I could eat — but at the same time, I was also very much healthy and well by this point, and had recovered my health by perhaps about 80%, while still working towards a full recovery (which ultimately happened not too long after).

So I would eat more salad-like meals, with a good amount of avocado, which seemed to ground me and give me a more sustained, slow-burning energy which allowed me to perform a very high level at work. Actually, compared with my colleagues who were eating bread and meat on their lunch breaks, I was running circles around them. As a result, my income continued to increase. I slowly started working in more cleansing fruits into my regiment and continued to keep fine-tuning my diet. And ultimately, due to my higher earnings and savings, I moved into a new place of living which was beautiful and nestled in a setting that was surrounded by nature and this brought to me a whole new level of healing and revelation — so, more income brought me more balance in terms of a more healing environment.

So I sort of swung the pendulum back and forth, which is how it goes. But I had figured out a balance that worked for me and allowed me to function at the things that I felt necessary for me to accomplish certain things in my personal

life, while at the same time still making progress towards my health goals. If I had gone all out and just did 100% fruits that were more liquid, tropical fruits and vegetable juices, then I very well may have burned myself out of that job or perhaps thrown myself into some kind of gnarly healing crisis.

One of the risks of not maintaining balance — and let's say if you detoxify too quickly — is that you could throw yourself at an inopportune time into a healing crisis, which in short is simply a temporary trauma that your body and spirit goes through in order to purge itself of some past or present trauma (for more on this please see the section entitled: 'What is a Healing Crisis'). It could feel like a common cold, you might have unpleasant sensations temporarily in different parts of the body as toxins are released from tissues and are worked out of the system, or it could be some kind of deeply emotional transformation that you go through to shed some kind of deep, traumatic baggage so you can lose that weight off your shoulders.

A healing crisis is not an imbalance per se — in fact it is your body's own way to expeditiously and dramatically transform your state to actually achieve a state of balance in a relatively short period of time. So in an ideal world, if you were like Buddha and could just sit under a tree and have all your basic sustenance and shelter needs taken care of, then you could go through healing crises, one after another, like clockwork, and within no time at all you'd be completely healed up. However, a healing crisis is not necessarily something you want to be going through while sitting in an office cubicle, dealing constantly with customers, or having to focus your mental efforts intensely on job duties.

So the challenge ultimately, and what I am trying to help with using these different strategies throughout the course of Rapid Regeneration, is not so much how to detoxify, regenerate and heal yourself — that part is simple and, given the right tools, nature and your body can do that quite easily. The challenge is doing that here on Planet Earth. In fact, this place we occupy is in a constant state of conflict and tension. As much as there is positive and amazing light-force energy here, you also have your very negative, dense forces which are in constant battle for your attention and pervade to occupy the hearts and minds of people. In order to figure out how to heal yourself, you must figure out not just how to detoxify and regenerate, but how to achieve balance on this crazy, war-torn planet.

Dealing with other people is another way that balance is key. You can get burned out by too much interaction with people who are petty, hedonistic, self-destructive, or shallow. But these may be people you have to deal with for your job, they could be some of your old friends, or people you associate with among other groups, or you may even find this is true among your own family members.

I have seen people — many people in fact — who are on their own journey of self-healing who sabotage their own progress because they continue to entangle themselves in relationships that are not healthy. Many times we can find ourselves then trapped into a sort of attachment that can be very entangling emotionally and can prevent you from achieving your own goals. Or you may find yourself remaining

attached and involved with somebody who is an old friend but really is not a good influence on you.

Sometimes as kind, gentle souls, we are tempted to try and help people who are sort of perpetual lifelong victims of one thing or another, and we let the dark cloud that follows them around rain down on us too, by proxy. You may just find yourself not able to say no to people, and you constantly give up your time as well to keep other people company but neglect your own needs for personal time to self-reflect, exercise, or nurture your own passions.

On the flip side of this coin, you can become unbalanced in the sense that you become so obsessed and myopic with achieved your health goals, that one day you look up and realize that all your old friends are now virtual strangers to you because you haven't nurtured those relationships. After embracing a healthier lifestyle, even as you may grow apart from people from a bread-breaking perspective of what's being consumed from a dinner table, it can still be an important and vital thing for you to continue to maintain contact with special friends and still breathe life, even with an occasional correspondence or from a distance, into those relationships.

None of this is easy, and it all involves balance. It can be easier if you learn from others who have charted their own paths and use their successful methodologies and wisdom. I learned much of this the hard way, although my path was made more swift because I had mentors along the way (virtual mentors whose books I read and whose lectures and interviews I listened to) and I did learn from them. My goal is

to help give you more tools than I had to help you reach your health goals, but also make sure that all areas of your life are thriving as well, including finances, personal relationships, and your own passions and spirituality.

With respect to food, it is OK to let yourself off the hook at times for the sake of balance, but don't use balance as an excuse to let yourself go. What I mean by that is — you're going to have times if you really do dial up the raw that you're going to get ratted out by the raw foods lifestyle, especially if you're eating a lot of fruit. If you feel this feeling coming on — like you just can't do another day of super healthy eating — then go ahead and indulge. I will attempt to document certain foods that you can use to 'cheat' (for more on that see the section entitled: 'Foods to Cheat with') which are not as healthy as raw fruits, vegetables, nuts and seeds, but are not nearly as acidic-forming as most of the typical comfort foods out there.

You can see some foods to cheat with here as well:
RapidRegeneration.com/Cheat-Foods

The risk you run in NOT indulging yourself (and trust me I have been here) is that, let's say you might make it another 12, 24 or 36 hours eating super-healthy and raw, but then you could have a complete breakdown from a cravings standpoint (and ultimately what is happening is also an emotional process). If this occurs, and you decide to pull the pin out of the grenade, any number of things can happen which can set you back by a mile — going through the drive-thru and getting double orders of everything, eating a gallon

of ice-cream, a large pizza and six-pack of beer, or many other examples of debauchery.

In this example, your overindulgence could set you back 1-2 weeks — in other words, it could take this much longer to ultimately reach your health goals than it otherwise would have. If instead you feel this intense craving coming on and you go ahead and ‘cheat’ and indulge in a cheat meal but with relatively harmless ingredients that still gives you that satisfying comfort food sensation and emotional experience, this would be liable to set you back maybe 1-2 days only. Which one of these scenarios is going to get you to arrive at your ultimate health destination as quickly as possible?

I will follow-up on one caveat to this notion of balance in regard to what you are eating, which is that you shouldn’t use balance as an excuse to constantly cheat more than you know you should — come on, you know better! I have seen people stagnate and prevent themselves from going to the next level health-wise and really solve their health problems, because they are always yo-yoing back and forth between healing, alkalizing foods and foods which are detrimental and acidic. These individuals never really figure out how to propel themselves to the next level to really turn over a new leaf and let go of their old selves and old habits.

There is some of kind of magical ratio, although I suspect it is different for each individual, but I think perhaps it’s anywhere from 5% to 50% cooked foods that an individual can still eat (depending on what that food is — I think generally this notion assumes that these are cooked vegetables) and still

maintain a forward momentum in terms of detoxification and healing.

This is a tricky one to figure out, and you'll have to experiment and see what works for you. After all, there was a period of time when I was eating corn chips (which is corn flour fried in vegetable oil, both of which are quite harmful) as probably 50% of my overall dietary intake, with the rest of my foods being raw with a lot of fruits, salsa, vinegar, pickles, salt, olive oil, avocado and olives. This isn't exactly what raw food purists would call an ideal intake of raw foods or the sort of 80/20 ratio of raw-to-cooked foods (far from it). At the time, this was my own version of balance, although I will say I was also supplementing heavily and doing multi-day cleanses which gave me tremendous momentum and energy. I actually felt I was making significant progress in terms of my body detoxifying itself still.

I simply had an insatiable appetite for starches and fats and this was my version of balance, in transitioning from a far more unhealthy diet to one consisting of much more healthful raw foods (for more on that please see the section: 'How to Transition'). Definitely use this knowledge and information as a guiding map, but you'll need to figure out for yourself what works for you.

These are the types of things involved in terms of maintaining balance. Ultimately, I believe that the more of a unique personal balance you can maintain, the more you are setting yourself up for a sustainable and long-lasting pattern of success as you achieve your health goals and beyond. I don't regret the times my life got out of balance, in my own journey

of self-healing — although I think had I figured out how to balance them better I would be even farther along now than I already am and would have solved my problems more quickly.

It is now my goal to help you solve your own problems as quickly and judiciously as possible.

Can Everybody Be Saved from Health Problems?

RapidRegeneration.com/Saved

I have been absolutely amazed by the power of raw foods, fruit especially, as well as herbs and other natural applications in their ability to launch the body on a trajectory of getting itself healthy and well. There are many cases, and countless anecdotal reports about people recovering from the most horrific health problems, including spinal injuries and basically everything under the sun.

So can everybody really turn things around for themselves using these methods and get back to good health? The short answer is: I don't really know. The longer answer is: It appears to me that most likely not.

I approach knowledge from a humble and logical foundation, admitting what I don't know, in order to build a foundation to understand the most likely cases and probabilities of different scenarios. This was developed in my professional background as an investigative writer as well.

Ultimately, I don't know for sure whether or not the most advanced cases of individuals who are physically suffering can really turn themselves around completely. On the one hand, you have individuals who are quite aged in terms of years who have given their body many decades of abuse in terms of food, alcohol, smoking and drugs. Then you also must consider there are individuals who enter this planet as a baby in a state of terrible degeneration, in some cases missing organs, or with nervous system damage, or many other dysfunctions.

Then there is also the tangential issue of individuals who simply aren't all that open-minded about going through the personal transformation of reversing their well-being and getting well. They

would prefer to continue their momentum in the direction they are going and finish their trip declining towards ill health and ultimate demise. If the will of an individual is not in the game, then I am not going to bet on them to regain control of their physical well-being, as much as that may sound harsh.

These are the cases that make me doubtful whether the natural wellness techniques, and related helpful methods as covered throughout this material, can really help to save everybody.

One other example that comes to mind are individuals who are from a very early age showing signs of very serious damage or toxicity to their brain or nervous system, causing the system to operate extremely slowly and dysfunctionally. When the brain doesn't develop at a regular rate for the first five or ten years, even if all of the brain tissues, nervous system tissues, kidneys and adrenal glands, white and grey matter, and everything else could fully detoxify and regenerate, this person would have still missed out on crucial developmental processes that would have otherwise uploaded programming to a fully functioning brain, but in this case did not. So you would have somebody who was in a state of arrested development, even if they could clean out their cells and get them to properly function at a later age.

I don't consider myself a naive person. So I just wanted to put that out there and I hope people don't think all I see when I look at the world is fairy dust and daisies. I am aware that some of these degenerative cases are absolutely shocking, especially when babies are born with certain problems and are behind the eight-ball such a great distance already from Day One.

There are higher-level questions that will not really be answered within the scope of this segment at least, relating to the grander scheme of how the world works, fairness, and why somebody would be born with such a disadvantage.

Can everybody still improve their overall wellness using improvements to their diet and other natural methods? I think absolutely yes. But who specifically can have the opportunity to save themselves from their problems and be allowed to start over with a fresh clean slate and feel as good as they would like? I would say just most people, especially people who were not born with super advanced issues but rather developed health problems over their lifetimes. I'm unfortunately not confident that some of these other severe cases, including babies born into serious advanced problems, can turn it around 100% completely.

This is especially a complicated issue because we now have genetic weaknesses among humans unlike anything we have ever seen in history. The cases where people are born with mental disabilities have skyrocketed in the past few decades. It is a peculiar phenomenon and certainly tragic.

But, the message I want to focus on is about that the vast majority of people suffering health problems with the motivation to change. These people are simply in a temporal state of suffering, having been overwhelmed with negative acidic chemistry, shackled down by the negative affects of environmental exposure to over-toxicity and what they have been eating, and as a result are now lacking proper cellular function. These types of things have been shown to be reversible, at least anecdotally, with the tens of thousands of people — estimating conservatively in modern times — who have completely solved these problems for themselves using the same method and natural wellness techniques which are covered throughout Rapid Regeneration.

If you sense that you have free will to choose for yourself whether to really go after improving your health, or not — then congratulations! I believe you are likely in this eligible group of people to get yourself out of the Hell that you have (consciously or unconsciously) created due to things you have consumed and

your environmental conditions that have affected your body to this point.

If you still have a fighting chance, take a moment to be grateful and celebrate the opportunity you have to transform yourself. Now go on and get after it!

How Do You Know Natural Methods Will Really Work?

RapidRegeneration.com/Skeptical

In life, there are no guarantees. Every day you are on this Earth is a bonus and there are no entitlements in the natural world. If you are lucky enough to get out of bed and put both feet on the ground, then the rest is up to you.

The same is true with taking a great leap of faith in terms of investing in supplements, taking the energy and time to do a multi-day cleanse or flush, or making changing to your diet to eliminate toxic harmful foods and incorporate the energetic power of raw foods — especially fruits.

The best things in life come when you take a risk, put yourself out there, and really lay it on the line, venturing into uncharted territory to claim something great for yourself. This is nerve-racking and something we are hard-wired to avoid doing. Our reptilian brain, the amygdala, is programmed to avoid discomfort and foreign situations. This is simply a survival instinct left over from a more pre-historic time.

However, in today's modern world, it is an excess of comfort and convenience that have caused people to lose their strength and mobility in terms of athleticism, as well as let themselves go physically due to too much eating of indulgent, unhealthy food items.

There are (possible) great rewards awaiting those who can overcome their own simplistic survival programming, and discover their own inner willpower to freely make the choice to make a change. But, it's not a guarantee that it will work.

What is the worst thing that would happen? Let's say somebody is at the end of their rope health-wise, having grown desperate with a handful of very aggravating, discouraging health problems. This person feels a shadow of his former self, possessing nowhere near the energy and vitality that he used to have back in his 'glory days'. He has been told that feeling tired, lethargic, with brain fog, aches and pains is just a deal that must be accepted that comes with being in your 30s / 40s / 50s / 60s / 70s, etc.

So, he decides to invest \$500 in top-of-the-line, high-quality herbal supplements to do a 90-day cleanse regiment — including the multi-day cleanses covered in this program — where he will be stimulating his lymphatic system, liver, kidneys, bowels, immune system, and endocrine gland system to clean out and rejuvenate his body.

He also spends an additional \$250 over the course of the same three months because of buying higher-quality, organic ingredients as opposed to the regular poor-quality ingredients he normally eats.

He spends the first month taking the supplements and doing both cleanses, while keeping his diet mostly the same. The second month he cuts out a lot of the junk foods and foods with chemicals, and eats more servings of fruits, but still is eating basically the same foods as before but just organic or higher quality ingredients. The third month he really tries to cut out as much acid-forming foods as possible, eating less cooked foods in general, and eat more raw foods consisting of fruits, some vegetables and some nuts and seeds.

This was a pretty big investment of money, time and energy — \$750, plus a lot of focus, dedication, time and willpower. But ultimately, it's not like this hypothetical person gambled the family farm to do this. He didn't pilfer away his life savings, or his

children's college fund, or quit his job, or leave his wife, or make any sacrifice that is too big to bear.

And if none of it worked? If by the end of all that, he feels no difference and has experienced no improvement in his problems and no greater sensation of overall well-being, then I would say that seems strange, unusual, and unfortunate, but I will admit that this could be possible. If so, he would have gained nothing, and would have lost \$750, plus a few nights of going out with his friends to eat junk food, and possibly some strain and extra pressure on his work or personal relationships to make room for him going through this (hopefully not because ideally they would be supportive of his investing in his health).

\$500 is actually more than you would really need to spend to make a big dent, as the man in this example went all out investing in some extra supplements as well. You can do the 'Big Three' total body cleanses for around \$200 — \$300 (colon, liver and parasite cleanses). For those of you who can't scrape together a couple hundred dollars, then perhaps you could just do the food portion of the challenge, scrapping the supplements. Although the supplements are a huge part of the immense power of the amazing benefits of raw foods and natural health, so I would feel quite badly about you missing out on that and would feel that you are not giving the methods a proper chance at working fully.

Honestly, if you can't get your hands on the dough to try and save your own health and well-being, that is a whole other problem you need to figure out. I am a certified Detoxification Specialist from the International School of Regenerative Detoxification, and I understand the body inside and out and how to get it cleaned up. I am not a financial whiz or guru of producing income, but I know there are ways you can somehow produce two or three Benjamin Franklins to invest in your health.

I understand that these are hard times for a lot of people, with many people struggling to make ends meet. If I were to offer any guidance on this, it would be to simply stay focused on the goal. You could pick up a second job and spend a couple weekends driving for a ride-sharing company or delivering food. You could ask your family to help your cause or post on social media asking for donations. You could spend 10 minute brainstorming ideas for where to collect the money, and I'll bet you could figure it out.

The point of this segment is that nothing is guaranteed and nothing will be handed to you on a silver platter. Amazing results in terms of health and well-being are waiting for those individuals who really grab the wheel of their own life and navigate directly towards that goal. For other people just waiting for all the results to land in their lap, without committing any time, energy or money, this will only get them so far.

Do you know somebody who is extremely skeptical about whether natural wellness techniques and raw organic foods can even work and is even something worth investing in? Maybe this person is looking for more data about it working.

This is a toughie, because very little industry or academic type tests have been done validating this (double-blind studies, etc.). Those types of tests are very costly to produce. They are usually paid for by Big Pharma who will typically only pay for studies that benefit their products and support their agenda.

What you could do is look online at another type of compelling data — anecdotal evidence. There are hundreds, thousands even of testimonials from individuals just like myself, who have completely reversed themselves health-wise, transformed themselves physically and mentally, and taken themselves from Hell to Paradise in terms of wellness.

These are testimonies that are nothing short of miraculous of people telling their stories of dramatic transformation. Take a few hours to browse videos online of people testifying as to how raw foods and natural health saved their life, specifically those who used fruits and raw foods to get themselves well, in addition to herbal supplements.

Or, skip the tedious research, and just go with your instinct and intuition — accept the worst-case scenario if these methods don't work, and just go for it!

Ultimately in putting together the information for Rapid Regeneration, this is not really categorized as a motivational program. Rather, I am hoping to distill key information, strategies, tactics, and roadmaps, for individuals who are motivated to help themselves to really improve their health, invest in themselves, take action, and see what happens.

For those of you who are willing to give it a try, I would not assure you of some kind of impossible guarantee, but I am hoping you will discover miraculous and amazing results that will pay you back one thousand-fold for your efforts, just as they have for me.

Eating Healthy is Not For Everyone and Here's Why

RapidRegeneration.com/Ready

A lot of people sort of recoil with distaste at the concept of eating very healthfully, especially with regard to eating lots of raw foods. They look at somebody who does that as some kind of natural freak, almost like a space alien, and they think of eating this way as a sort of aberration of what life is supposed to be all about.

You can see how this would be important to address, on multiple levels. You might be having this experience yourself. Or, if you are resonant with the ideas of using raw foods to heal and regenerate yourself, then surely you are surrounded by some individuals who have zero interest in this modality and are perhaps averse to it. If so, it's important to understand where they are coming from.

I am also going to confront an elephant in the room which is not pretty but it's worth being honest about this to deal with it. Unfortunately, some large portion of the raw food / fruit-centric / plant-based / vegan community are at least perceived as having a bit of a reputation for being pretentious and/or close-minded and/or pushy about their beliefs and trying to press their belief system onto others. Along the same token, it has been reported by different people that some of these same people can sometimes be judgmental and even use tactics to try to make somebody feel guilty about eating junk foods or animal products.

As you continue your journey of healing and regeneration, remember that you exist on a planet of approximately 90%+ of people (at the time of writing) who may have little to no interest in this topic. Consider the notion that perhaps you should be a kind soul to all individuals on the planet no matter what they choose to eat, both for their sake and for yours as well, so that people from different walks of life can co-exist in some kind of relative harmony.

Before I fell ill, I was not particularly interested in the idea of a plant-based lifestyle, much less a lifestyle consisting of much raw foods. I was open-minded and receptive towards the notion of supplements, and even things like the power of raw fruits and vegetables, and the importance of eating whole foods. I was certainly conscious of maintaining a balanced, healthy lifestyle which I thought consisted of me watching the type of foods I ate, trying not to eat excessive amounts of calories all the time, and exercising. I was certainly interested in being healthy enough so I could be trim, in good athletic shape, and possessing a vibrant life force energy throughout my days.

Here is the issue getting somebody like that (or the ‘me’ from that time) interested or receptive to eating healthier and more raw foods — I was able to enjoy my basic livelihood while still eating (in moderation) cooked foods including meat and eggs, occasional dairy, breads, grains, alcohol, soft drinks, and other culinary treats which are off-limits in the raw-food world.

The fact is — at that time — I enjoyed my food and it gave me great pleasure, three times a day. I took pride in the fact

that I was disciplined enough to achieve balance and remain in good athletic condition while still enjoying 'guilty pleasures' and indulging in the sensory delights of cooked foods.

So it is important to understand this is one type of individual who you will come across many times. He or she will have no immediate, urgent health problem to solve and is functioning at a good acceptable level to himself or herself. In my experience, there is no point to try and persuade them of how great this information is, because ultimately, what problem does that solve for them? There is none.

You may feel disappointment that somebody like this wouldn't be interested in going to an even higher level of energy and wellness, or perhaps preventing some future health problem years or decades down the line. If you do feel that way, the issue is more likely some attachment that you have to another individual and how he or she chooses to live life. Why not just be happy for somebody that they are enjoying a charmed life, at the moment, and wish them all the best? Trust me, if things ever go south health-wise, this person will wish to return to his or her high levels of energy and vitality, and will hopefully gravitate towards this powerful information if that does happen.

People in my experience come to raw foods and herbal supplements and natural wellness for one of two reasons: inspiration or desperation. I came over by means of desperation. It is my experience that over 90% of people who come over to this camp do so out of desperation, with only a few higher-level souls elevating themselves out of inspiration.

There is another type of person who will ignore, disregard, and not care about the information regarding the power of raw foods. This would be somebody who is entrapped you might say in the pleasures of foods which are not good for them. This person is actually not functioning at an ideal level and may suffer from low energy or other health issues. I don't want to paint with such a broad brush to say that this person has given up — but it would be something close to that. Sometimes you get somebody who simply doesn't think they possess the will or strength to overcome their problems. This individual in many cases will slip into foods as 'one of their few remaining pleasures in life.' You can have someone who becomes overweight, obese, or burdened with a serious health condition, but eats rich, decadent foods three or more times per day and for those brief fleeting meals, they feel satisfied.

By asking them to give this up, you are asking them to sacrifice some of their last remaining pleasurable moments in life. Plus, they may not really believe that the power of raw foods will really work for them. And, perhaps most importantly, they may not really believe in themselves enough that they can create the discipline to follow through and make the necessary change. So if you are dealing with this type of individual, you may come to appreciate the futility of you trying to convince them or sell them on why they should change their lifestyle.

Now you may stop and think about how — if indeed you do have this type of person who is down in the dumps and eating emotionally and to fill some kind of emptiness and regret and disappointment (of which I believe there are likely

billions on this planet) — perhaps you should be motivating them and lifting their spirits and cheerleading them that they can solve their problems and change themselves and improve their lives, rather than just continuing to decline and eating themselves into eventual death and demise. Well, that's up to you, if you wish to do that. I am just trying to shed a little more insight on the type of individual and their backstory that you may be dealing with.

This can be tough, especially if this is somebody close to you that you care about which of course would include family and/or friends. I have had the experience of dealing with somebody who was declining at a rapid rate and was in a path of destruction in his own health. He was doing things that he was completely unaware of the level to which they were causing further damage to his body and creating acidic conditions. This person was slipping deeper and deeper into an acidic, toxic condition and ultimately closer to his own death much to the great grief and sorrow of his family around him.

During this process, I felt that I possessed knowledge which could help this man. If he were only to implement a few certain actions, I felt confident that it could have a tremendously powerful effect and maybe even result in a significant or complete recovery. However, this person didn't want to try what I was suggesting. Instead, he fell into a worsening state, spiraling the drain, and within six months he was gone.

This is the nature of the planet we inhabit. It's a beautiful thing that souls have free will and can choose their own

adventure and their own destiny, but it can also be painful when you can't help somebody help themselves. It is true that this information is powerful and can dramatically alter somebody's body chemistry from an acidic state to one that is much more alkaline. Once you heal yourself and gain an intimate understanding of this, you may feel that you now are armed with knowledge with which you can go out and solve the world's problems and get everybody healthy and well.

I am an eternally positive and optimistic person. I am, however, not naive and I am realistic about the world in which I live. Here on Planet Earth, for whatever reason, this seems to be a battle ground with constant duality and conflict. This is a place where so many souls will choose sensory satisfaction, the more expedient route, and physical pleasures at the expense of their physical unit's ability to put up with it all.

You can draw whatever conclusions you would like and make whatever observations you notice about this planet we're on and the people here you deal with. You do not have to listen to me or follow my lead. I am simply sharing my experiences, some of them painful, because I feel I have arrived at a more balanced, peaceful, harmonious place now after many years.

I used to get more worked up over a friend or family member that was suffering and I used to really involve myself laboriously to try and get them to change. With great power (the power of this information and the knowledge of how it can transform) comes great responsibility, and I felt responsible for trying to save somebody. I learned this lesson the hard way many times. Now I've evolved, and I just feel

responsible to help the person out there who wants to save himself or herself.

Nowadays, it doesn't bother me when I see somebody who shuns natural health and raw foods. If somebody is presented with all options, and then decides to choose the expedient path which ultimately causes their own physical demise, then I have made my peace with that. This is ultimately a personal question for yourself and whether you can make peace with the nature of the world that we live on and what happens to other people along the way. Can you still thrive and find happiness and elevation in spite of all the negativity and in the midst of being on a sick, war-torn planet full of individuals who ignore information that will help them?

My goal is not to help all of the individuals on the planet who need it; rather, it is to help as many individuals as possible who want to accept help. I am putting this information out there and will continue my commitment to spread this revolutionary data, in order to help those people who really do want to help themselves and are open-minded and willing to make a change. If somebody had never heard of this option and the program described in Rapid Regeneration about how to get themselves healthy and well, I am intent to make sure that they do hear about it so they can decide for themselves.

I don't lose sleep at night over the men and women who are given this route and choose to go another way. That's their choice, and I say God bless them and I sincerely hope it works out for them. I experience a much greater inner peace personally in my own healing and ability to help others by

maintaining this more detached approach, and you might save yourself a whole lot of trouble by adopting it yourself, too! Ultimately though, I do understand that's your business what you choose to do.

Is Eating Healthy and Supplementing Expensive?

RapidRegeneration.com/Expensive

One of the big concerns about getting healthier, eating a more vibrant selection of foods, and investing in your own physical transformation is the cost involved. Everybody knows that organic, high-quality ingredients cost more than their conventional counterparts, and people are worried that they will be priced out of this lifestyle, and that this is something that is reserved for an elite upper class, while the peasants eat bread and gruel, like in the olden days.

I would like to address some of these points, validate some of the accurate concerns, and demystify some of the myths about the expense of a healthful lifestyle. Also I will share with you some strategies to keep your costs down — even around the same level or potentially lower than a standard diet — if so desired.

It is true that organic ingredients are at a higher cost than conventional ones. And I do insist on the organic varieties of some raw foods, where you are eating the outer skin of it, because those same conventional foods are heavily sprayed by the Agri industry with harmful chemical pesticides — things like berries, grapes, peaches, apples, plums or pears (if you're eating the skin), leafy greens, cucumbers, carrots, tomatoes, and so forth. I suppose you could still buy them conventional and wash them thoroughly with a natural produce wash, which would be better than nothing, but I would still be concerned about exposure to harmful conventional chemicals. In this case, it is worth the 50% or

more premium to get the organic ingredients and not poison yourself.

If this is unaffordable, then may I suggest eating raw foods which are conventional, but have a protective outer layer, so if they get sprayed with chemical pesticides, it is coating the outer skin or rind, but you're eating the inner 'meat' of the fruit. This would include things like melons, oranges and citruses, avocado, banana, pineapple, or let's say apple or cucumber type foods if you were to peel the skin before eating. Now you can buy the regular-priced ingredients, still fill up your cart with amazing, healthful foods, but pay the lower costs for the pesticide-sprayed foods which are cheaper to produce.

With regard to nuts and seeds, it is true that these are relatively pricier foods on a per-pound basis, compared with things that are much cheaper to grow and harvest like grains and beans — a big difference though is that nuts/seeds are also extremely calorie-dense and nutrient-dense foods. I would suggest if there is a certain nut or seed that you enjoy, to purchase it online in a bulk-size bag of 2 pounds or more, and you can save significantly on a per-ounce basis compared with buying that same item in a store. And you really don't need to eat nearly as much nuts/seeds to feel full, compared with something like grains and beans.

You can see some recommendations of specific products at: RapidRegeneration.com/food

Also consider that if you are eating animal products currently, and part of this journey for you involves cutting back or

eliminating these types of foods, and you start eating more vibrant, living, electrical foods, then the higher expense of eating certain organic superfoods is going to be offset by your saving money from not buying animal products, which are quite expensive — it becomes a bit of a wash.

As a matter of fact, if you are judicious about which raw foods you buy, and are just very prudent through this process with your funds — by sticking to the conventional, lower-cost type raw foods — you can actually end up spending less money on food overall than a typical person eating cooked, animal-based foods.

Animal products are much more expensive to cultivate and sell than plant-based foods, generally. Look at the price of meat, eggs, milk and cheese. Things like chicken, beef and fish experience price increases every year that are much higher statistically on average than prices of fruits and vegetables. These livestock are more labor-intensive foods to produce than plants. If you can reduce your reliance on these products, your wallet will actually get some relief compared with the Standard American Diet.

That is why I believe this stigma about eating a healthful intake of foods being so expensive is mostly mythical and not entirely justified. Personally, if I was still eating meat the way I used to, my expenses would be much higher. Now that I am a little more comfortable financially than in my younger years, I do enjoy things like organic berries or grapes, and if I see something exotic that I want to try, the price tag doesn't stop me from putting it in my shopping cart. But overall, my food costs are quite reasonable to fill up my pantry and refrigerator

with an assortment of delicious, raw foods that will keep me vibrant, energetic, young and healthy.

The other thing you might find is that you may eat less overall, as a result of getting healthier. The less you eat, the less money it costs to sustain your energy and lifestyle. Just imagine if you no longer experienced evening cravings for another snack before ending the day — it would improve things from a health standpoint to abstain from eating at that time, but it will also lower your overall food costs every time you do abstain. If you are overweight now, and you can lose 10 or 20 or even more pounds of excess fat by embracing a healthier lifestyle, you have not only shed harmful excess weight but also have reduced your operating expenses significantly by now maintaining an overall lower operating baseline of energy — less calories needed.

It is true that certain grains and processed foods enjoy a special privileged status from the US Government, who give our money to farmers of things like corn, soy, rice and wheat in the form of special subsidies which effectively causes all Americans to partially pay for these foods to be grown— in the form of federal income taxation and Dollar inflation via government deficit spending. This results in overall lower cost in the grocery aisle for items containing these processed food products. By contrast, fruits and vegetables are not subsidized and must be produced at their actual market cost.

So, in terms of plant-based foods, these subsidized products are some of the cheapest foods you can eat — rice and beans, bread, crackers, chips, and pasta. But that doesn't mean you should eat them! These are not health foods by a

long stretch. For more details please see the segment entitled: 'Beans, Grains & Starches — Healthy Vegan Foods or No?' They are not only cheap to grow in the first place, but tax dollars make these foods even cheaper to produce and therefore to buy. But, they are expensive to your wellness in the sense that they are very acidic-forming, can lead to all kinds of digestive and tissue damage problems, may contain harmful GMOs (particularly soy and corn), and the price you pay with your own health is very high.

This brings up another point about price of food versus cost and valuation of everything from a relative basis. If you eat cheap but unhealthy foods, like fast food for example and many processed snack-type foods, you could make yourself ill, lethargic, and lacking in energy. This is why price is only important relative to value. And what is the value of food? It's the energy that it gives you. These inexpensive junk foods are robbing of energy. And what is energy useful for? Well, you could use more energy to earn more money. So ultimately, eating unhealthy junk foods can cause somebody to suffer low levels of energy, and as a result display low levels of productivity in his or her work, earning less money than his/her full potential.

If you had more energy, let's say twice or three times the level of energy that you are used to, how might you use it to earn more money? You could increase your productivity in your current vocation, creating more value to your current job role, and therefore earning more if you are paid a bonus for production, or by going to the person who sets your compensation and demonstrating to them how much more value you are adding and getting a raise. You could increase

your level of competence and skills and therefore you could take a different position higher-up in terms of pay within the same work setting you're in now. You could increase your skillset and marketplace value to the point where you sell your skills to another job or opportunity and start earning more money going and working somewhere else. You could take a 2nd job with all your extra energy, or you could start a side business or a passion project, like I did with Rapid Regeneration.

When you become healthy, vibrant, and energetic, trust me, people notice it. People pay more money, including customers and employers, for a better attitude, a high level of confidence and competence at what you're doing, and abundant levels of energy to get the job done. When you are ill and lethargic, sluggish like a sloth, and in a zombie-like food trance, your productivity suffers so bad and people notice that too. Just look around at people in the workplace, and you'll see we are suffering by epidemic proportions in terms of low productivity due to junk-food-induced low energy. The US economy loses over \$500 billion per year, by one report, due to workers unable to work due to how ill they are feeling. This figure reportedly just covers productivity loss due to sick days, and I would think the number is grossly higher for total productivity loss due to less than optimal energy.

Make yourself vibrant and well, and you will run circles around the average worker. As you increase your income, you'll find that eating this way and using herbal supplements isn't expensive at all — on the contrary, eating unhealthily is what costs you the most financially.

Also consider the cost of developing health issues. Perhaps you have insurance and you have to undergo major surgery, medicine consumption or treatments (in which case insurance normally covers part of the cost) or let's say if you go with non-medical approaches and pay thousands or tens of thousands of dollars on the different therapies out there (in which case insurance typically does not cover the cost). Even if the expense of dealing with getting chronically ill is covered mostly by somebody else, what is the cost of you becoming debilitated, unproductive, and unable to contribute to your full potential?

This goes back to the question of lost productivity and less than optimal earnings for somebody who has sabotaged their own levels of energy, clarity, focus, and stamina — these are all things that are valuable in the marketplace, and for which you can earn a greater income to the degree that you can consistently demonstrate more of these qualities. These are all things which result from a robust lifestyle benefitting from eating pure, raw, electrical ingredients.

Some people ask me if I'm trying to live to be 100 or more years of age. My answer is typically that my goal is really to have my years here on Planet Earth free of illness, doctors, and treatments. I wish to have a high degree of energy and vibrance during my years here. This is a critical question about quality of life and standard of living — which is ultimately closely related to expenses and cost of living. What good is a cheap cost of living if your quality of life is circling the drain? And think of all the people on this planet who

would give up all the money they had, if only they could get their health and faculties and energy back.

At one point during my detoxification journey, I worked a second job. I really wanted the benefits of supplements and so I would do the math. I could get a month's worth of high-quality supplements, in significant amounts with about 3 or 4 different varieties, for about \$100. So I would do a trade-off analysis. I could work for an afternoon and evening on a Saturday or Sunday doing deliveries as a side job and earn that \$100 easy, and then I would allow myself to make that investment. Then, for the next month I would be enjoying the benefits of the power of the herbs.

So you can figure it out or justify it however you need to make it work. If you need to wait until you're earning more money to try some of these supplements, then so be it. If you're so desperate to get healthy and well that you don't want to wait, and that means you have to give up spending money on something else, then go for it. I even was in debt in the early days and continue to double-down on buying herbal supplements because of how much they were helping me and I couldn't justify waiting to heal myself. Eventually I got that second job and it all worked out.

So ultimately, eating very healthily and investing in supplemental products can be expensive, but it doesn't have to be. There are ways to do it where you can keep your costs around the same as before. If you are extremely crafty and frugal, you could even potentially lower your costs.

Supplements are more expensive than food, because supplements are more or less optional, whereas you have to eat. It's up to you to figure out your own financial balance of when is the right time to invest in your health via the use of herbal supplements depending on your situation (for more on that please see the section called: 'How to Maintain Balance').

There are even things beyond what have been discussed, with regard to investing money to get better health, like massage, chiropractors, acupuncture, a personal trainer, a gym or yoga studio membership, a personal wellness coach, or going on a retreat of some kind.

Personally I am pretty considerate with money, and typically I don't buy a lot of consumer goods with discretionary income or go on elaborate trips. But I am willing to invest into my own health and well-being, and have gone all-in on myself multiple times. There are few investments with a better return than my own energetic abilities and vitality. My thought has always been, if I am overflowing with confidence, energy, and livelihood, then I will figure out how to achieve what I set out to achieve. So, bring on the supplements, the best food ingredients, and I will get my money back and then some, just as though you would feed a prize racehorse the top-quality alfalfa grass — you wouldn't feed him Kibbles.

If achieving optimum health were easy, everybody would be doing it. I am explaining here an aspect of this game, which is that you either have to be clever in how you figure out picking your ingredients to control your costs, or figure out how to earn more money either with a 2nd job or being more

productive. You also have to figure out if and when you should justify investing additional capital into your health via herbal supplements and other advanced modalities.

So mostly this concern that often gets expressed is not really valid, considering the food aspect, although herbal products and other therapies can be an added cost. Follow your intuition and hold fast to the notion of abundance. If you can create abundant energy and positivity within yourself from achieving radiant health, then you too can create flows of income to support your vision of your ideal scene. I don't pretend to be an expert in that category but I will attest that investing in my health has paid off for me, every time, a thousand-fold.

My wish is that it will for you too.

Vitamins, Minerals and Other Compounds – Does the Body Need Extra Supplements?

RapidRegeneration.com/Vitamins

One of the age old questions in the world of nutrition, health and wellness is – does the body require additional supplement products, and if so which ones and how much should be consumed? This is one of the most complex and involved questions to answer. I will do what I can to share my insights resulting from many years of experience and education. Please know that I am not a nutritionist, a doctor or a medical professional. If it is medical advice you seek, then use a medical professional and if you seek advice from a nutritionist then you should find that individual. I am simply sharing with you the awareness I have accumulated in almost eight years as of the time of writing from my own obsession with achieving optimal wellness.

Do We Even Need It?

I recall when I was very ill and suffering badly from over-toxicity and I felt horrible for four years. During this time, I turned to different supplement products, whether they were vitamins, minerals, nootropics, or some other blend, hoping that this would provide me with some relief. Unfortunately, I didn't feel any better and some of them made me actually feel queasy and strange. At this time, I knew very little about where to source supplements and I suspect quality may have been a factor in why this was ineffective, as well as me not knowing which ones to take and just shooting blindly. I pretty much gave up on supplements at this point (while still holding

out a small kernel of hope that my health problems could be solved somehow).

Years later, I discovered a good quality source of supplements, including different cleansing herbal products as well as protocols which utilized vitamins and/or minerals. I warmed back up to taking supplements because of how much they helped me in a very short span of time and the results were very dramatic.

A few years passed by, during which time I cleaned up what I was eating dramatically and really felt the power of foods impacting my state of wellness and energy. I slowly reversed all my health problems completely and felt pretty much back to my normal energetic self. This was accomplished using mostly just the power of foods themselves, with a lot of fruit and raw foods, as well as plenty of herbal protocols.

It was during this time that I became intrigued with the rather romantic notion that, if we can simply live a life where we are eating the most optimum foods, then we don't really need to take any extra synthesized products like supplement pills. I was progressing onwards and actually getting really good results just eating very healthy foods, and consuming herbal formulas, but without taking additional vitamins, minerals or other compounds.

This continued for years, but eventually I reached an evolutionary jump-point. It became clear to me that for whatever reason it seemed like humans, at least in most modern environments, are probably not best served just with the foods they are eating — even if they are eating the

healthiest of foods. I came back around full-circle and it was at this point when I learned everything I possibly could about supplementation and what seems to work best to optimize wellness in terms of supplements, whether an individual is eating a super-healthy intake of foods, or not.

How did we get to this point where things are so bad that the very nature of what we have so much passion for (natural whole foods) isn't providing enough sustenance? Because I really did fall in love at one point with the notion that a human being can live on the Earth just like Adam and Eve did in the garden of Eden, where God just provided all of the most wonderful and perfect means of sustenance all around in the providence of nature. Eating a food like the most amazing fruit is a sort of beautiful interchange between a human being and nature after all, and this ideally could provide the individual with all of the amazing chemistry that will fuel the body and that it needs in totality.

But where are we now? The Garden of Eden is certainly no longer. And if you want to take the Biblical series of events to their logical ecological conclusion, a Great Flood supposedly later washed over the Earth. I personally don't know what exactly transpired with regard to a massive worldwide flood around 10,000 years ago although I am aware there are many historical accounts of such a thing. Let's just say if that did happen, then you might have to presume how much mineral content washed away from our soils when that flood receded. If you follow this ancient story, then this fall from grace — in the form of departure of humans from the Garden of Eden, and later the purging of the Earth via a great flood — would have resulted in not only a spiritual deficit inside of

men and women but also a substantive lacking of nutrients in our surrounding environment.

Seriously though, all speculations aside about the history of humanity and this planet, let's get real honest about the quality of our foods — even organic foods. It is indeed lacking, to put it nicely. Unless you can find a very special farmer who grows with intense love and care on a very unique property, you are likely eating a product from the big commercial growers which is probably intensely devoid of certain vitamins, minerals, flavonoids, antioxidants, and more. This is due to a number of expedient commercial decisions by the growers — such as not putting a full spectrum of all the natural minerals back in the soil after depleting it with a crop yield — which leads to poor soil quality. The huge decline of vitamins and minerals in the food over the last century is well documented.

Also, an unprecedented environment that we live in today should also be factored in. For example, extremely high levels of aluminum have been observed in the the air, water and resulting soil content (which ends up in the food), which is just one example of pollution. This heavy metal ultimately winds up inside the body, and can cause us to become more toxic and function at a lower and lower level as a result. Also consider the impact of what some would describe as toxic pollution in the form of EMF radiation and electronic pollution, which has been documented as causing much stress, tension, and potentially free radical oxidation within human cells.

Whenever there are outside environmental factors which are creating a higher amount of oxidative stress to a person, then it ultimately would require extra resources from within that person's body to balance out this lack of ease. This could also be applicable regarding the modern lifestyle of most individuals which is filled with constant pressure, stress, complexity, and artificial stimulation, not to mention the litany of unnatural and processed foods! All of this could be potentially draining to the resources inside of the body of a human which was really designed to live a much simpler, cleaner existence. The ancestral human would have still had his or her challenges, no doubt, but the problems were cleaner, simpler and not as toxic.

There is also an observation worth considering that the genetics of humans have over time become compromised due to all of these environmental factors, not to mention generations of families eating unhealthy foods and causing their own genes to suffer before and during passing them on to the next generation. It is true that incidents of health issues with babies for example have exploded in recent decades and are on track to continue increasing at an alarming rate. One way to define this issue is a litany of genetic weaknesses being proliferated to the next generation and progressively growing more intense with each transfer.

As explored in more depth in another segment about testing, the question of whether supplements should be taken, and if so which ones and how much, is best answered with some helpful data from your own body. I do think this investigation is enriched by doing testing of the blood, urine, genetics, and perhaps even hair sample testing. For example, if your blood

is showing dangerously low amounts of Vitamin D3, then you might strongly consider supplementing with Vitamin D3 if it's not feasible to get adequate sunlight. If your urine is showing that you have extremely low amounts of iodine in your body, then depending on that measurement it would help you figure out whether to supplement with iodine and by how much. And if you have genetic mutations showing suppressed enzyme activity for certain genes, then that could indicate whether or not certain B Vitamins may be worthwhile to supplement with.

With all this in mind, it is certainly possible that many individuals could benefit from certain vitamins, minerals, or other compounds which otherwise are not being supplied in adequate amounts by the food, or which are getting depleted too quickly by the body due to excessive toxicity or because of an especially high imbalance within the body because of extreme oxidative stress, or which could help to solve a functional problem of the body created by a genetic mutation.

Categories of Supplementation:

I would break down the potential areas of the most helpful supplements that I would consider using into the following categories.

The first category would be supplements that I would certainly consider consuming, and I would think that the vast majority of individuals on this planet today would be well served by strongly considering consuming from these areas:

- Herbs and Botanicals

- Nutrients which are concentrated into a certain food product like a powder
- The most essential and most commonly lacking Vitamins, Minerals and Nutrients

The second category in my view is not nearly as critical, but has been documented to provide benefits to individuals in some cases and so therefore would be worth your consideration as well:

- Other Vitamins, Minerals and Nutrients, including Essential Fatty Acid or Amino Acid supplements
- Compounds extracted from nature which enhance bodily function

There is also another category which would be supplements that I would personally be inclined *not* to take, which would include:

- Completely synthetic chemical creations not found in nature or made in the body
- Actual hormones, steroids, or enzymes which would otherwise be made in the body

Lastly, there is a sort of 'Grey Area' category which I would prefer not to take but in some certain circumstances I would not rule out taking, which could include:

- Biological precursors, which are compounds normally made by the human body from other raw materials but that that have been synthesized by modern technology
- Also included within this category are glandular extracts

We will explore all of these further so you can understand more context to make decisions for yourself about how to achieve your personal wellness goals.

Herbs and Botanicals:

Herbs and botanicals and a no-brainer for me after experiencing the powerful effects from them firsthand in my own healing journey. Some practitioners will offer concern that they are too stimulating. I understand there is some downside in this sense, but personally do not take issue with this. Most herbal products are essentially just foods, either in a powder, tincture, or liquid extract form, which happen to have qualities that can enhance cellular function of certain tissues within the body. While it would be nice to not have to use them, the stimulation from these compounds can help to increase awareness within a certain system of the body. This would be one of my favorite most expedient ways to get results in an area of the body.

A list of dozens of the most powerful herbs to enhance different functionality of the body's various systems is much too long to include here, and there are many potent combinations that can target a certain system of the body. You can always see which herbal formulas I like to use (there are many listed) at RapidRegeneration.com.

Nutrients Contained within a Superfood Product:

As covered more extensively in another segment regarding green powder, finding an extremely high quality and potent green powder can be a major game-changer, because not

only does it provide amazing fuel from a standpoint of being a food, but it also provides so many potent nutrients as well. These vitamins and minerals are best absorbed when attached to the produce itself (which is why some people object to taking isolated supplements). Adding this type of powder to your diet can cover for a litany of sins in terms of improving nutrient levels in the body.

The main nutrients which are found in this green powder would be Vitamin K, Vitamin A, Vitamin C, Magnesium, Calcium, Iron, Sodium, Folate, Chromium, Manganese, and Thiamin (B1). It also contains trace amounts of other nutrients like Riboflavin (B2), Niacin (B3), Pyridoxine (B6), Vitamin B12, Boron, Copper, Vitamin E, Lithium, Phosphorus, Selenium, Vanadium and Zinc.

You can find a high quality form of it here:
RapidRegeneration.com/GreenPowder

Most Essential and Commonly Lacking Vitamins, Minerals and Nutrients:

There are vitamins, minerals and certain nutrients which are of utmost essentiality, and it should raise alarm bells if their levels are too low in the body. While all vitamins and minerals get lumped together so often, there are a few that stand out as being very commonly lacking amongst individuals in our modern world, while at the same time being extremely critical to optimal health. These would include ones like Vitamin D3, B Vitamins, Vitamin C, Iodine, Iron, Zinc, Magnesium, Selenium and Chromium. Probiotics are not a vitamin or mineral but are worth including in this category because of

their absence in the average modern person's microbiome and their absolutely critical role in supporting chemical balance in the body.

You will see other segments which are dedicated to providing a more in-depth understanding to some of these individual compounds, like Vitamin D3, Probiotics, B Vitamins, Vitamin C, and Iodine.

Other Vitamins and Minerals:

Then are also other vitamins and minerals which seem to be either not quite as important as the most essential ones, or otherwise not missing from our food sources as badly. However, these are still worth considering in terms of taking additional supplementations. We already covered some of these before in the most essential and most commonly lacking vitamins and minerals section.

For vitamins, this would include things like Vitamin A, B Vitamins, Vitamin C, Vitamin D3, Vitamin E, and Vitamin K, among other compounds and cofactors like Choline.

For minerals, this would include things like, Iodine, Magnesium, Zinc, Selenium, Manganese and Molybdenum. There are also other trace minerals like Chromium, Nickel, Copper, Tin, Boron, Vanadium and Silicon, among many others.

You will notice that some of these nutrients listed above are contained within the green powder. And so, just by adding

the green powder to your existing meals, you are already solving a major issue of getting some of these main nutrients which are needed, and without even supplementing with an isolated ingredient (just by consuming a nutrient-packed superfood). If a nutrient is not in the green powder, or it is but only in very small amounts, then you might consider the benefits of additional supplementation with some of these vitamins or minerals.

You can also look to see how much of a certain nutrient is contained in the types of foods you are eating, but as you calculate the stats on what you are eating, please remember to have an awareness that the estimated levels of nutrients used by many mainstream sources are not necessarily accounting for a shocking and dramatic drop-off in soil nutrient values over the last century or so. Therefore, they have a high likelihood not to be accurate (take them with a big grain of salt).

For good measure, in this section, you could also consider the supplementation of other important nutrients that are found in food, like Essential Fatty Acids (EFAs like Omega 3, Omega 6 and Omega 9), as well as Essential Amino Acids (EAAs) and Non-Essential Amino Acids. Some individuals might also take certain specified amino acids (especially depending on a genetic test) that could include L-Methionine, Theanine or Tyrosine, just to name a few.

Compounds Extracted from Nature

In addition to basic herbs, botanicals, vitamins, minerals and amino acids, there are other amazing compounds which

modern technology has allowed us to extract from nature. In a prehistoric age, we rarely could have consumed these substances in such concentrated and potent amounts that exist in some of these formulations. As a result, consuming some of these can have less of a natural approach. There is potential to be overstimulating and even perhaps create an imbalance within the body.

Depending on the unique situation and where somebody is at in their health journey, I would more strongly consider consuming these isolated extracts that have been shown to be very beneficial. The result may be somewhat unnatural, because you would not find such a concentrated potency in a food, or because the compound has been synthesized on some level and doesn't exactly replicate nature.

Some of these compounds can include:

- R-alpha Lipoic acid (made in the body but also found in foods)
- Ancient peat
- Apple skin extract
- Trans-resveratrol
- PQQ
- Pterostilbene
- Nattokinase (enzyme which is produced by food)
- Quercetin
- Lycopene
- Inositol
- Lutein
- Zeaxanthin
- Betaine
- Antioxidant, flavonoid and flavonol extracts

- Phosphatidylserine
- Shilajet
- These are just a few, but there are many, many more

This is sort of a modern solution to a modern problem. The risk seems low and the benefits seem to outweigh the downsides. Make sure to do your own research, exercise caution and carefulness, and use your divine intuition to figure out if you should do something and to what degree.

There is a particular product which is a good example of combining the power of herbs with amino acids and certain other potentiated nutrient extracts to create a powerful support for brain and cognitive function. There are many different supplement products that can help with many things (although only a few of good quality), and this is just one example of a supplement that has helped me personally from time to time when I have really felt the need for extra assistance in this area:

RapidRegeneration.com/BrainSupport

Problem Children of the Supplement World:

There are also some other categories of supplements which personally I would not want to supplement with because of the potential downsides involved. These ingredients can include:

- Completely synthetic chemical creations not found in nature or made in the body
- Actual hormones, steroids, or enzymes which would otherwise be made in the body

Just look at the category of completely synthetic chemicals which are supplement products. Now we are delving into the territory of the pharmaceutical people. Haven't we seen this movie before? The problem is that this same philosophy of Big Pharma spills over into the supplement world. Not only can taking synthetic, artificial ingredients — which are not found anywhere in nature nor are these material created within our body — create imbalances and obstructions in the body, but this could also be toxic and quite poisonous. This seems more than obvious to me, but I find it worth mentioning that my approach is to avoid these types of supplements like you would anything that is toxic and can severely damage body tissue.

Separately, it seems quite popular nowadays to see people who are supplementing with ingredients which are made in the body, specifically hormones, steroids or enzymes, which would otherwise be produced exclusively by the body. Indeed, this has grown in popularity for example as we have seen testosterone levels in men dramatically decrease in recent decades. Replacing the compound that the body has stopped making enough of is an expedient solution to this much more deeply-rooted problem.

However, it is only common horse sense that if you supplant a compound which the body makes, then the body may be inclined to make less of it on its own presently or if this artificial stimuli is ever removed. This can cause real issues later on down the line and could require higher dosages as well to get the same effects, as the body's function becomes more hypoactive.

There are certain scenarios where taking hormones may be a life-saver or could provide relief to somebody in an otherwise very desperate setting. If I were an elderly person who had been taking synthetic thyroid medication for years, would I consider a different approach which was a little more natural, involving taking desiccated thyroid hormone? If my pancreas didn't produce adequate insulin would I consider taking insulin? If I were an old man with testosterone levels at dangerously low levels, would I consider TST (testosterone replacement therapy)? I don't wish to make judgements about others or rule anything out. At this point in my life, I feel certain for myself about staying away from the type of imbalances these things seem to create in the body. But I understand that sometimes you have to stand in somebody else's shoes to understand how different people might apply different values to the risks associated with these types of supplements.

Actual hormones can include: Testosterone, Estrogen, Progestin, Human Growth Hormone, Thyroid Hormones, and Insulin, among others. Steroids are also commonly used as a short term gain, but often trading for a long-term pain, as hypo-function of the body can set in. Synthetic enzymes are often used for stimulating and speeding up the body's processes, including digestion, but can work at the expense of the body relying on an outside source and no longer depending on how to produce enough of its own enzymes for proper balance. This would be a distinction from enzymes that you could consume which can actually be sourced from an external source like in a raw food — a natural externally-sourced enzyme is far less controversial in my view as

compared with supplementing with an enzyme that can only be made by the body.

Grey Area of the Supplement World:

These issues are not black and white and I don't pretend to have all of the answers. All I can do is share what I've learned and what I observe in the hopes that you will benefit from my hard work and insights, and that you might appreciate my authenticity that I will shoot you straight.

There are some compounds which exist that are so powerful that it's quite impossible for me to totally discount them, while at the same time their source is still quite controversial to me and definitely causes some concern and trepidation about taking them. Personally, going through my regular routine, I tend to avoid supplements from this category and prefer to allow my body to balance itself while perhaps supplementing myself with potentiated forms of other ingredients which are already existing in nature.

Rather than just throwing up caution tape around this category of supplements and saying never take them, I do want to offer a more nuanced approach. The fact is that I have taken some of these over the years and have felt extremely powerful effects and benefits from doing so. Now that I have solved my major health problems and gotten myself healthy and well, I would prefer not to use them. But, I believe there is a potential role for these types of compounds and you should decide for yourself if taking them is the right thing for you to do.

The potential risk of consuming a material that can only be made by the human body is that it could send a signal to your body to stop self-producing as much of it. If somebody's body is already in a state of certain dysfunction by means of not producing an adequate amount of a certain material, and then you start supplementing with it, then this could be a slippery slope because the body could then go from a state of already low function in this area to producing even less and less, worsening the original problem.

I hope that you understand that I am not a part of the Supplement Police and I'm not looking to get you in trouble for violating Natural Standards of which supplements are most natural and which ones aren't. I do have genuine concerns about the unnatural methodology of putting things into your body that your body is supposed to make on its own and the risks associated with that. But I do also understand that some people's bodies don't work properly. I understand that we live in a modern world where there are so many environmental toxins that we're putting our primitive bodies in a very disadvantaged position. It can be an uphill battle and sometimes you feel like you could use all the help you can get. And I understand that some of these compounds can make somebody feel better, and that people should have the freedom to make their own independent choices about their own bodies.

This is obviously a nuanced issue. I have my concerns but I do not consider myself a purist in this regard because there exist different situations out there. Ultimately, the choice is yours in this regard if you do wish to utilize some of these more unnatural and controversial ingredient which humans

have figured out in the last few decades how to synthesize and turn into products. I have used some of them personally, but my preference is to see if I can get by without having to use them. Some of these like hormone pre-cursors are more controversial and risky in my view as well. Definitely keep in mind that there is a spectrum even within this grey area, of some of these ingredients which seem to be riskier than others to start supplementing with.

These types of compounds can include:

- CoQ10
- Gonadorelin
- Pregnenolone
- DHEA
- NAD
- SAM-e
- Glutathione
- NMN
- L-Carnitine
- Glutamic Acid
- N-acetylcysteine (NAC)
- Peptides
- Among so many others

I would be lying if I said that I had never taken supplements containing these ingredients and claimed to have never benefited from these things. In fact, there were times in my journey when I was at such a low point health-wise and I did take a certain supplement which contained mostly potentiated nutrients and concentrated formulations of actual natural ingredients, but contained one or two ingredients like

CoQ10 which were on this more unnatural synthetic side of the spectrum.

That particular product is the DNA support and cell cleansing formulation:

RapidRegeneration.com/CellCleanse

Use promo code RAPID for 10% off.

To be clear, I consider this type of supplement controversial and more on the unnatural side of things. Now that I am cleaned out and healthy, I typically would not consume this personally, and prefer to take a more balanced and natural approach. However, for me to deny that I was helped by this powerful stimulation when I was at my lowest point would be inauthentic and would go against the values of transparency that I believe in which I believe can provide the most help to others.

Separately, it is worth acknowledging briefly the use of glandular supplements, which are capsules containing dried up raw tissues (usually from a cow or sheep) that are taken from the animal's glands, such as the pituitary, thymus, or thyroid gland for example. The philosophy behind this is that the intelligence of the DNA inside the animal tissue may help to stimulate and enhance the awareness of that same glandular system within the individual taking it. Somebody with low pituitary function might take a pituitary glandular for a short period of time to help stimulate the awareness of that gland and help jump-start it to a higher state of function.

Personally, I have taken glandular products and I found that they made me feel overstimulated and uneasy. I am also not

crazy about the idea of consuming raw animal tissue as a stimulant and would prefer a more natural approach. This method really is not for me at this time, although I understand that some individuals have reported positive effects, especially in desperate cases, and so I want to acknowledge that this modality is out there if you should ever need to investigate it further.

Therefore, be warned about this category's liabilities, and also informed about the potential. It's your life and your body and I'm not going to make your decisions for you. Use caution, discernment and prudence about what you would put in your body just like you would with food, beverages and other products. Please don't ask me for all the answers because I don't have them all, but I hope this background helps create some context for you to figure out what will work best for you.

Throwing the Body Out of Balance

Let's say if you rule out the 'Problem Children' supplements and even the 'Grey Area' supplements and just focus on the other less-risky forms of supplementation. So, what is the downside if any to taking them?

One of the legitimate concerns about taking isolated supplements is that it can create an imbalance in the body. Indeed, once you start to play mad scientist, tinkering around with the chemistry in your body, you do run that risk. But if you don't do anything, there already exists a risk that your body's existing state is already imbalanced and this could be presently causing serious issues and a lack of ease.

Also, some vitamins and supplements when isolated not only are not absorbed well, but can become toxic and obstructive to the body. Vitamins and minerals work in concert with each other (for example, sodium and potassium are often interrelated, as are calcium, phosphorous and magnesium) and so taking too much of one can risk the underutilization of another.

Take for example calcium, which is an amazing benefit when consumed in its plant form among all the other constituents which work synergistically together (such as when you consume the green powder or fruit that contains calcium). But compare that with if you were to consume a mineralized, isolated calcium like you would find in a supplement or multivitamin — doing this creates a major problem in the body that risks getting addressed with a defensive measure which could even potentially create an imbalance or deplete levels of phosphorous in the body. For this reason, my personal preference is to avoid taking any form of isolated calcium supplementation, with the exception of a green powder type supplement or whole food where the calcium is contained within that food.

Do be aware of the downsides and liabilities of supplementing with these isolated compounds, and decide for yourself it that is the right thing to do for you and/or your family. Certainly, there is no perfect solution and we have to figure it out with the tools we have and the environment that we are in.

Supplement Quality Issues

If you are going to take a supplement, what you should not do is to consume something toxic that is simply there to preserve the supplement, or make it more digestible, or allow it to be processed cheaper by using an artificial filler. I don't wish to be a Debbie Downer, but this is so common in the supplement world. This seems to be affecting at least 95% to 99% of the products out there in the marketplace as of the time of writing.

Nutritional supplements are regulated in a sort of 'buyer beware' environment. A supplement may in fact end up containing nowhere near the potency that the buyer perceived as being presented with the product. The way an ingredient is produced could be completely not absorbable and/or biologically unavailable, creating extra work for the body to excrete it out, and worse, causing potential obstructions and toxicity within the body.

Watch out for these toxic fillers and preservatives in supplements, which can include:

- Magnesium stearate
- Stearic acid
- Silicon dioxide
- Soy lecithin
- Gelatin (from animal tissue)
- Potassium sorbate
- Titanium dioxide
- Propylene glycol
- Magnesium silicate
- Dicalcium phosphate
- This is not an exhaustive list — there are so many others

There are other fillers which are basically natural or almost natural and seem to be more or less harmless ingredients, like microcrystalline cellulose, rice bran flour, or in some cases sodium ascorbate. Always read the labels before buying for a full list of ingredients, and use your best judgement.

Weighing the Cost of Supplements

A side issue is how supplement companies will oftentimes mark up a product by 10 or 20 times — leaving you with only \$2.50 to \$5 worth of actual nutrients in a \$50 bottle of product. Truly, there are only a handful of companies that are committed to using the best quality ingredients, while avoiding harmful fillers, and only marking up the product approximately 1, 2 or 3 times as compared with the cost. I do take pride in my own reputation for providing to you the resources on which products specifically meet these standards. It is my own reputation on the line when I make a recommendation on RapidRegeneration.com.

This brings up another financial point to consider which is that supplements cost money, and its benefit must be worth the money it costs. If somebody is going to spend \$150 per month on supplements, which is \$1,800 per year, then those supplements had better enable him or her to earn at least an additional \$1,800 per year by performing at a higher level to generate more income, or perhaps could allow this person to save \$1,800 per year from better cognitive function leading to fewer mistakes. Or, the financial investment into supplements would need to extend this person's life by a factor of a

certain number of years, or otherwise would need to improve the quality of life and how good this person feels during the existing time they are living, in order to make the cost worth justifying.

However you slice it, there had better be a great ROI (return on investment) if somebody is going to use his or her hard-earned money to invest in supplements, and they had better work very well in providing immediate and long-term value to the user in order for a customer to justify reordering.

Should You Just Take a Multi-Vitamin?

Not counting the importance of certain extremely critical nutrients which can be approached in a more focused way, there is a certain perceived liberation in just taking a multi-vitamin and not worrying so much about figuring out which nutrients are the most important and at what dosages you should be consuming them and when. In this sense, a multi-vitamin is often perceived to solve a big problem.

I have a few issues with the multi-vitamins personally. First of all, I have yet to find one that checks all the boxes for me. I have found only a small handful of multi-vitamins which do not have toxic fillers and preservatives for starters. Out of these options which are in the top 1% of quality of all multi-vitamins, even in this small grouping I have still found minor but important faults with each product. One of them might use sodium ascorbate (the preferred formulation) for Vitamin C instead of citric acid (a problematic formulation because of its acidity), but will use folic acid (a very problematic synthetic form of B9) instead of methylfolate (the preferred formulation

for B9). A different multi-vitamin that made the final cut might use methylfolate for B9 but will include citric acid for Vitamin C — the opposite of the first example. Yet another multi-vitamin brand might include calcium which I would prefer not to take at all.

In all these examples, there is a problem which has to be contended with because the multi-vitamin formulation contains in one of its ingredients something that I would never consume on its own. And so, you lose some control over each individual ingredient when you make compromises like this. Also, you could risk not getting enough of certain nutrients because the dosage may be quite conservative, and then you may also be getting excessive dosages of a vitamin or mineral that you are already getting sufficient amounts of in your food intake.

For some, these compromises may be worth it because that means you don't have to have a bunch of different bottles and maybe you'll actually remember to take it when you should, and it seems like it is also a lower cost way to supplement as opposed to taking individual nutrients.

Quite frankly, years ago I used to think that somebody was better off not taking any supplements as opposed to taking a multi-vitamin because of the liability of consuming imbalanced isolated ingredients. More recently, the more I learn about nutrition, I tend to think somebody would probably be better off taking it than nothing at all. With all this said, I still haven't found a multivitamin that I personally like, so personally at this point it's not for me. Ultimately, it's not an either/or choice because somebody can avoid a multi-

vitamin but still consume green powder and other individualized supplement choices.

All this considered, even though my approach is not to take one, I respect your personal choice. I will still include a resource page you can reference if you wish to see what I have found as the top quality multi-vitamins, with additional context about the benefits and liabilities of each one. You can find that here:

RapidRegeneration.com/MultiVitamin

Nuances to Dosages:

The first big question with regard to supplemental elements is whether to take them at all. The second big question is which ones are worthwhile to take depending on the unique situation. The third big question is — how much should you take and how often?

There many experts out there including many natural health consultants who will universally instruct specifically a certain amount and frequency of how to take a supplement. In a way, this is an expedient way to provide assistance, because it gives somebody a very actionable and specific thing to do without the need for further questioning. What this is missing are several factors including a person's weight, height, apparent metabolism, whether male or female, pregnant, or breastfeeding, lifestyle factors, diet, age, various body testing, and genetic mutations, among other factors. And so if somebody is saying that generally somebody should take 500 mg of a certain substance once per day, then certainly you wouldn't expect the same amount to be assimilated for a

200 pound 25 year old male as it would be for a 125 pound 65 year old female, as these are two physiologically completely different individuals.

There is also the question of how does an individual respond to a certain dose. Somebody may try the recommended dose, but find that this amount doesn't seem to have any affect, while taking two or three times that amount (assuming this is within the safe, non-toxic range of consumption) will cause them to experience numerous literal benefits to how they feel. In this case, this person may decide that a higher dose would be more fitting for them — and the same is true with somebody who responds better to a smaller amount consumed.

Lastly, I'm not going to sit here and pretend that I know all the answers to everything. There are too many experts who present their recommendations almost as gospel, and act like their stuff don't stink. We have all seen a self-proclaimed expert preside with his or her levels of expertise patronizingly, almost like a priest would talk to a commoner in the Middle Ages under the supposed premise that God has endowed him with divine abilities that the common man or woman didn't have access to. It is true that I am an expert in a range of subjects revolving around natural health, wellness and self-healing. But I will certainly admit when there are extents to my observations and awareness of certain things, such as the ability to accurately recommend the correct specific dose of exactly what somebody should do and to what degree without knowing any other details or context.

I don't pretend to know the exact perfect amounts of certain dosages of supplements. I do know that supplements can be extremely powerful and I am aware about certain ranges of dosages within which somebody can generally find what they are comfortable with and what works for them. Somebody should work with an expert practitioner if they wish, but they should also be careful to make sure they are not working with charlatan, or an innocent but ignorant individual who doesn't have a full-spectrum awareness of the truth surrounding natural wellness as it relates to these different nutrients and supplements.

Somebody could start off with smaller amount and see how they respond. Ultimately, how you feel when taking a supplement is not necessarily the best or most important metric — but I do consider it highly important. Some practitioners will say that how a person feels is not a reliable barometer of whether something is working and should be basically disregarded as more scientific measurements should be the only guiding compass. For me personally, I want to feel good. If a supplement makes me feel good, and it is relatively safe to take and checks the boxes which are important to me about not causing harm or imbalancing the body, then I am that much more likely to take it. If a larger or more frequent dose makes me feel better, and it is still within the safe range of consumption, then I would be inclined to consume it.

Ultimately, as much as data and numbers are important, I have learned over the years to value my own intuition and instinct about whether to do something and to what degree.

Highly consider fostering that ability within yourself as well in this area.

You can refer to specific segments regarding some general nuances about dosage amounts based on personal experience, such as the segments specifically about B Vitamins, Probiotics, Vitamin C, Iodine, and Vitamin D. In some cases, I don't presume to know the exact correct amount for every scenario, and so you are going to have to figure some of it out for yourself. That's okay — trust your own discernment to find the expertise and insights and correct knowledge for ultimately how you will decide to proceed.

In Closing:

Make sure you review carefully the other segments which go into certain specific areas of supplementation more in-depth. I am truly committed to sharing with you everything I have learned in almost a decade's worth of working to solve my own health problems naturally and achieve optimum health as of the time of writing — I am in this with you all the way if you'll take the plunge with me.

Keep an open mind and don't just take somebody else's opinion — including mine — as gospel. Question your own cemented beliefs about supplementation that you already have, because they may be holding you back from making a breakthrough to go to the next level. Truly, supplementation is an area where almost all of the information and products out there are not worth their face value and can cause potential harm.

And yet, we are living in an amazing modern age where humans truly have developed the capabilities to manufacture and create the most amazing compounds and ingredients. If done correctly, we can improve how we feel, enrich our quality of life, and even extend our years far beyond conventional spans.

Supplementing for Specific Needs – Blood Testing, DNA Testing, Urine Testing, Hair Testing

RapidRegeneration.com/Testing

Much of natural healing, detoxification, putting healthier things into your body, and transforming yourself into a healthier, happier individual is intuitive and is as much art as it is science. I find that too much of the world of improving well-being is overly nerd-ified and is based on opinions of how we should interpret certain data and quantifications of measurable science. Many appointed so-called experts are simply repeating somebody else's opinion. Sadly, in their academic schooling, these bright young students are taught what to think and not how to think.

I have found in my own journey, and in observing the success and/or failure of others, that intuition, instinct, creativity and even artistic nuance is *very* important to having success in terms of healing yourself and getting yourself healthy and well. I am certainly not the nerdiest of natural wellness researchers out there and I rely heavily on my own instinct because it rarely leads me astray.

With all that said, as I've grown older, more experienced, and (hopefully) wiser, I have come to appreciate data that much more. Your body is full of data, just waiting for you to extract it. Some data is very palpable, like looking at yourself naked in the mirror, or taking a photo of your eyes and interpreting it (AKA iridology). Some data requires scientific tools and devices and chemists in order to extrapolate intelligible information about what is going on inside your body.

When you get results from quantifiable data, like testing your blood, your genes, your urine, or your hair, it is worth taking with a grain of salt. You have to consider that whatever metrics are considered in the 'normal' range were made up at some point as being considered normal. But with that said, don't be so skeptical that you never take action as a result of potentially helpful information. You have to use your own power of discernment to figure out what recommendations you should rely on and trust in terms of where your measurable levels are at and where they ought to be. Also, please note that I am not a doctor or medical professional or nutritionist, and if it's medical advice you seek then seek out a medical professional and the same goes for a nutritionist.

Testing the body's tissues is an extremely helpful tool. The cost is very reasonable to get certain tests and the results are extremely revealing in terms of letting you know what areas of the body perhaps need extra special assistance. For years, I took the shot-in-the-dark approach to supplementation, following my intuition and buying supplements depending on what I was estimating that I was needing. This is not the worst thing and probably better than not supplementing at all, but there is a more effective approach involving testing.

Take Vitamin D3 as an example — how do you know how much D3 you might consider taking, if you don't know how much D3 is circulating in your blood? Or take certain B Vitamins as another example — wouldn't you like to know if you have certain genetic mutations with extremely low enzymatic activity which could be assisted by certain B Vitamins? Or look at an essential trace mineral like iodine —

this is a controversial element and there is a risk of over-supplementation, so before jumping in and consuming iodine tablets left and right, should you find out what iodine levels are existing within the body beforehand?

Let's explore each modality of testing to gain a better understanding.

Blood Testing:

The blood is considered as per conventional wisdom to be one of the main tools for testing what is going on in the body. It is indeed helpful to find out what is going on in the blood. Of course it doesn't tell the whole story, because the blood is in constant flux and doesn't really reflect the lymphatic cleaning systems of the body where many health problems originate — but it can still tell you a lot.

This list is not exhaustive, but some measurements which would be helpful to ascertain from a blood test would be:

- Blood sugar regulation (Glucose, Hemoglobin A1c, Insulin)
- Kidney function (Creatinine, BUN, eGFR)
- Mineral and electrolyte levels (Sodium, Potassium, Chloride, Carbon Dioxide, Calcium, Magnesium)
- Liver measurements indicating efficiency of liver function (Albumin, Globulin, Bilirubin, Alkaline Phosphatase, AST, ALT)
- Vitamin D3 levels
- Cholesterol levels and Triglycerides (fats)
- Homocysteine, C-Reactive Protein (to help indicate levels of inflammation)
- Thyroid function (TSH, T4, T3, TPO, TG)

- Hormone levels (Cortisol, Testosterone, LH, FSH, DHEA-Sulfate, Estradiol, Insulin-Like Growth Factor)
- Blood health (CBC, RBW, Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW, Platelets)
- Immune system function (Neutrophils, Lymphocytes, Monocytes, Eosinophils AKA Eos)

You can get a fairly comprehensive blood test for around \$100, but it likely will not include every single one of these measurements. You may need to order additional tests for targeted areas of interest unless you can find a practitioner who can place an order at a lab to run all of these tests in one. Although you can learn a lot just by reading your own results, it also would be of great value to have a professional help you interpret the results who is well-versed in the modalities of natural wellness.

You can find a fairly comprehensive panel at the below link with many of those measurements on there. This would involve you going into a lab and having your blood drawn which is a service available in virtually all cities in the US: [RapidRegeneration.com/BloodTest](https://www.RapidRegeneration.com/BloodTest)

There are also numerous other blood tests that you can do that can give you actionable data about what's going on in your body, so you can test more specifically and zoom in to certain areas of the body as desired. One of the most common low levels to be found in the blood is for Vitamin D3. If you are simply interested in testing your blood for Vitamin D3, which is covered more in depth in another segment, you can do that yourself for around \$100 which includes two tests. This test requires that you take a prick of blood and

mail it in from the convenience of your home. You can find that here:

RapidRegeneration.com/D3Test

Obviously stabbing yourself in the artery with a tiny needle and sucking out blood like you would with a comprehensive blood test — creating a small wound that must heal in the process — has its downsides from the point of view of mildly injuring the body, and so there is some level of invasiveness to find out this information. I wouldn't want to do it too frequently, but I find it to be worthwhile and fascinating to find out unique personal data that can help guide your way.

Urine Testing:

Another window into your body is through your urine, which will indicate what is being excreted out of the body via the lymphatic system, the kidneys and the urinary tract. One thing that would come highly recommended to test in your urine would be levels of iodine. You can get both a spot and loading test to indicate your current sitting levels of iodine, as well as how much iodine you absorb in the body versus excrete out via the urine when an iodine tablet is consumed. Those tests run about \$100 and you can find them here:

RapidRegeneration.com/IodineTest

Another test that is indicated by the urine would be a test indicating levels of B12 in the body. This test is not an actual test of B12 levels, like the blood test measures, but actually measures uMMA which is an indirect indicator of levels of B12 in the body's tissues (outside of the blood). Some experts believe this is a more reliable measure of B12 levels

as compared with testing for actual B12 in the blood, but that even the uMMA test is still not really a completely comprehensive confirmation test for B12 levels. In some situations it can still be better to have some information (that you take with a grain of salt) than no information. You can get this test completed for around \$150 and can find it here: RapidRegeneration.com/B12Test

There are also other tests via the urine that you can do, such as testing for bromide, fluoride, heavy metals or other toxic substances.

Hair Testing:

The hair also contains a bevy of information about what is going on in the body. It will show you a very steady collection of information about what has been going on inside of you over multiple months, whereas when the blood or urine get tested while levels are constantly changing and in flux.

The hair can be tested for mineral levels and especially mineral ratios. The body is an extremely complex machine, and full of synergies and nuances. Minerals don't exist in a vacuum, and many minerals require other minerals to balance each other out and effectively be employed by the cells in the body to perform various functions. The ratios themselves — of how much of one mineral exists in the body as compared with another — can be even more important than the actual separate quantities of each mineral.

Important mineral ratios that the hair testing can indicate are:

- Calcium / Magnesium

- Calcium / Potassium
- Sodium / Magnesium
- Sodium / Potassium
- Zinc / Copper
- Calcium / Phosphorous

Once you start reading into these different ratios, you can see that this area seems to be both science and art and can become very complex very quickly. Also keep in mind that the so-called ideal ratios of these elements are based on somebody's opinion of what ideal is supposed to look like — but also keep in mind that there are individuals who have studied body chemistry for lifetimes and do have good expertise in terms of generating an opinion about what mineral ratio levels are ideal for optimum functioning of the body.

This could ultimately give you actionable information in terms of supplementation, or in terms of eating certain foods — for example you could figure out how to get more sodium, or more zinc, or more magnesium into your diet or even consider specific supplementation. But also keep in mind that interpreting this data is not always necessarily this simple, because you also have to consider the processing of these minerals that the body will employ before these fixed mineral ratios wind up in your hair — not just how much of these minerals you are consuming.

For example, you might think consuming more zinc is the most intuitive way to increase the zinc/copper ratio, but if you consume more Vitamin C, this actually can have a tendency to decrease levels of copper absorption in the body, therefore

balancing out the zinc/copper ratio from the other end of the spectrum (by lowering copper). Another example is that somebody could be consuming high amounts of natural healthy sources of calcium, but they may be eating acidic foods, or smoking, or doing something that acidifies the body. Consequently, the existing calcium content of the body can be pulled out of tissues in order to buffer these acid-forming events. The result can be low levels of calcium, but this cannot always be adequately solved simply by consuming additional calcium — in fact the better solution would be to stop whichever activity is causing the body to become acidified and drive down those calcium levels.

You can get a comprehensive hair test done for about \$150 whereby you collect a small sample and mail it in from the comfort of your home. There are only a few labs which have the highest reputation for excellence and accuracy. I would recommend this particular resource here:

RapidRegeneration.com/HairTest

Genetic / DNA Testing:

Genetic testing is a fascinating development that has exploded in the last few decades which involves taking a swab of your cheek inside your mouth with a Q-tip and mailing it in. The genes in this sample are then tested for certain qualities. The results indicate how your specific DNA is functioning in certain ways and the results can be fascinating.

There are a zillion different things that you could test about your DNA, and you could spend a whole lot of money and

attention doing tests which go down all kinds of different rabbit holes. For example, you can find out your heritage, ethnicity, and where your ancestors were from in terms of approximate geography. There's numerous other DNA tests as well that will tell you about things going on in the body but which are not really relevant to improving wellness, such as whether you have a cleft chin, a widow's peak hairline, or a proclivity for crow's feet around your eyes.

The most helpful genetic information that I have come across has to do with the methylation genes of the body. This indicates how the cells are processing certain elements and either functioning or not functioning as a result of these processes being carried out efficiently, or not — for example because of a genetic mutation causing a subpar or even an extremely low level of enzymatic activity. The result of this mutation can be unprocessed elements in the body which don't provide the necessary methylated compounds to the next phase in the body's processing. This dysfunction can create excess materials which are not broken down properly and can then create obstructions in the body that have to be detoxified out.

The test can reveal whether you received no mutations for a certain gene, or whether you received a mutation from one side of your family (either your mother or father), or whether you received mutations from both sides. Receiving this mutation from one side generally indicates that the cellular function is repressed significantly, and is functioning at approximately half of where a regular functioning gene would be. A mutation from both sides can indicate that the method of gene action is extremely dysfunctional, and the function is

a small fraction that may even be close to zero percent function, as compared with a normal gene with no mutation.

There are numerous methylation genes, but there are five in particular which seem to offer the most valuable insight into what is going on inside your body, what problems you may have experienced your entire life as a result (without understanding the source), and what you can do about it:

MTHFR

- The MTHFR gene breaks down folate (Vitamin B9) and folic acid into methylfolate which is integral to a series of later processes within the body.
- If this gene is mutated and the enzymatic activity is suppressed, this means that folate and folic acid inside of your body are not sufficiently being broken down.
- Folic acid is added to nearly all processed grain products in the USA and so if somebody with this mutation is also eating an abundance of processed grain products, this can exacerbate the problems.
- The MTHFR gene is responsible for preliminary methylation, which gives other genes later in the chain the compounds they need subsequently and is interconnected with all the major methylation genes.
- Therefore, just one of the issues with suppressed MTHFR function is that it can eventually lead to excessive levels of homocysteine in the body which can be inflammatory.
- A lack of methylfolate due to suppressed MTHFR function can also later on in the cycle lead to lower than optimal levels of SAM-e and low levels of neurotransmitter production.

- Adequate levels of methylfolate are also needed for detoxification and antioxidant effects within the body by helping to create glutathione.
- Somebody with this MTHFR gene mutation may experience intestinal/gut issues, metabolism issues, hearing issues, spinal problems, infertility, excessive inflammation, feelings of sadness, anxiousness, or anger, issues with the mind, and/or sleep problems.
- If somebody is experiencing an MTHFR mutation because the enzymatic activity is suppressed, he or she may benefit greatly by supplementing with a methylated form of folate (Vitamin B9), AKA methylfolate, approximately in the amount of 1 mg (1,000 mcg) once daily in the morning.
- It seems like most individuals do well with a lower dosage of this methylfolate closer to 1 mg per day. However, it is worth mentioning there are reports of some individuals having much better results increasing to around 3 or 4 mg per day or in some cases even a very high dosage even up to 10 mg per day. Do consider exercising caution, starting with a low dosage and being careful in this regard.
- An individual with this MTHFR issue may also be at increased risk for lower levels of Vitamin B12 in his or her body. Therefore, he or she may want to consider supplementing with Vitamin B12 in the form of methylcobalamin, hydroxocobalamin, or adenosylcobalamin (avoid cyanocobalamin), approximately 1,000 to 2,000 mg per day, with some individuals responding better to a higher dosage such as 5,000 mg per day.

You can find a high quality methylfolate here:
RapidRegeneration.com/B9

And Vitamin B12 here:
RapidRegeneration.com/B12

MTR

- The MTR gene helps to control homocysteine and convert it into methionine (an amino acid made by the body but also found in some foods). The methionine that is created has many uses within the body including helping to manufacture proteins that affect body and brain processing.
- With a lack of MTR functionality, it results in elevated homocysteine. Excessive homocysteine can raise blood pressure and overall increase levels of inflammation throughout the body.
- Methionine is needed to break down neurotransmitters. Depressed levels of methionine can result in the brain becoming overactive and unable to concentrate, quiet down and prioritize effectively.
- This MTR mutation imbalance can also lead to mental issues of all kinds relating to neurotransmitters, whether this is related to mood, happiness, excessive sadness, instability, inability to concentrate, hyperactivity, nervousness or anxiousness.
- Somebody with this mutation may especially experience anger issues, a notorious temper, or even incidents of rage.
- A mutation can cause problems with digestive and gut issues especially with the small and large intestines because this gene also helps control the intestinal tract. An MTR gene mutation can also contribute to issues with thyroid and metabolism.

- A mutation of MTR with reduced enzyme activity can also cause a lack of Vitamin B12 to be present which is needed for other reactions in the full methylation cycle.
- If somebody is experiencing an MTR mutation because the enzymatic activity is suppressed, he or she may benefit greatly by supplementing with the entire family of B Vitamins. This includes: Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin B12 (Cobalamin), and Vitamin B7 (Biotin).

You can find a supplement which contains all of these B Vitamins, although it would be prudent to still consider supplementing B12 and methylfolate separately (depending on your genetics and the other gene mutations), or even each individual B Vitamin separately, depending on the dosage and protocol that works best for you. You can find the full B-complex supplement here:

RapidRegeneration.com/BComplex

You can also find high quality forms of each individual compound listed below.

Vitamin B9 (Folate) in the form of methylfolate
1 mg per day but also refer to the MTHFR section for additional nuance (and avoid folic acid)

RapidRegeneration.com/B9

Vitamin B2 (Riboflavin)
15 mg to 400 mg 1 to 7 times per week

RapidRegeneration.com/B2

Vitamin B3 (Niacin)

110 mg to 375 mg 1 to 7 times per week

RapidRegeneration.com/B3

Vitamin B1 (Thiamine)

100 mg to 200 mg 1 to 7 times per week

RapidRegeneration.com/B1

Vitamin B6 (Pyridoxine)

50 mg to 200 mg 1 to 7 times per week

RapidRegeneration.com/B6

Vitamin B5 (Pantothenic Acid)

100 mg to 500 mg 1 to 7 times per week

RapidRegeneration.com/B5

Vitamin B12 (Methylcobalamin)

1,000 to 5,000 mg per day of methylcobalamin, hydroxocobalamin, or adenosylcobalamin (avoid cyanocobalamin), or as needed

RapidRegeneration.com/B12

- Vitamin B7 (Biotin)

- 150 mcg to 8,000 mcg 1 to 7 times per week

RapidRegeneration.com/B7

You can also refer to the segment regarding B Vitamins for more nuance and more specific information.

MTRR

- The MTRR gene is further responsible for homocysteine control and reducing levels of homocysteine which

subsequently increases the levels of methionine. This is similar to the process that happens with MTR in terms of manufacturing methionine but occurs at a different stage in the methylation cycle.

- An MTRR mutation can cause problems with the gut and digestive issues, especially with the stomach and esophagus.
- A lack of methionine can cause a neurotransmitter imbalance whereby the individual has a problem quieting thoughts and letting go of thought patterns and so the mind can get quite crowded and cluttered.
- If somebody is experiencing an MTRR mutation because the enzymatic activity is suppressed, he or she may benefit greatly by consuming:
 - Vitamin B12, approximately 1,000 to 2,000 mg per day or as needed, with some individuals responding better to a higher dosage such as 5,000 mg per day. I would only consider B12 supplementation in the form of methylcobalamin, hydroxocobalamin, or adenosylcobalamin (avoid cyanocobalamin).
 - The other B Vitamins mentioned before which are helpful for the MTR mutation are also critical for MTRR as well

AHCY

- The AHCY gene is involved with creating homocysteine and adenosine from SAH (S-Adenosyl-L-Homocysteine).
- AHCY is also part of the overall methylation process involved with creating methionine. Adequate AHCY function is needed to produce, as a result of the methionine cycle, functional levels of SAM-e, a precursor for many cellular functions, and so AHCY is indirectly responsible for maintaining healthy levels of SAM-e.

- Throughout this process, AHCY is part of dopamine creation and an AHCY mutation can result in a lowered amount of dopamine created.
- Somebody with a mutation may experience addictive type impulses and behaviors due to a low level of dopamine, and may also have issues relating to mood and temper. This can become a very serious problem for an individual leading to very extreme behavior due to this imbalance.
- If somebody is experiencing an AHCY mutation because the enzymatic activity is suppressed, he or she may benefit greatly by consuming:
 - The entire family of B Vitamins as mentioned before
 - Approximately 500 mg of Lithium 1 to 7 times per week or as needed and with great caution exercised
 - Approximately 375 mg of L-methionine daily or as needed
 - I personally would not normally want to supplement a compound which my body makes on its own and which cannot be found externally in nature (additional nuance regarding this issue is covered in the segment about Vitamins and Minerals). But, I feel I must mention that with this particular AHCY mutation there are reports of some individuals in extreme cases benefiting from supplementing with additional SAM-e.

Lithium

RapidRegeneration.com/Lithium

L-Methionine

RapidRegeneration.com/L-Methionine

COMT

- The COMT gene is involved with catecholamines, which are a group of neurotransmitters that include dopamine, epinephrine, catecholestrogenes and norepinephrine, and COMT especially is involved with deactivating them.
- Why would deactivating neurotransmitters be important? Through this deactivation process, COMT is responsible for controlling emotion and thoughts and quieting down the mental experience, which allows the mind to move on from thoughts and not get hung up and over-fixated.
- Without the ability to deactivate neurotransmitters, somebody may experience issues with the mind and mental control, such as being distracted easily, problems focusing, irritability, over-perfectionism, and/or procrastination.
- Also, common issues include taking a long time to fall asleep, or waking up in the night and then not being able to fall back asleep because the mind has become overactive.
- Other issues commonly reported are low energy, brain fog, poor mood, hormone issues, addictive behavior, fertility problems, and poor thyroid function.
- If somebody is experiencing a COMT mutation because the enzymatic activity is suppressed, he or she may benefit greatly by consuming:
 - Approximately 375 mg of the amino acid L-methionine per day or as needed
 - Approximately 150 mg to 600 mg, 1 to 7 times per week of Magnesium or as needed
 - Approximately 50 mg to 200 mg of Theanine, per day or as needed
 - Approximately 10 to 20 mg of Zinc, 1 to 7 times per week or as needed

- The family of B Vitamins including Vitamin B12 which are helpful for MTR or MTRR can also provide some extra support for COMT
- In severe cases, SAM-e has also been reported to be helpful but personally I have my concerns about this as mentioned before

Magnesium

RapidRegeneration.com/Magnesium

Theanine

RapidRegeneration.com/Theanine

Zinc

RapidRegeneration.com/Zinc

You can take a DNA methylation gene test from the comfort of your home. Getting this test completed is typically a higher cost than the other forms of testing and generally should cost around \$300. You can find a recommended DNA / genetic test here which will show you what is going on inside you with all five of these genes:

RapidRegeneration.com/DNAtest

Interpreting The Results:

All of these tests are only as good as the intelligence of the person who is interpreting them. I am doing everything I can do to assist you with providing you my own experience in these areas. I have received personalized expertise and mentorship as well which has helped me to shape my own understanding, and I suggest you do the same for yourself. Be careful though — I have also received professional services from individuals who frankly were telling me bad

information that could have ended up harming me had I followed what they were telling me to do. I've even followed advice from somebody which led me down a wrong road and did cause some collateral damage in the process.

Do consider finding somebody who is an expert and get their help to interpret the results and figure out what to do for yourself. Just be careful and discerning about who you choose to rely on because only a small fraction of individuals in my view are well-versed in full-spectrum analysis in terms of the best information to heal the body naturally and achieve a state of vibrant natural wellness.

If you have the money to do it and the motivation, then completing some of these tests is nothing short of life-changing. Personally, there are numerous ways that my life has been greatly improved as a result of this specific information. Without it, I wouldn't have been able to see the path that I needed to take in order to get to a better place. The improvements I have been able to make have been a complete game-changer for me, since figuring out what I should supplement with specifically as a result of test data.

Completing some of these tests and taking appropriate actions as a result could literally save your life or add decades of healthy years to your lifespan. Furthermore, it could help to eliminate problems by identifying the source of where they are coming from and as a result greatly increase your quality of life. It could tell you whether to supplement or what specifically to supplement with so you can stop guessing.

Don't run blind through the woods for too long. Make it a goal to get a good look inside of your body at some point and find out what is going on in there for yourself.

An Essential Green Powder Supplement for Vitamins and Minerals

RapidRegeneration.com/Green-Powder

Although this is a quick look at just one accessory, it is one of the most critical things I have picked up on in my lifetime. My intention is for the program of Rapid Regeneration to be like a goldmine, where all throughout the orifice of the mountain you have little nuggets of gold that stick out, which you can carve out and mine for yourself. That is what my journey has been like as a Truth Seeker, gathering glimmering truths from one place to the next, and compiling them all together into one resource to hopefully make the next traveler's journey a little less burdensome than mine.

Let's face it — even if we eat the healthiest of foods, these foods are in so many cases depleted of nutrients, hollow of vitamins and minerals, and lacking vitality from the earth that they are grown in. The soil quality in America and around the world is shocking. This is what happens whenever you have an industry which has cut corners at every opportunity for so many decades, and when so many toxic farming ingredients have been used which can further compromise the food of beneficial nutrients and minerals.

While fruits, vegetables, nuts and seeds literally been a lifesaver for me, I have always been rather dissatisfied at the produce being sold at my local grocery store. It is this awareness of the subpar nature of the food which led me to find a product which could compensate for that. This is a whole-food green powder, specifically organic barley grass

juice powder, which can be added into a smoothie or to other foods, and therefore expand the nutrient content of a meal in terms of giving yourself some of the most vital ingredients that exist to aid human biology.

Many foods grown by big commercial farmers are lacking in so many essential minerals. This is partly due to the expedient nature of ‘Big Agri’ in how it grows — growers seek short-term gains for the least amount of money vested in a crop yield. Sadly, this ultimately creates a less nutritious and less mineral-rich and vitamin-rich product.

How to get enough nutrients such as potassium, chromium, sodium, iron, magnesium, manganese, Vitamin K, selenium, zinc — among so many other compounds — is a very fair question. Consuming a special harvest of this green powder is the ideal method because it is grown in a very enriching way, allowing this superfood to contain as much minerals, vitamins and nutrition as possible.

You can add this powder to a smoothie, dressing, sprinkle some into a bowl of fruit or salad, or add it as a sort of salty natural seasoning to a dish. After I started consuming this daily, I noticed that I had more energy, and also observed my physical athleticism increase. As a side note, because of the natural sodium, it also helped me not to crave salty junk foods as much. I even feel that I eat less food overall as a result of consuming this powder daily, because of the power-packed nutrition it contains.

An individual should get adequate sodium from a natural source, and many people do not. A deficiency in this area

can cause somebody to experience electrolyte and/or blood imbalances. Sodium is available within plants, especially certain vegetables and leafy greens, but is lacking in commercially grown foods. A food source is the ideal way to consume this element, because the sodium is balanced out and synergized by all of the other trace minerals, vitamins, chemistry and electricity of the plant. This allows your body to remain in more of a balance than it would be after consuming a more isolated sodium source such as sea salt — even unrefined, natural sea salt.

While taking additional supplements in their isolated form is a separate issue, taking a dose of the green powder is considered a part of eating a food in its whole and complete form, and so these amazing compounds are synergistically bound within the food they were formed in. This is a superior way to supplement nutrients into your body, if at all possible, as compared with consuming an isolated supplement which has been extracted or synthesized and is not as bioavailable or usable all by itself when consumed by the body.

Essentially what you are doing is supplementing by eating a food which is actually as nutritious and mineral-rich as all foods should be. Your body will surely thank you for that. Give it a try for yourself.

RapidRegeneration.com/GreenPowder

Red Alert — Sunshine and Vitamin D3 at Shockingly Low Levels

RapidRegeneration.com/VitaminD

It seems sometimes that we live in a bizarro world. We are taught to stay in our homes and to be terrified of outside threats as though our immune system is incapable of defending ourselves. We are conditioned to eat three square meals per day, and the notion of skipping a meal or a day of eating is treated by the mainstream viewpoint as radical or even dangerous. And, we have now gotten to the point in society where we are taught, from a young age, to be scared of the sun.

We are conditioned to slather chemical lotions on our skin which prevent the sun's rays from interacting with our body chemistry. This is done under the premise that we are not naturally able to withstand the radiation of the sun consistently and still thrive. But aren't we biologically designed to withstand the sun? Aren't most animals suited to interact to some degree with the raw power of the sun?

Indeed, there is a risk of damaged or mutated skin cells if the skin becomes over-radiated by the sun's rays. In all of my studies, it seems like the risk is much more pertinent to develop these types of health risks when an individual gets excessive sun to the point where his or her skin actually sustains a burn. If a person just gets tanned from the sun, without burning, it seems like the risk is quite minimal for serious problems by comparison. So, to me, it only makes common horse sense that a person can reasonably get a

frequent amount of sun with relative safety as long as his or her skin is not experiencing burning — the burning of your skin would after all be a pretty good indicator from nature that you are being exposed to too much sunlight and you should stop.

As much as the mainstream scientific community, governments and media obsess over the risks associated with getting *too much* sun, the equally relevant question is — what is the risk of *not getting enough* sunshine?

When a human being soaks up sunlight, an amazing thing happens (just as it's amazing to watch a plant take in sunlight via photosynthesis). There is only one vitamin that our bodies can actually manufacture, with no external inputs in terms of food — Vitamin D3 (AKA cholecalciferol). This vitamin is formed simply by exposure to UVB rays (from the sun) as well as with cholesterol from our bodies.

If humans are biologically designed with the ability to make Vitamin D3 just by simple exposure to the sun, how important must this compound be for our survival and proliferation as a species? Indeed, it is one of the most important nutrients in the human body at any given time. So what is the risk of not getting enough of it?

Vitamin D3 deficiency may lead to:

- Loss of bone density
- Muscle weakness
- Back pain and other pain in connective tissue areas
- Dental and teeth problems
- Association with low immune function

- Increased risk of respiratory infection
- Poor sleep and fatigue
- Feelings of sadness, listlessness and despair
- Poor mood
- Neurological risk factors as there are vitamin D3 receptors found throughout the brain
- Hair loss

If you slap some sunscreen on, your body is impeded from absorbing the sun's UVB rays. Separately, you're completely lathered in chemicals which can create a whole other issue of toxicity absorption in the skin. So now you are defended against the radiation of the sun causing any amount of damage to skin cells. But how are you supposed to get the Vitamin D3 levels needed?

You could always supplement, but let's take a step backwards just for a moment. We all need to constantly remind ourselves to look upon nature for the answers. If we were designed to absorb UVB rays and manufacture our own Vitamin D3, and D3 vitamin supplement products must be manufactured and synthesized via a modern process, then that means humans have been completely incorrectly designed by nature. Really?

This doesn't make common sense to me. What does make intuitive sense is that our bodies are designed to be able to withstand a certain amount of the sun's radiation, just as we would be able to live in balance with the sun in a natural setting while surviving and living our lives in the outdoors.

Sure, we can recognize that certain fairer skin types are more biologically suited for colder climates with less sun and therefore have greater limits on how long they can be exposed to the sun. In fact, not only is that scientifically the case where fairer-skinned people will make more Vitamin D3 with less sun (and are also at risk of burning quicker), but somebody with a darker skin complexion will require more time in the sun to produce adequate levels of Vitamin D3 in comparison (the melanin in the skin acts as a natural sunscreen and slows down Vitamin D3 production). So if you have any heritage which is not Caucasian, like I do, then pay special attention because your Vitamin D3 production may be especially low.

This premise that humans are meant to exist as many animals do — in harmony with the sun, which provides life to this solar system — only makes natural and intuitive sense. How do you feel when you go outside in the sunshine? There is something so comforting and enlivening about this feeling to which we can all relate. I recall when my niece was only about six months old. Sometimes she would get fussy and irritable, but if we carried her outside to the back porch into the natural sunlight, she would immediately calm down and become contented and at peace.

We are not meant to be cooped up indoors and constantly hiding from the sun. Sunbathing and especially ‘nature bathing’ where you get out into the outdoors and really soak up the elements is a great gift of Mother Nature and a way to accelerate your path to true healing. Vitamin D3 production aside, it just absolutely makes you feel good. Sitting or laying in the sun for 30 minutes or even an hour (depending on your

skin pigmentation and risk of burning) can be a great way to promote self-healing and even inner happiness.

Definitely be mindful of your skin type and getting burned by the sun. Getting so much sun where your skin actually peels would be the worst case, followed by sustaining a burn where you actually feel pain but the skin doesn't peel off. These two scenarios should be avoided. If you haven't gotten sun in a long time, keep in mind that it can take a little while to build up your tolerance, so start with shorter sessions and you should find that you'll be able to go longer and longer without getting burned.

Most sunscreen products are among the most toxic things that you could put on your skin, containing many synthetic preservatives, hormone-disrupting ingredients, and toxic fillers. Most of these products can cause your skin to become clogged up, inflamed, and can even cause direct oxidative damage to cells.

If you do want to frolic around outside but are concerned about getting burned, then consider using an all-natural product with natural sun-blocking qualities, like raspberry seed oil. Do keep in mind that this offers only a mild degree of sun protection in terms of SPF and so it can likely hold you over for a while of being outdoors, but you shouldn't expect it to prevent you from burn if you're out for a long extended amount of time.

RapidRegeneration.com/RaspberrySeedOil

If you are going to be out in the sun for hours and hours, it would be advisable to use a hat or appropriate clothing, especially to avoid burning of the more sensitive skin on your face. But if you absolutely are going to be exposing your skin to the sun for an excessive amount of time, then at this point it would likely be better to use a natural mineral sunscreen than to incur a serious sunburn. While zinc oxide — as contained within a natural-ish sunscreen that does not contain the synthetic toxins and fillers — is not a great thing to put on your skin, in this case, it seems like it would be the lesser of two evils.

RapidRegeneration.com/Sunscreen

Aside from long excursions out into the sun for hours, I find I am able to get out into the sun on a regular basis without experiencing sunburn. I look for opportunities to get direct sun exposure while actually being outside (UVB rays do not get absorbed after traveling through a car or house window). Getting out into the sun feels good, and we can feel the power of nature working in real time. The great thing about getting sunshine is that you can combine it with other modalities that are also self-healing such as grounding/earthing, meditation, gardening, breath work, or exercising.

Benefits of having adequate amounts of Vitamin D3 may include:

- Helping the body absorb and retain phosphorous in your bones
- Helping the body absorb and retain calcium throughout the skeletal system, connective tissue and nervous system

- Helping prevent fractures, broken bones and skeletal issues
- Helping preserve muscle fibers and promote muscle strength
- Promoting good oral and dental health
- Support for the immune system to protect against infection
- Linked to healthy weight management
- Support for healthy hair growth
- Help for reducing inflammation
- Reducing growth of abnormal or mutated cells
- Assisting in regulating mood and feelings of happiness
- Support for brain and nerve function, in terms of neurotransmitter synthesis and nerve growth and repair
- Improved depth of sleep
- Increased energy

While I don't go so far as to engage in sun worship, truly the sun is our great giver of life and it's about time that humanity more appreciates this basic fact. Even looking at the statistics, you can see how life expectancy of a human being drops off as you get further and further away from the equator. This is a big problem for us humans who have migrated out of the tropics and live in more unnatural settings as compared with what our warm-weather species is designed to handle.

So even if you get regular sunshine, if you're far from the equator, then the sun is going to be quite a lot more distant for a good portion of the year (late fall, winter and early spring). The sun is also less strong in the morning and late in the day. So what if you're getting adequate sun for part of the time but not all the time, and how are you supposed to

produce enough Vitamin D3 within your body to have optimal health and avoid serious health risks?

Personally, I have taken to using a Vitamin D3 lamp which has been specially designed to emit UV-B rays so that the receiver of the light frequencies from the lamp can manufacture Vitamin D3. I find that daily or near daily usage of only about five minutes has helped to raise my overall Vitamin D3 levels from a clinically deficient level to a much more healthy range. It's not always possible for me to make 30 minutes of time (or more when the sun is farther away in the off-season) to get out into the sun, so the lamp acts as a way to compress this ritual into a smaller chunk of time.

If you know that you don't get enough sunshine, or you live in a part of the world which is far from the equator, or you are concerned with your Vitamin D3 levels, or you have gotten tested and determined they are low, and you don't want to supplement orally and want to make Vitamin D3 the old-fashioned way, consider tricking your body into getting the light spectrum rays it needs to produce D3 via a D3 lamp.

RapidRegeneration.com/VitaminDLamp

You could also consider oral supplementation of Vitamin D3. This is a less natural way for your body to utilize this compound because it is a more contrived input into the body. There are not very many natural sources of D3, but there are some, including fish, eggs, and some mushrooms. Taking an oral D3 supplement will not provide all of the other helpful reactions that the light of the sun will create in interaction with our bodies, which can help with other things aside from

D3 production like cellular function, hormone balance, and oxygen management.

A good quality Vitamin D3 lamp can be several hundred dollars and for some taking a supplement is simply the only thing that they can afford. Some people object to taking any kind of supplements. My opinion is that supplementing with an oral Vitamin D3 supplement would be preferable to being deficient in this vitamin and incurring the extreme risks to good health that low D3 levels entail. If you are going to supplement orally, D3 is the superior form as compared with D2 and it seems best consumed with some fat as it is a fat-soluble vitamin.

Some people will advocate for also supplementing with K2 in addition to D3, because K2 is needed in order to help to body actually absorb calcium into the bones, which is promoted by D3 but works in conjunction with K2. My personal preference is to allow the body to make its own K2 and give it the raw ingredients needed to do so. There is some debate about whether the human body can manufacture adequate amounts of K2 by means of Vitamin K1 via the diet and a healthy microbiome of probiotics which assist in this process. If you wish to take K2, that would be your personal decision. My personal approach is to make sure I support my probiotic microbiome and consume a healthy bioavailable source of Vitamin K1 daily via this superfood supplement here:

RapidRegeneration.com/GreenPowder

In terms of dosage, people generally find success with around 5,000 IUs per day, although it depends on the skin

type and regular sun exposure frequency of the unique individual, among other factors. Some people require less and some people even take more. The goal is to get the blood levels up into the healthy range of Vitamin D3 and so the dosage amount can be related to the progress towards that goal. It is possible to take too much Vitamin D3 and so do exercise caution and consult with a nutritionist or medical professional if it is nutritional or medical advice that you seek.

Figuring out if or by how much to supplement with D3 is best informed by blood testing of Vitamin D3 levels, with a healthy range being between approximately 50 to 90 ng/mL. Many conventional mainstream recommended ranges unfortunately promote that the healthy range starts much lower around 30 ng/mL so do be careful where you get your information. Personally I would not want to be in a situation where I was between 30 and 50 ng/mL of D3 in my body and being told this is acceptable as some kind of a false sense of security.

Your blood levels of D3 can help you figure out if you need to get more D3 or how much to take. You can find an easy at-home test for D3 levels in your body here:

[RapidRegeneration.com/D3Test](https://www.RapidRegeneration.com/D3Test)

If you do prefer to supplement orally, this is a plant-based D3 source which is of good quality and value:

[RapidRegeneration.com/D3](https://www.RapidRegeneration.com/D3)

Act wisely, and of course definitely don't bake yourself outside like a lobster. Free yourself from actually being scared of the sun — that's like being scared of our own shadow. The sun is what breathes life into this solar system

and causes the life on this planet to source the energy needed to grow. We are quite different from plants but at the same time our needs for a few basic things from nature are similar — light, gravity, air, and nutrients.

As you interact with this special amazing and divine light source, do appreciate that sunshine does expound healing benefits onto us that go even beyond our own understanding of what is happening. Do not accept being dangerously low in arguably the most important vitamin in the human body. Do what you need to do to give your body what it needs.

Probiotics to Assist Alkaline Body Chemistry

RapidRegeneration.com/Microbiome

Probiotics have become quite trendy in recent times, which is also true for the microbiome and the body's internal landscape. More attention has been paid as of late, even by the mainstream scientific community, to the terrain inside of the body and keeping it in good healthy condition in order to have good chemical balance and even good immune function. I'm not sure what took so long!

Probiotics are a natural assistant to the lymphatic system and kidneys, because these beneficial probiotic bacteria live mainly in the gut, lymphatic system and lymph nodes, and will consume and break down highly acidic matter. When they are finished consuming the acids, the end result is matter which is still acidic but less acidic. The PH of acids can drop from very acidic to moderately acidic, after being consumed and broken down by probiotic bacteria. This does your kidneys a favor, by alkalizing the chemistry and making it that much easier to then filter out via the urinary system.

There are also other benefits and functions of probiotic bacteria, including being involved in the synthesis of compounds such as certain B Vitamins, which are used by the body for essential and critical functions.

If you eat raw, living foods, they will naturally contain healthy amounts of probiotics. This is one of the benefits of not cooking food, as cooking food will kill the beneficial bacteria. In this sense, if you are eating a generous selection of raw

foods (ideally organic) then you are supplementing yourself in the process with probiotics without really the need to buy extra supplement products.

There are however a few compelling reasons to consider additional supplementation with a probiotic formulation, depending on your situation. For example, some individuals have taken so many rounds of antibiotics during their lifetime that their colonies of beneficial bacteria inside their bodies were largely destroyed numerous times and haven't been able to regain their robust state back. Seeing as how antibiotics are prescribed so quickly and aggressively at least here in the USA, then consider fighting fire with fire and infiltrating your body with powerful strains of helpful bacteria.

Also, if somebody has eaten a lot of foods which are particularly irritating, like garlic, onions, peppers and spicy foods, this can also have a detrimental effect and kill off not only bad bacteria but also good ones. And so somebody who has eaten much of this food might consider repopulating themselves at an extra level by supplementing with probiotics.

Also, taking a supplement form of probiotics can be especially key after doing the colon and/or liver cleanse because the entire gut gets flushed out pretty thoroughly within the course of that. The ingredients in the colon cleanse in particular will literally blast the walls of the colon with oxygen and cause clearing out of much slime and debris from the colon. This is great for the purposes of the cleanse, except that this may be the habitat for beneficial bacteria to

live and a significant segment of their population may also get deported from the body when this happens.

Some individuals advocate for drinking a shot of apple cider vinegar as an inexpensive way to also get more probiotic bacteria inside of the body. I can also see the logic of this. Personally, when I was early on in my detox and healing journey, I would drink a shot of this stuff nightly and I feel as though it did help me in this way. Nowadays, the thought of drinking vinegar does make me pucker up a bit and it's not really for me.

Ultimately, the goal is to get to the point where taking supplements in the form of pills, or even drinking fermented apple juice, would not be called for. Once you get your body into a balance, and are eating healthier and giving it a steady supply of fresh, uncooked foods with beneficial bacteria included, then you should achieve a natural sort of balance that doesn't require contrived stimulation from a supplementation standpoint.

In the meantime, or if you are at any of these crossroads listed above, or just have never tried extremely high-quality probiotics and wish to give it a try to see how you feel, here is the best quality probiotic supplement I have found in my research:

RapidRegeneration.com/Probiotic

Use promo code RAPID for 10% off.

I hope you will enjoy the feeling of countless multitudes of little helpers assisting to clear out the inside of your body.

Iodine — The Secret Missing Molecule for Ideal Health

RapidRegeneration.com/Iodine

When I was first putting together the information for the Rapid Regeneration program, I considered not including the information regarding iodine. 'It's too controversial,' I thought to myself. 'I'll get criticism from both sides.'

However, I decided that I can't *not* include it — it would be unethical. Whether or not something is controversial, I must consider the efficacy of how well it works and if it can help somebody. Iodine is something I have been privy to for almost a decade as of the time of writing. The fact is that there *do* exist so many countless reports of this one mineral having dramatically life-altering positive effects and even helping to reverse the most horrific health issues.

And so rather than omitting this information from you, or just mentioning it briefly in passing, what I did was expand my knowledge of this nuanced subject as much as I possibly could to bring you more detailed documentation so you can make decisions for yourself whether this is something worth trying. I am sure I will receive criticism because it is a controversial subject and God can be the judge of whether I am doing the right thing.

There are many nuances and even some risks to iodine supplementation. In my view the risks are far greater of not getting enough iodine and suffering the devastating consequences of iodine deficiency or insufficiency. It seems like the body has its own way of excreting excess iodine if

too much is consumed via the kidneys and urinary tract. With all this said, if it is medical advice about your unique situation that you seek with regard to iodine supplementation, then you should check with your own medical professional.

Iodine is an essential trace mineral. There is a receptor site for iodine found in every cell in the human body, and iodine plays an essential role for overall cellular health, reproductive health, cognitive and mental performance, thyroid function, connective tissue, and probably other functions that we don't fully understand.

A lack of enough iodine in the body may result in problems such as:

- Weight gain and poor weight management
- Swelling of the throat
- Tiredness / Low Energy / Fatigue / Exhaustion
- Hair loss
- Dry skin
- Issues or discomfort with menstruation
- Lumps and hardened cysts in the breasts
- Infertility issues
- Cognitive impairment
- Brain Fog
- Poor mood
- Constipation
- Cold extremities
- Pain and discomfort in the muscles, joints, and connective tissue

There are a number of hypotheses regarding why iodine levels are so low in the soil, the food, and consequently

inside of humans. These theories range from the idea that humans have migrated away from sea-faring communities and more inland, to a premise that a great flood wiped away the topsoil leaving behind barren, nutrient-deprived soil from which we now get our foods, to a concept that modern humans are full of modern artificial chemicals which can block the uptake and utilization of iodine and iodine has also been shown to help remove some of these harmful chemicals and heavy metals.

What is the key to the mystery of the missing molecule? I am not exactly sure myself. But it does seem to me based on research that, with a few exceptions (like the Japanese who tend to consume about 15 mg of iodine per day in their diet high in seaweed and seafood), most of humankind is consuming very little iodine. Even iodized table salt has very little iodine and is not easily absorbed by the body due to sublimation while being stored and being in competition with the chloride found in salt.

How much iodine is enough? This is another area of great controversy. By the way, please note that when I mention iodine it is referencing either iodine or iodide, or some combination of the two (the body uses both). There are opinions ranging that the daily intake of iodine should be anywhere from 100 micrograms to 50 or more milligrams. The high dose of this range is 500 times greater than the low dose! This is one of the challenging things to discern, because all of these dosages are made up anyways by various men and women who have their own opinions.

Let's look back throughout history and up through recent times for more answers. In the latter half of the 1800s and first half of the 1900s, a typical therapeutic dose of iodine was anywhere from 15mg to 100mg, while some mega-dosing of up to 1,000 or 2,000 mg was used in more rare acute instances. By the 1950s, a phobia of iodine developed among the mainstream scientific community, due to claims from two industry men by the name of Wolff and Chaikoff which made unsubstantiated assumptions regarding T4 release in rats being a negative consequence of iodine consumption. This resulted in about a 50 year chilling phase whereby professionals became nervous to recommend more than 200 micrograms of iodine and higher therapeutic use of iodine fell out of fashion with most mainstream practitioners (although it was still acknowledged that lack of iodine can cause major health problems and so table salt continued to be iodized in small amounts by the government of USA and many others).

In the late 1990s, a scientific investigation was undertaken which was informally referred to as the 'Iodine Project', and which included Dr. Guy Abraham, Dr. Jorge Flechas, Dr. David Brownstein and others. These individuals conducted laboratory and clinical research involving thousands of patients to document more accurately the effects of iodine therapies.

It was determined by this group that when an adequate amount of iodine is consumed by the human body over time, the body will retain about 1,500 to 2,000 mg of iodine in its tissues and excrete out any excess consumed through the kidneys and urinary tract. A test was developed which

concluded that whole body saturation was achieved whenever the following test indicated the following — an individual consuming a 50 mg tablet of iodine/iodide who would then excrete out 90% of those iodine contents in his or her urine over the following 24 hours, indicating that because the body's tissues were already saturated with iodine, the body didn't need to absorb very much of this test dose.

This is one of two tests that one can take to get insight into the levels of iodine in the body. The ideal initial test is a basic spot test which will provide a snapshot into how much iodine is in the body to begin with. The other test is a loading test, as described above, where an individual will consume a dose of iodine and then see over 24 hours how much iodine gets excreted out through the urine and how much iodine gets absorbed by the body. If very little iodine is excreted out of the body after the 50 mg tablet is consumed during the loading test, then it indicates that the body is starved for iodine and as a result is absorbing a very high amount due to this deficit.

If you are interested in testing your own iodine levels, you can take the at-home tests for yourself:
[RapidRegeneration.com/IodineTest](https://www.RapidRegeneration.com/IodineTest)

How was it determined that 90% excretion and above was considered the 'adequate' amount of iodine body saturation, and below 90% was considered deficient or insufficient? This is where the science is not black and white and we will have to discern for ourselves. Among other logical considerations, the researchers of the Iodine Project, while working with thousands of patients, also made this conclusion factoring in

the reports of the patients of how well they felt and how well they performed during their daily activities at various levels of iodine saturation within their bodies.

It so happened that the patients were supposedly reporting their best feelings of well-being and performance when they were sufficient with iodine to the point where they would excrete 90% or more of the iodine dosage. This premise was based on thousands of patients and so, while we should take it with a grain of salt, it is at least somewhat conclusive.

It is reported that higher levels of iodine in the body may be linked to:

- Better mood
- Improved mental performance
- Higher IQ
- Superior cognitive abilities
- Enhanced support of nervous system
- Mood support
- Greater immune system function
- Reduction of cysts
- Regulation of hormones such as estrogens
- Helping clear skin and prevent acne
- Thyroid balance and proper function
- Fertility support
- Assistance with a healthy pregnancy and healthy development of a baby during pregnancy

What dosage was required to get patients to that level of iodine saturation (at least 90% excretion during a loading test), and what dosage is required to maintain that level after saturation is achieved? This is another complex question, but

according to the available documentation, the typical dosage in order to achieve body saturation would be slowly worked up over several weeks until reaching approximately 25 to 50 mg (with 50 mg being typical) or in some cases more per day and would continue at that level for several months during the phase of saturating the body with iodine. Then, the patient would be retested a few months later and it could be determined whether to taper down to a lower maintenance dose.

A typical person might take 12.5 mg for 5-10 days, then 25 mg for 5-10 days, then 37.5 mg for 5-10 days, then 50 mg daily after that for 3 to 6 months, or until whole body saturation is achieved (as measured by 90%+ of a 50 mg dose being excreted over 24 hours during the iodine loading test). There are also reports of some individuals having to take a higher dosage even up to 100 mg per day, perhaps due to being overweight and having more body mass, or having severely advanced health issues, or being very toxic and full of chemicals such as bromide. Dosages are best absorbed on an empty stomach, and there are some reports that the body seems to absorb iodine better if the daily amount is split up and taken in multiple dosages throughout the day.

A few months after supplementing with iodine, to keep track of the body's iodine saturation levels, an individual can test his or her urine once again. After full body saturation of iodine has been achieved, a maintenance dose for somebody to feel at their best state of wellness and performance has been reported to be between 10 mg to 50 mg in the vast majority of cases. In many cases the daily dosage has reported to be

on the low end of this amount, and some individuals even take a dose on the low end of this range only once or a couple times per week. Follow up testing can be performed to confirm what amount of a maintenance dose is needed in order to excrete at least 90% of iodine in a loading test. The energy levels and feelings of well-being in the individual can also be taken into account to determine adequate dosage amount for maintenance going forward after somebody has achieved iodine body saturation.

It is true that taking iodine has been shown to detoxify chemicals from the body like bromide, fluoride, and even heavy metals like lead, aluminum, arsenic, cadmium and mercury. Particularly suspect are the halides — bromide, and fluoride, as well as perchlorate (a manmade toxic chemical). Chloride is not harmful on such a toxic level as bromide or fluoride are and is an essential halide, but it is possible to still be overloaded with chlorine which is used excessively in public water supplies, These molecules are all similar to iodine in size and elemental characteristics, and will actually fill the same cellular receptor site that iodine is supposed to go into.

In an ordinary, natural world, this would not be so much of an issue because these would be very rare elements. However, in the modern world, chlorine is used very heavily in pools and tap-water, fluoride is ubiquitously used in drinking water and oral hygiene products, and bromide is used very commonly in bread and flour products, and as a fire retardant in vehicle interiors, carpets, and many other items. Therefore, exposure to the 'bad halides' is extremely high in the modern era. This causes what little iodine is being consumed to not

be able to be absorbed by the body as easily. It also creates a unique modern situation where the very substance which can detoxify a modern human body of these artificial chemicals is in fact more iodine. And so it seems that perhaps the need for iodine is that much greater in our contemporary world and this could help explain why so many individuals report feeling so much better when their bodies are saturated with this wondrous molecule — perhaps because of constant exposure to these other concentrated toxins which can be removed more easily with the assistance of iodine.

As a result of this phenomenon, supplementing with iodine can sometimes cause some fairly dramatic detoxification symptoms, because of the halides and other heavy metals being dislodged in the body and filtered out. While this is happening, they can get reabsorbed in the body's tissues, especially fat, skeletal, and brain tissue. This can be especially uncomfortable with bromide and fluoride detoxification.

For example, symptoms of bromide detoxification can include:

- Fatigue
- Irritability
- Headache
- Coughing and mucus formation
- Feelings of negative emotions, listlessness and existential crisis
- Pain and stiffness
- Toxins coming out of the skin
- Excessive sweating

These same symptoms of detoxification occurring during clearance of these harmful chemicals may also be felt ordinarily, without an individual undergoing iodine supplementation and bromide detox, on a milder level based on the fact that these compounds were already existing in the body perpetually. Just remember that the end goal in this particular approach is to rid the body of these harmful substances from a detox standpoint and have the body's tissues instead saturated with beneficial iodine from a nutrient standpoint. The supplementation of iodine helps to achieve both goals.

For some, detoxification from these substances is fairly nonchalant and for others it's no picnic. Personally, I can attest to the intensity of this and it can even make the prospect of iodine supplementation intimidating to some. There are available methods to assist with this. It has been observed that the chloride from salt can also assist especially with removal of bromide from the body. This led to the development of the 'Salt Loading Protocol', whereby you can take 1/4 to 1/2 teaspoon of all-natural, unrefined salt, mix it in 12 ounces of purified warm water and drink it, followed by 16 ounces of purified water, and this can be administered 1-2 times per day. This should be followed by lots of urination and studies have quantified that this does help clear more bromide from the body than otherwise would be excreted.

You can find a quality form of this salt here:
RapidRegeneration.com/Salt

If the feelings are getting too intense, somebody can also pull back from taking the iodine, reducing the dosage or stopping the dosage for one to two days before starting again and seeing if that helps slow down the speed of detoxication. Also, in order to assist with the removal of bromide, fluoride and/or heavy metals from the body, somebody could also consider supplementing with an herbal protocol that will help to stimulate the lymphatic system and/or the kidneys. This greatly helped me personally to round the corner while overcoming bromide detoxification.

As I mentioned early on, iodine supplementation is not always a walk through the park and it is controversial. Although the wild and extreme claims of individuals like Wolf and Chaikoff which scared the entire mainstream community from utilizing this helpful molecule are logically unfounded and speculative, there can exist risks associated with iodine supplementation. Although these risks may be present to some degree, the theory that iodine supplementation can lead to an imbalance of the thyroid gland, for example, does seem to be based on an inaccurate misinterpretation of lower than normal T4 secretion and higher than normal TSH production when high levels of iodine are consumed. This was presented as a very negative impact for the thyroid of the body with iodine being the cause of this supposed bad problem.

A more reasonable explanation for why you would see elevated TSH when somebody is supplementing with iodine is because the pituitary gland is intentionally raising TSH so that the iodine can be actually absorbed into the cells. TSH helps to support sodium-iodide symporter function and so it

would be expected to see increased levels of TSH during early iodine supplementation, and it would be wise to monitor this measurement over the course of several months and see if they return to normal levels after the cells in the body has become saturated with iodine. You can quantify levels of TSH in the body with a standard blood test showing thyroid function. Also the T4 decrease seems to be related to the iodine sufficiency of the thyroid gland having being achieved by means of the iodine that was consumed, rather than the dubious theory which espouses that the thyroid is being blocked by the iodine and therefore is behaving in an under-active manner.

Despite this logical reasoning regarding TSH and T4 relative to iodine supplementation, the mainstream theory abounds that iodine actually causes the thyroid to malfunction and many otherwise smart and highly educated people buy into this sketchy premise without investigating the logic of it and are scared as a result to utilize the helpful effects of iodine.

To be fair, there are some extremely rare cases of individuals — for example somebody with a so-called ‘hot’ thyroid nodule (autonomously functioning) — who may have a poor response to iodine supplementation, or extreme symptoms of ‘iodism’ (reactions to iodine like fatigue or headache, which have been reported only extremely uncommonly). If this is happening, it seems like this person should stop and definitely should consult their medical professional if they need medical advice.

There are also other individuals who have an existing issue with thyroid function who are concerned about the use of

iodine. In reality, it seems like the problems associated with irregular thyroid function are more likely related to a *lack* of adequate levels of iodine in the body. In fact, as part of the Iodine Project, many individuals were observed reversing problems they were having with their thyroids, breasts, reproductive organs, and other systems of the body after their bodies became saturated with iodine due to supplementation.

Speaking of specific areas of the body improving after exposure to iodine, iodine is also reported to improve certain problems not only when orally ingested (in tablet form of iodine/iodide), but also when a liquid form is topically applied (Lugol's solution of iodine/iodide). This has been reported to be particularly effective when applied to the breasts of women (the mammary glands of the breasts concentrate an especially high amount of iodine), or applied to the testicles of men, and can also be used for other areas of the body.

The quality tablet form of iodine can be found here:

RapidRegeneration.com/IodineTablet

The quality liquid form of iodine can be found here:

RapidRegeneration.com/LiquidIodine

Iodine is also controversial because the chemical reaction it creates in the body can potentially create oxidative damage if not handled in a balanced and nuanced manner. Just as you will find a mineral in nature among many other molecules, compounds, and vitamins that all balance each other out synergistically, so too is iodine best assimilated by the body in the presence of other nutrients. Taking iodine in an isolated form can be risky and can cause problems in the form of

oxidative stress from a chemical standpoint to the cells of the body if enough other critical nutrients are not also present.

The ideal nutrients that work synergistically with the assimilation of iodine are the following:

- 25 grams approximately per day of high quality barley grass juice powder which contains, among other ingredients, magnesium, potassium, iron, in addition to many other vitamins and minerals

RapidRegeneration.com/GreenPowder

- 100 to 200 mg of Selenium, 1 to 7 times per week
- There is some indication that higher frequency of dosage during early iodine supplementation may be more appropriate followed by tapering off to lower frequency of dosage

- You could also consider taking selenium for a couple weeks prior to iodine supplementation to help prepare the system for better assimilation and absorption of the iodine

RapidRegeneration.com/Selenium

- 500 milligrams to 5 grams Vitamin C (in the form of sodium ascorbate), 1-7 times per week, with a more frequent dosage often preferred especially during higher dosage iodine supplementation and especially during bromide detox

RapidRegeneration.com/VitaminCPowder

- Many individuals report also doing well by taking Vitamins B2 and B3 to assist with the complete cellular energy cycle
- 15 to 400 mg Riboflavin (B2) 1-7 times per week

RapidRegeneration.com/B2

- 110 mg to 400 mg Niacin (B3) 1-7 times per week

RapidRegeneration.com/B3

— Instead of supplementing individually with B2 and B3, somebody might also consider instead taking a full-spectrum B-complex supplement:

RapidRegeneration.com/BComplex

— Zinc, 10 mg to 30 mg, 1-7 times per week

— There is some indication that a high frequency may be more appropriate towards the beginning of iodine supplementation, and then tapering it down and potentially dropping it off in some cases

RapidRegeneration.com/Zinc

— Magnesium, 150 mg to 600 mg, 1-7 times per week

— Do be careful with this one as somebody may be getting magnesium from food which is much more bioavailable and which could in adequate amounts without additional supplementation

RapidRegeneration.com/Magnesium

— All-Natural Sea Salt, 1/4 to 1/2 teaspoon added to food daily

— It seems like this is better utilized in the early stages of iodine supplementation, especially with bromide detoxification, and then tapered off more as the body becomes more saturated with iodine and cleared of bromide

— This can also be done in conjunction with the 'Salt Loading Protocol' as mentioned earlier which can be especially helpful for somebody going through bromide detox

— Salt Loading Protocol: 1/4 to 1/2 teaspoon of all-natural, unrefined salt, mix it in 12 ounces of purified warm water and

drink it, followed by 16 ounces of purified water, and this can be administered 1-2 times per day

RapidRegeneration.com/Salt

— In addition to this, somebody should also eat a nourishing and nutritious array of foods including lots of fruits, some vegetables, nuts and seeds, and should also investigate any other nutritional deficits for which he or she might consider additional supplementation.

Dosages of supplements should ideally be individualized to somebody's specific needs and responses. Somebody needs to figure out whether they do better with a certain supplement being consumed daily, or every couple days, or once a week, as well as what amount of dosage if any they best respond to.

If you are serious about iodine supplementation it helps to have guidance and mentorship. Many mainstream people in the scientific community are still blindly following conventional dogma around iodine based on faulty claims from almost a century ago. You can alternatively find a practitioner who knows about iodine supplementation and is privy to much of the new research from the Iodine Project and other sources to assist you with some additional guidance. You can find a resource to locate a practitioner if you would like some more personalized assistance in your own supplementation journey here:

RapidRegeneration.com/IodinePractitioner

You can see there are many nuances and subtleties of the iodine story and how a single little trace element can change the wellness of an entire species dramatically. This knowledge is not black and white. Long-lasting wellness is awarded to those deserving of the discernment required to figure out the truth. I don't claim to have all the answers, and as I go through my own journey of detoxification and regeneration, I am still figuring out things for myself. I am making a commitment to sharing with you all of the deep research, experience, and insights that I have into these issues, including the iodine issue.

I believe this information is revolutionary and I am honored to be a part of taking back our health and wellness as a species. I wish you great discernment and that you will figure out your way forward and figure out if and how this magical molecule will fit into your body and your life.

Nuances of Vitamin C as an Antioxidant Supplement

RapidRegeneration.com/VitaminC

Vitamin C is one of the most amazing nutrients found in food on our planet. It not only literally keeps our bodies alive but allows us to thrive and give our cells protection and regeneration. Without adequate Vitamin C, you would actually die.

The way that Vitamin C works in the body is mainly as a cofactor, assisting the cells in things like connective tissue regeneration and repair, fat metabolism, and neurotransmitter production. It also functions as an antioxidant, which helps to clear out damaging free radicals which occur as a part of a cell's existence, whether that is from exposure to toxins or just from regular metabolic activity.

Benefits of Vitamin C may include:

- Connective tissue functionality including skin, bones, joints and ligaments
- Assists with absorption of other compounds like iron
- Neutralizes damaging free radicals
- Supports a strong immune system
- Reverses harmful effects of oxidative stress
- Promotes eye health in the collagen tissues
- Supports nervous system function
- Supports the adrenal glands and hormonal balance
- Assists in the body's creation of Vitamin E and glutathione, two other extremely important antioxidants
- Higher levels of Vitamin C are associated with higher levels of cognitive function

If the body does not have enough Vitamin C, this may result in:

- Collagen not working properly
- Enzymes in the body not working properly
- Bleeding and bruising easily
- Poor skin and hair health
- Anemic symptoms
- Constipation

In an ideal and somewhat romantic world, we would get as much Vitamin C as we need from the foods we eat. Indeed, if you are eating a lot of raw foods, especially fruit, you are intaking the foods with the highest amount of naturally occurring Vitamin C.

Sadly, the foods that are grown commercially by Big Agri for the most part are very lacking in nutrients. Over the last 100 or so years, the expedient commercial practices of not reinvesting back into the soil have allowed the foods to be grown without absorbing all of the minerals and compounds that would otherwise be found in nature. Also, produce is harvested early before the food takes in more nutrients from the soil as it fully ripens. The result is that food has shown declining levels of many kinds of nutrients, including Vitamin C. This has been documented in studies showing a dramatic decline of 30% over just a 22 year span of time (from 1975 to 1997) as the soil became more and more barren of nutrients. If that's the case in just 22 short years, how much has it dropped in a century? It is difficult to quantify exactly, but one can imagine.

The other factor to consider is excessive oxidative stress, which can beg for additional antioxidant support that would come from a substance like Vitamin C. Thinking back to our ancestral scene, not only would we be consuming foods with robust levels of Vitamin C, but our lives would be fairly simple and straightforward. We would have to contend with life-threatening issues and adrenaline-producing situations, no doubt, but the tension of life would be a simpler one than it is today and our lifestyles in many ways would have been actually healthier than they are in the modern world.

So does an average human in developed society today actually endure more oxidative stress than our tropical ancestors — the origins of humans — who were seeding the entire species? It's quite impossible to quantify exactly, but my estimation would be probably yes. The average person in today's world undergoes a constant influx of bad food, unhealthy substances being consumed, low levels of exercise (affecting blood and oxygen circulation, lymph flow, hormone balance, mood, muscle strength and bone density), issues with poor weight management, constant repetitive psychological stress from an unfulfilling job or purpose, cryptic negative messaging from the media, chemicals being laden in all types of household products, poisons being polluted into the air, water, and food supply, microwave EMF radiation, and even more stressors to the bodily unit — they go on and on.

So, if we have evolved to exist in such a way that is counter to nature, should we evolve to eat differently than our ancestors? I personally have found myself seduced by the romantic notion that we can eat just as a prehistoric human

would in nature in order to achieve the best and most ideal balance in terms of health and wellness. But over the years, I have evolved in my approach and I admit that — because of the issues with commercial food and because of the influx of massive amounts of stressors in our modern environment — I am willing and even practically desperate to look for modern solutions to solve modern problems.

With this thought in mind, I can justify supplementation with an isolated substance like Vitamin C in certain scenarios and depending on your specific needs. Taking this compound is not without its risks and potential downsides, which is why I have to ponder all of the aforementioned considerations to figure out if it would be worthwhile.

There are also ways to help mitigate some of the issues with taking an isolated vitamin like C. For example, I would never consume ascorbic acid in an isolated form (not bound to a food) due to risk of creating over-acidity. The preferred form of Vitamin C is sodium ascorbate, which is bound in a salt form and has been known to create fewer issues of discomfort and digestive concerns. While ascorbic acid is moderately acidic in terms of its pH and should be avoided, sodium ascorbate is actually mildly alkaline. Also, I would take Vitamin C in a powder form and never by itself — instead I would mix it in with a smoothie, dressing or dish, so that it gets absorbed at the same time as the food and this ideally creates an easier assimilation process for the body.

Too much Vitamin C can create imbalances in the body, such as excess iron absorption or a decrease in levels of copper, and so do understand it is serious business to start to play

chemist with your body and it's not a trivial undertaking. At the same time, when you don't have enough Vitamin C in your body, you risk having an excessive amount of free radicals and oxidative damage inside your body, so there is risk on both sides. By the same token, inadequate levels of Vitamin C could lead to suboptimal absorption of iron, or excessive amounts of copper in the body.

It would be wise if at all possible to consult with a professional with the knowledge of Vitamin C who can assist you. If it's medical advice you seek, consult with a medical professional. Just be aware that many people are not necessarily aware of the issues with the nutrient deficiencies in the food or the oxidative stress levels creating excess need for more antioxidants — most of the time, you will receive recommendations of something like 90 mg per day, or perhaps 500 mg per day on the high end.

The choice to supplement with Vitamin C or with how much does also depend on your specific needs. One person may absorb Vitamin C better than another, for example. Excessive Vitamin C gets filtered out through the kidneys and intestines. If Vitamin C goes unabsorbed, the unabsorbed Vitamin C can also act as a stimulant to the intestines and generally has a laxative-type effect as it passes through the gut due to its astringent nature.

When the amount is very excessive, it affects the bowels, creating loose stools or maybe even excessive and watery defecation. If this is happening, then you should know that the amount is beyond your body's saturation point and more

than you can absorb, and should consider reducing the dosage to the point where this is not happening.

In terms of dosage, you can find studies and documentation of practitioners showing much higher levels of success with patients supplementing at around 2,000 to 3,000 mg / day, or in some cases even more, with some individuals with much more advanced health issues responding well to 5,000 mg / day of Vitamin C in the form of sodium ascorbate, at least for a period of time. This is above the conventional wisdom that claims the upper limits for safe consumption are 2,000 mg per day.

Vitamin C can be employed to target certain needs as there are numerous health problems that have been shown to be improved with the assistance of Vitamin C supplementation — at least from anecdotal, clinical reports from practitioners who have worked with thousands of patients.

Supplementation with Vitamin C can also be something that goes on for a specific limited amount of time at a higher level and then tapered down. For example, if somebody is also undergoing supplementation with iodine and other related nutrients, this person may very well experience uncomfortable symptoms of bromide and/or fluoride detoxification as these chemicals get dislodged and then reattached to certain body tissues while they make their way out of the bowels, kidneys and skin. This can cause oxidative stress to the body and adding supplementation of Vitamin C at higher daily doses such as 2,000 mg, 3,000 mg, or even 5,000 mg in some cases has been reported mitigate some of these problems. After several weeks or months, the body has

been cleared out of bromide and is now more sufficient in iodine, and Vitamin C supplementation levels could then be reduced to 500 to 2,000 mg per day or at whatever level the individual is comfortable with.

Be careful and exercise caution as you interact with this powerful compound. Although many individuals have reported success using higher dosages, there is some risk of creating a healing crisis if you start off with too much, too fast. It would be far better to start at the low end of the dosage range and slowly ramp up if needed to the level that works well for you.

Here is the form of Vitamin C that I find to be of high quality:
RapidRegeneration.com/VitaminCPowder

Vitamin C is one of those areas where I was concerned about sharing this information because it is controversial, potentially risky, and using this tool might be appropriate in some situations and not so in others. You have to use your own discernment and figure out how to think for yourself, and not just take information from an expert as gospel. Use this information, and use the many years of experience and dedication I have put into distilling these insights. But ultimately, figure out what works for you.

I wish you good luck and great health in whatever you choose to do.

B Vitamins for Energy and Cellular Function

RapidRegeneration.com/VitaminB

Among the different areas where you might consider supplementation, B Vitamins seem to be, in all of my experience, research and education, one of the most needed and potentially lacking groups of nutrients in the human body today in our modern world.

Evidence shows that levels of different B Vitamins, due to soil depletion, expedient commercial farming practices, and other issues, are especially lacking in our food sources. There could also be a case made which could assert that our modern world thrusts a bevy of high pressure, constant stress and stimulation which may create especially high need inside the body for additional assistance with various metabolic, methylation, and energy-related processes.

There are eight B vitamins which typically act as cofactors to assist with cellular function. Each one has different functions and characteristics:

- Vitamin B12 (methylcobalamin)
- Vitamin B9 (folate or methylfolate)
- Vitamin B2 (riboflavin)
- Vitamin B3 (niacin)
- Vitamin B1 (thiamine)
- Vitamin B6 (pyridoxine)
- Vitamin B5 (pantothenic acid)
- Vitamin B7 (biotin)

In my view, these can be prioritized or categorized into different groups. For purposes of understanding these better and if/when to consider additional supplementation, I will group these into three categories: Vitamin B12 (Methylcobalamin), Vitamin B9 (Folate), and Other B Vitamins.

Vitamin B12:

Let's first address Vitamin B12 because this seems to be in my view one of the most important if not the most important of the B Vitamins to consider supplementing with. Vitamin B12 (Methylcobalamin) is absolutely essential for bodily function, and without adequate levels of Vitamin B12, the body can encounter numerous problems. B12 supplementation has been reported to be helpful across the board and there seems to be little to no risk associated with additional supplementation.

There is reason to suggest that many individuals may not be getting ideal amounts of B12 from their food, especially people who are eating plant-based foods. B12 is contained in the tissues of animals, so if you eat animal meat, fish, eggs or dairy, then you naturally get a boost of Vitamin B12. But eating animals is actually a counter-intuitive way to get B12. If you have a healthy microbiome, Vitamin B12 is created by chemical processes in your body that occur from beneficial (probiotic) bacteria mostly in the large intestines, so in essence, if the body is balanced, then its probiotics can manufacture B12.

There is some debate about whether B12 can be absorbed effectively from the large intestine where it is largely created

by beneficial bacteria or does it have to be consumed further up the digestive tract (like B12 would be if an animal product was eaten). Based on my research, it is not totally clear whether or not the Vitamin B12 made by the probiotics in your body can be effectively consumed by your body. But, considering that the large intestine does absorb additional nutrients through its porous lining, it seems feasible that the B12 which gets created by the probiotics there could be absorbed and utilized by the body (assuming the microbiome is healthy in the body and there is enough cobalt present).

It is considered conventional wisdom that somebody who is plant-based is automatically at risk of having low levels of B12. Personally, I was tested for B12 both in uMMA levels in urine as well as B12 blood serum levels and my levels came back as normal — and this was after years of eating plant-based and a long time since I had supplemented with B12. But I would consider that my gut micro-biome was very healthy at the time of testing with lots of beneficial probiotics. It is of course worth acknowledging that somebody who eats animal products is getting extra consumption of Vitamin B12 through those foods, as compared with somebody who is plant-based, and so the risk factor of lower B12 levels would be higher for somebody who eats plant-based.

This brings up another important factor to consider, which is that — according to numerous professionals who work with patients clinically — neither the blood serum test for B12 or the urine test for uMMA are considered very reliable indicators of B12 levels in the body. Actually, the uMMA test is considered to be a more reliable indicator of how much B12 is circulating within the overall tissues of the body, as

compared with a blood serum test to see how much B12 is in the blood. However, there are numerous reports of somebody who had a good uMMA test (indicating high levels of B12) but who still responded very positively to additional B12 supplementation. This would indicate that this person still had some use for additional B12 even though their uMMA levels indicated that they already were within the desirable range.

In my research, the uMMA test is the superior test as compared with the blood test, although if you get back results showing that you have good Vitamin B12 levels, this doesn't necessarily mean you should *not* supplement with additional Vitamin B12. It may be worth giving it a try and seeing how your body responds. Personally, there have been times when I have felt a good response to B12 supplementation even though my test results would have suggested that I didn't need any.

I wish I had a more clear-cut program for you which would indicate exactly what you should do, but there is some level of speculation, intuitiveness, and seeing what works for you and how your body responds involved with figuring out if you should supplement with Vitamin B12 and if so by how much. Despite the lack of clear-cut reliability, the test is still worth taking in my judgement to give you some insight into what is going on in your body relative to B12. It is an easy test which you can take at home for a reasonable cost. You can find it here:

RapidRegeneration.com/B12Test

Some benefits of adequate levels of Vitamin B12 in the body may include:

- Supports nervous system function
- Helps create nerve tissue
- Supports circulatory function and heart health
- Helps the immune system
- Essential for DNA synthesis
- Critical for methylation (processing) inside of the body
- Helps develop brain cells
- Helps form red blood cells
- Supports bone health
- Can help with vision and eye health
- Assists with healthy mood balance
- Involved with energy creation
- Supports healthy skin, hair and nails

Some problems associated with not having enough Vitamin B12 in the body can include:

- Exhaustion and low energy
- Headaches
- Anemia
- Irritability
- Degeneration of the spine
- Cognitive impairment
- Intestinal and gut issues
- Fertility issues
- Immune system weakness
- Muscle weakness
- Aches and pains in connective tissue

The ideal form of Vitamin B12 supplementation is methylcobalamin, followed by hydroxocobalamin and

adenosylcobalamin. Avoid ever taking cyanocobalamin, as it is completely synthetic and derived from cyanide. Personally, I find that an under-the-tongue (sublingual) liquid form of B12 works well for me, with the theory being that the B12 can be deposited directly into the bloodstream if absorbed under the tongue. Other people like to use under-the-tongue tablets, although personally I haven't found a source that are free from toxic fillers. Yet others find they best respond to an injection into their blood of B12. An injection freaks me out a little bit personally and I prefer ideally not to pierce my skin, but I understand that there are reports that some people seem to not respond much to oral supplementation.

Vitamin B12 may also assist greatly if you have a certain genetic mutation, specifically the MTR or MTRR genetic mutations which indicate low levels of enzyme activity associated with those genes. The body is so complex and there are highly involved methylation processes taking place constantly, some of which use B12 as a critical part of their functioning. It is recommended to get your DNA tested — for more on this, please refer to the segment about DNA testing. This could also be one reason why some individuals may display a greater need for B12 supplementation or require more of a dosage than other individuals.

Certainly, Vitamin B12 is one of the top compounds with which to consider additional supplementation. It would be recommended to test both your urine for uMMA and your saliva for any DNA mutations. There seems to be very little to no downside to supplementing with B12, so with that in mind it wouldn't be a terrible idea to try supplementing with some B12 and seeing how it makes you feel.

Vitamin B9 (Folate)

Vitamin B9 (Folate) is an essential nutrient that is so critical to cellular function and for the methylation processes of the cells inside your body (AKA the process of breaking certain nutrients down and converting them into other things). Folate helps to form DNA and RNA, and helps manage inflammation in the body by converting homocysteine into methionine.

It is clear based on the poor soil content and the way commercial foods are grown that so many foods are lacking in folate, and so getting enough folate from foods is a big challenge. Folate has been considered such an essential vitamin that it has been synthesized into folic acid and used to fortify processed grain products as mandated by the US government. However, this is a double-edged sword because folic acid in its synthesized form is completely artificial and toxic. Definitely avoid food products which are 'fortified' or 'enriched' with folic acid and also supplement products containing folic acid if at all possible.

An abundance of folate in the body may help with:

- Increased oxygenation through red blood cell production
- Lowering of inflammation
- Mood management
- Cognitive function
- Support for reproductive health and healthy fetal development
- Eye health

A deficit of folate in the body may cause problems associated with:

- Exhaustion and low energy
- Brain fog
- Skin issues
- Hair loss or hair thinning
- Intestinal issues
- Increased blood pressure
- Inflammation

The other issue — and the reason why folate is in a category of its own — is that close to half of the population demonstrates a gene mutation related to the MTHFR gene which indicates a suppressed enzyme and a lacking ability to break down folate into methylfolate, which is the form the body can actually use in the next step of the process. This results in an impaired or broken methylation process, and can cause numerous issues with basic cellular function with respect to energy, digestion, mood, cognition and overall function of the body's systems. This is covered more extensively in the segment about DNA Testing.

It is of course recommended to get a DNA test completed to confirm if you are affected by this MTHFR gene mutation, and if so whether it's a mutation from one parent or both. Finding out whether your body can process folate adequately can help you determine whether it's worth supplementing with additional folate (which you can also find contained within the green powder supplement), or whether you could consider supplementing with methylfolate to assist your body's dysfunction in this area.

You can find that DNA genetic test here:
RapidRegeneration.com/DNATest

Other B Vitamins

The family of B Vitamins get processed as a part of so many critical reactions and work as cofactors which are absolutely essential to the body functioning properly, cellular energy production as well as the methylation cycle. These compounds ultimately assist with metabolism and energy production.

As the food quality goes down in this modern era, the levels of these helpful nutrients declines and leaves us in a precarious position if we don't figure out a creation solution to this problem.

Vitamin B1 (Thiamine)

A processed form of thiamine ends up helping to assist with metabolism of sugars, fats and/or amino acids so the body can actually utilize them (AKA energy production). Thiamine helps maintain healthy nervous system function as well as digestive functions. It is an essential cofactor for growth and development of the body. Thiamin can be stored in the liver for later use.

An abundance of B1 (Thiamine) in the body may help with:

- Increasing energy production via efficiency processing of sugars
- Assisting with good mood balance
- Supporting proper cardiac function

- Providing support to the nervous system
- Help with metabolism and digestion
- Supporting eye health

A deficit of Thiamine in the body may cause problems associated with:

- Impaired motor function and sensory function
- Muscle weakness
- Issues with cardiovascular system
- Brain fog
- Memory loss or cognitive decline
- Can impact chains of actions within the body leading to reduced levels of enzymes
- Intestinal issues

Vitamin B2 (Riboflavin)

Riboflavin is found in foods and is also produced in small amounts by probiotic bacteria inside a healthy microbiome. It helps with immune system function, digestive function to process carbohydrates and proteins, and supports connective tissue including skin. Riboflavin is essential for energy production and cellular function.

B2 gets used immediately or otherwise excreted out of the body through the urine. Riboflavin is found largely in animal food products and whole grains and somebody who is eating a mostly plant-based intake of food may especially consider supplementation with B2.

An abundance of Vitamin B2 (Riboflavin) in the body may help with:

- Managing inflammation levels
- Supporting antioxidant activities
- Increasing energy via cell ATP energy production assistance
- Help with immune system function
- Supporting the nervous system

A deficit of Riboflavin in the body may cause problems associated with:

- Headaches
- Cardiovascular issues
- Issues with eyes, ears, nose, mouth and throat
- Hair loss
- Hormone balance issues
- Skin problems
- Nervous system dysfunction
- Liver not working properly
- Digestive problems

Vitamin B3 (Niacin)

Niacin helps with metabolism of nutrients into energy, DNA repair, assists to balance systematic stress and oxidation, and helps with circulatory system, nervous system, and digestive system. Niacin gets converted into NAD, which you may have heard of, which is required for hundreds of different reactions in the body.

Even high dosages get absorbed and stored in the body. Niacin is especially found in animal products, grains and beans, so for individuals who might avoid these types of

foods, you may especially consider ancillary B3 supplementation.

An abundance of Vitamin B3 (Niacin) in the body may help with:

- Supporting nervous system function
- Helping with connective tissue
- Supporting digestion and metabolism
- Supporting the heart and circulatory system

A deficit of Niacin in the body may cause problems associated with:

- Skin discoloration
- Cognitive decline
- Memory loss and brain fog
- Exhaustion

Vitamin B5 (Pantothenic Acid)

Pantothenic Acid is consumed from foods and is also produced in small amounts from probiotic bacteria in a healthy microbiome. Vitamin B5 assists with nervous system, as well as the digestive system in terms of processing fats and carbohydrates for metabolizing.

Pantothenic Acid is especially found in animal products, grains and beans, so if you are avoiding these types of foods, you may especially consider ancillary B5 supplementation.

An abundance of Vitamin B5 (Pantothenic Acid) in the body may help with:

- Support of liver

- Helping make red blood cells which oxygenate the body
- Assists with hormone balance and reproductive health
- Nervous system function
- Help with support healthy skin and connective tissue
- Eye health

A deficit of Pantothenic Acid in the body may cause problems associated with:

- Issues with sleep
- Muscle soreness or cramping
- Exhaustion and low energy
- Irritability
- Intestinal Issues

Vitamin B6 (Pyridoxine)

Pyridoxine assists with genetic methylation, which supports over 100 enzymes which work through different systems in the body. Vitamin B6 also supports the circulatory system and blood, helps with cellular health, and is also involved in proper digestion of fats and carbohydrates. Pyridoxine helps balance inflammation in the body by keeping homocysteine under control.

An abundance of Vitamin B6 (Pyridoxine) in the body may help with:

- Increased immune function
- Supporting brain health
- Increased oxygen transport
- Supporting creation of neurotransmitters serotonin and dopamine
- Mood balance

- Eye health

A deficit of Pyridoxine in the body may cause problems associated with:

- Poor immune health
- Feelings of listlessness and sadness
- Skin problems
- Issues with the blood
- Irritability
- Cognitive decline

Vitamin B7 (Biotin, AKA Vitamin H)

Biotin helps with the breakdown and processing of fats, sugars and amino acids, assisting in the metabolic functions of the cells in the body.

An abundance of Vitamin B7 (Biotin, AKA Vitamin H) in the body may help with:

- Help regulate metabolism and blood sugar control
- Nervous system generation
- Immune function assistance
- Help with connective tissue

A deficit of Biotin in the body may cause problems associated with:

- Breakdown of hair, skin and nails
- Irritability
- Fatigue
- Dry Eyes
- Feeling sad or listless

Approaching Supplementation with B Vitamins:

The three categories of B Vitamins come with their own stipulations in terms of if or when you might consider supplementing with them, with the first two categories being more straightforward.

Vitamin B12 levels can be tested (although take the results with a grain of salt) and basically it seems like almost everybody could consider supplementing with B12, especially if you do not consume animal products.

Vitamin B9 (Folate) is essential, but what is just as essential is the body's ability to convert folate into methylfolate depending on the level of genetic enzyme functionality. It would be recommended to test for the mutation of the MTHFR DNA gene, and if it is mutated (like it is in around half of the human population), then one might consider supplementing with methylfolate. Somebody without this mutation might consider supplementing with just folate via green powder, or could also consider taking methylfolate. Both groups should strongly avoid folic acid.

The other suite of B Vitamins (especially B1, B2, B3, B5 and B6) also are related to genetic function as well. It would be recommended to test for a mutation of the MTR, MTRR, ACHY, and COMT genes. If there is a mutation present and the enzyme activity of these genes is repressed, then this person might benefit significantly from supplementation with these other B vitamins. Even somebody without gene mutations could still get significant benefit as well from the B Vitamins.

There are other scenarios where somebody might really benefit from certain B Vitamins. For example, somebody who is undergoing iodine supplementation may be assisted by taking additional B2 and B3 and/or the full suite of B Vitamins which can help utilize the iodine and support full cellular energetic function.

It is absolutely critical to mention that there is a source from which you can get a good share of B Vitamins in the best possible form — as part of a whole food. As mentioned in the segment about this green powder, you could consider consuming organic barley grass juice powder from a specific high quality source that cultivates the soil quality to assist with the nutrient levels.

The green powder actually contains a decent amount of Folate (Vitamin B9) and Thiamin (B1). It also contains smaller amounts of Riboflavin (B2), Niacin (B3), Pyridoxine (B6), and even methylcobalamin (B12). It does not appear to contain Pantothenic Acid (B5) or Biotin (B7).

You can find that powder here:
[RapidRegeneration.com/GreenPowder](https://www.RapidRegeneration.com/GreenPowder)

Do keep in mind that the best way to consume a nutrient is when it is part of a whole food, just as nature designed it (when soil conditions are actually ideal). This allows the vitamin to actually be bound up energetically and the result is that your body will actually absorb and assimilate the nutrient that much better. It is true indeed that an isolated supplement like a Vitamin B pill — even if it is naturally sourced with no

harmful preservatives or fillers — is not going to be as readily absorbed as B Vitamins which are contained within a food. An isolated supplement will not be as beneficial to the body and a higher dosage of an isolated supplement would typically have to be consumed in order to get the same benefit one would get from a smaller dosage of the same vitamin that is contained within food.

You may decide that you don't wish to do any additional Vitamin B supplementation with other B Vitamins, aside from perhaps B12 and/or the green powder (or methylfolate for somebody who has the gene mutation MTHFR), which is okay and that's your personal choice. There is an element of playing mad scientist with your own body when you start to chemically alter what is going on inside it with supplements. There is some risk involved of creating an imbalance with supplementing and it's not everybody's cup of tea. With that in mind, there is also risk of not supplementing with anything. The risk on this other side of the equation is that the body's natural processes may not function properly or could function at a very low level if no supplementation occurs.

Personally, in today's modern world, with the genetics as compromised as they are, with toxic overloads from our environment and the amount of excess oxidative stress, it's my estimation that there is more exposure to risk of not supplementing at all in this category than the risks that exist which are associated with supplementation.

Some B Vitamins have problems associated if too much is taken, and others are able to get filtered out by the body via the urine without issue if an excessive amount is consumed.

Vitamin B12 is very unlikely to cause issues of taking too much, but there seems to be a remote risk of issues when dosages are at 10,000 mg per day or higher.

Vitamin B9 in the form of methylfolate really depends on the individual and their genes, but can be problematic at dosages of 5 mg to 15 mg, or greater, as it can affect genetic function, although there are also reports of individuals taking significantly more than this without issue.

Vitamin B3 (Niacin) has shown to be potentially toxic to the liver at levels of 1,000 mg or more per day. Vitamin B6 (Pyridoxine) has been shown to be neurotoxic when levels of 500 mg or more per day are consumed. Vitamin B5 (Pantothenic Acid) has been shown to be safe even at very high doses, however at 10,000 mg per day or more this may cause gastrointestinal discomfort.

Vitamin B1 (Thiamine) does not have an observed toxic level. Vitamin B2 (Riboflavin) does not have an observed toxic level. Vitamin B7 (Biotin) does not have an observed toxic level, however excessive biotin supplementation can interfere with getting accurate results on laboratory blood tests.

This program is meant to be an extremely helpful resource for you, but some of this requires you to take the ball and run with it, and use your own intuition and discernment as well. I just can't estimate an exact dose for you from here in my office chair without knowing your weight, gender, whether you're pregnant, any DNA mutations you may have, bloodwork, lifestyle, diet, problems you're experiencing, as

well as a litany of other things you may have going on. Furthermore please know that I am not a doctor or medical professional or nutritionist nor do I make medical claims or claims about diseases. If it's medical advice you seek you should seek a medical professional.

With all that said, each person is different as well and may respond differently to various types of dosages. One person may do very well on a daily dosage type regiment, where another may operate at his or her best while taking a supplement only a couple times per week or less. The same is true for amounts — in terms of dosage amounts, be sure you do your research, ideally consult with a professional, and don't overdo it. You can always start with a smaller dosage and work upwards from there. Also, make sure to consume plenty of the green powder, as the natural vitamins and minerals it contains can help to redeem a multitude of sins.

If all of these nuances seem too complicated, there is a full B Vitamin complex supplement, which contains all of these B Vitamins, although it would be prudent to still consider supplementing B12 and/or methylfolate (depending on your genetics) separately, or additional dosages of specific B Vitamins. You can find that full B-complex supplement here: RapidRegeneration.com/BComplex

If you wish to supplement individually, you can find individual B Vitamins listed here below and potential dosage amounts:

- Vitamin B12 (Methylcobalamin)
- Supplement in the form of methylcobalamin, hydroxocobalamin, or adenosylcobalamin

- 1,000 to 5,000 mg per day

RapidRegeneration.com/B12

- Vitamin B9 (Folate)
- Supplement in the form of methylfolate (depending on the MTHFR genetic test)
- Avoid ever taking folic acid which is a completely man-made, synthetic and toxic material.
- 1 mg to 10 mg per day
- It seems like most individuals do well with a lower dosage closer to 1 mg per day
- However, it is worth mentioning there are reports of some individuals having much better results increasing to around 4 mg per day or in some cases even a very high dosage even up to 10 mg per day
- Do exercise caution, start with a low dosage and be careful in this regard

RapidRegeneration.com/B9

- Vitamin B2 (Riboflavin)
- 15 mg to 400 mg 1 to 7 times per week

RapidRegeneration.com/B2

- Vitamin B3 (Niacin)
- 110 mg to 375 mg 1 to 7 times per week

RapidRegeneration.com/B3

- Vitamin B1 (Thiamine)
- 100 mg to 200 mg 1 to 7 times per week

RapidRegeneration.com/B1

- Vitamin B6 (Pyridoxine)

- 50 mg to 200 mg 1 to 7 times per week
RapidRegeneration.com/B6

- Vitamin B5 (Pantothenic Acid)
- 100 mg to 500 mg 1 to 7 times per week
RapidRegeneration.com/B5

- Vitamin B7 (Biotin)
- 150 mcg to 8,000 mcg 1 to 7 times per week
RapidRegeneration.com/B7

You can find the B12 urine test here:
RapidRegeneration.com/B12Test

You can find the DNA test here:
RapidRegeneration.com/DNATest

And the green powder:
RapidRegeneration.com/GreenPowder

In Closing:

I hope this was not too overwhelming too early on in the program of understanding how to give the body the space and materials it needs to do what it does and regenerate itself. I would be remiss and derelict in my duty to help you if I did not mention the power of these B Vitamins.

It is important to know the tools available in your tool kit in order to achieve your health goals as quickly and effectively as possible. Truly, the materials and resources are here on

this Earth for you to do it, but it's up to you to find out the answers, discern the truth, and take action to get there.

Accelerated Results with Higher Level Cleanses & Fasts

RapidRegeneration.com/Fast

This next chapter is not for the faint-hearted — literally. This information is there for those who are ready to receive it. Sort of like extra credit, it is all about going the extra mile to cleanse and regenerate your body and spirit that much deeper. Consider it not necessarily required in order to achieve your health goals, but it could accelerate the timeline between now and the point in time where you have put your health problems behind you and you are now the New You — the point in time that you have completely or almost completely detoxified and regenerated yourself. My goal is to play a part in helping you get there.

Be warned though, that these higher-level approaches to wellness can also accelerate you to go through personal challenges, face down your demons earlier than expected, go through spiritual and/or existential quandaries, and experience healing crises as the body throws itself wholeheartedly and sometimes dramatically towards purging out negative past chemistry and old baggage.

If I were you, I would not take these on until you are truly feeling bold and ready to run towards the gunfire, as you fight the battle of getting yourself into ideal health and wellness.

There are five main higher-level cleanses that I have personally done and which I will cover here:

- Fruit-Only Cleanse / Fruit Fast
- Juice Only Cleanse / Juice Fast / Juice Feast

- Grapes-Only Cleanse / Grape Fast
- Lemonade Cleanse AKA 'The Master Cleanse'
- Water Fasting

There are also other ones which could fall in the same category like celery juice or vegetable juice cleansing, watermelon-only cleansing, oranges-only cleansing, coconut water cleansing, and so on and so forth.

I have listed these out more or less going from the least intense to the most intense. Eating only fruit can be done and you can absolutely do it — the question is, for how long? Anybody can go one or two meals with just fruit. But can you go two days? Three, four, five days? This is an extremely powerful tool which can accelerate you at quantum levels in terms of cleansing and rebuilding.

Juice fasting or juice cleansing is a well-known phenomenon and extremely powerful as well. Again, it can be pulled off by most individuals who can still handle the intensity of the experience, although going for more than one or two days without solid food can be quite challenging for some.

Moving into things like grape fasting and lemonade cleansing, these can be even more intense due to the highly astringent nature of these fruits. This results in the puckering of the whole body, as negative acidic chemistry is pulled from deep in the tissues and cleansed out. This is a very intense experience. Also, as the body consumes less variety of foods (mono-eating) this can become a spiritual or even a psychedelic experience as you break into new levels of

simplicity in consciousness. These two are definitely not for beginners.

Water fasting is very intense and ideally would be attempted by an individual who has already done very deep cleansing and detoxification on their body. Removal of all consumption of food can have a very intense effect on the body as all energy of the body is spared from digestive duties and can focus on healing and repair of its systems. This has been used for thousands of years as a manner of healing, often in combination with sunlight, grounding with the Earth, and bathing in mineral-rich waters — isn't it amazing how nature provides rejuvenating tools which are so simple? Water fasting has been described by many including myself as a deeply spiritual experience, as the mind lets go of attachment to food after a couple of days and the consciousness is freed up to really expand and explore its full potential.

There are so many neat benefits to doing these higher level programs. Personally, I noticed that my body really went into extreme deep cleansing mode. It seemed to take things up a notch in terms of my body's self-awareness and innate intelligence. Even after going back to eating regularly, I felt as though my metabolism and energy had shifted up a couple gears. These experiences were fun, adventurous, and were also psychedelic sensory experiences as good or better than most drugs I've tried. It also gave me lots of motivation and inspiration and a huge sense of confidence from possessing the discipline to complete each of these endeavors.

Actually, I had some profound revelations as I was completing a grapes-only cleanse and then a water fast, at

the end of 2018. I did these during Thanksgiving and Christmas / New Years vacations.

As a side note, proper timing of these cleanses / fasts would be recommended. In other words, if you are in a position to have some kind of vacation or time off from work, I think that will make things easier on yourself, because simply mustering the energy to focus on the cleansing task at hand takes a lot of your energy, attention and focus. I did a total of nine days on grapes only, and five days of water fasting, about one month apart.

Sometime towards the end of my grapes-only cleanse, I experienced extreme clarity and vision about the direction of my life. I had tremendously clear visualization about the purpose of what I should be doing and the direction that I should follow over the next 5-10 years. I felt reconnected to dreams and goals of my own that I had internalized as a very young teenager, in essence connecting the past, present and future all together in an extremely powerful experience that is challenging to describe. I've never seen that clearly out into the future with such intense insight about my true path forward.

What's amazing is that many of those things which I envisioned at that time have either come true or are unfolding at a rapid pace, here now 3 1/2 years later as I write these words in the summer of 2022. I am telling you — do not underestimate the power of these tools from nature, not just in terms of tissue regeneration and body cleansing, but also for your own introspection, understanding how to make

certain decisions and creating clarity about what you should be doing.

The benefits are amazing — but the main challenge with these cleanses is simple: You won't want to do them. Or, that you won't be quite ready physically or mentally to handle them, which is fair and you should get yourself into a strong place first definitely at least in terms of from a physical detoxification standpoint.

It would be smart to definitely cleanse the body out using the cleanses described in the early chapters of Rapid Regeneration — intestinal, liver, parasite, and herbal cleansing — so that your body is already cleaned out at least through one round of eliminating acidity, toxicity, mucus, and wastes.

Specifically in reference to parasites and harmful organisms — if you haven't used herbs to do a several-week-long soft kill program to eliminate parasitic infestations, and you were to attempt a higher-level cleanse or fast, your body and immune system may start targeting these populations and they could actually 'dig in their heels' and strengthen their positions which — trust me — can be very unpleasant. Don't underestimate the natural intelligence of harmful organisms in their awareness of being targeted. Attempting to purge them without the help of herbs in my view is naive and you are essentially poking a hornets' nest with nothing to spray them with. So definitely strongly consider doing the Big Three cleanses (intestinal, liver, parasite), definitely including a parasite / harmful organism first before attempting these higher level cleanses.

Also, it would be very helpful to transition first to a cleaner diet and cutting out a lot for the harmful and acidic-forming foods. Otherwise, your cravings for junk foods or animal products could get so intense that it could be completely overwhelming after you deprive your body of the foods it is used to having.

Lastly, I want to address the issue regarding discipline and courage, because it will require both in order to complete one of these cleanses for more than one or two days. Listen to me: You can do it. Don't let past failures, low self-esteem, or negative things that your parents told you when you were young deter you from doing this. You've been endowed with a great ability to heal yourself and find the true answers that can unlock true youthfulness and wellness for you. If you just continue to reach for that divine guidance, you can undo any patterns of prior failures and self-doubts. Just give it a try, and you will be amazed at the inner strength that you will be filled with, seemingly from an outside source like providence, once you take that leap of faith. Even if you don't think you can pull it off — you really can do it.

Doing so could fill you up not only with amazing alkaline chemistry and powerful changes to your body, but also can be very mentally strengthening. This can give you tremendous confidence, self-efficacy, and accomplishment, and also potentially unlock doorways to your own perception of your own self and how to create your ideal scene within this crazy life.

I wish you much strength, energy and focus, should you wish to attempt these and if you're up for it. Someday I would love to hear from you about the experiences you had and how it helped you.

Fruit-Only Cleanse / Fruit Fast

RapidRegeneration.com/FruitFast

The first higher-level cleanse that is worth looking at would be a fruit-only cleanse. This is where you eat only fruit for as long as possible, for example four or five days in a row, or simply as long as you can go. The higher-level version of this would be that you would eat fruit only, except it would exclude fatty fruits, such as avocado, olives, and coconut.

In either case, whether you eat just fruits with or without the fatty fruits, all foods consumed should be raw and uncooked, ideally without any salt added. Vegetables would be encouraged to be avoided, due to their slightly lower electrical frequency, increased work needed from a digestive point of view, and so you can stimulate as much alkalinity from eating as many stringent, detoxifying fruits as possible.

This is a great thing to try for yourself. I remember when I was first getting into raw foods and start incorporating a lot of fruit into my diet and seeing amazing results. What was interesting was that, at the same time I was really benefiting from and eating a lot of fruits, I was still hooked on cooked foods like starches, high amounts of fats, salts, vinegar and fermented foods, and savory crunchy things. It took me a while, in fact almost three years, to really transition to eating almost a completely raw intake of foods in an attempt to accelerate my healing and take things up a notch.

Initially, I was just eating fruit for one meal a day and maybe some snacks, and then after a very long time when I got

more serious I bumped it up to two raw meals a day, but I was still eating cooked foods for at least one meal a day. I don't think that I went a full day of eating just fruit for probably two years after I first got into fruits. Even after I transitioned to eating almost all raw, I was still consuming a very high amount of fats. I didn't do my first fruit-only cleanse cutting out the fats until more than three years after I first got into fruits, raw foods, herbal cleansing, and natural methods of trying to solve my health problems.

That shows you how daunting that this can be. So it may sound easy at first — no problem, just eat fruit. But actually, depending on how accustomed your body is to eating junk foods and/or high amounts of fat and protein, this can be very intimidating. Once you start eating just fruit, you may feel a bit overwhelmed and in a weird state mentally.

This is a good time to bring up the fact that this is 90% a mental challenge, and 10% a physical one. Your body in all likelihood will actually be relieved and thank you for what you are doing. It will be experiencing numerous benefits, from being extremely hydrated, overloaded with electrolytes, super-charged with high electrical energy, cleansed from the astringent and alkalizing nature of fruits, nourished from the amazing nutrition, vitamins and minerals, and assisted by the probiotic bacteria that are found in raw fruit.

Your mind, on the other hand, will be telling you to throw in the towel and give it up. Especially after years and decades, it is challenging to break any habit. Countless studies have been done on the brain documenting how the 'pleasure centers' located near the frontal lobes of the brain are

stimulated and light up when we eat our favorite foods — the same way they light up when a drug addict prepares to take his next dose. When you abstain from something you've been habitually doing over and over, these well-grooved pathways of the brain are neglected and your mind will urge and pressure you to do what pleases it.

It's up to you to overcome that, and press onwards with strength and conviction. However, do not feel bad if you can't swing it at first. Just keep trying. First, try to go one meal with only fruit, then two meals, and then a full day. If you can pull that off, you would be way ahead of most everybody. As crazy as it sounds, going one day of eating just fruit is an extreme accomplishment for somebody unaccustomed to eating this way — but you can do it.

As covered in the segment entitled 'The Role of Fats', you can use fatty fruits as a buffer, as a way to help you last longer if you are trying to eat only fruits. Things like avocado, coconut, and olives could assist you in this manner. It is a relatively short list as there are not that many fruits which are high in fat. This can help you to cut the cravings you may experience, as the fat can be very filling.

This can also be accomplished by eating nuts, seeds and nut butters — however this would not truly achieve a fruit-only cleanse. Nuts and seeds would end your fruit-only cleanse, as they are not truly a cleansing, hydrating food and are more acid-forming than fruits.

If you can make it past one day, and let's say if you can go two days, three, four or five days eating just fruit, my hat is off

to you. A special bonus credit to you if you can do so while also avoiding the fatty fruits — doing this will be even more cleansing to your system, as digesting the fats is much more involved and taxing to your digestive system including the liver than just processing simple sugars from high-carb fruits.

After a few years of transitioning to more raw foods, I found that I was able to go one, two and even three or four *weeks* at a time of eating just fruits, so long as I was still eating things like avocado and coconut. I had made the jump to all-raw, and all-fruit, and it was very exciting. I felt incredible levels of energy unlike anything I had experienced before. I had already mostly healed up my body and health problems that had plagued me previous to that point. I was still trying to achieve complete 100% recovery which I felt was imminent, but was also interested in heightened energy, focus, performance, and getting into great shape physically. The mental and spiritual development aspect of eating this way also intrigued me. I would highly recommend going all-in on fruits, for a bit, if you're interested to see how it will benefit you and if you can handle it.

Even so, during this time I was still very reliant on fats and would even experience a sort of withdrawal if ever I went too long without fats. During this time, I did a five-day fruit-only cleanse, where I didn't eat any fats. It was a very challenging but I was able to get through it. I had this intuition that if I was able to muster up the gumption to go through with it that I would feel really good. I believe we all have a sort of instinct and sort of divine knowledge of really what is the best thing for us.

I did have a sort of top-of-the-mountain experience while doing this fruit-only cleanse. Physically, I could feel my body cleansing itself and mocking itself back up with a very strong sensation. It was also a profound experience from a mental, spiritual, and personal growth standpoint. I really grew from that and it strengthened my fortitude, self-confidence and inner power.

It took me a long time to get there, but I still benefited from ‘fruit-only cleansing’ in the years before I actually did this cleanse officially, even if I was just benefiting for one or two meals, or in combination with high-fat-content fruits. Use whatever path gets you to the top of the mountain. A rocky path, a muddy path, one full of brush, or a jagged ravine. Not everybody can shimmy up the mountain in a straight line in 60 seconds flat. Just know the power that is contained by fruit-only cleansing, and start to move yourself in that direction. Don’t be disappointed if you don’t make it as long as you would want to — just keep going.

If you’re short on funds, but desperate to get yourself healthy and well, this is a great time to point out the immense power in nature, which has provided you with the tools to transform the chemistry of your body is such a simple way. Get your hands on some fruit and press the pedal to the metal. Now that you have this information, the power is in your hands. You’ll know when you’re ready.

Grapes Only Cleanse / Grape Fast

RapidRegeneration.com/GrapeFast

Another cleanse program which you can do is: Eat only one food for multiple days on end. This is referred to as mono-eating, and some individuals actually do this but with the wrong kind of food. Quick hint: This does not actually cleanse and detoxify your system if you eat nothing but pizza rolls, or nothing but chicken wings for an extended period of time.

I have heard of this being done using foods like oranges or watermelon, but what I'm going to focus on in this segment is grapes. I actually completed a nine-day grapes-only cleanse AKA a Grape Fast and it was an incredible experience.

For me personally, I gained a lot of benefits from this experience. By the end of the grape fast, I had relieved a lot of tension in my back, neck and shoulders. Throughout the week, I observed sort of cracking and crunching sounds occurring especially in my upper spine, head, and jaw area. It is very strange to try and describe. I felt lighter, more energetic, and more calm by the end of it. I even had dentist appointments scheduled not too far apart, before and after I did the grape fast. After it was completed it was reported to me that my gum levels, which had previously been reported as having receded, had improved significantly. 'I don't know how this happened,' said the dental hygienist at the time. 'We basically never see gum levels regenerate back after they recess below that level.' Pretty cool!

The grape is used as a detoxification, cleaning, and rebuilding tool for a number of reasons. First of all, it is a highly astringent food, and one of the most astringent fruits behind perhaps the lemon and lime. The astringent nature of the grape causes it to pull out acidic and 'dirty' chemistry from the body, much like the chemistry of a cleaning solution would do the same on a dirty, greasy corner of a garage. The high liquid and electrolyte content of the grape also is extremely hydrating. Not only that, it is a very easy food for the body to digest. And, from a nutrition standpoint, it is packed with antioxidants, vitamins and flavonoids, giving your body the fuel and micro-nutrients to heal and repair itself.

In terms of pointers if you are going to do the grape fast, there are a few to keep in mind.

- There are no rules about how much grapes you should eat. Eat as much as you want at any point throughout the cleanse. Personally, by about the third day, I didn't have any cravings for other food and was quite happy just eating grapes. Also, by the end of the program, I had less cravings to eat and would eat less grapes overall.
- Look for organic grapes. If you can't find organic grapes, consider waiting to do the cleanse until you can find them, or choose another fruit. Conventional grapes are notorious for pesticides being sprayed on them. If you absolutely can't get organic grapes, make sure to wash the grapes fastidiously.
- Even with the organic grapes, you will still want to wash off the dust and debris from the grapes, using a produce wash. After washing them, dry them off. This will make sure you are not eating random dust, toxins, and

chemicals from tap-water. If possible, store the grapes in glass containers and refrigerate them. You can find this produce wash at:

RapidRegeneration.com/ProduceWash

- Look for ripe, firm, sweet grapes, which is not always easy. Generally speaking, the darker the grapes, the more packed they are with flavonoids. Try and find super dark, purple organic grapes and you'll be in heaven for a few days.
- Go as long as you can and push yourself, but don't run yourself ragged. Keep in mind that after you're done with the grape fast, you'll need to transition back to regular foods.
- When breaking the fast, a rookie mistake is that you could go from a week of eating grapes only to the drive-thru window, or even in your own kitchen at home, cooking up a big feast. Breaking the cleanse program with a big cooked meal — especially of starches like potatoes, corn, bread or a heavy food like beans, or things like meat products — could throw your body into a serious shock.
- Try and ease your way back into eating more normal routine foods, and still eating as much raw as possible. For every two days you do the grape fast for, try and follow it with one day after breaking the fast eating very clean, healthy, and as raw as possible. This will help you retain as many benefits of the cleanse program as possible and carry them into the next phase of your life.
- If possible, try and allow yourself plenty of time to rest. You may want to do this, if possible, during a vacation from work or when you can take a few days off. If you can't afford to do that, then that's OK, and maybe you will just want to go for it anyway. What I found is that during the

course of this, there were times when I fell into a state of deep simplicity and meditation and just sat in a chair letting go of my mind for a couple hours at a time.

I actually received some bonuses from doing the cleanse that I didn't even know that I would get. It was a profound and spiritual experience, although the further away that I get from doing it, the less vividly I remember how powerful of an effect it had on me. During the course of the nine days, I reached a real calmness and contentment, where previously I had been pretty listless and wound up most of the time. Also, I had several important realizations about my life, and about the course and direction that it should go.

This will sound crazy, but I actually had visions and saw into the future, experiencing revelations about the next five to ten years of my life and how it should unfold. It was presented to me what was my real true purpose in this world and the path was laid in front of me of how to pursue that. It brought me back to dreams and convictions I had when I was about 13, 14, and 15 years old and it was a powerful closing of a loop or resolution of loose ends. What is interesting is that now three and a half years after completing the grape fast, at the time of writing, I am decently far along that path I had envisioned for myself and have made significant progress towards fulfilling that mission which became so clear to me at that time.

You could say that I definitely got more than I bargained for, because I was really just wanting to cleanse out my body and do a reset at the time, to really accelerate things towards fixing my health problems. At the time, I was still trying to

eliminate the last of my health problems which had plagued me for so many years and which I had been so desperate to resolve. I ended up making a significant dent in that department, which also getting some bonuses in terms of spirituality and tuning up my compass of where I was going in life.

The power of the grape fast is there for those individuals who really want to see some quick results and a boost to their overall wellness journey. If you are not satisfied with the steady, plodding pace of just eating a balanced, clean, hopefully mostly raw food intake of foods, and the steady but gradual results you get from that, then perhaps you may want to step on the gas for a few days and really throw your body into overdrive in terms of cleaning, alkalizing, and repairing itself from the grape fast.

If you are already cleaned out and healthy and vibrant, but simply want to kick it up a notch and go to the next level in terms of awareness, energy, spirituality, and self-discovery, then it seems like this elevating experience surely is for you.

Go after it, and don't delay — your future of vibrance, great health and abundance is waiting.

Juice Cleanse / Juice Fast / Juice Feast

RapidRegeneration.com/JuiceFast

Much ado is made about juice cleansing or juice fasting. It's even become a meme of sorts within popular culture. Even those most junk-food-loving in our society, who scarf down pancakes, waffles, pizzas and cakes like there's no tomorrow, express reference to the juice cleanse as part of their vernacular. 'Man, I've really been on a tear lately with the fast food, alcohol and sweets. I think it's time for me to go on a juice fast.' This would be followed naturally by, 'Just kidding of course.'

People sort of know by common sense that consuming only the juice of fruits and vegetables for an extended period of time must be healthy — or at least healthier than what most people are doing. Well guess what? It is! No surprises here in that department.

I am not breaking to you something here that you don't already know or imparting some kind of ingenious revelation in this chapter. Everybody knows that doing a juice cleanse can be beneficial for your health and wellness. I just want to offer my own unique perspective on this and maybe a few insights to help you pull this off, whenever you're ready.

Indeed, doing an extended juice cleanse or juice fast is markedly different than just juicing as part of everyday life. I've done a lot of juicing over the years and I normally think of juicing in its supplemental form, such as drinking juice for part of the day and eating solid food during other parts of the

day. This type of approach is best covered in the section ‘The Power of Juicing’.

For now, I want to dive in a little deeper on the implications of deciding to drink only juice and eat no solid foods for an extended period of time. I have done this once, when I completed a five-day juice fast. I experienced some really amazing results from that and I would highly recommend to anybody to give this a try.

To summarize the impression that I got from the juice cleanse, it was a sort of energetic, lightly, tingly sort of experience. I felt my bowels sort of empty out, and the energy flowing throughout the body became very strong and distinct. I also noticed that my mind became freed up and started to focus on other things, where normally I would be preoccupied with my next meal and food and so forth. Also, at the time, I was struggling with sort of an addiction or back and forth I was going through with salty foods, and the juice cleanse really straightened me out in that regard.

By the end of it, I felt that I had done a reset on my gastrointestinal tract, as well as renewed my own attitude and disposition mentally, by clearing my focus. Also, by the end of the five days, I had kicked my salt habit and I was back on the straight and narrow in terms of elevating my levels of discipline and eating the foods that I wanted to be eating.

There are a number of potential benefits you could get from doing a juice cleanse, namely:

- Quick results to increasing your levels of health and wellness if you need a quick boost
- For those who are really motivated and want to kick up the speed on solving your health problems, this is a quick and (relatively) easy tool you can use to throw fuel on the fire
- Especially for those with intestinal challenges, giving your GI tract a break from solid foods can allow the energy of your body to re-dedicate itself to cleaning, repair and regeneration of the gut and other areas
- You can experience some similar benefits you get from water fasting, which is touted by many wellness individual as well as spiritual leaders (and is covered more in the segment 'Water Fasting'), while still filling your body with nutrition, electrical energy, and probiotics which you will get from the juices

It can definitely change your life — and I say that without exaggeration. One week could turn your life around and put you on a new direction and new groove. People underestimate how attached that they get to their daily routine and foods and chewing and these rituals. The juice cleanse really shakes that up and re-directs not just the appetite and body energy flow but also the mind and emotions. It's really pretty neat if you ever get to try it.

During Day 1 and Day 2, I was feeling hungry-ish but not overly so. Whenever I was feeling peckish I would just drink lots of juice. Fruit juice especially is very nutrient-dense and packed with calories, so my body had no trouble getting nourished, but transitioning from what you're normally used to eating, which may include a lot of fat, protein, salt and/or processed ingredients, can be a bit of a shock to the body.

By Day 3, I had no hunger really at all. Towards the end of the juice cleanse, I did find I was really gravitating towards the fruit juice. I think this pull was due to the higher electrical frequency and stimulating nature that fruit juices have towards the nervous system, more so than the juices of vegetation.

There are no hard and fast rules about how much juice you can drink or what kind. Just follow your intuition. I made both fruit and vegetable juice. There is an argument to be made for how vegetable juice can be a healthier option, because fruit juice without the fiber and pulp can more easily cause your blood sugar to spike and crash and with vegetable juice this is less of an issue. Also, fruits which are lower in sugar have less of this problem versus fruits which are very high in sugar. For example, apple juice would tend to have a lot less sugar than pineapple juice.

At this stage in my life, when I did the five-day juice cleanse, I had a lot of weight on my shoulders and was really feeling like I was working very hard in my life to pay off the debts of previous years, and was paying the price for bad decisions that had been made in the past. About halfway through the juice cleanse, I felt something break free and just started to feel a lightness in my mood, and more of a fun outlook, which is more like my old self and my personality going back to being a child, teenager and young adult. There was a newfound pep back in my step, and a playful, humorous elevated mood from the good old days, before things got more somber and serious for me. By the end of it, I was very grateful for this, and carried that forward beyond the cleanse.

I felt that my personal stars had realigned and I was now back much closer to who I really was and my real self.

These are the little bonus things and icing on the cake that come with doing a cleanse like this. After all, you get into doing a juice cleanse maybe because you want to lose a few pounds, or clean out your gut, or reset your body's metabolism a bit. But then, maybe you get to have some kind of profound experience that can reset your mood, or discipline levels, or even your outlook on your life. This is what amazes me about these types of experiences and I thank God that I did it.

I did this cleanse on a four-day weekend, so the last four days were free from work. But on the first day I went to work and performed my job duties without an issue. I highly encourage you to look at your calendar and figure out when you could spend two, three, four or more days (or even just one) drinking only juice, and just see what happens. Go to the store and spend 30 minutes picking out your favorite produce, take it home and juice it, preserving it in glass ideally and refrigerating it. You can juice as you go, but that takes a lot of effort, and I find it's easier and less stressful to do it ahead of time (although not quite as fresh).

Definitely give it a try, and your body, mind and spirit will thank you for it and pay you back many times over.

Lemonade Fast / AKA ‘The Master Cleanse’

RapidRegeneration.com/LemonadeFast

One cleanse which is well-known among the natural health community is the lemonade cleanse, also known as the Master Cleanse. This is where you consume no foods and drink only water and lemonade — everybody’s favorite cool, refreshing summer drink.

This is a convenient alternate to completely fasting, which will be covered in another segment, because you can still satiate your hunger and provide you both with energy and nutrition.

The premise is pretty simple. You basically take clean, filtered water, and mix it with freshly juiced lemon juice, as well as a sweetener like maple syrup, and you can optionally add a dash of cayenne pepper for extra kick. Stir it all together, and taste it to make sure you have achieved the ideal level of sweet and sour, and enjoy the refreshment.

This is a wellness tonic in its simplicity and its chemistry. Before I address the benefits, I want to point out a couple of flaws with what I just described. First of all, maple syrup is not even a raw food. Rather, it is a cooked, refined product. While I am not a total purist, I think in retrospect, when I did the lemonade cleanse, I used maple syrup and I would have been better served to use something raw, like honey or date sugar to mix into the lemonade to take the punch out of the sourness and balance it with the sweet.

Also, some people will find the use of cayenne pepper objectionable. This is really a personal choice. It is true that peppers can be irritating and over-stimulating to the mucosa, cardiovascular and nervous system. This over-stimulation can cause a bit of a crash later on when the stimulation stops and can cause the nerves to lose responsiveness and cause the individual to lose some natural, dynamic energy. There were times over the years that I was consuming hot peppers and couldn't get enough of that and would even mix cayenne pepper into my meals as an extra kick. Nowadays, I just don't really eat them and feel more of a sustained, dynamic energy without them (you can see this covered more in depth in another segment entitled 'Raw Foods to Consider Avoiding').

If I were to do another lemonade fast now, I would do it with date sugar and without the cayenne pepper. Your preference on how to make the lemonade and what ingredients are used as a sweetener and whether or not to use the cayenne pepper is 100% up to you. There are no strict rules and it's your journey.

Getting back into what is the point of using lemonade as a health tonic, there are a number of reasons why this fruit is one of the ultimate wellness-enhancing ingredients out there. The lemon — and its close cousin the lime — is the most astringent fruit out there. This means that it pulls and sucks chemistry out. This is why your lips pucker when you taste it. Even though it is an acid fruit, when digested, it creates an alkaline ash, consisting of calcium, potassium, sodium and magnesium. These chemical compounds are your friends when you are attempting to alkalize the body, making the lemon a very powerful tool in changing your body's chemistry

into being more alkaline to get it into a state of repair and regeneration.

Depriving the body of solid foods creates a massive benefit as well, throwing the body into a state of energetic emptiness. All of the energy that your body typically devotes to digesting solid foods is instead redirected towards cleaning, repair and healing. This is quite an experience, and could even be described as psychedelic.

Throughout the course of the five and a half days I did the cleanse, I was in quite an energetic state, feeling an incredible energy running from the top of my head down to my toes. Once I was at the grocery store, and the person at the checkout counter asked me how I was doing, and I responded, "Fantastic." Because I really did feel that way, brimming with positivity and energetic lightness.

This lemonade cleanse was an important step for me and really helped me out at a crucial turning point not only in my health journey but overall in my life. This cleanse came at an important time for me because I had become hooked back once again on caffeine and was trying to kick that. After about two years with no caffeine, due to some unforeseen circumstances, I had caved and gotten back into it, consuming the stuff for about two months straight. The lemonade fast allowed me to go off it cold turkey and by the end of the five days I really was able to press onwards without really craving caffeine. About three weeks later, I had completely gotten the caffeine withdrawal symptoms out of my system.

Also, this was a time when I was at a major turning point in terms of my diet. For the prior two and a half years, I had eaten close to 100% raw but was consuming a high-fat diet, and I had experienced a recent intuition that I really should switch to eating less fats and get more nutrition and energy from simple sugars, not fatty acids. This was a difficult transition for me to pull off. However, doing the lemonade cleanse I do believe gave me sort of liftoff momentum to where when I switched back into solid foods after the cleanse, I intentionally was eating the simple fruits and vegetables and avoiding the high-fat type of foods, whether that meant avocados, coconut or olive oil. I was able to successfully make the transition, and the lemonade cleanse was the take-off point so I give great credit to it for that.

Lastly, in terms of how I personally benefitted, the lemonade cleanse came at a time when I was going through a bit of a personal crisis. This had to do with a job I had been working — well, I quit that job and got another job. I did the cleanse during this two-week limbo that I was in, while in between the two jobs. On a personal and existential level, I was sort of wondering what was I doing with my life and who was I really? I think sometimes or every few years as individuals we go through these waves of our own spirit.

Doing the lemonade cleanse really helped to center myself and align my thoughts and self-concepts about really who I am and what I'm all about. This put me at ease and gave me my identity back, which can be very important especially when foraging out into uncharted territory.

As I've mentioned with other cleanses, the emotional and mental aspects of doing a cleanse can be just as important as the physical and health benefits you get from doing it. With that said, I don't want to downplay the raw, powerful, dramatic effect that the lemonade tonic had on my body and could potentially have on yours. It is truly one of the most powerful elixirs you can drink to promote good health.

In terms of the difficulty level of doing it, Day 1 and Day 2 were hard, Day 3 was easy, Day 4 was a reversal and was actually challenging, Day 5 was easy again, and Day 6 was easy too but then I broke the fast that day anyways. Overall, I won't pretend that it was super-easy, and perhaps it helped to not be working and at home relaxing while doing it. Overall, once you have your lemonade made up, and just make a glass of it whenever you feel like it, your mind wanders away from food and it's relatively straightforward to just go about your day and night and get through it.

With all that said, although I am sure you will find the providential natural strength and conviction to make it through once you take that leap of faith, it does still build tremendous self-confidence and a feeling of self-efficacy when you can pull it off and finish what you started. Add that to the increased mental and emotional clarity, and your alkalized and energized body, and this lemonade cleanse should certainly be a recipe for your future wellness and success.

Good luck, and make sure to savor both the sour and the sweet of your next lemonade fast.

Water Fasting

RapidRegeneration.com/WaterFast

Water fasting can be one of the highest and most intense forms of transformation to the body, putting it through a crucible in which the body can transmutate, alter chemistry, consume and purge the weak cells, and regenerate tissue.

Be warned though — water fasting is also very powerful and is probably not meant for beginners. Both on a mental level, as well as physically, it can be very challenging and will put you through the gauntlet of what you think you're able to handle.

While many methods talked about in Rapid Regeneration depend on technology, global supply chains, and new discoveries, like juicing, certain herbal supplements and some cleansing ingredients, water fasting goes back thousands of years and has been practiced by some of the top healers and spiritual people on the planet.

Not to get too controversial here, but in the lost, non-canonized Book of the Essenes (AKA the Essene Gospel of Peace), it was reported that Jesus of Nazareth was a real person and did heal people, although it wasn't so much of a magic show as it was a natural wellness clinic and spa experience. According to that document, Jesus would instruct individuals to bath in the mineral waters, cover their skin in detoxifying mud, and even instruct people to give themselves enemas using an emptied out vegetable gourd (I am absolutely not kidding you). He was described as helping

people get rid of parasites and actually vomit them out. Jesus also reportedly instructed individuals to not use fire to cook their foods and eat only foods from Mother Earth as a way of existing more harmoniously.

The reason I bring this up is that, in the report from the Essenes, it tells about how people would come from all over to be healed by Jesus of Nazareth, and he would tell them to abstain from foods while they were doing these other healing activities. These people were said to lie on the banks of the river for days and would writhe and twist around, until eventually they would overcome whatever sickness had been consuming them and they were healed.

This is truly a bizarre report that I was shocked to read myself when I discovered it, and I'll bet you didn't expect me to reference that in this chapter about water fasting. The reason I bring that up is because many leaders and healers and spiritual guides, both in Western and Eastern civilization, over the course of human history, have employed fasting as a way to achieve physical salvation from health issues as well as enlightenment and spiritual harmony.

Water fasting is challenging, but when you're ready for it, great things can await. Doing a five-day water fast was one of the great experiences of my life. The first day was difficult, the second day was even more difficult, but by the third day I had lost all desire for food and I was on a high, both physically and emotionally for the next few days.

I felt my body going through a transformative healing process, and even a bit of a crisis, as I woke up at one point

with a sore throat and felt a touch of vertigo. Actually, through the course of several days I felt circulation increase throughout my body, especially into my extremity areas and into my upper head, neck, and gum areas. It is a very strange thing to describe, but I could feel my body turning and churning through itself. I would sit in a chair and literally feel my nerves tingling and sending energy flows up and down all throughout my extremities.

In fact through the course of fasting, the body does end up consuming itself. Much toxins and acids are stored in fatty deposits throughout the body, including in the arms, buttocks, hips and belly area. These fatty stores get transformed into glucose and burned for energy when fasting. Abstaining from food is really an experience where your body recycles its own energy, and consumes itself — this is really a trip of an experience.

This is one reason why fasting could be unwise to do for somebody who is in a highly toxic or acidic condition. Because in that sense, the body can't really recycle the materials within it and still burn 'clean' fuel. When there are so many toxins, free radicals, oxidation, and damaged cells, you will feel the weight of the body trying to process all of these things out at the same time and still get its energy from somewhere — this could be considered as burning 'dirty' fuel. Personally, I waited until I had been eating clean and healthfully for a while and had mostly transitioned already to a healthy and vibrant intake of foods, before I undertook the fast.

There are numerous benefits to fasting which have been documented more thoroughly by other individuals. The benefits which have been observed in people who are undergoing fasting would include metabolic function enhancement, fat burning, increased levels of hormone production, improved organ function, and even growth hormones being generated after three days of no food (something typically only observed in growing children and teenagers).

Nature leads us in the direction of fasting, and it is an intuitive and instinctive solution to the perils of modern living. Even animals will fast when they are sick, as an instinctive measure. So too oftentimes will an ill human feel like abstaining from foods. This loss of appetite and craving for food is actually a gift from God. However, to our own demise, we ignore this when we turn to chicken soup, 'get-well-soon' muffins, hospital meals, and other comfort foods which actually work to make us sicker. The keys to wellness and vitality are there waiting for those individuals who can see through the facades of certain social conventions and discern the truth.

I really did feel while completing this fasting experience that I had completely elevated my journey, in terms of health and wellness as my body continued to heal and repair itself and mock itself up. This was a very important turning point for me, because at this time I had felt so close to finally alleviating the major health problems which had cursed me. I felt that this series of higher level fasts (first a nine-day grape fast followed a month later by a five-day water fast) really was the thing which pushed me over the edge. After it was

over, finally I was not only back to normal but actually in a state of better health, wellness and energy than even originally when I had first gotten terribly ill many years before.

I also felt that I had launched myself into a new hemisphere in terms of experiential energy, consciousness, and my overall thrust into life within my own life force energy. Going through those several days, I recall literally feeling like ‘a floating ball of positivity’. I reached a new level of presence in the moment, abandoning all thought and contrived agendas of my own mind. I could actually just sit in a chair and immediately I would go into a meditative state, deeply connecting with the powerful flows of connectivity throughout the universe.

I had several profound insights and felt strong callings which beckoned me to fulfill certain purposes over the coming years. That was almost four years ago, as of the time of writing, and I can see that I heeded that call and I have been in the process of actualizing the visions that I experienced about what I was supposed to do in this lifetime.

Had I not been fasting, could I have still discovered these things and still figured out these universal truths and identified the roadmap of the direction of my life? Could I have still reversed my body chemistry and regenerated my nervous system and cognitive abilities back to a high level? I believe the answer is yes, in both cases, although it is my opinion that the solutions and the answers would have otherwise come on at a much slower pace. The water fast allowed this metamorphosis to happen much more quickly.

'Be bold, and mighty forces will come to your aid,' somebody once said. The intense rewards, both in terms of golden insights, as well as actual body transformation, are indeed given to those who are bold enough to take that leap of faith and step out on a ledge. This is true for anyone willing to do a higher level cleanse or fast, whether it is juicing, fruit fasting, grapes, lemonade, and especially the master fast, abstaining from all foods (water fasting).

Truly it is an intimidating experience, at first. I had many doubts about whether I could even do it and worried that I was setting myself up for failure and would quit either during the first or second day. It was an amazing experience when I somehow felt injected with an outside power that pushed me through it and I made it through. This gave me tremendous confidence and strength going forwards that there really are some kind of guardian angels looking out for me after all.

So yes, it is intimidating to think about doing the fast and you may think that you are not going to be able to handle it. I can't advise you personally on whether you can or can't. I do agree that it is a bold move to do it. For those bold enough to take action, who have detoxed and cleaned themselves out enough in preparation for the next level, there are mighty forces which will reinforce and bring help, and there are epic rewards on the other side of that challenge.

Understanding How Stuff Works Will Increase Your Awareness & Effectiveness

RapidRegeneration.com/Stuff

Up until this point within the scope of the information contained within the Rapid Regeneration program, it has been a lot of instructions and a lot of actionable items. You have learned about how to carry out total body cleansing of the intestines, liver, and other systems of the body in addition to parasite cleansing. You have learned about next-level supplementation and how to stimulate your body's own detoxification systems. You have learned about transitioning to a much healthier lifestyle in terms of what you are eating, what to watch out for and how to balance that. You have even learned about higher-level cleanses and fasts to accelerate the velocity of your body's self-healing process.

So, what next?

At some point, as a Truth-Seeker, and a Truth-Sharer, I must do my due diligence and carry out my responsibility to validate and verify the logic behind what I am instructing you to do so that you can solve what health problems you may have and elevate to the next level. It is important for me to document for you what is going on behind the scenes, with your own anatomy, how the human body works, as well as the nature of chemistry of different foods and how they get digested.

Once that foundation of knowledge is built for you, then the focus of Rapid Regeneration will move on to higher-level

strategies and tactics to achieving ultimate health which are more action-oriented as opposed to the next several chapters which are simply more of a building of conceptual awareness.

I have come across certain individuals who have more of an attitude of, “Hey, just tell me what to do. I don’t need to understand how the sausage gets made inside the sausage factory. I just want the end-result and the product that comes out. I just want to get healthy and well, so just tell me what to do and I’ll do that.” Trust me — I can understand this sentiment. Although I really have done my homework in learning this for my own knowingness, and in documenting the logic behind how this all works for you, I am actually not what you would call super intellectual, or academic, or nerdy. I am far more interested in results than in the dissection of exactly how something is held together.

If you truly don’t care for the more scientific, logical foundations of how your body works, how food works, and how the two interconnect, then please by all means skip ahead several chapters to the segments which most interest you and which are more actionable.

However, I have learned over the years the following points about whether you should invest the time and energy into gaining a full-spectrum understanding of how all of these factors work together:

- Having a greater awareness within your mind will actually inform your body and autonomic nervous system at a subconscious level so that you can achieve greater results and even program your body of what it needs to do.

- I can't teach you exactly what to think for every single given situation and can't predict all the challenges you might come across. It is certainly more strategic for you to learn how to think, and how stuff works, and not just what to think, so you can decide for yourself what the right decision is when a situation comes up.
- The truth is a powerful medium. By filling your consciousness with a knowledge of the fabric which holds everything together, you will empower yourself and truly rise above the artificial and manipulative frequencies that are constant here on Planet Earth.

I wish to never bore you, so if you find yourself bored by any logical breakdowns, please skip ahead. Personally, I find investigating the nature of reality to be fascinating, but everybody is different.

To the person who says, 'Just tell me what to do and I'll do it' — what you should do is, before you try the tips and tricks and shortcuts with the different natural wellness modalities will be covered a little later on, go ahead and gain a complete understanding of what goes on in your body every moment of the day. Or, feel free to skip these sections, learn the other natural health shortcuts and strategies first, but I do implore you to make a commitment to come back and empower yourself with this knowledge at some point.

Once you do possess the intelligence that will be covered in these next segments, it will never leave you. It will exist in your own awareness and will only serve you to become all you can be, for the rest of this lifetime and even the next.

How to Solve the Cause of a Health Problem

RapidRegeneration.com/Cause

This is a million-dollar question, if not a billion, trillion, or quadrillion dollar question. Actually the answer is simple... but it's not easy.

I had a friend of mine who was experiencing really bad health problems. She didn't know my full story and health background, but was aware that I keep myself very healthy, well and vibrant, and she asked for my advice about what she should do. After I told her, she said something to the effect of, "Wow, that's a pretty heavy load to take in. I don't know if I have the discipline to do that. However, I am growing desperate."

Truly, she was desperate, and still is at the time of writing. She is reaching a point of despair, because her debilitating health problems are negatively affecting every single area of her life and each day is unfolding for her painfully and even tragically. This is truly sad for me and pains me to see this happen to her, as well as to many people. This frustration I feel over somebody close to me suffering like this fuels my mission of documenting the findings of Rapid Regeneration so that people who are ready can take this information and run with it.

People generally make big changes in their lives for one of two reasons — inspiration or desperation. And 90% or more of people in my view do not make significant life changes out of inspiration. So the question becomes, is my dear friend

desperate enough to give this all-natural approach a try? If not, then give it a few more months or years, and perhaps she will be. Health problems and painful maladies are many times a one-way street, and generally continue to degenerate and decline and grow worse over time. It makes me shudder just thinking about some of the dear souls I have known in this lifetime which have gone through this downward spiral.

Luckily, there is an exit ramp off of this road to Hell, that can be accessed any time, for those who have been given the intel. For those who have no idea about this approach, I feel very sorry for them. My goal is to help spread awareness so that individuals — like yourself — who are interested in improving their health and who have the gumption to give it a try, can do so. Everybody on this planet should at least know about this data as an option and can enlist their own free will if they want to make this change or not.

To solve the cause a health problem, simply get your body into peak, ideal fighting shape. If a body is cleared of all toxins, acids, mucus, parasites & harmful chemicals, and is put in a state of balanced, alkaline chemistry — and also the mind that is interconnected with the body stays in a positive state — and the surrounding environment is relatively clean and positive as well, then these are the conditions needed for the cause of a health problem to be solved.

A health problem is really just the body being out of balance in some way. If you are able to create these conditions for yourself, then the body has an amazing ability to put itself back into balance, referred to as a ‘self-healing process.’

Much as a plant will regrow itself, so too does the body's DNA have the intelligence to regain its balance. For some reason, in our Western society, we have forgotten, disregarded, or denied the supreme intelligence of our own DNA. In fact, the power of the human body to rebalance itself is just as powerful as all other elements of nature — such as the ability of birds and butterflies to fly thousands of miles and navigate precisely, the ability of fish to swim upstream hundreds of miles to mate, the ability of an animal's natural instinct to walk, run or fly just days after birth, and the relentless ability of plants to proliferate and thrive in spite of great adversities.

In order for this self-healing process to work, the individual who is operating the body needs to have some faith in it. It is therefore a self-fulfilling prophecy. If somebody doesn't believe they can fix their health problems naturally, then unfortunately I don't have much faith that they will either.

It's not that somebody has to be all-in, drinking the cool-aid, and believing 100% in an outcome of something — this would be the opposite extreme and would show poor discernment of an individual. Rather, somebody just needs to believe in the *possibility* that their health problem can be solved at the very root cause of it. This is the seed or kernel of hope that can sprout into the most amazing blossoming creation that can fulfill the idea into a reality of healing and regeneration.

To the degree that the body is free of obstructions, negative energy and harmful chemistry is the degree to which the body can really fully heal itself.

You can take half-measures, follow half of these Rapid Regeneration methods, and actually you probably would still see some very positive results. In fact I certainly did, in my early days of healing myself, because it took me a few years even to transition to eating mostly all healthy foods. During this interim times, I did experience some really great results just by partially cleaning up the body and cleaning up what I was putting into it, even while still eating harmful foods some of the time. However, the most dramatic results occurred after I did fully transition to a point where I was giving my body an almost completely clean, vibrant slate to work with.

The most important thing is to get started. Go ahead and give it a try. It doesn't mean that you need to radically go cold-turkey on everything and go from black to white overnight. Just go on and get started in the direction of getting out of your body's way — start reducing the amount of acidic chemistry you are putting into your body and start working on cleaning out the toxic buildup inside. Start to do yourself that favor, while maintaining the awareness about what you are doing and about your body's ability to respond positively.

You may be amazed to see your body appreciating you for your efforts and starting to undue the cause of any persistent health problems.

Treatment vs. Regenerative Approach to Solving Problems

RapidRegeneration.com/Treatment

There are many schools of thought with regard to wellness. Just to name a few, the Buddhists believe the body is not so important while the spirit is supreme, whereas the Taoists believe the body and spirit are very much intertwined and the health of the body is paramount. In Western society, oftentimes systems are compartmentalized and we are encouraged to think in terms of treatment-based modalities. This is the backbone of modern Western medicine, medical practice, doctors, and the like.

Here within Rapid Regeneration, I don't make any medical claims, don't give medical advice, or make claims or give advice regarding diseases. Diseases are a concept that belong within the medical modality, and I don't diagnose, treat, or even give advice about those intellectual concepts such as diseases or about other medical concepts.

Instead, I look at the body in a state of degeneration, disharmony, and how to build it back up with regeneration, into a state of harmony. I look at the body very simply, from a common sense point of view and a perspective within the context of nature, natural facts, and natural phenomena, which belong to all of us.

The preeminent philosophy we are offered, growing up as children in America, is to treat a symptom, in order to manage its difficulty and pain levels. As a child, this is simple

enough to stomach because a cold or flu might come along which is seen as a temporary sickness — the symptoms are treated with medications and the whole thing is only a transient unpleasant experience lasting a few days. As an adult or when more serious symptoms occur throughout life, the medical community can sometimes describe the symptoms as likely to last a lifetime or that the persistence of the symptoms will be a lifelong liability for the individual.

What's sad about treatment-based thinking is that it accepts that a root cause of the problem is unlikely to go away, be solved or be healed. Rather, you must live with these symptoms until you die — and you must therefore treat them. In this equation, the drug, device and treatment companies benefit financially as you become more dependent on them the further you drift into 'Treatmentville'.

Within this widespread philosophy, if you have a cold, you should treat its symptoms. In fact, children all over are being given cough suppressants. This suppresses the lungs, heart, sinuses & in fact the entire autonomic nervous system. Meanwhile, the body was trying to get rid of some fluid, mucus, or perhaps some type of harmful organism. And yet, it is forced from the drugs to halt these natural functions of the body via suppressive treatment. When somebody experiences fever, and starts to overheat the body, killing harmful organisms and sweating out toxins, it is suggested that they take medicine which will extinguish a fever (which is generally not life-threatening anyway at less than 105 Fahrenheit).

Many treatments are simply suppressive, and in fact subdue a natural function of the body's own intelligence. Other treatments will mask one problem and create another. Pain-relieving drugs can numb the pain, but can cause a litany of problems and side effects on the body and mind. Side effects of pharmaceutical products are one of the great causes of debilitating nightmares and even deaths in our time.

This is all part of the treatment-based philosophy that is followed like orthodoxy or religious dogma. In fact, medical doctors are the new priest class in my view. In the olden days, during the Middle Ages, you were never allowed to question a Catholic priest — to do so was blasphemous. And today you find the same phenomenon except this time instead of wearing black smocks the new priest class of modern society wear white coats.

Doctors are not bad people either, on average. However they are more often than not the type of individuals who do follow rather blindly what they are told to study, learn, practice and implement. They are not necessarily the most independent-minded group of men and women, when compared with other segments of the population. People in other vocations which are more innovative and free-thinking have to figure out 'how to think' in order to effectively solve problems and get results, whereas medical doctors are essentially taught 'what to think'. It seems like being a medical professional is a great choice as a very reliable career with good pay, but is not a good place for people who question authority or rock the boat.

The people who join the medical professional community, by means of the right of passage of going through numerous years of academia and medical residencies, are taught treatments, one after the other, with very little time spent properly explaining as to why the body has broken down in the first place. The explanation of the theory of the way things are goes as such: A medical disease could be assigned to you because of your bad genes, like a life sentence, or a disease could be like something you catch, almost like bad luck, and if you catch it, then your body simply has to deal with it and you should figure out how to treat the symptoms.

What's strange is that the breakdown of human tissue is not that complex of a process either. Were these top-of-their-class, book-smart medical students to simply review the segment entitled 'Understanding Body Chemistry', they would recognize this widespread phenomenon of excessive acidic chemistry within most individuals in modern society. At that point, they may even think twice about whether they should inject, radiate, or prescribe more acidic compounds into an already acidic body. Yes, indeed — in order to achieve expedient results of suppressing symptoms, the entire medical community ubiquitously uses acidic products to treat patients who are already suffering from over-acidity.

The regenerative-based approach to solving problems is completely different. If I am using this philosophy of approaching my body in such a manner so that it can regenerate, then it allows me to open up and try and gain an understanding of why it has degenerated in the first place. I can then seek to solve the source of the degenerated

problem of my body, and bring it back to full function. This is a worthy goal and a target worth aiming for— I am not interested in simply treating or masking the symptoms of a current problem. I am committed to full self-actualization in terms of health and wellness.

‘You can’t hit a target you can’t see,’ or a phrase to a similar affect, is one which has helped me in my personal and work affairs. Indeed, what chance do we have of attaining a goal of regeneration and recovery when so-called ‘experts’ are telling us that this is not even possible and so therefore don’t even try?

In essence, the regenerative-based approach allows for the goal to be formulated to completely solve a health problem and return the body back to harmonious balance. Only after this goal is formulated can it be reached. If the goal is never set, and if it were dismissed that the body could actually heal, then the body should certainly not heal and it becomes a sad, self-fulfilling prophecy. So one of the biggest values of the regenerative-based approach is that the intention is set to completely solve the problem.

If I use the regenerative-based approach, then, after I have set out to do so, I can continue using this approach to find out what is causing my health problem. I can then seek to understand true science and universal truth about the nature of reality, chemistry, and how I can reverse the cause of the conflict. Then, I can logically apply my own discoveries to remove the causes or inputs creating the conflict or imbalance within the body. Once the negative causes are removed, then I can simply allow my body’s own ability to

work unobstructed, to clean, detoxify, regenerate and heal itself, and I can observe as the body does its thing.

If this doesn't work, it doesn't work, and then I go back to the drawing board. However, in my own experience working on my own health issues, this method has worked beautifully, as it has anecdotally also for so many countless others.

This method is not especially complicated — it is indeed simple (although it's not necessarily easy to implement). This approach is not widely known and it's certainly not widely promoted. It mostly involves just getting out of the body's way, and allowing nature to take over to do what it does best, without being blocked by external obstacles as it had previously been.

Nature exists by means of simple laws and principles — concepts of duality, balance, and cause and effect. We too are a part of this natural equation of all of creation. We should not forget that, and it would be wise to humble ourselves and respect the power of this simplicity. We should hold this awareness and gratitude as we maintain this approach to allow for natural regeneration.

Understanding the Lymphatic System

RapidRegeneration.com/Lymph

The lymphatic system is discussed only very rarely in the mainstream scientific community, although lymph nodes sometimes are more often. If somebody is trying to get themselves healthy and well, and especially if this person is interested in detoxifying and cleaning out their body, he or she should definitely be very interested in an in-depth understanding of this vast and critical system.

The lymphatic system is the plumbing system of the body. It is where acidic chemistry and toxins go to be eliminated. An issue that can come up is that many people's lymphatic systems become overloaded and thus become stagnant and toxic areas.

Just imagine what happens when a plumbing system gets backed up, and wastes are not draining and filtering properly. If this happens within the body, the toxicity can expound and become worse and worse the more that the lymphatic system is not filtering out the wastes effectively.

If left unfiltered, this can be a perfect breeding ground for parasites and harmful organisms (which feed on acidic conditions). Also, this level of acidity and toxicity can cause damage to surrounding cells which can encourage all sorts of degenerative health problems.

The lymphatic system relies on chemistry to stay balanced. It is tied into the kidneys, which filter the liquids in the body and

excrete toxins into the urine. Therefore, the lymphatic system is always striving to achieve a more alkaline state to combat the constant influx of acids, which are either brought into the body or created within the body due to metabolic wastes. In other words, just from the body moving around and exercising, or by digesting foods, acids are created. Part of the logic behind the approach of Rapid Regeneration is that it would be helpful to give more alkaline conditions to the body, to help the lymphatic system stay balanced and not get too acidic.

The lymphatic system is also tied into the liver, which regulates fats, because it is also an oily, lipid-based system — like liquid soap, it's a mixture of oil and water. The lipids are used to create a buffer so acids will not harm tissues — for example disintegrating a hole in a circulatory capillary. This is also where cholesterol plaque may be observed, which is oftentimes perceived as the causative problem itself. Actually, it's just a symptom of the body being overly acidic. The lymphatic system is simply protecting the veins and arteries by creating a plaque wall of cholesterol which shields against acids.

The same is also true where you get somebody who is getting swelling up of certain areas of the body, and is retaining water. This person is likely becoming very acidic and the lymphatic system, with its own divine intelligence, is holding water in order to dilute the surrounding acids. So the swelling and water retention are often looked at once again as the causative problem, but actually it goes deeper than that.

You can even have lumps and swollen blobs that form in the body, which can be seen as a great distressing problem. These are typically lipid blobs that get formed. The question that comes in mind is — what is inside? Indeed, the lymphatic system can form a lump or blob that is literally a protective layer to encapsulate an extremely acidic and toxic slurry of chemistry from spreading and literally disintegrating the surrounding tissue. The lump bears the heat being perceived as the causative problem and once again you likely have an intelligent lymphatic system that is just reacting defensively to a very serious state of over-toxicity and over-acidity.

Yes, the lymphatic system is that wide-reaching where it is connected to every far-reaching section of the body. In fact, you can think of the lymphatic system as occupying all of the ‘in-between’ spaces. The entire lymphatic system is not an encapsulated organ, like the skin is — rather, it is the areas in between everything else, existing in the ‘space between’ all other cells, organs, and bodily systems.

Lymph nodes operate differently, as they are hundreds of stations within the lymphatic system — these are hollow pods where wastes get stored, at which point the wastes are consumed and broken down by probiotic bacteria so the content becomes less acidic, after which time these wastes get filtered via the kidneys out of the body for final elimination.

The lymphatic system needs stimulation and a way to keep its fluids moving and filtering out through the kidneys. Unlike the circulatory system, it's not tied into a heart which

constantly pumps and gets pressure from the lungs. That is why it's important to exercise which moves the lymph fluid, as well as eat cleansing and astringent fruits which stimulate lymphatic movement.

The lymphatic system is the starting place of the vast majority of health problems. If the lymphatic system is unobstructed, flowing, and filtering out every area of the body — and therefore all areas of the body are properly cleaned — the body has a self-healing process which can work well to repair itself and promote proper function of the different systems of the body. Without a clean environment, cleared of harmful acids and toxins, the body will struggle to self-heal because it is under a constant barrage of harmful chemistry, which can cause dramatic defensive reactions from the body in response to over-acidity and damage to its cells.

At a high level, it is important to understand the role of the lymphatic system, why it exists, what it does, and how it relates to your overall well-being. Next we will talk about how to go after the lymphatic system in order to keep it (and you) healthy.

Understanding Body Chemistry – Alkaline vs. Acidic

RapidRegeneration.com/Chemistry

Much of the nature of getting healthy and well is related to making sure that the body's chemistry is regulated properly. A healthy individual with a high degree of well-being is very likely to have a body chemistry that is either close to neutral or favoring the side of alkaline chemistry.

On the other hand, an individual who is plagued with health problems, no matter which area of the body, is highly likely to have acidic chemistry ravaging throughout the body, or perhaps much acidity within a specific area of the body.

If you observe the chemistry of Planet Earth, you will notice that this is an alkaline-dominant planet. This is the type of chemistry that allows for new life to grow, including plant and animal life. If you observe other planets such as those in our solar system that are dominated by acid chemistry, you will also notice that they are completely devoid of life.

Acid chemistry is destructive and breaks down and disintegrates matter. Alkaline chemistry allows for the growth, sustenance, and development of matter. You can also see healing and regeneration take place under alkaline conditions.

Chemistry can be measured on a PH scale, from 0 to 14. 7 is completely neutral. Anything below 7 is acidic, and the further it goes down, the more acidic it is. Anything above 7

is alkaline, and the higher the measurement, the more alkaline it is.

The human body is naturally alkaline-dominant. Look at the blood for example, where the blood PH is slightly above 7 PH, meaning it is slightly alkaline. Much of the concept about chemistry in the body and in achieving good health is just common sense. Think about what would happen if the blood became acidic. It would essentially disintegrate the capillaries which are containing it within a matter of minutes. The blood must remain alkaline in order for the entire cardiovascular system to function.

The body has its own natural defense mechanisms to protect itself against acids and overly acidic conditions. For example, you can observe cholesterol plaque building up in certain areas as a buffer to protect against acids. You can also see swelling and water retention as a way to dilute the chemistry of an area and make it less acidic.

Also, you can observe the production of mucus and mucosa, which acts as a slime wall to shield tissue against acids which are absolutely destructive and will burn through tissue if undeterred. People often have mucus buildup throughout the body, not just in their head and throat, but also their chest cavity, lungs, and especially mucosa that builds up throughout their intestinal tract, acting as a protective buffer upon the bowel wall.

Also, you can sometimes observe actual lumps or balls that are built up in certain areas of the body, which encapsulate specific concentrated areas which are extremely acidic —

this essentially shields the rest of the body from the acids which are contained within them. These blobs can grow quite large and in most cases the outside is made of a lipid, protective material, while what is contained inside is an extremely acidic slurry.

Oftentimes these reactive symptoms of the body are viewed as causative and the main focus, when in fact they are just defense mechanisms of the body to a chemical threat that is overly acidic. By building an awareness of the underlying body chemistry, and employing alkalizing techniques, the body can naturally reverse the processes, including buildup of cholesterol plaque, water retention, and mucus production. Even creation of large lumps are known to get smaller and eventually disappear when the body's PH returns to a more alkaline state.

I will also mention occasionally there are issues when the body becomes too alkaline, and it is possible to have an excess of alkaline conditions in the body. However, this problem of over-alkalinity is extremely rare, occurring perhaps 1% or even far less in my understanding, as compared with the ubiquity of health problems that are relating to overly acidic conditions.

Changing the body's chemistry is not necessarily easy, but it is simple. The body's compass is always set to return itself to a state of alkalinity via its own self-healing process, if you can get out of its way and stop putting acids into it.

The body can take many years and in some cases decades of having acidic things being done to it, before finally starting

to experience negative affects. Did you ever notice how many children can eat anything and never seem to be negatively affected? These youngsters can even continue to grow larger and foster their bodies' development regardless. Then you have individuals like Keith Richards, the drug-taking, cigarette-smoking guitar player from The Rolling Stones, who can pour acids into his body for numerous decades and still have a high degree of energy and well-being. For some people, it never catches up with them until the very ends of their lives and God bless them for that. You can call that being lucky, having extremely good genes or having very strong constitutions health-wise.

For those people who are not super lucky, we have to figure out the hard way to keep our bodies in a state of balance and well-being. If we can just focus on getting the body into a more alkaline state of chemistry, it should be able to use its own innate intelligence to fix itself.

Just as your body knew what to do as you aged from Age 0 to Age 16 and intelligently grew in all the right ways, it will also be able to address your health concerns and problems and regenerate itself back into proper balance. However, you have to get out of its way for it to function in this way. You need to stop constantly barraging your body with acidic chemistry. Each time you do it's like an attack on the body, which drains all resources that would otherwise be used on healing, growth and regeneration.

Acids in the body are filtered out of the body through the lymphatic system and the kidneys, as well as the bowels, lungs, skin, and menstruation in pre-menopausal women. As

well as indirectly through the liver (which ultimately transmutes chemistry and sends acids to the kidneys for final elimination).

If an individual can get their lymphatic system and kidneys stimulated and filtering, as well as clean out their intestines and liver, and so a parasite cleanse, they are well on their way to getting years and even decades of acids cleared out of the body. This can be achieved with herbal supplements as well as doing multi-day total body cleansing, without changing the diet too dramatically. Also it is important to stimulate and get the endocrine system functioning properly which regulates all body functions and therefore has a far-reaching impact on changing body chemistry. Another aspect of altering body chemistry is obviously to avoid chemicals which are harmful — from food, water, the surrounding air, and what is being put in and on the skin and hair.

The next level after that is to make changes to one's eating habits. Traditional cooked foods are almost all acid-forming. Raw foods, especially fruits, are mostly alkaline-forming. There are only a handful of categories of foods on the planet which are alkaline-forming, namely fruits and some vegetables. By eating these foods as much as possible and avoiding cooked acid-forming foods as much as possible, the body gradually starts becoming more alkaline. The food input is the hardest of all to change, while taking supplements and doing multi-day full body cleansing is typically easier. In terms of eating healthier, somebody doesn't have to go 'cold-turkey' and switch overnight, but can do so gradually.

Making the body into an alkaline condition is quite simple, and common sense will affirm that eating alkaline-forming foods like raw fruits will accomplish this. It's not necessarily going to be easy and breezy to pull off — just remember that the amazing results will reward your efforts 1,000 times over if you seriously go after it.

The last level that comes to mind is considering the emotions and focus of awareness that an individual has. If you take a look at how emotions tie into the adrenal system of the body, you will see that stress, fear, anger, and other low-vibration type emotions literally cause production of cortisol and essentially create an acidic aftershock within the body. On the other hand, if you look at things like love, physical affection, and joy, they cause positive sensations and production of serotonin, endorphins, and oxytocin which soothe and reassure the body. Whether each of these chemical reactions are exactly alkaline I am not sure, but these processes are related to the principal of the nurturing and healing aspect of alkaline chemistry, and are deeply needed as well to promote self-healing from an electrical and spiritual perspective.

It is important to remove areas of attention, or as many as possible, that are negative, including blaming people for problems, being angry, constant worrying and stress. Even if somebody does everything else properly, in terms of the mechanics of detoxification, it would still be very difficult for this individual to heal and regenerate properly if these types of negative conditions are abundantly dominating his or her focus and attention.

Some people get into using these natural methods and they start to heal themselves but run into a block. In many of these instances, they are running into an emotional block of some kind due to something that they are struggling to let go of, whether emotionally, psychologically, from an Ego standpoint or spiritually.

With all of these things in mind, all of this is related to one important goal — which is to return your body to a state of alkaline-dominant chemistry. Once this is achieved, there are no limits to the levels of health and well-being that can be enjoyed, and it truly opens you up to then live a happy life and to be all you can be.

Beware these Body Pollutants that Destroy Health

RapidRegeneration.com/Beware

I first got hip to the concept of cleaning out the body, detoxification & regeneration once I understood that the cause of my health problems was over-toxicity of the body, and being overloaded with pollutants inside of the body. At the time I was horribly fatigued, with constant headaches, exhaustion, brain fog, cognitive impairment, sinus pressure, and lack of my typical life force energy. I knew my system was messed up but didn't realize the nature of toxicity and how it affects tissues, organs, and cell function.

Thinking down to the cellular level, if a cell is surrounded by toxic poisons, it cannot respire properly. It is under constant barrage from nearby acids. The cell can become damaged and stop functioning properly as well.

At a wider level, when the body is overloaded with toxins, it causes the lymphatic system to become clogged up and stagnated. The kidneys will not be able to filter out all of these harmful chemicals quickly enough. The liver can become clogged up with toxic wastes. Also the intestines can become full of mucus, clogged up and lined with stagnant hardened slime. This wasteland in turn invites parasites and other harmful organisms which feed on wastes and acidic, weakened conditions. The immune system of the body cannot keep up when this occurs. There is a tipping point and a slippery slope where the body, once in command of its environment like a ship upon the sea, starts to lose control, sinking into disharmony and negative conditions.

The picture I am painting is bleak, brutal, and ruthless. Yet, it goes on every single day across the world, as individuals drift into poor health and wellness and continue to sink down lower and lower until their ultimate demise.

We have become spoiled in developed civilization, with all the luxuries of food & drink, technologies, products & modern creature comforts that can leave harmful residues when consumed. It's up to the individual to take back the reigns of their health, their body, and clean up their environment, just like somebody would start cleaning up their yard if the trash bin tipped over because of gusty winds and blew garbage all over the place.

I will document here some of the main sources of body pollutants:

Chemicals in the food and in beverages are a big one. Start reading the labels of what you are eating and drinking and you will be shocked. Then, start looking up what these ingredients actually are in substance and you might fall off your chair. We have regulatory bodies which are supposed to be looking out for our best health interests and yet they still allow some of these toxic materials to be used in food and beverage production — look out for yourself and your family!

The ubiquity of chemicals in the food and drinks has matched the dramatic increase in health problems over the course of the 20th century and beyond. Just see how you feel after one week of not consuming any foods or beverage containing chemicals (although you may experience withdrawal because

many of these chemicals are addictive). To avoid these chemicals you would basically need to eat organic foods to be safe, because if food is raised non-organic then the use of chemicals and chemical pesticides is almost certain.

Other areas of pollutants would be items that you breathe or put in or on your skin or hair. Things like skincare products and shampoos can get soaked into the skin easily. Also things like detergents, soaps, hand sanitizers, household cleaners and so forth can easily be breathed in and are typically full of harmful chemicals. When you breathe in toxic chemicals, they go straight into the bloodstream which in many cases constitutes a neurotoxic event. Fragrances are not subject to the same regulations that foods are in terms of labeling, and typically use even more harmful chemicals.

You can find safe versions of these products, with clean, natural ingredients, recommended at:

RapidRegeneration.com/Household

Also be aware, if you live in a densely populated area, of the pollutants which are coming from your environment, for example if there is a lot of automobile traffic in your area. It would be ideal to breathe some fresh air near some trees and plants away from the hustle and bustle of city life.

Another lesser-known area that can still cause a unique type of pollution would be electronics, lights, and technologies. While they present the ultimate in convenience and expediency, we need to be aware of the types of energies that are in use when we choose to use these technologies.

For example, the huge boost in efficiency has caused most individuals to switch to used different light bulbs rather than the traditional 'Thomas-Edison-style' incandescent bulbs. Nowadays most people use fluorescent, LED, and halogen light bulbs. However, all you have to do is look up studies showing that these types of lights have been linked to a drop in how good humans feel and how well they perform as compared with traditional bulbs.

This is because these other types of lights give off a specific type of radiation which in my opinion is a form of pollution that can interfere with the natural harmony of the human body. The most healthy you become, the more sensitive you may be of these types of outside stimulus and you may choose to switch them out for incandescent lights instead as I have done at my home.

Also keep in mind other types of radiation like microwaves, appliances, computers, and things like WiFi, BlueTooth, and cellular radiation. These levels of radiation are very real and measurable, and are an unnatural stimulus that in my view affects the natural functioning and harmony of the human body. However, I do of course understand that there is a trade-off and using a cell phone for example may have more than enough benefits to outweigh the radiation it uses to communicate.

There are absolutely things you can do to protect against this pollution, which is covered in a later chapter ('Mitigating Electronic Pollution').

Also important to consider avoiding would be pollutants in terms of food. Food, while ultimately presented as delicious and elegant on the plate, doesn't resemble food after our body breaks it down. It either becomes useful fuel, or it becomes stagnant, stodgy waste, to put it simply. It all eventually becomes waste, healthy or not, once the nutrients if any have been extracted. But some high processed and/or acidic foods are turned into a substance of waste that is very irritating, extremely toxic, suppressive towards bodily functions, and/or difficult for the body to get rid of.

When this occurs, it can overload the kidneys, cause stagnation in the lymphatic system, throw off the sodium/potassium ratio in the body, cause calcium loss as well if the body becomes overly acidic, fill up the liver with toxic, unprocessed sludge, and line the intestines with a hardened mixture of mucus and food wastes. All of this invites parasites and harmful organisms to then set up shop inside of the body. Is it any wonder why people develop health problems after doing this over and over to their bodies for decades?

Foods that can contribute to this affect in the body include all acid-forming foods, especially:

- GMO and chemical-laded foods
- Processed foods like white flour and other food products
- Dairy
- Fried foods & especially oily, greasy foods
- Breads, grains, and starches which turn into a hardest paste like a glue, as well as beans and lentils

- Meats, especially conventional, non-organic meat product, which unfortunately ferment inside of the intestines and cause the body to produce excess uric acid

These foods are the hardest thing for an individual to give up, compared with the other categories of body pollutants. It's not like somebody needs to give all this up cold-turkey, but it might be a good idea to transition into the direction of no longer overloading your body with items that cause it to become toxic, overly acidic, and polluted — if somebody is interested in allowing the body to heal itself and achieve optimal wellness.

I will add one final category of external, environmental stimulus which can cause the body to become polluted with acidic chemistry and negativity (via stress and adverse emotions) — other individuals who are negative and toxic. You know who I'm talking about. I am sure at least one or more people came to mind as soon as you read those words and you thought of a person that you know you should not be in close proximity with.

I understand that we can't live in a vacuum, and we have to make a living, deal with colleagues and customers, get along with neighbors, as well as balance personal and family relationships. Just remember to stand strong, and don't be beholden because of some social convention where you feel like you have to suffer through a toxic and soul-sucking experience of putting up with somebody else's abusive or victimizing behavior. Take a stand for yourself and create boundaries and distance if necessary, and I promise you will feel better.

Once the body is freed of pollutants, it is amazing to see how it can repair, heal and regenerate itself with such natural ease.

Which Foods are Humans Supposed to Eat?

RapidRegeneration.com/Human

One of the big questions surrounding the topic of diet is — what are humans supposed to naturally eat?

Questions of anthropology always have a bit of mystery. Without a time machine, it's hard to know conclusively what happened at the origins of humankind. All we can do is look at the evidence we do have. Perhaps our observations will not be conclusive or will be nuanced with a bit of grey area, without it being so black and white. You need to trust your own intuition about where our species likely originated and what we are most fit for, and also observe the scientific facts.

This question of our roots explains a phenomenon like the paleo diet, consisting of meat, cooked vegetables, nuts and raw fruits and vegetables, which assumes that ancient humans were hunting animals, cooking and eating their meat and cooking vegetables, but were not farming grains and processing them into breads, or making other processed foods.

There is of course evidence that certain groups of humans, based on archeological findings, were fashioning tools and hunting down animals to eat them. There is no doubt in my mind this happened in ancient history throughout many different areas.

Part of this is also a question regarding geology and ethnicity. Most anthropologists agree that the human species

originated within the continent of Africa, or perhaps in the Fertile Crescent area of the Levant just north of Africa. At some point, some humans decided to migrate north into Europe and eventually Asia, over the Bering Strait and across Alaska into the Americas. This can help explain why the pigment of some groups of skin turned more fair, being in certain colder areas with limited sun.

You also can observe how different ethnic groups have different digestive processes and different tolerances for various foods and compounds. For example, more fairer-skinned ethnicities break down complex sugars in dairy and alcohol quicker than their darker-skinned contemporaries. This may or may not be due to many millennia of eating a more higher-protein diet of animals, and fermented alcohol-type drinks, that were stored and used as fuel during extreme cold weather, as compared with darker-skinned humans who lived in more tropical climates with more fresh plants available to cultivate and eat.

All this being said, there's no question that humans wasted little time to start exploring and experimenting with consuming different foods, including hunting animals and making alcohol — but what foods are we really *designed* for? After all, a cat is carnivorous, but you could feed it a plant-based diet and it would still theoretically stay alive. A cow is an herbivore, and if you fed it meat or dairy products, it could theoretically stay alive as well.

Let's address a few of the foods most commonly consumed by humans, and take a closer look to see how biologically we are set up to eat them:

There is no animal on planet Earth that consumes dairy past the point of being a baby. The issue with consuming dairy once you grow older is that our body changes and is much less compatible with it. Up until the age of three, humans secrete enzymes called Rennin and Lactase, which break down lactose, a complex sugar contained in mothers' milk. After that age, this enzyme is no longer secreted, and lactose gets broken down mostly by fermenting within the body, without the necessary enzymes to digest it efficiently. This is one reason why so many people experience digestive issues with dairy.

It seems like dairy would be a very labor-intensive food for ancient humans to produce. It would have required proper raising of livestock, and much resources to contain the animals and breed them. This would have required significant organization, but it seems possible that certain ancient populations of humans may have had the resources and sophistication to do this.

How about grains and beans, within the scope of the anthropologic roots of humans? Because humans have probably only been cultivating food (farming) for about 8,000 to 10,000 years, and our species is far older than that, we could deduct with high probability that in the beginning times, humans were not growing, refining, or cooking grains or beans. When consumed raw, these foods are simple not appetizing, nutritious or able to be digested effectively — at least not by humans (covered more extensively in a later chapter).

We can reasonably conclude that humans ate fresh fruits, as well as fresh vegetables, nuts and seeds. Fruits, vegetables, nuts and seeds grow abundantly in the tropical and even subtropical areas of Africa. It is beyond obvious that, if these plants were sitting there in the nature environment, humans would have sustained themselves on these foods.

As far as cooked vegetables, this is a distinct possibility, also depending on the development of the group of humans at a certain time and place. Creating a fire may have been a big task, depending on the civilization or tribe. Certain vegetables we do know are tough to eat raw, but can be softened up and much more easily eaten when cooked. Perhaps we can presume that these tougher vegetables may not have been consumed very often for humans that didn't use fire.

In terms of meats, there is evidence that ancient humans did hunt it and eat it, at least in some contexts, historical ages, and geographies. Raw meat is not too appetizing when you really think about it, so eating meat would seem to be more limited to people who could create and cultivate fire, as well as having tools to skin and prepare the animal for roasting. Raw fish & eggs could be an exception to this, because even today this can still be considered delicacy — for that matter, humans may have also eaten raw grubs and other insects.

Going beyond the practicality and the mechanics of what it would take to eat these different foods, let's take a look at the design of human biology, in comparison with other types of animals:

Let's look at the four types of vertebrates and compare their digestive systems and the types of foods they eat.

- Group 1: Big cats
- Group 2: Birds, Dogs & Wild Hogs
- Group 3: Deer, Cattle, Sheep, Horses
- Group 4: Primates & Humans

Let's take a closer look at these groups:

Group 1: Big Cats:

These are big cats, and they eat mostly meat, while also eating some grass and herbs.

Examining their mouth, they have a rough tongue, with jaws moving in an up-and-down direction only, and sharp incisor teeth in front, canine teeth, and molars in the back — this design helps tear apart their food. They have no salivary glands.

Their stomach is a simple structure that emits strong gastric juices. Their liver — which is about 50% larger than a human liver — is complex with five chambers and involves a heavy flow of bile to aid protein digestion.

The cats' GI tract is short, only three times the length of their spine, and their colon lacks the absorbing lining found in humans — in other words it is smooth and doesn't absorb as much.

Group 2: Birds, Dogs & Wild Hogs:

Their diet is diverse, and includes meat, vegetables, fruits, and other miscellaneous foods.

They have a moderately rough tongue and have salivary glands which are not very active. They have multi-directional jaws. Dogs have sharp canine teeth. Birds have beaks of course.

Their stomachs emit a moderate amount of gastric acids. Their liver is also complex and is significantly larger than human livers. Their GI tract is 10 times longer than their spine. Their colon is shorter than the colon of a human and only can absorb nutrients somewhat.

Group 3: Deer, Cattle, Sheep, Horses:

These are the grazers, and their diet consists of vegetables and herbs, as well as some other plant matter like some roots.

We see that they have multi-directional jaws which can create a grinding effect on the food. They have cutting teeth in front and molars in the back. They have active salivary glands and a tongue that is decently rough.

Their stomach is extremely complex, having four or more areas, with weak amount of stomach acids being excreted. Their liver is only slightly larger than human livers. Their GI tract is 30 times the length of their spine, with their small intestines being long and having soaking up qualities to it.

Their colon is long and filled with absorbing rings as well, allowing for maximum absorption.

Group 4: Primates & Humans

There's no question that humans most resemble primates closer than any other species, with our DNA matching a Chimpanzee about 98%.

Let's take a look at what the primates eat, such as chimpanzees, monkeys, apes, gorillas, etc. We're not going to focus on what humans eat because we're not really observing humans anymore in their natural habitat. We all know what humans eat nowadays — Oreos, Doritos, & Hot Dogs from the 7-Eleven grill.

These natural primates eat mostly fruits, vegetables, nuts and seeds, and occasionally some other things like bugs. The vast majority of primate species never eat any animal meat at all. There are a select few groups of primate species that do occasionally eat bird eggs, baby birds & the meat of small animals like reptiles, although their diet still mainly consists of plants.

The mouth of primates includes jaws which are multi-directional, and a complex system of teeth, with 8 incisor teeth, 4 pointed teeth, and twelve molars. The tongue is smooth and the salivary glands are active.

The stomach is oblong and has two compartments. The liver is roughly the same size in both humans and primates, and is not complex. The GI tract is 12 times the length of the spine

(longer than the carnivores but shorter than the herbivores, significantly). The small intestines and large intestines are ringed and also allow for maximum absorption.

It might be worth mentioning that both primates and humans have hands with fingers that can be used for gathering and opening up foods, and both species (for the most part) walk on two feet.

In Conclusion:

After I learned this information, it became rather obvious to me that humans are biologically suited for eating mostly if not all fruits and vegetables, nuts and seeds.

It doesn't mean we have to eat these foods — it's more just a question of what we are suited for in terms of biology. This is sort of like making the argument that we are a tropical species, suited for warm weather. A human can still live in a very cold environment — he or she is just living in such a way that is adversarial to what they are suited for.

A family dog can survive on a diet of breads, chips, Hot Pockets, pizza and cookies, and might even continue on for many years eating these foods and carry on quite happily for a while. But this canine would still be eating against its own nature. In fact most dog foods are full of junk and toxins and dogs still tolerate it.

So this is not an exploration of what human beings can tolerate eating. We know that our body is very robust and can withstand quite a lot of different types of foods and even

abuse and still function. We will explore more in other sections about what are the best foods to eat and the consequences of eating various foods.

I hope this simply creates some context about where our human species fits onto Planet Earth, biologically, anthropologically, and within the grand scheme of where this whole crazy thing started out. Upon gaining some insight into that quandary, we can now try to figure out the big question — what should we eat in these strange, modern times?

How the Body Digests & Processes Different Foods

RapidRegeneration.com/Digestion

In the scope of the information that I will cover here with Rapid Regeneration, to figure out how to get yourself healthy and well, is:

- What are the optimal foods to eat?
- When and how to eat the different food types and different macro-nutrients (carbs, fats, proteins, etc.)?
- How does the body respond to different foods or how it is affected by different foods?
- Why and how are certain foods beneficial to the body encouraging cleansing and regeneration?
- Why and how are certain foods harmful to the body causing over-acidity, inflammation, degeneration of tissue, and other problems?

In order to understand these topics and effectively answer these questions, one must first understand how a body processes food in the first place.

Like a garbage chute almost, we throw stuff down our esophaguses all day long and say good luck to it, sending it off to be processed by the body. But what is this process really? What is the body actually doing with that? And does your body appreciate you for the gift, or resent you for the burden? The short answer is — it depends on the food type.

So let's take a look into this process, to gain a higher awareness of what happens when you consume food. The

greater awareness you have, the more power will rest at your fingertips to reach your health and wellness goals.

These are the main processes that occur when food is consumed:

1. The food first gets digested AKA broken down
2. The nutrients from the broken down food then need to be soaked up via the intestinal system
3. The absorbed nutrients then need to be used AKA fed to the cells to be used for energy
4. The wastes from all these processes finally need to be removed from the body

Let's explore these processes individually to gain a better understanding.

Foods get digested by the mouth, stomach, pancreas, liver, and intestines. The type of digestion depends on the food consumed. For example, if protein is consumed, whether it is cooked meat or a handful of nuts, this is a more acidic digestive process involving the stomach releasing hydrochloric acid and creating pepsin. Then, the resulting material is digested with assistance by the liver, pancreas and small intestines in a complex digestive process.

For carbohydrate foods, they get digested by the mouth, in the small intestine and by the pancreas. For fats, they get digested partially by the stomach, but also with great assistance from the liver, which combines the fats with bile salts, and then the pancreas and small intestines work to hydrolyze the fats and break them down into fatty acids and monoglycerides.

After the food gets digested it then needs to be soaked up by the intestines. The intestines have small little pores lining the inside of the intestinal wall, and these pores absorb the nutrients. After passing through the small intestines, the 'used-up' remaining matter goes through the large intestines to be removed from the body, while at the same time additional nutrients are still being absorbed through the wall of the large intestines.

After the nutritional elements gets absorbed, the body must then be able to use the energetic compounds — after all, this is the ultimate purpose of food. This involves many different systems, organs, and functions of the body. Much of the food materials are processed additionally by the liver. The circulatory system and the blood also transport the nutrition throughout the body. The glands of the body create hormones and steroids to help balance this process of utilizing energy. The thyroid / parathyroid assists with utilization of calcium so the nutrients can be critically transported across cell membrane walls. We need to get the food from the farmer to the store to your house to inside your body — but ultimately these nutrients must pass through the membrane of that cell to feed and energize it. So these systems of the body need to be working properly to employ the energy and value from that food.

Finally, the body must get rid of what it does not need or want. Throughout the digestive process, obviously there is much material left over which is of no use to the body. This material needs to be eliminated from the body. Also we must consider that the very process of cells using energy results in

metabolic wastes. Much like a car will burn fuel and produce exhaust as a result, so too do cells produce wastes as a result of burning fuel (the nutrients from the food). These chemical by-products need to be eliminated via the lymphatic system. As this occurs, these wastes get broken down into less acidic compounds via help from the body's micro-biome of bacteria which feeds on wastes, and then eliminated out of the body via the kidneys and bladder.

So that explains the sequence of how the body processes food. It is helpful to have a higher-level awareness about what is actually happening to the food after it enters the body. Awareness is one of the great keys to getting yourself healthy and well and also for you to understand if you are harming yourself with certain actions or to really know if something is holding you back that could be an easy fix if you approach it from the right angle.

With all this in mind, there are a couple main concerns that I must consider about this process of food consumption and how people might struggle with their health situations.

First of all, if an individual is eating foods which are shocking and offensive to the body, this can cause a number of issues. Certain cooked foods, especially those which are highly processed and full of chemicals, are very difficult for the body to digest. Also when certain foods are combined together, for example a starch and a protein are eaten at the same time, this can result in the digestive processes not working efficiently (covered more in depth in an upcoming segment about Food Combining). If the body doesn't fully or properly digest the food in the first place, it won't be properly

absorbed, much less utilized, and it can be more difficult for the body to eliminate.

Separately, when an individual eats foods that do not digest well, these undigested materials traveling through the gut can actually block nutrient absorption for future foods. This is one of the big reasons I believe intestinal cleansing is one of the first orders of business when detoxifying, because of a typical colon's condition from so much bad habits of prior food eating. For example, gluten, white flour, and other starches and grains can stick to the bowel walls inside the intestines like a glue — as time goes on, this problem can get worse and worse. Now the body cannot affectively absorb nutrition because the slime wall is blocking the absorbing pores of the intestines.

Additionally, when eating any food products which are acid-forming, such as dairy, meat, grains or beans, the mucosa within the intestines will secrete mucus which line the walls of the bowels. This is a protective action taken by the body to create a buffer so as not to be harmed by the acids. However, this creates a problem all in its own. When mucus is secreted over and over again, it layers upon itself repeatedly, and creates a slime wall which can ultimately harden and become a thick, acidic wafer that is stuck to the inside of the intestines. This problem can be made worse but consuming more gluey foods like flours and starches which can paste onto the wall and thicken it.

To add insult to injury, once you have a slime wall within the gut, it can become a breeding ground and the perfect nesting site for parasites and harmful organisms. Make no mistake —

parasites are not something that only third-world countries suffer from. Parasites thrive in highly acidic environments full of wastes. This makes things even worse from the perspective of getting nutrients from food, because parasites can also suck up much of the nutrients before the body can absorb them.

Are you starting to see the domino affect of putting harmful food items into the body?

Going beyond digestion, if the body is able to digest and/or absorb harmful foods to some degree, the broken-down material is that much more difficult to utilize. Think of it as burning 'dirty fuel' as opposed to 'clean fuel'. It takes much more work, effort, and creates much more wasteful metabolic byproducts when the body burns dirty fuel as opposed to clean fuel. A good example of this is complex sugars, like those from processed sugars, dairy or grains, compared with simple sugars like fructose from fruit or glucose from vegetables.

When the body consumes fructose for example, the cell membrane simply inducts that nutrition simply by diffusion. With complex sugars, insulin is required to get it into the cell wall (via a process called 'active transport'), which can cause a big spike of insulin from the pancreas and create all kinds of imbalances within the body.

Or let's say if an individual is consuming a diet very high in protein, and consumes very few foods containing pure amino acids like fruits and vegetables — this is very taxing on the liver, requiring the body to break down these proteins into

amino acids before they can be used by the body's cells. This digestive process creates a lot of acidic byproducts which then have to be neutralized by the body.

Acid-forming foods can cause chemistry in the body to go into a cationic state, where different compounds start to clump together. This can cause very harmful conditions where cells can be unable to take in nutrients or respire effectively.

If the body is consuming acid-forming foods, attempting to utilize these materials and creating a very acidic condition, then the body will respond to buffer those acids. For example the body will react via the thyroid gland in its utilization of calcium, which can commonly pull calcium from body tissues to buffer these acids, or the lymphatic system will retain water causing an individual to become bloated, or the liver will create excess cholesterol, lining cell walls as a protective buffer against acids. Lipid blobs and lumps can even form encapsulating highly acidic areas as a buffer.

All of these things are simply a defensive reaction to acidic-forming foods, but all of them have unintended consequences, making it harder for the body to function properly and utilize nutrition from food as it comes in. For example, a functioning thyroid and liver are needed to properly utilize nutrients from food, but if calcium utilization is out of balance, and excessive cholesterol production is occurring, this can be very taxing on both of those systems causing both thyroid and liver function to be far less than full functionality.

If improper foods are being eaten, as mentioned before, the wastes and acids from this process may not be eliminated effectively. This can be devastating and definitely fatal after enough time. The lymphatic system, kidneys and other eliminative systems can only handle so much. If the body becomes overly backed up, then it will not properly eliminate the wastes from cellular functions. If this happens, the wastes become backed up all throughout the body, causing 'aches and pains' from the acidic nature of these wastes. The cells of the body now sit into stagnant pools of acids. This over-toxicity can ultimately penetrate into the cell walls, entering the cells and now creating toxicity within the cells themselves. This can lead to the cells losing their function and even mutating, becoming damaged or irregular.

All of these lead down a very unpleasant road. For some individuals, this can happen quickly and one or more out of the food processing systems of the body can crash like a train-wreck, followed over time by the others. For other people, this can happen very gradually over many years or decades.

Just consider this parting thought if you are now in a place where you want to turn your body around, clean it out, detoxify it, and regenerate it. If in fact one of your main food processing systems has been compromised through the eating of bad junk foods, please consider that you may struggle even to benefit from raw, healthy, living foods that contain the energy and chemistry needed to revitalize your system.

If you start eating fresh, ripe fruit and really kick it up a notch, just consider that if your digestive system is impaired, it won't digest properly. A lot of people's pancreases are burned out from all the crazy foods that have been dealt with over the years. As a result, the pancreas may not secrete the right amount of enzymes to help the small intestines digest the food.

Assuming you can pull off digestion, if the bowel wall is impacted and covered with a slime wall, then the nutrients from this amazing food can't even get soaked up through the wall. So what's the point? The beneficial nutrients just get eliminated out with the rest of the wastes.

Assuming some nutrients do get absorbed, your body's systems like liver and thyroid may be under-active, causing the cells not to be able to effectively actually use the energy from those nutrients.

And assuming the nutrients get used by the body, your lymphatic system and other eliminative systems could be backed up and so the wastes from these healthful foods would simply continue to back up and stagnate within the body.

I don't mean to be discouraging by bringing this up. I just mean to say that to fix all this, it takes some hard work upfront. Because of these systems breaking down and experiencing low function, the body may not even be as ready as you are to start benefiting from raw, healthful foods and may need some extra care and work from you.

That is why I present information in a certain order, starting with bowel cleansing, liver cleansing, then parasite cleansing, and utilizing herbal formulas early on to stimulate different systems in the body back into a direction of working properly again. This will help tremendously in the beginning, as you transition into more healthy and raw foods, because otherwise your body may not benefit very well right away.

Stay positive my friend — in almost all cases, the state of each of these food processing departments are absolutely reversible, given enough effort and time. Just keep in mind you will need to undo the many years of harm that have been done to these systems. It could take months or even years of cleansing and transitioning to healthier foods, before your body is nice and cleaned out, functioning at a high level, and able to properly use the foods you are feeding it.

Trust me — your body will thank you for this, big-time. Once you get over that hurdle, and you feel the sensation of your body when it is actually digesting foods, absorbing nutrients, utilizing energy, and eliminating wastes effectively, it is an amazing blessing. It's a sensual experience unlike any other, and should lessen your desire for alcohol or drugs, because it's a high of its own.

Eating Strategically – Carbs vs. Fats. vs. Proteins

RapidRegeneration.com/Macro

I understand that some of this information may feel a little bit tedious, as if you are back in the classroom in grade-school, bored and thinking about boys/girls and how long it will be until the bell rings ending class.

Please do understand that some of this information upcoming is crucial to your success, like figuring out if you will be at risk of deficiency of a certain food compound, as well as understanding the effect that different food combinations have on the body. It is very important to have a solid foundational base of knowledge in terms of how the body processes foods, and also understanding the different types of foods, whether that is cooked/raw, acidic-forming versus alkaline-forming foods, and in this case we are going to distinguish between the different macro-nutrients: carbohydrates, proteins, and fats.

Each have their role after all, and each have their own unique qualities which you should seek to understand in how each can help you or cause harm to you, if consumed in an unbalanced way.

If you recall the segment ‘Which Foods are Humans Supposed to Eat?’, you may have concluded that humans, like other primates, are well suited to eat fruits, vegetables, nuts and seeds. Humans certainly have eaten animal protein/fat throughout history but are not as equipped in our anatomy to process this food source as efficiently. Nor are we really

set up to digest grains and beans, although eventually humans became farmers and started eating these foods as well.

Looking at the big cats, the most carnivorous group on the planet, they have certain characteristics of their stomach, liver, and bowels which are ideally suited to process a high amount of protein and fat. On the other hand, we humans lack these digestive tools. The human body appears more suited to digest more of a diet of simple sugars, and you could even say especially fruits. If you look at the strict herbivore groups, you can see they are equipped to digest different grasses and very starchy vegetable foods high in cellulose, with their grinding teeth, multiple stomach chambers, and very long intestinal tracts (which are lacking in humans).

With all this in mind, like other primates, it seems highly likely humans are suited to eat foods which are probably mostly carbohydrates, in particular simple sugars consisting of fruits and vegetables. It seems viable that humans — much like primates — are also suited to consume some amount of fat and protein intake, considering the abundance of varieties of plants, nuts, seeds and even fatty fruits and high-protein vegetables (occasionally some primates also eat insect or animal tissue). While this seems like the most likely explanation of our physiological design, we can acknowledge humans have also survived and proliferated eating meat, dairy, and cultivated cooked crops like grains.

With all this in mind, let's dive in more deeply into the differences between carbohydrates, fats and proteins. Be

prepared to throw out all of the trendy ideas you have read in fitness publications about these three food groups. In my view, most of these articles are missing a fundamental piece of understanding of the science and chemistry behind these foods, and how they best fit in harmony with our bodies.

Carbohydrates:

Carbohydrates are the main fuel of our bodies. Cells run on carbon compounds — much like plants create carbohydrate matter within their own matrices, using carbon dioxide and water via photosynthesis, our own cells run their functions based off of carbon.

There are different types of carbohydrates, some agreeable and some disagreeable to the human body. For example, carbs which are very starchy are difficult to digest, like corn, potatoes, rice, and any type of grains (bread, tortillas, chips, crackers, pasta, etc.) are very hard to metabolize, acid-forming throughout digestion, and are mucus-forming, sticky and difficult to eliminate — these carbs are not your friends.

Starches are made of complex sugars which create many problems when your body tries to digest them. Complex sugars include polysaccharides (many sugars) and disaccharides (two sugars). Some examples of this are cane sugar, beet sugar, grains, starch, and also dairy products (AKA sucrose, maltose, starch, and lactose). One exceptional non-problematic complex sugar is fibrous vegetation, known as cellulose, which is actually beneficial as it moved through your gut mostly undigested, acting as a sort of broom.

Sugar gets such a bad reputation in the press today — almost as if it's the devil's secret ingredient. In fact, processed sugars and complex sugars are very damaging. But simple sugars are the most necessary fuel of the human body. There are two main kinds of simple sugars — glucose and fructose — which come from (you guessed it) vegetables and fruits. It's amazing how simple health & wellness really is, when you get down to it!

Simple sugars are what the body runs on, with the body's cellular carbon cycle consuming carbonic compounds from the carbon in simple sugars. Fructose (from fruit) is the best, containing the highest energetic levels — this allows the fuel from fructose to pass through the cell membrane wall via chemical diffusion, which saves a great deal of energy. Glucose (from vegetables) requires more cellular energy called ATP as well as insulin to get inside the cell (via active transport), while fructose requires little to none of this process. Please keep in mind that glucose is still a simple sugar, and so the body can still use it and it is still quite healthy.

This is one of the reasons why fruit is one of the most, if not the most, healthy foods on this planet. If you can consume food and avoid having to overwork your pancreas because it doesn't have to produce near as much insulin, and your liver and kidneys don't have much work to do either like they do with other food types.

Simple sugars are mainly digested by skipping the stomach and going into the small intestines — they are broken down using a simple, alkaline digestive process with little to no

assistance needed from the stomach, liver or pancreas (especially with fruit).

Ultimately the body can only use simple sugars. If you feed it complex sugars, your body will first break down those compounds into simple sugars, before it can use them. With complex sugars, it creates very harmful processes within the body. When you get an overload of sugars in the body of too many different kinds of sugars, it creates excess carbon molecules, creating carbon dioxide and carbonic acid. These both create blowback via acidic reactions within the body which have to then be neutralized, creating extra work and energy for the body.

Also when complex sugars are processed, the pancreas is kept working overtime creating so much insulin to help utilize the resulting glucose molecules after the complex sugars are broken down — the liver has much work cut out for it to store the excess carbs as glycogen, and the kidneys have to clean up the mess in terms of filtering out the acids that are left over.

In conclusion, simple sugars are your best friend when it comes to health and nutrition, being the most easily utilized energy source (especially fructose from fruit). Complex sugars on the other hand are definitely not your friend — they are as bad as the media makes all sugars out to be. It's just that the media are slightly off target and throw out the baby (simple sugars) with the bathwater (complex sugars). Sugars from vegetables and fruits are good for you, alkalizing, energizing, non-acid-forming, and easy for the body to digest, absorb, utilize, and eliminate. Sugars from fruits

(fructose) are the absolute best fuel for you on the planet and will take you to incredible levels of livelihood.

Fats:

What about fats? They play a very important role in our body. There are two ways to get fats within the body: either we can consume them, or we can eat excessive amounts of carbs, which will then be converted by the liver and other systems into fat stores.

Fats are composed of fatty acids (for example Omega-3 and Omega-6) which play many different roles within the body, including:

- Helping with cholesterol formation and anti-inflammatory buffers
- Assist in the material lining of cell walls
- Maintaining body temperature
- Providing cushioning and insulation within the body
- Providing future energy stores which can be converted if the body needs food but can't find any
- Essential for function of nerve tissue, as well as skin and hair
- And many, many other functions, some of which we do not even comprehend

It is safe to say that fats are definitely an essential part of the building blocks to health and vitality within the human body. It is important to understand how the body processes fats, because this process is much different from how carbohydrates are processed. Fats are more of a complex

structure, especially compared with simple sugars like fructose or fruit sugar.

Fats are digested partially in the stomach, breaking down the fats with acid, and subsequently in the small intestine. The liver dumps out bile salts, making the fats water-soluble. The fats are then digested by the pancreas and small intestines, via gastric juices and enzymes, and broken down into fatty acids and monoglycerides. These fatty acids are distributed throughout the body and utilized for various functions as well as turned into fat storage, which can be converted back into energy in the future.

Keep in mind that when fats are being digested and transfigured from one elemental form to another, and also when fats are stored as excess energy and later burned as fuel, this creates more acidic by-products, as compared with the body simply utilizing fructose or glucose (simple carbohydrate sugars) for energy.

In fact, while 'ketosis' may be all the rage within the dietary community, it is my opinion that this is a dangerous condition because of how taxing this is on the body's organs. This trendy way of eating creates an extraordinary burden to simply convert these food materials into energy the body can actually use. An overly acidic condition occurs as a result of all this complex processing of excessive fat (and protein) and from the lack of giving the body any carbon-based energy to run on.

Fats and fatty acids are essential, but they come with more baggage and digestive complications than simple sugars, so

please just be aware of this. When figuring out how to heal and regenerate yourself using raw foods, one of the big balances you will likely have to figure out is how much fats to work into your consumption. Fats can overload the body's digestive process, create acidic byproducts, and 'slow down' the process of detoxification. This is not always a bad thing — it's just something to be aware of.

The lymphatic system of your body is a water and lipid based system — think about it like liquid soap, part water and part oil. Fats get processed through the lymphatic system as well, before going into the bloodstream. So when you consume a lot of fats, the lymphatic system becomes much more oily, which creates more of an anti-inflammatory buffer, but also is more slow to really pull acids out of tissues. If your lymphatic system is more liquid and water based, you may notice that the detoxification efforts are much more effective and powerful.

Throughout your journey, you may slowly transition off of a lot of fats, to less over time until they are more of a 'side dish' on the menu of foods you normally consume. This is where my intuition tells me is the appropriate role of fats, just looking over all the evidence and the chemical consequences of the extra burden that it takes to process them.

It's normal to crave fats as well. We have been conditioned by the food industry to do so, and over time, your cravings will change. It's OK to indulge — just be aware of the effects and what your end-goal is. It's easy to get stuck in a rut, thinking you are eating super healthy just because you're eating raw foods, but there may be things you won't let go of,

in terms of fatty foods, which are really holding you back in terms of your body ramping up its energy for detox and healing.

Don't worry about all that too much when you're getting started. Just know there are levels of vibrancy in the world of healthy foods, and fats are lower down that spectrum. The more you clean yourself out and get some momentum in your body's natural rhythms, the more you may find yourself feeding yourself more simple fuels, like simple sugars, and eating fats more occasionally or in smaller portions.

Proteins:

Finally, let's address the importance and role of proteins. This section might as well be called 'Amino Acids', because proteins are simply compound structures that are made up of — and broken back down into — amino acids.

The body cannot use a protein. There is nothing that a protein can do inside your body to assist it, feed it, or provide any value whatsoever, until it has been broken down into usable elements — these elements are amino acids. There are essential and non-essential amino acids, both of which help with various functions of the body's organs and systems, including repair, structural support, building tissue (including muscle tissue), and various other functions. Amino acids are not a 'fuel' per se, like carbon inputs are such as simple sugars. They have their own role that is more or less non-nutritive.

The role of amino acids is important — no doubt. But so many people today with their opinions put the cart before the horse. They ask, “Where do you get your proteins?” And of course, the ‘protein on the plate’ is the star of any chef’s meal presentation, and people see it as the main squeeze, or ‘the meat of the matter’. In fact, we humans have become so obsessed with proteins — especially proteins from meat, with their stimulating and delicious qualities — without really understanding the constitution of what those foods are.

Let’s also seek to understand how proteins are digested, generally speaking. The process is not as simple as digesting fructose or glucose, and the body goes through an extensive process to digest proteins. As I mentioned before, proteins are not building blocks that the body can use. They have to first be broken down (hydrolyzed, to be specific) by the body before the amino acids can be utilized.

The stomach must secrete its acidic gastric juices (hydrochloric acid) to ‘pre-digest’ the protein and break it down via an acidic process. Then, the pancreas further digests the food matter, using enzymes, in an alkaline digestive process. Finally, the intestines secrete enzymes which convert the twice-digested matter into its final form, amino acids, which can then be used by the body.

This is an extensive process, requiring much extra amounts of energy by the body. Once again, the body goes through this to ultimately gain amino acids, which are not really energetic fuel for the body, but used for other functions. So, while there is a role to consume and use amino acids, if an individual is eating a diet extremely high in protein, the body

will be exerting a lot of energy and creating a lot of acidic side effects. The benefits of eating excessive amounts of proteins have very diminishing returns. The body certainly needs and benefits from some amount of amino acids, but there is a price to pay to extract them when they are consumed via protein digestion, especially in excessive amounts, and that is important to understand.

You can consume proteins, but you should also have carbohydrates for fuel. If not enough carbohydrates are consumed, and a high amount of protein is, the body will resort to breaking down fat stores of the human body for fuel, resulting in weight loss. The risk of carrying on that way excessively without giving the body any carbon is that the body may start to break down its own organ tissues and burn them for fuel, including liver, pancreas, and kidney tissue — this can be highly damaging and should be alarming to people who promote the ‘keto’ lifestyle.

Knowing that there is a role and essential function for amino acids, it’s important to understand that there are big differences between amino acids that can be obtained from vegetables, nuts and seeds, and animal matter. Vegetables are the most straightforward, with nuts and seeds being slightly more complex. Protein that comes from a plant source arrives in a simple structure and, if uncooked, contains electromagnetic energy which assists with the digestion and utilization as the body converts the matter into amino acids and puts them to use.

Animal protein, as compared with plant protein, is much more of a complex structure that is more ‘built-up’ with its amino

acids, and requires much more energy to be broken back down (back into amino acids). Not only does this use more energy, but meat creates more acidic by-products in the process. The result is a food that takes more than it gives, robbing the body of electrolytes, energy, and creating acidic conditions within the body including uric acid, phosphoric acid, sulfuric acid, carbon dioxide, as well as numerous other acids. The electromagnetic energy of cooked animal meat is zero, which also makes matters worse. This cooked food offers no electrical assistance or life force energy to help with the breakdown or utilization of the protein as the body transfigures the big hunk of stuff back into amino acids.

There is a big, big difference between animal protein and plant protein. Plant protein, such as from raw vegetables or raw nuts and seeds, for example chia or hemp seeds, can have extraordinary benefits and help gain great results with body strength, function, rebuilding, and structure (if consumed in appropriate amounts). On the other hand, animal protein is more of a shock to the body, acid-forming, cholesterol-forming, and results in throwing off the chemistry of the body including mineral balances of calcium, sodium, manganese, iron, chromium, and zinc. Animal protein is also irritating to the mucosa of the body, and creates conditions and after-effects of digestion that parasites and harmful organisms thrive on consuming, among many other issues.

This segment about proteins is not about telling you to never eat meat, fish, eggs or dairy. It is simply critical for you to understand, when figuring out the total purview of what different proteins are and how the body can use them, that

there is a very important distinction between plant and animal proteins and between cooked versus raw proteins.

In Conclusion:

Ultimately, proteins and fats have their role, but carbohydrates, specifically simple sugars, are the main star of actually revitalizing your body. Proteins and fats are delicious, succulent, and habit-forming to eat, you might say. As you continue through your journey of getting yourself more and more vibrant and energetic, you might notice yourself eating less and less proteins and fats, and more servings of fruits and vegetables which are your simple sugars (especially fruit).

Don't worry too much about trying to force yourself to give up proteins or fats, or weaning off them too much, as you start out. Just try and be aware of what these different elements are, how they can help us, and critically how they affect both the digestive systems and overall chemistry of the body when consumed.

Knowledge is power (the right knowledge) and this intel will take you far if you made it to the end here. I know this section was a bit dry and technical, but this is an important section to grasp, before we cover other important and more practical related topics in the world of food.

Keep arming yourself with knowledge and keep going.

Simple Sugars vs. Complex Sugars – Know this Critical Difference

RapidRegeneration.com/Sugar

Early on in the process of gaining an understanding of how the food world works, it is important to understand the nature of sugar, and especially to understand the critical difference between simple and complex sugars — without exaggeration, this information could save your life.

Truly, sugar is the modern day Bogeyman, being blamed for all kinds of lethal health maladies, the world's weight problem, and all sorts of deficiencies in the modern day standard of wellness. In part, this is correct. But actually, this is painting with too broad a stroke — there are two kinds of sugars and the differences between them is night and day.

Simple sugars are fuel to the body and the best thing you could possibly energize your cells with. Without simple sugars, your body has to survive off your fat reserves and can even risk breaking down organ tissue and consuming that for fuel which can be a dangerous proposition. Simple sugars are 100% essential and the concept of sustaining yourself without them is ridiculous on its face. The process of digesting and utilizing simple sugars for the human body is an easy, intuitive, harmonic process with little to no downsides.

Complex sugars are an entirely different beast. They are more complicated in their chemistry and structure. The human body can only utilize simple sugars, so complex sugars must

be broken down into simple sugars before they are of any use. That process of breaking them down creates acidic by-products which cause over-acidity in the body and tissue damage. This is extremely harmful and — if this type of consumption is sustained over time— can cause lethal health problems for an individual.

Let's look a little deeper into both:

Simple sugars are also known as monosaccharides. There are 5 basic types:

- Glucose (from vegetables)
- Fructose (from fruits)
- Galactose (from mother's milk)
- Ribose (from both fruits and vegetables)
- Deoxyribose (from both fruits and vegetables)

Complex sugars are known as either disaccharides or polysaccharides, and there are 5 types:

- Sucrose (in many plants, most commonly refined from sugar cane or beet sugar)
- Lactose (from milk and dairy)
- Maltose (from grains and seeds)
- Starch (from plants especially starchy plants)
- Cellulose (from plants of all types)

As you read through this, it really becomes common sense that simple sugars and complex sugars couldn't be farther apart from each other. Simple sugars basically indicate you are eating the elementary building blocks you get from fruits and vegetables — which we know are healthy.

When people warn about the dangers of too much sugar, what they should really be saying is: Don't eat refined, artificially processed sugars, milk and dairy products, grain products like bread and rice, or starchy foods like potatoes and corn.

Cellulose is a notable exception, because it basically provides fiber to the diet and is not so much digested as it is transported through the bowels, acting as a cleaning broom. The other four complex sugars, on the other hand, are all types of sugars that can lead to big-time problems.

When the body digests simple sugars, it is a very straightforward digestive process. When glucose or fructose is consumed, it gets absorbed through the intestines into the bloodstream and then transported to cells where it is used for energy. In the case of glucose, insulin is required, which gets secreted by the pancreas, to transport the energy across the cell wall. In the case of fructose, very little insulin is required, because the fructose can enter the cell by chemical process of diffusion, eliminating the need to create extra work for the pancreas.

When the body digests complex sugars, it is a much more involved process. The complex sugars must be broken down back into simple sugars (via the digestive system) before they can be fed into the bloodstream and used by the body as energy. When this happens, excessive carbon is created, resulting in acidic chemistry including carbon dioxide and carbonic acid. The body must then work overtime to alter this negative chemistry and buffer these acids. This can result in long-term acid-buffering issues like water retention, cholesterol

plaque, calcium loss issues relating to the thyroid and parathyroid, and many other problems.

In addition, due to the overload of glucose in this scenario of excessive carbon creation when complex sugars are being digested, the pancreas is overworked in creating insulin to assist with the energy transport to get all of this excessive glucose to the cells. The liver is also overworked in converting the excess carbon into fat reserves or storing it as glycogen, and the kidneys are being overworked in filtering out and eliminating the acidic by-products.

You can see that complex sugar digestion creates an overly acidic condition within the body because of all kinds of extra metabolic wastes. Many people have become very acidic due to a lifetime of eating and drinking complex sugars. As a solution to this issue, aside from being very easy to digest, simple sugars are also alkaline-forming to the body, putting you back into a state of alkalinity.

I will give partial credit to the mainstream scientific and media community, in the commonly espoused view that sugar is extremely harmful and even lethal — they are halfway correct. I hope that I have helped you to look a little more deeply into this, so you can now see that this accusation is really a half-truth.

Complex sugars are a serious offense to your body and can create many harmful problems for you both immediately and chronically. However, why throw out the baby with the bathwater? Simple sugars are not only good, alkaline-forming, and agreeable to the body, they are the only proper

food the body can use as fuel for energy! It seems insane to villainize all sugars, when our survival depends upon the processing of simple sugars for fuel. Have we lost the plot? Where did we miss out on that key point? This should help you gain a more nuanced understanding of what this Bogeyman actually looks like — and what he definitely does *not* look like.

Equally dangerous as ignoring the perils of consuming harmful complex sugars is not appreciating simple sugars in their essential and alkalizing role of supporting our health and vitality.

No wonder the health of the general population is going downhill, because people are only armed with half the truth! That is why I am on a mission to put out this documentation, so I hope this will help you better understand ‘the whole enchilada’.

Where Do You Get Your Protein and How to Get Enough Protein?

RapidRegeneration.com/Protein

It seems that whenever I am talking with somebody who is used to eating a regular-type diet, and I start talking about the power of raw, living, electrical foods, within seconds the most common question they will ask is: “Where do you get your protein?”

In America, and it seems worldwide, we have a fixation with protein — it’s become a magical entity. A few theories that come to mind of exactly why it’s gained this status are:

- It’s delicious and sumptuous
- It’s very filling and keeps you full longer than carbs
- It has a unique texture
- As a heavier item it feels like the ‘main’ part of a dish
- Meat is protein which is delicious and people love it for obvious reasons
- Meat specifically is desirable, stimulating, full of epinephrine and (briefly) energizing to the nervous system as somebody basically absorbs the consciousness of the animal
- Protein and meat especially seem to have an addictive and/or habit-forming quality

Indeed, I can understand it myself because I was eating high amounts of protein for most of my life, in terms of animal protein. Even after I got into raw foods initially and I mostly switched off animal products, I was still eating large amounts of plant-based protein (and fat) for years. It took me a long

time to slowly eat less and less protein over the course of my personal journey with food, and even whilst transitioning over to a more plant-based and mostly raw consumption of foods, as I was desperately trying to find a way to recover from my health problems.

The fact is that my body's desires and tastes changed over time, causing me to desire less protein — this was one factor. In the beginning when I was transitioning to eating healthier and more raw, I was eating a lot of nuts. Then, I switched over to nut butters. At one point, I was eating one 16-ounce jar of raw almond butter every day — that's a lot of protein!

Eventually, I grew sick of it. I actually felt like I was getting ill, like a sort of cold was coming on, and I felt congested in terms of mucus. I had an intuition that it was in fact the almond butter. I stopped adding it to my foods and within a couple of days the fog lifted and I felt much better. That was a turning point for me and by moving on I felt I was elevating my energy and vitality to new levels. I no longer craved that level of protein intake either after that. It can take awhile to allow your body's cravings to adjust.

From my own personal experience, I could understand how most people could feel strongly attracted towards protein. If you've been eating the Standard American Diet, or even if you've been eating a standard vegan or plant-based diet, featuring a lot of beans, peas, soy, nuts and seeds, or other plant-protein entrees, then your body is similarly accustomed to a high intake of it. My observation is that it does function a bit like an addiction, but after you wean down the intake, your body will no longer crave it as much.

This I think explains the utter fixation with protein. In fact, people are shocked and have a difficult time comprehending how somebody could consume a relatively low-protein intake of food. I believe this is tied to how attached that individual is to their eating of protein foods and their body's craving of it.

Although this is covered more in-depth in an earlier chapter, it's also important to keep in mind that when you're dealing with animal protein, this is a substance that is known to rot and putrefy as it travels through the long intestinal tract of the human gut, with our digestive system only partially able to digest the matter. Also, with protein digestion, especially animal protein, the body creates a lot of acidic by-products which persist and remain within the body (especially in the intestinal tract). This is a welcome invitation for parasites and harmful organisms, which proliferate on rotting material and acidic matter.

So, the fact that somebody is craving protein — especially animal protein — could also be because they are being influenced by some unwelcome visitors which are literally parasites within their digestive tract. This is quite a heavy concept for most individuals, but it's important to understand how everything fits together

That's why this information is structured in a certain way because it's important to understand all the different angles — how the body digests food, how harmful organisms can take over the body and influence desire for certain foods, and not to mention the actual make-up of the foods and the different macro-nutrients. In the real understanding of how

the world actually works, there is no compartmentalization — everything fits together and is connected.

Perhaps most important to keep in mind regarding the role of protein is the actual molecular make-up of protein structures and how that gets broken down by the body and used. This is covered in-depth in the prior chapter which contrasts the differences between carbohydrates, fats and proteins.

In short, protein itself is not a main food source for humans. Protein is a structure made up of amino acids. When we consume proteins, our body breaks down the structure into individual amino acids, which then are used for various functions throughout the body and structural support. The protein itself is unusable, but the body does have many uses and will benefit from amino acids. However, even the amino acids are not a fuel source to energize the cells of the body — that comes most directly from carbohydrates.

Fruits and vegetables have naturally balanced amounts of carbs, fats, and proteins. I do believe there is benefit to consuming amino acids and I consume them daily in the form of protein and amino acids from the foods I eat. There is no reason in my view to turn to beans or soy or pea isolate powders or excessive lengths to get ‘extra’ protein —in fact there are harmful blowback effects of eating legumes (covered more extensively in an upcoming section about the harmful nature of grains and beans).

Nuts and seeds are the protein-heavy foods of the raw plant food world. There are differences between different nuts and seeds, especially in terms of the Omega 6 / Omega 3 fatty

acid ratios, as well as protein content and other factors. When eaten in moderation — especially depending on the nut/seed which is selected — there can be tremendous health benefits gained from adding a selection of raw nuts/seeds to an intake of foods.

In the early days of transitioning to a more healthy lifestyle, especially at the point when somebody is craving high amounts of protein, nuts and seeds are also a good transition food, keeping an individual full and satiated for a while, and helping with the process of switching over to a more healthy consumption of foods.

As you grow more advanced in your wellness and vibrance, you will see that there are definitely drawbacks to nuts and seeds, especially when eaten in large quantities, and also due to the fact that certain nuts/seeds have a very high ratio of Omega 6 / Omega 3 fatty acids, which can throw off the body's balance (more extensively covered in a later section).

Due to the high-protein constitution of nuts and seeds, eating too much of this category can result in excessive acid-forming digestion and leaving the digestive system of the body overly acidic. Also please remember that the main reason to eat food is for fuel, and eating protein-heavy foods requires much more energy to break down — so these foods can drain somebody of their body's energy, rather than providing raw fuel for the body to energize, heal, repair and regenerate itself.

All in all, the absolute fixation with protein — with most Americans eating 200 grams per day or more — is an

absolute misdirection of focus and unfortunate obsession with an element that at its best is a tertiary aide and side-note in terms of food consumption. At its worst — when consumed in excess and especially regarding animal protein — excessive protein consumption can overly acidify the body within hours and can be absolutely deadly over enough time.

Protein definitely has its place, or more accurately amino acids do, in helping us achieve optimal vitality. Just always remember how the elements of the earth fit together, complement each other, and the roles that each of them play. Humankind has lost common sense and has fallen victim to listening too much to the ‘experts’ and what their opinion is. Many people can’t seem to detach from a protein-centric universe — protein is the modern sacred golden cow and it seems like sacrilege to deviate from that dogma.

When you study food in its simplicity, and understand what the different macro-nutrients actually do, once digested in the body, it’s clear to see that protein does not need to be consumed excessively, and actually doing so has very negative consequences, especially chronically or over the long term. It is of course understandable if you are craving high amounts of protein after eating a typical diet, and you can use more healthy, raw sources of protein like avocado, coconut, nuts, seeds and nut butters to help you to transition.

Armed with that understanding, you will now be able to navigate the aisles of this confusing marketplace of food products, and understand which foods to use as fuel, cleansing agents, energy, detoxification, and regeneration,

which foods to eat as supplemental supports, and which foods to eat just for fun.

The Role of Fats in a Healthy Lifestyle

RapidRegeneration.com/Fat

We have explored in other segments about the different qualities of the various macro-nutrients that exist in the food world — carbs, proteins and fats.

As you embrace the power of raw foods, fruits and superfoods in their ability to clean, detoxify, energize and regenerate, you may come to realize that the intake of carbohydrates especially in the form of simple sugars and fructose from fruits is perhaps the most ideal source of sustenance and energy.

But this seems contrary to how we're used to eating in modern society — in the savory world, we're accustomed to eating a diet high in protein and also high in fat. Protein is covered extensively in another segment, but it's closely related to fat. Oftentimes a food which is high in protein also contains high amounts of fat and vice versa.

It is normal to feel a big-time craving for a high intake of fats. As you get healthier and more vibrant, I would expect that you would consume less fats and your overall fat consumption would decline. Here we will explore more about that transition element and how and why to navigate from eating too many fats.

It is important to understand the nature of fats (AKA fatty acids), the benefits, and the downsides of consuming them. Fatty acids are important to the body for many different

functions (covered in depth in the section breaking down carbohydrates, proteins & fats), including providing insulation, structural support, lining the cell walls, supporting nerve tissue, serving as an anti-inflammatory buffer, and providing reserves for future conversions to energy.

Fats are not, however, a straightforward fuel source like carbohydrates are. While carbs (ideally simple sugars) are basically digested in the intestines, and absorbed directly via the bloodstream to then go to the cells, fats on the other hand go through an extensive digestive process. Fats are first broken down partially in an acidic process in the stomach, and then get hydrolyzed and digested using bile salts from the liver. After being made water-soluble via this process, the pancreas must then secrete specific digestive enzymes to break down the fatty food into usable fatty acids. The fatty acids then get distributed throughout the body for various functions or stored as fat storage. This fat storage can be converted by the liver into glycerol and stored fatty acids can later be used for energy.

This process, whether it's concerning the liver, gallbladder, pancreas or digestive system, requires much more energy and creates much more metabolic wastes and acidic byproducts, compared with the digestion of simple sugars. This is something to keep in mind because although there are some definite benefits and upsides to fats, just keep in mind you are expending much more energy when creating, storing and using them — and making more of a chemical mess of metabolic wastes and acids.

Much like protein consumption, there is a sweet spot as well in terms of the amount of fats that can be consumed and processed effectively by the body. Your body's systems may have no issues digesting modest amounts of fat and can handle that job. But if you really turn up the dial and start eating excessive amounts of fats, then it can overload the system, causing the body and its organs to be in a constant state of working themselves, completing various laborious tasks and molecular transformations, and not giving your internal organs and digestive systems enough time to rest, recover and repair themselves.

This is sort of the academic understanding of fats and fatty acids, and how they effect the body. But how does it work in a real life application? Quite frankly — as you will see covered in another section about 'How to Transition' — going from a standard diet of cooked foods into more of a healthy and raw consumption of foods is not an easy thing. With this in mind, as you transition into being more healthy and especially consuming more raw foods, fats are your friends to help you transition. They can 'take the edge off' in terms of cravings, whereas eating a big bowl of carb-centric fruits may not satiate your hunger.

It's a lesser of evils — although it may hold you back from going to the ultimate high levels of wellness and energy, eating things like avocados or coconut or other fats are not super harmful, per se. Nuts and seeds are a little bit of a different story because they are more acidic forming (although not nearly as acidic forming as other junk foods or cooked foods). So everything is being taken into consideration.

If somebody is transitioning from the 'Standard Modern Diet', then this individual will be faced with a choice, many times over. It's inevitable that for the first three or six months this person will endure serious cravings to go back to comfort foods. It's very tough to satisfy this craving with a bowl of melons, berries, oranges or apples, or even a banana smoothie. So having a salad with avocado, or eating a bowl of nuts, or nut butter, or a coconut wrap, or even olive oil (although oils are processed so are considerably more difficult for the body to process) would be much more progressive than eating a plate of typical 'comfort food' with grains, beans, dairy, cooked meats, processed foods, and all the rest of it. This person can still alkalize the body overall and still maintain momentum in the direction they are going while at the same time can satisfy their craving for fat.

With that in mind, the intake of fats can 'slow down' the process of detoxification and regeneration and this is important to consider. High fat consumption literally clogs up your body's systems with tasks and work and causes your organs to expend energy and create a mess of chemistry that the kidneys need to filter out. Your intestines, stomach, pancreas, liver, gallbladder and kidneys all get overworked in this scenario.

Also keep in mind that the lymphatic system of your body is a fluid and lipid based system — like a liquid soap formula, using both oil and water. Fatty acids are actually sent directly into the lymphatic system after digestion, before being absorbed by the bloodstream. So you are making your lymphatic system more lipid-based, which can help if you

want it to be more buffering and more anti-inflammatory, but it will actually dilute and slow down the compressing and deep-cleansing efforts that occur when you cut out more fats and your lymphatic system becomes more water-based. Adding or removing fats can have an effect of slowing down or speeding up detox for you in this way.

If you were just eating regular fruits, the body would be absorbing this nutrition and energy so easily, with all systems running smoothly with minimal effort required. This is the beauty of fruits and consuming smaller and less portions of fat and protein. Under this scenario running on fructose and glucose, the body can focus on cleaning itself, repair and regeneration.

Whilst the detoxification process may get slowed down a bit when a meal of high fat is consumed but which is sourced from raw foods, if a regular All-American cooked comfort meal is consumed instead of healthy fats, it will stop the detox/regeneration process of the body dead in its tracks. This food relapse may even reverse the progress and set you back several days because of how negatively impacting that food chemistry can be.

So you can see it's a question of momentum. It's great to keep up a high speed as you head towards your health goals, but if you're not careful and you eat too much fruit your cravings can get the better of you eventually and you can relapse into eating junk foods. So fats (and proteins) can assist to titrate off the cooked diet you've been eating, like a junkie quits taking heroin but transitions off slowly using methadone or other methods.

My transition story is a bit wild because I was quite hooked onto the junk foods and processed I liked eating before I got into eating healthier. It took me about six months to transition mostly off animal products and to the point where I was eating a lot of raw foods. But I was still eating grains and cooked foods a lot over the next approximately two years. During this time I was also eating lots of avocados, olives, nuts, nut butter, and foods made with oils — sufficed to say I was eating a high amount of fats and/or protein every day.

Desperate to get to the next level of healing, I finally gave up cooked foods and grains and went to mostly (about 95% or more) raw foods— but I was still consuming a high amount of avocados. I was eating around 6 to 10 regular size avocados per day, which is a decent amount of protein and a high amount of fat. My understanding is that the avocado contains a very high ratio of Omega 6 to Omega 3 fatty acids (13:1) which is higher than ideal (optimal being 1:1). This means that the body ends up creating acidic or inflammatory conditions when breaking down and digesting this food, and it is a less-than-optimal source of fatty acids (but that is a different topic that will be covered more later).

I felt that avocados were sustaining me and providing a very filling food source for me which was important for many years. Keep in mind that transitioning was very difficult for me and I had been quite hooked on eating junk foods, so the avocados created a buffer and a way to satisfy my overwhelming cravings. However, ever after I switched to mostly raw foods, I also felt like I was not thriving with energy and that this was a food which was slowing me down. I was

also eating a good amount of coconut in different forms which I felt similar towards.

After about three years of eating lots of avocado and coconut, I switched off from eating these things daily and ate them much more rarely. I started eating much more bananas and banana smoothies. To satiate the urge for fats and/or proteins, I would add one big scoop of hemp seeds and one scoop of chia seeds to a banana smoothie. This seemed to address the Omega 6 / Omega 3 ratio issue because hemp and chia seeds have a much more favorable ratio in the regard.

So over the years, my actual cravings and desires for fatty foods (and protein-type foods) has changed. In the beginning I had to have them — it was like an addiction that I was getting over. As time went by, ultimately my cravings and appetites completely changed (thank God for that), and so it was no longer a big deal. I could go a day or multiple days without eating much fat or protein and wouldn't even really notice it.

But you can see that it took six months for my first transition phase, another two years before really getting off the cooked junk foods, and then another three years after that while I was still eating a high intake of fats, before really reaching 'take-off' speed and elevating my lifestyle to the next level.

Much of this is about the art of balance and transition. Through that period of about five and a half years, I went through a lot personally, and many great challenges which tested me greatly. I felt I didn't have the bandwidth to commit

fully in terms of food intake, as I was fighting other battles. Eating more balanced and grounding fatty foods helped me think to keep my life in order and overcome some personal obstacles over the years. The better your life is in a good place and supporting you, then the more you can put your foot on the gas with how healthy your food choices are because you have more energy and focus to do so.

Fats really have allowed me to get where I am now. I am so grateful for this gift from nature because it can help somebody transition with great assistance. But since I am now playing this game at a new level, heightened more so than ever before, I now see fats as something to help the body, to provide essential inputs, but also as something to eat in moderation and something to watch out for. I am cautious not to eat too much and notice a drop in my energy levels and level of self-healing if I do.

Maybe you have less dependency on junk foods and can get off a high intake of fats quicker than I did, if you can commit greater strength, willpower, resolve and bandwidth in your life to do so.

Whatever the case, stay positive, stay strong, don't give up and keep moving towards your goals.

Is Eating a Lot of Fruit Too Much Sugar?

RapidRegeneration.com/BloodSugar

It's important to address some of the commonly held beliefs about certain perceived problems or deficiencies with eating lots of fruit that are held by the general public and of course proliferated by those in mainstream science and media. One concern that is brought up frequently is the phobia of sugar and all things sugar-related. This is an iron law it seems in the culture: 'Sugar is Evil'.

If you recall from the chapter entitled 'Simple Sugars vs. Complex Sugars: Understanding the Difference', you are aware that simple sugars are the best thing you could fuel your body with and in fact your body is in dire need of this exact component in order to energize itself properly.

On the other hand, complex sugars are a tough pill to swallow. They require far more digestive work to break down, resulting in molecular carbon overload, causing acidic after-effects, and excessive work for the pancreas, liver and kidneys. If any sugars are evil, this would surely be the group and I don't disagree with the villainization of complex sugars. I think the mainstream paranoia about sugars can be appropriately applied to complex sugars (processed sugar additives, grains, breads, dairy, many alcoholic beverages, and starchy foods like potatoes and corn).

However, simple sugars simply are being found guilty by association and are unfortunately being mischaracterized. In fact, these harmful effects, which are commonly attributed to

sugars definitely persist when an individual consistently eats foods containing complex sugars, are nowhere to be found when the same individual eats simple sugars.

When it comes to simple sugars, there are actually five types, but out of those five there are two main kinds that are the most ubiquitous: glucose and fructose. Glucose is found in vegetables and fructose is found in fruits. Out of the two types of simple sugars, fructose is clearly superior, even though glucose is still a perfectly healthy and sustainable fuel for the body. There are a couple of reasons for that which are spelled out here.

The simple sugar from glucose (vegetables) actually requires insulin in order to pass through the cell walls, which causes extra work for the pancreas. On the other hand, fructose can enter the cell wall by diffusion requiring little or no insulin whatsoever. Put another way, the body can absorb the energy from fruit while expending very little to no energy to do so. This is one way that fruits are superior to vegetables.

On another note, fruit contains more angstroms of energy compared with vegetables, which can literally be measured. In other words, they are more electrically active and provide a higher level of energy and awareness to the body. We are after all electrically conductive beings — the body can only benefit from this heightened level of electrical power that fruits have, compared with vegetables.

Lastly, fruits are more liquified, lower in starch and cellulose (complex sugars), and fructose is overall easier to digest than glucose from vegetables. So the fact that fruits are higher in

sugar as compared with vegetables is not a fair impeachment, because fruits contain multiple qualities making it easier for the body to digest and convert into usable fuel.

Unlike overloading the body with complex sugars — resulting in excessive carbonic wastes and the body working overtime to store the excess molecules as fat storage — with fructose, the body so easily and efficiently will transport the materials from the intestines to the bloodstream and to your cells, which are waiting eagerly to receive the fructose's energy, fuel, and alkalizing properties. Put simply, your body gets much more 'miles per gallon' on a unit of fructose than it does for any other kind of sugar. It's the most efficient and beneficial fuel for the body by far.

Fructose gets a bad name because of things like 'high-*fructose* corn syrup' which is actually a complex, refined and processed sugar made from corn — this is not only a starchy food containing complex sugars inherently, but one that is GMO (genetically modified)! It's absolutely correct for high-fructose corn syrup to be so controversial.

When people worry about somebody eating a lot of fruit, concerning themselves with the concept of 'this person may be overdosing on sugar', they are missing the point — or they lack a complete understanding of the differences between the different types of sugars out there.

Is it possible to overload on sugars from fruit? Yes, I'm sure it is. Use your intuition — and pay attention to your body weight and if you are storing extra fat in your thighs, waist,

arms and/or midsection. If you really are overloading your body with simple sugars, you should know, especially if you're getting to the point where you are putting on excess weight. At this point you can conclude that your liver is working overtime to convert excess carbs, which cannot be used efficiently for immediate fuel, into fat storage.

You also may want to be considerate that some fruits — like dates or pineapples — contain much more sugar than other fruits, like apples or blueberries. So you can decide for yourself how much calories and extended fuel you need to burn through over the next several hours by selecting fruits with more or less sugar. Also, when juicing, you may want to be aware that — especially when juicing fruits containing a lot of sugar — especially without the fiber to slow the absorption of the sugar, it is possible to consume too much juice in one sitting which can spike the blood sugar and overload the body in that way. Much of this is just common sense and a good note about balance in all things.

Also, as a side note, pay attention to the time of day you're eating fruit. As a general rule it is best to stop eating for the last several hours of the day before going to bed. The later in the day you consume sugar the more likely it is your body will store it as fat. So the amount of fruit sugar being consumed is not the only factor, but also keep in mind the time of day it's being consumed as well.

Just pay attention to your intuition about how much energy you have during the day, how do you feel sensually after eating fruit, and pay attention to the amounts you are eating. It's my observation that the body can burn through fructose,

in terms of fuel, very quickly and efficiently. As a result, it's not unusual if somebody is eating a meal of just fruit for him or her to have a giant bowl of many servings at once. This is still more easily digested and used as fuel than even a small plate of meat and potatoes.

So you see, it's not just a question of calorie units, quantity of sugars in terms of grams and so forth, as much as the mainstream view tries to make it this simple. In fact, it's about the molecular makeup of each individual food, with most fruit being digested and absorbed extremely easily in a matter of less than one hour, versus an 'All-American' plate of meat and potatoes or sandwich even with a modest serving size taking 4-6 hours or more to digest and creating all kinds of acidic blowback effects on the body.

In general, I do not worry about this concept that eating a lot of fruit is too much sugar. Use your common sense and intuition about what to eat. Stay aware of what you're eating and pay attention to how your body responds to all types of foods including fruit. Don't feel like you need to starve yourself or intellectually parcel out your fruit portion sizes — although if you are significantly overweight, you may want to be deliberate about portion sizes (weight management techniques are covered more in a later segment).

Make sure to use good old-fashioned, common horse sense. Also, stop reading trendy magazines you find on the rack at the supermarket checkout line. Those are the ones stating All Sugar is Evil and Protein is Our Savior and all kinds of ridiculous craziness. Go back to the world of logic and

figuring out really what is the truth — that's what Rapid Regeneration is all about.

When I started my journey, it was about me seeking the truth of the matter. I did not get into eating a lot of fruit just out of interest for fruits, and then declare that this is the real, true way to get results. I was always seeking the truth to figure out how to solve my problems. My journey to find out the truth to heal myself is how I finally came across the solution of using fruit to fuel, energize, and cleanse the body.

I care about the truth of the matter as much as anybody, and I am here now to clear the air on some of these misconceptions. Somebody that thinks eating a lot of fruit is too much sugar doesn't understand the nuances of the different types of sugars, and doesn't understand the basic molecular makeup of fruit and how the body digests it.

Be smart, and use your inherent power of discernment to figure out the truth for yourself.

Does it Cause Shortages or Imbalances by Eating Raw Foods, Whole Foods, Vegan or Plant Based?

RapidRegeneration.com/Shortage

When you start to eat healthier and after you go through a transition phase and really start to get into a lifestyle of healthy food consumption, people might get worried and express genuine concern for your well-being. They might say things like, “Do you get enough protein?” Or, “Aren’t you eating too much sugar?” Or, “Are you eating enough variety?” These are issues which are addressed in other segments in more detail, and these types of things that people tend to worry about may in fact be unfounded for reasons detailed in other segments.

The point is that people do seem to sense that there could be a liability or risk of eating simple, whole ingredients only and avoiding a larger variety of more processed foods. In the case of somebody going to a plant-based consumption of foods and giving up animal products, people also generally have some concern that this individual may be depriving themselves of some important nutrients which he or she otherwise would be consuming from eating animal products.

I think that this concern that people have surrounding this is based on some degree of reality. Ultimately, the idea of just living on simple, whole ingredients, particularly plant-based ingredients, is romantic and seems to create an image of an ideal scene where men and women are living in harmony with nature on Planet Earth. However, because of expedient modern agricultural practices, among other reasons, the soil

quality has declined precipitously over the last century, resulting in whole foods being produced which are dramatically lacking in basic nutrients including vitamins and minerals.

It seems to be that people don't really look at whole foods — like fruits, vegetables, herbs, nuts and seeds — as amazing superfoods with the most amazing life-regenerating qualities. In a way, this is understandable, because these foods seem to have lost a bit of their sheen as a result of the way they get produced and harvested in modern times.

If you have ever tasted a piece of fruit which is grown in a completely natural, organic, non-commercial-type setting and which is allowed to ripen completely before picking, you'll know what I am talking about — the experience is ecstatic and makes your toes curl and gives you goosebumps because it's so sensual and delightful. Sadly, the vast majority of the time this is not the experience from the products we pick up from our local supermarket.

The quality of the produce in today's modern world is generally subpar, and this does result in whole foods which are lacking in minerals, vitamins and nutrients. In a way, this does cause potential shortages and imbalances in the body and this can be of great concern. Even considering animal products, if the animal is eating food from soil which is depleted, then it too will result in having subpar nutrition itself.

In terms of somebody who is eating just plant-based foods, there is also concern about whether this person can be

missing out on certain nutrients they would be getting from animal products. Certainly, there are nutrients which tend to be more abundant in meat, fish, dairy and eggs, which can include Vitamin D, Vitamin A, Vitamin B12, Iodine, Iron, Zinc, and Choline. Certain livestock and dairy farmers understand the importance of nutrition and actually supplement their animals in addition to what they are fed, which can result in more nutrients being found in that ultimate animal tissue which gets consumed by the end user.

Also, certain animal products contain more Omega 3s as compared with Omega 6s (which seem to be more rarely found in the plant world) which could result in a better balance of Omega 3 to Omega 6 in the body of somebody who eats animal products. Somebody who is just eating plant-based may be at risk of being imbalanced in this way and having too much Omega 6 fatty acids.

Also, consider that somebody who is eating whole foods which are unrefined and unprocessed can be missing out on nutrients which the US government forces food companies to add to their products. At least in the USA, some examples of this include:

- Vitamin D and in some cases Vitamin A being added to pasteurized milk
- Calcium being added in some cases to pasteurized orange juice and some plant-based milks
- Eggs in some cases are fortified with Omega 3 Fatty Acids
- B Vitamins, Calcium and other nutrients are often added to breakfast cereals
- Vitamins B1, B2, B3, Iron and Folic Acid (a synthetic form of B9) being added to the entire processed grain supply

- Iodine being added to processed table salt
- Yogurts in some cases are fortified with sterols and/or stanols

In this sense, the government health regulators achieve an important goal, which is to provide somebody who is eating more unhealthy and processed foods with more nutrition. However, in the process of that, a moral hazard has been created, because the source of the extra healthy nutrition in most cases is actually an unhealthy food to begin with, so if somebody's body is craving one of these foods because it knows it will get the added nutrients, it is more often than not encouraging the individual to indulge in processed and unhealthy foods.

So, what should we do about this? Should a person eating whole foods switch to eating processed and refined junk foods? Should a plant-based individual start eating beef liver and eggs and raw dairy? Or should somebody just try and continue eating what they're eating and trust the simple old-fashioned approach to get whatever nutrients they can through their food and just tolerate whatever shortages may exist in their body as a result?

There is some debate and controversy whether supplementing one's foods with nutrients like vitamins and minerals is really a natural way to exist and allow the body to be in harmony with nature. Ultimately, you will have to decide for yourself whether this type of accessory is worthwhile to have in your life. I have personally found that if needed somebody can supplement strategically, without going

overboard, and experience tremendous benefits in terms of overall wellness and energy.

For somebody who is plant-based, they may want to pay special attention to B Vitamins which are more abundant in animal food products and consider supplementing in that area, and might consider iodine supplementation as well in the absence of eating fish. Special attention should also be paid to Vitamin D3, Vitamin A, and minerals like iron and zinc. Taking green powder is a whole-food-based supplement that can also help with some of this:

RapidRegeneration.com/GreenPowder

Please refer to a more extensive segment which covers supplementation more in-depth, as well as individual segments which cover different nutrients and the nuances involved with supplementation. Personally, even though I've gone through a phase where I hoped to simply rely on whole foods to give me all the sustenance I needed, my approach nowadays is to use specific vitamin and mineral supplements if needed and target the body strategically to compensate for some of the serious deficits that can exist in today's environment. It's a personal decision to decide if you should supplement, if so with what, and by how much, but you really should learn for yourself the information about the nature of various supplements and the degree to which they may be lacking from our environment — with that type of insight, you can make a more enlightened decision.

Truly, this is one of the big issues of our day. Ideally, we can fix the foods, fix our surrounding environment, and create

more of a natural balance between ourselves and what we are eating. Until then, be smart, don't be in denial about the severity of the problems we face, and figure out for you and your family how to best still feed our bodies the nutrients that are so essential so we can thrive and be our best selves.

Essential Knowledge for Proper Food Combining

RapidRegeneration.com/Combine

Food combining is one of those critical areas that can be the key difference-maker in an individual either achieving optimal, robust health, or somebody falling way short of that and continuing to sabotage their health, and not knowing why.

Somebody could really clean up their consumption of food and eat very healthily, or even make a full transition into raw foods — due to the desire to solve their health problems or achieve ideal levels of energy — but still unknowingly create very acidic conditions within their body due to negative effects from bad food combining. This can cause a block from his or her body achieving an alkaline state and actually healing itself.

Transversely, for individuals who are eating a more standard modern diet of cooked foods, if their food is combined properly, even if the food is acid-forming to begin with, some people can still maintain relatively good well-being and functionality for an extended period of time. For example, look at a certain modality like the paleo style of eating, where somebody might eat roasted meat, with a salad, and some cooked vegetables, but with no dairy and no bread or grains. Even though the meat would be decently acid-forming and the cooked vegetables would be mildly acid-forming, this is essentially good food combining. After eating this meal, this person would have avoided other even worse acidic chemistry from insufficient digestion that would have occurred if he or she had combined their foods badly.

If that same paleo-eater at a separate meal ate a baked potato or sweet potato, with a salad perhaps, but with no meat or protein, then again that would also be good food combining — even though the starchy gluey cooked potato, with its complex sugars and high glycemic index would still result in an acidic-forming process within the body.

However, if this person ate the meat and the potatoes together in the same meal, this is a classic example (which we will extrapolate on in this section) of bad food combining — a starch and a protein combined together at one meal. This would be exponentially worse and would cause far more acidic consequences and nutrient deprivation to the body, when these foods are combined and eaten together in one sitting.

The point of going through that example is not that cooked meat or cooked potatoes are healthy or recommended foods in the first place. It's just to point out that the acidic nature of digesting these foods is multiplied exponentially whenever they are combined together improperly. Examples like a turkey sandwich, a hamburger, fish and chips, chicken and rice, spaghetti and meatballs, meat and potatoes, and so many staples in the modern diet are in classic violation of good food combining.

Just as a person eating acid-forming foods can have a moderate level of success when eating them using proper food combining, so too can a person eating alkaline-forming foods experience great adversity and blockages to achieving

good health if these otherwise healthy, alkaline foods are combined improperly.

This is a very important message, because this section isn't quite frankly to teach people how to eat cooked unhealthy foods in certain ways to create less acidity and harm within the body (although you could and it would be better than eating junk foods combined improperly). This information is meant to help instruct people who are embracing more healthy foods — especially fruits, vegetables, nuts and seeds — how to avoid a situation where somebody is eating lots of healthy food choices but still harming the body due to bad food combining, unbeknownst to them.

It's tempting to think, 'Well, I'm eating raw foods and all healthy organic ingredients, therefore my body will appreciate that, regardless of how they're consumed.' I wish it were that easy. In fact, the solution and recommended food combining techniques are actually simple. It's humans who have overcomplicated things and over-intellectualized how we eat food. After all, there are barely any other examples of animals who combine different types of foods when eating.

Remember from the chapter on 'How the Body Digests and Processes Foods' we learned the journey of different types of foods after they're eaten? Now, we will take that knowledge and awareness up to the next level of what goes on in your body when you give it certain foods.

Each segment in Rapid Regeneration builds upon the foundation of knowledge from the prior segments. Based on the previous segment, you understand how the body digests

different foods like simple sugars, complex sugars (like starches), fats and protein — if those foods are eaten *alone*. Now we need to observe how the body behaves when different types of digestive activities interfere with each other.

I will walk through several concepts which have taken me years (almost a decade) to learn. I have arrived at these concepts after much trial and error, personal experience and experimentation, mentorship from top experts, and deep research.

These concepts are meant to be taken with a slight grain of salt. They work for me, and for many countless others, but everybody and every ‘body’ is different and some people have a higher tolerance for improperly combining foods than others and still doing fairly well. Treat each piece of data with a bit of nuance and use your intuition as a barometer for what is accurate and effective to accomplish what works for you.

Ultimately, the goal is alkalization, detoxication, and regeneration. I don’t intend to ‘spoil the fun’ of eating pleasurably or make eating raw, healthy foods not fun because I’m creating a bunch of rigid rules. I am simply looking at the chemistry objectively and will acknowledge if something is creating a problem, even if it’s inconvenient to deal with.

Here are 19 concepts which can help you to accelerate your speed towards achieving your health and wellness goals.

Concept #1: Simple sugars are the easiest thing for the body to digest — they are digested in the small intestine.

We have covered before repeatedly the fact that simple sugars are the easiest food for the body to digest. These would be sugars from fruits and vegetables.

The stomach gets a reputation for being an acidic chamber that digests food. That is true — however, simple sugars don't really require an acidic digestive process. They will be moved through the stomach chamber swiftly and into the small intestines, where they are digested via an alkaline process through enzymes excreted by the small intestines and the pancreas (glucose especially will require more assistance from the pancreas as compared with fructose).

This describes the process of how simple sugars get easily digested (if eaten alone).

Concept #2: Eat your fruits (and vegetables for the most part) by themselves, without combining them with other types of foods.

If you eat fruit alone, then it will pass quickly through the stomach and head to the intestines to be digested via a smooth, alkaline process. The result is incredibly powerful alkaline chemistry that will assist to cleanse, energize and revitalize your body.

This amazing result is dependent on the fruit passing undeterred through the stomach and to their digestion destination — the small intestine. If the simple sugars get held up in the stomach, the sugars will ferment. Think about it — your stomach is a chamber that is almost 100 degrees

Fahrenheit. If you were to chew up a piece of fruit, spit it out into a bowl, and put it out in the hot sun on a hot summer day (without the enzymes from the small intestine to break down the fruit puree), it would be fermenting and spoiling within an hour. Instead of the fruit digesting properly and being utilized as fuel, it will putrefy and essentially rot and bacteria will break it down.

If this happens, unfortunately it spoils the nutrients that your body would have otherwise benefited from. When fruit is improperly combined, and the sugars ferment in the stomach, then the simple sugars are not available for digestion via the small intestine, which the body needs for fuel. Instead, alcohol and acetic acid are created from the simple sugars being held up in the stomach, among other acids.

When foods are improperly combined, because the fruit is combined with a starch, fat, or protein, the efficient processing of simple sugars is not possible. The body ultimately is starved for real nutrition at the end of this process, resulting in more over-eating and possibly more improper food combining — the vicious cycle can perpetrate itself of eating seemingly healthy foods but with a result that is not healthy at all.

Concept #3: Protein is digested in the stomach and requires a complex acid digestive process.

As we have covered previously, protein needs to be digested in the stomach via an acidic process. Pepsin is an enzyme which is released which helps chew up the protein and break

it down, so that the small intestine and pancreas can further digest the matter, and ultimately the body can use the amino acids from it.

Protein needs this acidic, pepsin-centric process in order to digest properly. However, if you ingest sugars, then an alkali is released in the stomach. If that happens, then this inhibits the release of pepsin to digest the protein. Even if some amount of pepsin gets released, if you have an alkaline and acid reaction both being released in the stomach to digest two different things, the two neutralize each other and neither food is adequately digested.

Concept #4: Each stage of the digestive process is like a puzzle piece. If one stage is missed or messed up, then it won't fit into the next stage.

Food has got to be digested adequately in each stage in order for it to be received efficiently in the subsequent stage.

For example, if a protein is eaten with a starch, then the ptyalin enzyme secreted to digest the starch will inhibit the production of pepsin, and the protein will not digest properly. If this happens, then undigested protein will then be transported to the small intestine. However, the small intestine cannot convert undigested protein matter into amino acids, unless the protein has been properly broken down by the pepsin via stomach digestion. Therefore, the protein (and the amino acids contained within it) will be unusable.

To describe this more specifically — after pepsin in the stomach converts protein into peptides, the protein leaves the stomach, receives the enzyme trypsin from the pancreas, and goes into the small intestine where the protein is then converted into amino acids by the enzyme erepsin.

So you can see this is a complex process which fits together like a puzzle. If any of these steps are interfered with, then it destroys the body's ability to properly digest the protein. For example, if the protein is not broken down properly by pepsin while in the stomach, the enzyme erepsin will be completely ineffective on the protein which is not broken down. So it's just a hunk of undigested matter at that point which will rot and ferment throughout the intestines.

Concept #5: Fruits and starches should not be eaten together. If fruits are eaten with a starch, it will inhibit the digestion of the starch.

The eating of the fruits can degrade or destroy ptyalin, which is a necessary enzyme for starch digestion. Therefore, starches and fruits (simple sugars) should not be eaten together. Also, the sugar will ferment in the stomach while awaiting the starch to digest, turning into alcohol and depriving the body of the benefit of digesting the simple sugars in the small intestine.

Actually, starches are not really recommended to eat anyway, because they are disagreeable to the digestive tract for other reasons covered more extensively in other sections. However, since you may decide to eat starchy foods anyway

(corn, potatoes, very starchy vegetables like summer squash, etc.), it is worth covering this information.

Concept #6: Protein and starch eaten together are a classic violation of proper food combining.

Starch requires an alkaline environment for digestion. Protein requires an acidic digestive process. If eaten together, both digestive processes will be impaired, halted and/or cancelled out. This essentially results in two different groups of foods, neither of which is properly digested, and both of which will putrefy and rot slowly as they get transported over 24 to 48 hours while sitting in your intestines.

Concept #7: Different digestive juices are secreted depending on the food which is eaten.

This was proven out by Pavlov in his series of extensive experiments with ‘Pavlov’s Dogs’. Even the smell or preparation of certain foods can produce enzyme production suited for that specific food type.

The production of enzymes from your body is amazing and complex. Your body is amazingly efficient and it is also an energy miser — in other words, your body doesn’t want to use any more energy than is necessary.

This is important because your body is only trying to help you to digest food as efficiently as possible. Your body was designed for a natural setting, and doesn’t necessarily understand the modern world with complex menus and contrived dishes using a smorgasbord of different ingredients

and macro-nutrients all in one serving. Help your body do what it does best — feed it on its own level that it is designed to function at.

Concept #8: The stomach has different compartments, which are suited for digestion of different types of foods.

The distal end (lower end) of the stomach is more used for gastric juice digestion, AKA protein digestion. The motile end (upper end) of the stomach can be a chamber where salivary digestion is still taking place, AKA starch digestion.

In theory, if meat and bread are eaten in separate bites, the body could be intelligent enough to separate these foods within the area of the stomach, so protein could be digesting in the lower half while starch could be digesting separately in the upper half. However, if protein and starch are chewed together, such as a hamburger (or so many other dishes), and then the mixture is sent to the stomach, the stomach may not be able to tell the difference of the chewed up mash and separate it — they would then both not digest fully.

Concept #9: Putrefaction by means of bacterial breakdown is a harmful and toxic process which should be avoided.

When foods are improperly combined, the stomach does not convert the molecular structure of the foods correctly in order to give the digestive tract the right substances which it can actually convert into fuel. Instead, the body has a sort of undigested mass of stuff that must be broken down somehow. The putrefaction of this glob of chewed up food

commences, within the small intestine, and especially within the colon (large intestine). When partially digested food putrefies, this means that it spoils, decays, deteriorates and goes bad as it travels through your gut. Is it any wonder the massive rates of problems people are having with their colons in this day and age?

On the other hand, proper breakdown of food by enzymes, when food is digested properly, does actually resemble putrefaction on some level. Just keep in mind the big difference — the end result from proper enzyme digestion is beneficial nutrients instead of toxic materials from putrefaction. The scientific community even can become confused over this, observing bacterial decomposition and putrefaction in the large intestine as so-called ‘normal activity’ — because in fact it may closely resembles enzyme breakdown. Just keep in mind the toxic, acidic chemical result and by-products from putrefaction are completely different as compared with healthy and proper breakdown of food from your actual digestive enzymes.

When food is improperly combined and bacterial decomposition occurs, at that point, the bacteria are having a field day — they certainly thrive on this activity. In the process of breaking down the undigested food — and even robbing you of some of the nutrients and amino acids — they excrete chemicals such as carbon dioxide (causing gas and bloating), acids like phenyl-propionic acid and phenyl-acetic acid, and hydrogen sulphide. These are very harmful compounds and lead to over-acidity of the body. This can cause other undesirable responses from the body like mucus formation,

water retention, and build-up of cholesterol as a defense to the overly acidic conditions being created.

The problem is that not all of these chemicals created by this bacterial decomposition process are disposed of via the colon as waste out of the body. The large intestine after all is designed to absorb, and so many of these chemicals get absorbed back into the body and into the bloodstream. At this point, they then have to be filtered out of the body, via the kidneys and urinary system — this overworks the kidneys and everything else.

While we do need to maintain a healthy colony of probiotic bacteria within our bodies, just keep in mind that having rotting, fermenting food working its way through your gut encourages an environment where parasitic species can proliferate, including fungus, yeast, all sorts of harmful organisms and even worms of all sizes.

Concept #10: Fats and proteins should ideally not be eaten together.

Fats would be considered things like oils, creams, and fatty meats. Very rich and dense fats have an inhibiting effect upon secretion of digestive juices. This inhibiting effect means that the digestion of protein can be paused and held up for hours resulting in the putrefaction of the protein.

It seems like the oil/fat simply can prolong the digestion of protein and ultimately create more putrefaction and less complete digestion of the protein. Just pay attention to your

body and increase your level of awareness around this — you may want to air on the side of being more cautious.

Concept #11: Proteins should generally not be eaten with fruit, although there are a few exceptions.

Because fruits get held up in the stomach when digested with a protein and ferment into alcohol (because the protein takes a while in the stomach to digest), their beneficial content can be ruined when consumed with protein. Also, acids stop the secretion of gastric juice, so the effect of eating a fruit can actually halt the production of the juices needed to break down the protein.

One exception that I have heard of about this is for proteins which are protein-rich but also contains oil, namely nuts and avocados (and cheese, which I would not recommend eating at all but is worth mentioning). These foods already are expected to have a suppressed or delayed secretion of gastric juices, due to their fat content inhibiting that. Therefore, it seems like there is not as much of a downside to also consuming fruits with these types of proteins which also contain oils.

Concept #12: Non-starch vegetables are considered neutral and can be combined with other foods.

Non-starch vegetables are sort of a neutral category that doesn't bother other groups — they are sort of the Switzerland of food groups. These vegetables don't need large amounts of ptyalin or a strong alkaline environment to digest properly.

Some people seem to do well on a paleo or paleo-ish diet (which pays a certain tribute to proper food combining). A meal might involve cooked chicken, turkey or fish with non-starchy vegetables, either a salad with spinach, chard, or kale, or cooked vegetables like okra, green beans, greens and/or zucchini.

To clarify, starchy type vegetables would be excluded from being combined with protein — these would include foods like beets, potatoes, beans and peas, corn, carrots and cauliflower. Starch digestion is specific and can interfere with other types of food digestion, like sugar, protein and/or fat.

Concept #13: There does exist in nature food combinations of different substances like sugars, starches, proteins and fats.

In nature, foods are naturally balanced and there is rarely such a thing as a pure sugar, starch, protein or fat. Take for example a banana — this is partly a sugary food, and partly starchy as well. It also contains a decent amount of protein and a modest amount of fat (there are rarer types of bananas which actually contain more fat). Yet, the body is able to still figure out how to digest a food like this (and many other foods that have different categories of macronutrients contained within one food).

Concept #14: Some of these concepts are more shades of grey and not black and white.

This is a good opportunity to point out that these are not necessarily hard-and-fast laws in the same way that gravity is a law, or that there are chemical laws like about acidity and alkalinity which always remain constant. Please know that I don't intend for these to be set-in-stone as laws, because there are some nuances involved. These concepts about food combining are more like guidelines, which can help you reach your desired destination faster and help you avoid perilous mistakes and errors which can slow up your road to ultimate good health and wellness.

It's even possible that some person may be able to handle bad food combinations differently than another. And some people can handle the acidic nature of bacterial decomposition from food fermenting in their gut better than others.

You can even 'game the system' so to speak, which is covered more extensively in other sections about where to get your fat and protein from when trying to eat healthy. For example, you can add a scoop or two of ground up hemp and chia seed powder to a banana smoothie, mixing it in and increasing the fat and protein content of this fruit meal. This would resemble a different species of tropical banana that has a higher fat and protein content. The body seems to respond well to this combination and it curbs the craving for fat and protein.

So as I mentioned, even in nature these macronutrients are still combined to some degree across these different categories, and there are shades of grey. So keep an open mind and don't get completely cemented in stone and rigid.

With that said, also just know that these are hacks and shortcuts — by ignoring this information completely because it sounds inconvenient or too difficult, you are liable to delay getting to the results you want, so please still value this information and try it for yourself.

Concept #15: If foods are combined properly, ideal weight management is more achievable and portion size is not as important.

Because food is no longer putrefying and is being digested and utilized properly throughout the body for energy, it is far easier to eliminate weight problems and maintain an ideal weight when combining food properly. One big plus of good food combining is reducing the pressure of worrying so much about specific portion sizes.

Concept #16: Drinking liquids during or close to the time of a meal will dilute the digestive juices and have an undesirable effect upon the digestive process.

It is advisable that liquids such as water or tea not be drunk during or close to mealtimes. Liquids will dilute and literally ‘water down’ the stomach enzymes and acids. This will cause digestion to take longer and be less effective, and can even risk the food not digesting properly, allowing it to leave the stomach undigested to ferment as it moves through the bowels.

Don’t drink liquids at mealtimes — it’s that simple. If you start eating fruits during meals, which contain a high water content

anyway, you may be surprised that this can actually quench your thirst and you won't desire water.

Concept #17: Eating an abundance of green vegetables can possibly have a beneficial effect or counteract some of the harm of bad food combinations.

Especially relative to fat digestion, where fat would typically delay the digestion of other foods like protein because it gets held up in the stomach for hours while being broken down by the enzyme lipase — if an abundance of greens are consumed at this same time, then it has been reported to prevent such a long delay and speed up the digestion of the entire contents of the meal.

Concept #18: A few higher level guidelines on eating fruits.

Please keep in mind that these fruit category combinations are a higher level way of eating fruit (kind of like extra credit) so don't be disappointed or feel bad if you're not quite there yet — just keep expanding your awareness about this.

Ideally, different categories of fruits can be eaten separately — sweet fruits together, acid fruits together, sub-acid fruits together, berries together, and melons together.

If combined, dried fruits could be eaten ideally with other sweet fruits. Sweet fruits, sub-acid fruits and berries combine decently well. Sub-acid fruits, acid fruits and berries also combine decently well. Sweet fruits don't mix very well with acid fruits.

Ideally, melons should be eaten by themselves and not even combined with other types of fruits. Melons partake in their digestive process within the small intestines — they essentially skip the stomach entirely. Therefore, if they are held up in the stomach, the sugars will ferment and turn into alcohol very quickly, which is toxic and not a nutritional way to consume that energy from the fruit.

Avocados are a fruit in their own category, being both a fatty and protein food. It would be more acceptable to consume avocados with acid fruits comparatively — it would not be advisable to eat avocado with sweet fruits. Coconuts are a starchy protein fruit and it would be advised to eat this alone and not to combine it with any other type of fruit. If fruits are consumed with nuts, although the protein digestion can impact the fruit sugar digestion and cause the fruit to spoil and ferment, the digestion of the nuts doesn't seem to be affected in a big way. This is another example where different people's bodies may react differently — some people may be able to handle this combination better than others.

Concept #19: As much as different types of foods do not combine well, so too should consideration be made for combining environmental factors with meals.

There are times when you just should not eat, such as when you are tired or right in the middle of strenuous stressful work. It would be a bad idea, for example, to eat during an angry argument with a loved one.

Sometimes, this is not always avoidable. In the course of job duties, for example, it can't be avoided to have to eat during this period of time. But your body is intelligent and all-encompassing — you are an electrical, vibrational being of not just chemistry and physics but also electricity and wavelengths. Your body is processing all of the data that is being inputted, not just the food.

Ultimately, eating and nourishment is supposed to be done in a relaxed environment. If your body is stressed out, with a high cortisol response and your nervous system on edge, it will be unable to truly let the parasympathetic system take over and handle the automatic functions of the body like digesting your food and turning it into energy.

In Conclusion:

All of this information in this section could have been a separate book entirely because it's an extensive subject. It took a lot of research and many years of experience. I am even sure that there is information about food combining that I missed and which is not covered here, although I tried to get the lion's share of it compiled in one place so that you can use it to increase your success.

Ultimately, I am aware that all of the other information in Rapid Regeneration hinges upon the proper combining and ordering of the advice. Even if you whole-heartedly embrace the world of raw foods and the hidden powers of how eating healthier can transform your life, if you apply that knowledge incorrectly, or out of order, or in improper combination — 'too much of a good thing' or mixing two good things which are

good separately but don't go well together — then the rest of the knowledge is rendered useless. This well-intentioned but poorly-executed approach can even continue to harm you and create acidic chemical conditions within your body.

The point of all this is to reverse the chemistry of your body and create an alkaline, healing environment where the true God-like powers of the universe can be summoned for you to create your best possible life and channel your highest energy. In order to do that, all keys of knowledge and secrets of the ages will be needed to assist, and the proper combining of this knowledge is of the utmost importance for you to achieve the mission.

Beans, Grains & Starches — Healthy Vegan Foods or No?

RapidRegeneration.com/Grains

This is going to be the chapter that everybody faults me for and I'll surely be skewered from all sides. People may resent how puritanical and/or radical this sounds, but I can't just leave this one alone. It's far too important and my job is to give you the tools to be successful and truly eliminate your health problems. If you're eating foods that cause toxicity and acidic conditions within the body, then you're going to be sabotaging your own success and stopping it even from happening.

With that said, the choice is yours and you are free to eat whatever you want. But I will at least present to you the information so you have an understanding of what these foods are, why they are so tempting, and the effect they have upon your body when you indulge in them.

After you transition to a more healthy way of eating, these things are going to be calling out to you, tempting you, beckoning for you like those midnight snack cravings did back in the day: Breads, pastas, tortillas, chips, crackers, beans & legumes, hummus, bean burgers, soy 'fake meat', rice, oatmeal, starchy desserts of all kinds, bagels, cakes, pies, muffins, potatoes, corn and corn products.

I know what you are thinking — what other fun things are there left to eat if these are off the menu? This is a fair point. There are some pretty inventive substitutions — for example, tortillas made from coconut, hummus that's made from

sunflower seeds, chips made from dried vegetables and seeds, and numerous other products (which are covered in greater detail in the segment 'Foods to Cheat With'.

But why even go through all this extra effort to eat goofy substitution specialty products that have to be special-ordered and can't even be found in most restaurants and many grocery stores? Are grains, beans and starches really that much of a bad thing to eat?

The short answer is that grains, beans and starches, in my opinion, while they may not be as bad as other things like dairy, GMO-type fake foods, chemicals and additives, sodas, and conventionally raised meat, they are still right below those other foods on the list and they are still quite harmful to the human body when consumed, for a few different reasons which I would like to outline.

By the way I would like to point out at this point that I personally had a really hard time giving up these foods. From the beginning of my journey into more healthy and raw foods, it took me almost three years before I had basically completely stopped eating from this category (my indulgence was the irresistible crunch of corn chips). But I must return back to the point at hand which is describing the problematic aspects of these tasty food products that give us that satisfying, delectable bliss-point factor.

Typically, these foods are cooked as part of the preparation process. As you can see outlined in another segment, 'Cooked vs. Raw Foods', if your goal is thorough detoxification and regeneration, you will want to minimize the

amount of cooked foods you are consuming. Cooked foods lower the overall energy of the individual as opposed to raw foods raising it (electrically speaking in terms of angstroms). Repeated consumption of cooked foods depresses the electrical energy of the individual over repeated occasions.

It is very difficult to eat these foods raw, although there are some exceptions. Have you ever tried to eat some raw wheat? Raw beans? Raw, uncooked potatoes or corn? If these foods don't naturally, intuitively make sense to eat, in a nature-type context, then why are we eating them? I venture to say that it is only because they are delicious when cooked (especially with a little salt and oil).

So it seems like we are going outside of our own nature to eat them. Human beings, after all, are not true herbivores. Cows and rhinos and giraffes are designed to eat plant foods which are very complex and difficult to digest, due to their grinding teeth, their multiple stomachs, complex digestive system, and long length of the gastro-intestinal tract — but we humans do not have these things. I do believe I am in line with the Paleo crowd here as well, who understand the negative impacts of these foods and the fact that it is not really natural to our species to eat (it typically must be farmed or cultivated which humans largely did not do for most of our existence).

Let's go through each of the three food categories to better understand them, and then you can have a better sense of these foods as you go about your life from meal to meal and observe and become more aware of what goes on.

Grains are a complex food which are eaten by herbivores in natural settings, and are a great example of a complex sugar. Grains include foods like wheat, but also rice and things like oats.

As opposed to simple sugars which are processed easily, complex sugars are digested with great effort and complexity. The result is acidic chemistry which is created throughout multiple steps of the digestive process, leaving behind an acid wake in the body, which must be neutralized and cleansed out. This causes oxidative stress on the body and creates toxicity and over-acidity which can lead to all kinds of health problems (the same ones which you are trying to get rid of by going through this information, and worse).

Grains actually deprive the body of energy. It's a net-negative-energy food. Simply put, by the time the body actually assimilates the units of energy derived from this type of food — because it's so complex to digest — the body has expounded more energy in digesting the grains than the actual energy given to the body from the food itself.

Grains also are high in compounds which have harmful effects in our bodies— things like lectins, phytates (phytic acid), and saponins. Consider that in their own natural genetics for survival, a food like a grain is engrained with compounds that protect itself against bacteria and insects. These things can be harmful when consumed by us without the proper digestive tools like herbivores have. These elements are referred to as 'anti-nutrients' because they interfere with the body absorbing the fuel and minerals inside of the grains.

The grains which we eat are dried and concentrated, with a very drawn-out, involved digestive process. Keep in mind that grains are designed by nature for transport and storage (so they can be stored before sprouting a new plant) and so they have enzyme inhibitors. Enzymes are one of the keys to optimal health and a catalyst for high energy throughout the body — yet grains are containing a suppressive quality that inhibits enzyme activities after you eat them.

I will point out at this point that there are schools of thought out there who are well versed in soaking and/or sprouting beans, grains, as well as nuts and seeds for that matter. I will admit that I am not an expert on soaking and sprouting and I tend to just avoid beans and grains instead. However, I will absolutely give credit to the fact that sprouting these foods activates their enzymes and they go from a food with basically minimal nutrition to one which is more nutritious.

Are grains and beans still harmful overall or are they really beneficial after sprouting? It seems like sprouting makes these foods less harmful although they are still complex and still acid-forming. What I like to focus on are the foods which will have the most transformative, energetic effect on your body to put you on track to arrive at your health goal as quickly as possible. These foods when sprouted could still definitely slow down that velocity of regeneration, but if you're already healthy and well, and want to indulge, absolutely knock yourself out and I take no issue with that.

How about beans? Beans, also called legumes, are like the protein-rich version of grains. While grains are a starchy,

high-carb food, high in complex sugars, beans are a complex plant food which are very high in protein but typically low in sugars. Beans are also full of ‘anti-nutrient’ compounds like the ones found in grains. These acidic chemicals are harmful to tissue in addition to preventing absorption of nutrients from the beans. Beans are also filled with enzyme-inhibiting chemistry. They take a very long time to digest, are very complex for the digestive system to break down, and can cause excessive gas, bloating and constipation.

Similar to how digesting the complex sugars from grains causes acidic by-products in the body, by the time beans/legumes are fully digested and turned into energy, many acidic compounds are created. The problem is still the same, as this creates its own unique over-acidity and toxicity in the body.

You are giving your body a lot of extra work to do to clean up the mess. You thought you were just going to enjoy yourself and have some hummus dip and it was all just good innocent fun. But, it’s just important to be aware of all the implications and consequences of a situation.

Lastly, let’s address the whole truth about starches. Specifically, we’re talking about potatoes, as well as corn and corn products, and I know there are some other lesser known starch foods that I’m leaving out like palm starch and cassava and pumpkin. There are also vegetables which are on the starchy side like carrots, beets, cauliflower, and butternut squash (while regular squash/zucchini is not as starchy) — we’ll go easier on them keeping in mind that they are far less starchy than the aforementioned foods.

I know this is a tough one to accept because like me I am sure you were raised on things like potatoes for supper. It's a cheap staple, filling, very calorie-dense, and tastes great (especially with a little butter and salt). How about corn chips? Corn tortillas? Cornbread? Trust me — it's very challenging to throw these out of the window.

Chocked full of complex sugars, starches cause over-acidity in the body, due to their long, complicated digestion process that taxes your system and energy. The process of breaking these foods down is very energy-consuming and results in many acids being created in the body by the end of the process.

If you can accept this, than eat away, but the scope of Rapid Regeneration is to try and identify sources of over-acidity (which invites in inflammation, oxidative stress, immune response, and so many health problems) and figure out how to give you the tools to alkalize your body. The goal is to keep your body in a hydrated, alkalized, balanced state where it can focus on healing and regeneration. If you are already cleaned out and high-functioning and you want to have some fun and don't mind a little abuse — by all means, throw some sweet potatoes in the skillet and have a ball.

It's also worth pointing out that starches are very fattening — in fact, grains, beans and starches are all very fattening. They are fed to farm animals to fatten them up, and they do the same thing to you. If you can figure out how to kiss them goodbye, you could be amazed at how much better you may

be able to control your weight and attain your ideal waist size.

As tasty as potatoes are, whether mashed, fried up French-style, prepared as a fancy complement to a gourmet dish, or served as a humble spud cut open in the middle, and as delicious as all the corn products are including chips (my old favorite), I hope it will sink in for you that these are antagonistic starchy foods which wouldn't make sense to eat in their raw, natural form, and which work to sabotage your health goals.

Of course, all the grain products, breads, pastas and pastries are amazing and mouth-watering. And who doesn't love a good hearty lentil soup, rice and beans, or garbanzo bean hummus? I don't expect anybody to be perfect and I understand it's tough to transition off eating these staples which are so ubiquitous in cultures all across the world. But just increase your awareness about what these things are and really what is happening inside your body when you eat them.

Some people can eat them and have amazing genes and don't seem to be affected badly. But if that was you, you probably wouldn't be going through this material in search of solutions to your health problems. If you are reviewing this information, you are most likely interested in how to go to the next level and not so interested in what Joe Schmoe is fixing for supper next door. Quite frankly, Joe may wind up with health issues later in life if he keeps it up, even if he's got a handle on it now.

This is the big test, the dividing line, on who gets to go to the next level, health-wise, longevity-wise, and energy-wise. Just about anybody could (if they really wanted to) give up eating McDonalds and sodas and chemicals and start eating organic. This category here about grains, beans and starches is what will separate the boys from the men and the ladies from the girls.

It's daunting, and you don't have to puritanically abstain from all of these foods overnight. It took me almost three years to find the gumption to stop eating them, and the cravings were intense throughout that process — until they weren't. You should trust that there is a powerful force that will come to your aid and assist you with the willpower, when the time is right, to eat the things which will make you the most healthy and well.

You don't have to give it all up now, or even decide that you're going to give it all up later. Just absorb the knowledge and have the awareness about what these foods are and do. If you truly are committed to eliminating your health problems and achieving your health goals, then you'll get there one way or the other, and you will receive special divine assistance if you really commit.

Knowing the truth about how this works can only help you navigate the precarious waters between you and your goals. So continue to have that awareness and pay attention to how these foods make you feel after you eat them, and where the cravings come from before you eat them. If you are experiencing overwhelming cravings for these foods, it's

probably not all your fault and could be time for a parasite / harmful organism cleanse.

Stay strong, and keep learning and arming yourself with knowledge and the truth.

The Role of Vegetables in a Healthy Diet

RapidRegeneration.com/Vegetables

We've looked at the role of fats, and we will look at the role of nuts and seeds. We have certainly looked at the important central role of fresh, ripe fruits. What about the role of vegetables?

“Eat your vegetables,” your mother would always say to you — remember that? “No dessert until you clear your plate.” Vegetables have been touted as the healthiest foods out there and have earned that spot in popular culture, as well as among mainstream diet practitioners and people in the medical field.

I think that after reviewing the information within Rapid Regeneration, it becomes clear that the fruits are the real star of the show. Vegetables don't even come close to having the electrical, regenerative, raw power contained within fruits. In fact, vegetables do vibrate at a lower frequency in terms of angstroms, containing overall less electrical energy at around 8,000 to 9,000 angstroms, with fruits possessing in excess of 10,000 or more angstroms.

The other issue with vegetables is the fibrous nature of their texture and cellulose content. While fiber can be considered a good thing and act as a sort of 'broom' on the GI tract overall, excessive fiber and cellulose can be overwhelming to the body. Many vegetables are plant structures which are suited to be eaten by herbivores, with differently styled grinding teeth, multiple stomachs, and an extra long GI tract

— while fruit is much more easily chewed and digested by humans given our different anatomy.

Vegetables are lower in simple sugar content and lower overall in fuel — fruits are much more densely packed with calories and simple sugars. Once you get up and running on a healthy and energetic consumption of foods, especially cutting out excessive fat and protein, you may find that you start burning through a lot of energy and it takes a lot calorically to sustain the energy levels you have. It is difficult to get this from vegetables because of the sheer amount of calorie units required.

With all said that, now that we have considered what vegetables are not, compared with fruits, let's look at how vegetables can help you to achieve your health goals and transform your status of wellness from where it is now to where you want it to be.

Vegetables can be a good source of minerals, and even more so than fruits in some cases. Just be sure to be mindful of farming practice of where the food comes from. If a vegetable is commercial grown by Big Agri, then it may not actually be that mineral-dense. This is also a concern with fruits lacking in essential minerals due to poor soil content. Because of this problem, I like to consume daily a high-quality source of dried barley grass juice powder, which is a great naturally occurring source of sodium and so many other minerals, vitamins and nutrients.

Here is the concentration that I personally consume:
[RapidRegeneration.com/GreenPowder](https://www.RapidRegeneration.com/GreenPowder)

Vegetables can be a good source of fiber. You may crave this at certain points, if you are in tune with your gut, and if you are needing a good 'sweep' of the GI tract, in which case adding a pound of lettuce or a stalk of celery into a smoothie may provide you with that extra boost of fiber which can help you.

Vegetables provide variety. You can make a nice big salad using crunchy, fresh lettuces and other veggies. Do note that some things which are commonly referred to as vegetables, like cucumber, zucchini, peppers, and tomatoes, are actually fruits!

If you are in need of a cheat meal, you can eat a meal of cooked vegetables, and this is probably the least bad thing you could eat in terms of acidic foods or if you are going to eat a cooked meal. Steaming your vegetables is probably the least acidic way to cook them and preserves the most nutrients and energy. Although I try and be as well-behaved as I can most of the time, I of course greatly enjoy a big plate of steamed vegetables.

Vegetables can be used for texture, flavor, and to spice up the types of meals you prepare. There are many recipes out there which can still be very healthy and/or raw preparations of dazzling foods, including using a dehydrator for more advanced raw food preparation. Many of the delicious and savory herbs and spices out there come from vegetables.

Vegetables are also great for juicing, which solves the issue of some of these plants being too fibrous and rough to chew

in their raw forms. For any of you individuals out there who are into building lean muscle mass and strength, get a load of the amazing amino acids and nutrition in a big serving of fresh vegetable juice — incredible!

Let's not forget, perhaps most importantly, our amazing friends in the botanical world — the magical herbs which can be so powerful and helpful when consumed, either fresh and raw, dried in a capsule, extracted in a liquid tincture or glandular, or brewed in a tea. These herbs — which have been used for thousands of years to help achieve wellness — have been on this planet for so long and possess a divine intelligence which helps maintain the balance of plants and animals and nurture that special relationship between the two. They are non-hybridized vegetables, and are my most favorite kind of vegetables.

It is worth noting that — unlike fruits which are basically universally benevolent — not all vegetables are digested and processed harmoniously within the human body. Therefore, you should be more selective with which vegetables you eat (this is detailed in the upcoming segment 'Raw Foods to Consider Avoiding').

Vegetables are fine and dandy, especially if you are already cleaned out, detoxified, and operating at your ideal level in terms of your health and wellness — or if you really need some variety.

If you are far away from where you want to be health-wise, if I were you I would not even waste time playing around with vegetables, as they don't have the highest level of electrical

energy potential for you or cleansing ability. I would go all-in on fruits, and of course would make an important exception for vegetable juices, green powder and herbs.

Use the tools you have until you get where you want to be.

The Role of Nuts and Seeds for Alkaline Diet

RapidRegeneration.com/NutsAndSeeds

As you improve what you are eating, and find yourself eating more of living, raw, electrical foods, just keep in mind that you have been conditioned your whole life eating a certain way. You will probably find yourself leaning heavily onto the types of flavors, textures, and nutrients which are so common in a regular diet — salty, savory, protein-rich, fatty, sumptuous types of foods. This is typical of the Standard American Diet and of many diets around the world.

Nuts and seeds are sort of this type of food — high in protein and fat, and complex for the body to digest as you can see from other segments about how food gets digested. Ultimately, your body's response to having to break down these complex protein structures is one where acidic by-products are created, which creates basically extra acidity throughout the body. It also creates a lot more digestive work for your stomach, liver, pancreas and intestines as compared with eating simple sugars from fruits or vegetables.

Rapid Regeneration is all about creating an alkaline environment which is the environment needed for your body to activate its self-healing process and truly detoxify, repair and regenerate. Eating nuts and seeds in a way runs contrary to this chemical purpose. However, sometimes we zig and sometimes we zag, and sometimes in order to get somewhere, you have to backtrack a bit and take two steps forward and one step back. These little delicious fatty protein

foods have their role to play and still can be considered one of the good guys and on your side.

After all, if you are trying to transition into a more healthful lifestyle, what better choice of a high-fat food is there to consume? If it is protein and/or fat that you are craving, then what are you supposed to eat? A ribeye steak? A chicken thigh? A pork chop? Sushimi? An omelette? A hunk of butter? A glass of cow's milk? A wedge of cheese? Better than eating these options by far would be to eat some nuts or seeds, spread some nut/seed butter, or drink nut/seed milk.

You could also eat avocado, coconut and olives instead of nuts and seeds. These foods do also have a liability in that they are an extra digestive burden and can slow down detox, although my experience is that these fruits do not have as severe an acidic affect as nuts and seeds. This is a nuanced approach however — all things considered, I feel better eating a small serving of chia, hemp or flax seeds than I would eating avocado, coconut or olives.

Important to consider when eating these nuts and seeds would be portion size, the type of nut/seed consumed, and food combining. You could eat a handful of nuts at the same time as a big bowl of fruit and it would be poor food combining activity and lead to acidity and a lack of nutrient digestion and absorption. Or, you could eat the same handful of nuts by themselves and the experience for your body would be completely different. In terms of portion size and the acidic blowback for the body, eating a big handful or small bowl of nuts is an entirely different experience than

eating an entire one-pound bag of nuts — you can overload your body with too much and feel the tipping point.

Different nuts and seeds have different properties. While all have carbs, proteins and fats, the ratios are different depending on the nut/seed. Nuts that are lower in protein can be considered logically as less acidic-forming. There is also the question of the Omega 6 / 3 ratio in the fatty complex of a nut or seed, with the most favorable ratio being close to 1 / 1. Many nuts though are far higher in Omega 6s than Omega 3s, which can lead to an imbalance and even bodily inflammation. You can compare different nuts in how they rank in this calculation — you would actually notice that the hemp, chia, and flax seeds have a very favorable ratio, and walnuts are not bad either (more on this in an upcoming chapter).

This segment is not about never eating nuts and in fact it's quite the contrary. I typically eat a small serving daily of both chia and hemp seeds, blended up in a seed grinder, and added to a smoothie or bowl of fruit. This is not a big serving and probably accounts for 5-10% of my calories for the day if I were to guess. But what this does is it helps to take the edge off in terms of my hunger. I find that if I consume hardly any fat or protein and eat mostly fruits, then I'll get all hungry and be a bit on edge and unable to really focus and perform. If I have a small dose of the blended up seeds during the day, then it completely takes the edge off, keeps me feeling balanced, and at the same time I still feel a very high level of energy.

If I were, on the other hand, let's say to eat a big bowl of almonds, or pistachios, or pecans, or even walnuts for dinner. In this instance, I would personally feel a drop in energy. I would feel more sluggish that evening, and that my body was a bit tied up with all the digestive tasks. The following morning, I would awaken not having as much energy or zest or pep in my step. I would still feel okay, but not as thriving as I otherwise would be.

Now that the molecular and digestive qualities are considered with nuts and seeds, let's look at things practically. As mentioned before, if you are transitioning into a healthier lifestyle of eating more vibrant and/or raw foods, then nuts and seeds are your friends. They'll help you still feed those cravings for unhealthy fatty and protein-rich junk foods, while actually eating foods which are at least less acidic and mucus-forming than animal products, grains or beans. Although this changed over the years, personally, when I was first transitioning, I was eating anywhere from four to six 12-ounce jars of almond butter weekly!

Also, nuts and seeds can play a role after you are already cleaned out. Fruits are certainly the best tool when detoxifying and cleaning out the body. Once the body is healed up, nuts and seeds can be a good structural and rebuilding food as well.

These foods have a reputation for being pricey — that is more true if you buy them from a retail location. If you get them online, you can get a lot better ingredients with more quality and at a lower cost per ounce, in my experience. If possible, try and get your nuts raw (un-roasted) and unsalted,

for maximum nutrition and benefit to your body. They are tastier and nuttier when roasted and salted, and if you eat them like that, it's not the end of the world, but they are healthier the other way if you don't mind.

For recommendations of specific products offering high value, you can go to:

RapidRegeneration.com/Nuts

Part of the appeal is also to still be able to eat sort of comfort foods. A large variety of different foods can be made using nuts and seeds, including sauces, dips, butters, raw hummuses, patties, breads even, spreads, wraps, cakes, crackers, and many other creations. From a gourmet raw food chef's point of view, nuts and seeds are dream ingredients.

In my view there is a big difference of eating lots of raw foods with high levels of fruits and maybe some vegetables versus eating lots of raw foods with high amounts of nuts and seeds. Many healthy individuals who eat a lot of raw foods get by eating about 30% of their calories from fats and proteins, and seem to be thriving and doing well. From my point of view, this is fine as long as you are okay with it and understand the consequences. Let's say if you have completely cleaned your body out, detoxed and regenerated yourself and are now in perfect health enjoying a healthy and vibrant lifestyle. In that case, who cares? Why not enjoy yourself?

Could eating too much protein and fat and acid-forming foods eventually cause some acid build-up in the body and

create health issues in the distant future? Yes, perhaps, and that is the trade-off and something that is worth having a high level of awareness about. It's always a personal choice — get yourself healthy and well first, and then figure out what works for you.

I think the bigger issue that I notice is that some individuals will get heavy into the nuts and seeds without ever having properly cleaned themselves out in the first place. You have somebody as an example who — after transitioning from a diet of unhealthy cooked junk foods and grains and beans — six months or a year later is now eating very healthy and lots of raw foods. At this point, the individual is eating an excessive amount of dishes which incorporate nuts and seeds, and is frequently enjoying many culinary delights of the raw food world, including those high in protein and fat. They are still hoping to keep making significant progress on their health goals and solving their health problems while doing this.

The issue is that this digestive process in and of itself will be working in contrary to the parasympathetic system of the body, which needs to be relaxed and have maximum energy for your body to really achieve results with cleansing and repair. With so much of the body's energy devoted to digesting proteins and fats, not to mention the acidic chemistry being created, then what you have is a situation where somebody is reaching a plateau, and is no longer making significant progress towards his or her health goals, or may even be going backwards.

Personally, even after getting myself healthy and well, I operate at my highest potential and seem to be thriving the most when I am consuming minimal amounts of nuts and seeds (aside from the afore-mentioned daily chia/hemp combo). This is what works for me, and it does happen to be a lot less taxing to the digestive system and a lot less acid-forming.

This is not to say it is always easy to eat in the most optimal way. I still get the same cravings sometimes that everybody does, and I love to indulge in a satiating meal rich in protein and fat. But when I do, I seem to get thrown onto a sort of cycle of cravings. I'll feel a drop in energy that evening or the next morning, but then the following evening the next day I'm craving something fatty or protein-rich again. It's the same phenomenon when consuming salty or cooked foods as well, as far as I have noticed. If I can cut this chain of events, and go two days with eating mostly fruits, maybe some vegetables, with some ground up chia or hemp seeds, then I'll be cruising again, feeling energetic, and no longer experiencing those desires.

Don't get me wrong — I like to indulge sometimes. And sometimes, it's just practical. If traveling or on a plane or if there's a long working day out somewhere, a bag of nuts or seeds can pack a powerful punch in terms of all the calories they store.

In terms of a natural purpose, I think we humans would consume them in nature as a way to get in excessive amounts of calories, which would be a benefit to put on some extra weight and store that energy as excess fat to be

burned off, perhaps during the wintertime when we wouldn't have access to as many fresh fruits and vegetables.

I'm not a purist or somebody who lives a monastic existence making up a bunch of rules about things. I have a big collection of nuts and seeds in my home and I have some whenever I please. Discovering the power of hemp and chia seeds has also been a game-changer for me as well.

Nowadays, there are so many diverse options of healthy foods and dishes to choose from — if you're transitioning, lean on your nuts and seeds heavily, and if you're already cleaned out and healed, then indulge away. Just remember if you are still on the come-up in terms of getting your health and wellness right, that the fruits are king in terms of energy, cleansing and electricity.

Secret Healthy Fat Omega 6 to Omega 3 Fatty Acid Ratio

RapidRegeneration.com/Omega

We have covered throughout this program about the role of fats and the importance of getting essential fatty acids. We have also highlighted the dynamic whereby you can actually consume excessive amounts of fat and the issues that this can present in terms of overworking your digestive organs as well as slowing down your lymphatic system in its cleansing and detoxification efforts.

There is also something else to be considered, which would be — what *kind* of fatty acids are ideally consumed? Most of the fats out there which are commonly consumed in the modern diet or even a healthy lifestyle are especially high in Omega 6 fatty acids, while not containing very many Omega 3 fatty acids. This can cause issues for what is going on inside of your body. If an individual consumes too much Omega 6s and not enough Omega 3s, then they run the risk of not being able to control or alleviate issues with inflammation.

Omega 3s are anti-inflammatory, while Omega 6s are more pro-inflammatory, to put it quite simply. The body needs both essential fatty acids in order to create inflammation (definitely needed for certain bodily responses) as well as remediate and dial back inflammation when appropriate, among many other functions that help out the body. When too much Omega 6s are consumed and not enough Omega 3s, this can put the body in a precarious state of imbalance in terms of handling inflammatory responsibilities and can even risk

causing an excess of inflammation in the body whenever there are too many Omega 6s being consumed and not enough Omega 3s.

What if you eat sufficient Omega 3s, but also eat a huge amount of Omega 6s on top of that? The same enzyme breaks down both of these essential fatty acids, and so some of the Omega 3s can possibly end up going to waste because this enzyme does not exist in infinite amounts and would be overly used in breaking down the Omega 6s.

Looking around at most of the human population, it seems that most people could use more assistance with relief from inflammation, and don't need extra help to cause additional inflammation. It's only common horse sense to realize that the consumption of Omega 6s could be causing an imbalance in the general public. Examining closer the foods which are available, and you can see that so many foods have excessive amounts of Omega 6s. As a result, Americans as an example are consuming anywhere from 10 to 20 times as much Omega 6s compared with Omega 3s — so the ratio is 10:1 or 20:1.

What is the perfect balance? I'm not sure exactly, but based on my research it seems like a 1:1 ratio is close to ideal, and this makes intuitive sense to me in the course of seeking out a natural balance inside our bodies. Some other more mainstream people in the scientific community will note a 2:1, 3:1 or 4:1 ratio is ideal — but even this is a much lower ratio than is typical of what most people are eating.

So is it easy to eat more Omega 3s and less Omega 6s and how do you do it? There are a few ways to accomplish this goal. It's not just about adding more Omega 3s, because if you're still eating excessive amounts of Omega 6s it can imbalance the availability of the needed enzymes for Omega 3 processing. So unfortunately, you not only need to eat more Omega 3s but also you need to not eat as many Omega 6s to effectively achieve this balance.

There are certain foods like fatty fish which are high in Omega 3s — hence the popularity of fish oil supplements. I prefer to consume a source that is plant-based and more clean from chemicals which are widespread in our oceans. An equal mixture of chia seeds and hemp seeds is good for this. Flaxseeds are also high in Omega 3 fatty acids. I will use a small blender/grinder (like a coffee bean grinder) to blend up chia seeds and hemp seeds, and add that mixture to a smoothie, dressing, salad, or big bowl of fruit. You can also eat it a La Carte sort of like oatmeal perhaps with a little bit of lemon or lime juice.

When I discovered this technique, I had been eating a lot of avocados and was feeling like I was hitting a plateau in terms of my overall vibrance and my energy levels. I intuitively knew that it was because of how much avocado I was eating, and yet, I didn't know what to do because I felt a major craving for fat that I needed to satisfy. After I made this switch, I felt a major boost in my overall energy levels, both in the evenings as well as my waking energy that following morning. I was blown away by the difference this made in my overall dynamic performance through life, and I have kept up this

regiment as an essential tool in my toolkit to keep myself young and healthy.

Here is a breakdown of the ratio in different nuts and seeds, in sequence from the best ratios to the worst:

Omega 6:3 Ratio

Flax Seeds

1 / 3.9

Chia Seeds

1 / 3

Hemp Seeds

3.2 / 1

Walnuts

4.2 / 1

Macadamia Nuts

6.6 / 1 (but low in both Omega 6 and Omega 3 fatty acids)

Pecans

20.6 / 1

Pistachios

49 / 1

Sesame Seeds

57 / 1

Hazelnuts

90 / 1

Poppy Seeds

104 / 1

Pumpkin Seeds

114 / 1

Cashews

126 / 1

Pine Nuts

202 / 1

Sunflower Seeds

312 / 1

Brazil Nuts

664 / 1

Almonds

2010 / 1

Omega 6:3 Ratio in other foods for reference:

Spinach

1 / 5.4

Lettuce

1 / 2.4

Zucchini

1 / 1.7

Olives / Olive Oil

10 / 1

Avocados / Avocado Oil

17 / 1

Palm Oil

46 / 1

Grapeseed Oil

696 / 1

Coconuts / Coconut Oil

Infinity / Zero (does contain any Omega 3s)

Nobody is perfect and you can't be expected to completely abstain from eating certain foods just because their Omega Fatty Acid Ratio is not ideal. But what you can do is use this knowledge to navigate the food aisles and figure out which

foods are going to put your body into an ideal state of balance and performance. Even small changes in your daily routing can make a huge difference in how you feel and operate.

RapidRegeneration.com/SeedGrinder

&

RapidRegeneration.com/ChiaSeeds

&

RapidRegeneration.com/HempSeeds

&

RapidRegeneration.com/FlaxSeeds

When I grew my awareness surrounding this topic, it took my level of health and wellness to a new level. Use this information wisely. Please, try it for yourself!

Raw and/or Healthy-ish Foods to Cheat With

RapidRegeneration.com/Cheat

Trust me — you are undoubtedly going to run up on a time (or many times) when your willpower breaks down and you lack the discipline to continue eating the healthiest of foods. While much of this knowledge is mechanical, tactical, and anatomical, the journey of fixing your problems using raw foods is actually probably 80% mental, emotional, and in need of your innate spirit and energy to make this work.

Emotionally speaking, you can get ratted out and will reach a point where you just want to eat some comfort foods, forget about all the problems you are trying to solve, and escape things for a while. This process can involve seeking out or preparing a big, comforting meal of foods which are so satiating on a different level than you would get from eating a bunch of healthy foods. Pay attention to your emotions when this happens and notice how they are driving your actions in this situation rather than your intuition or your logic.

When you come up on this scenario, if you can help it, the right thing to do is power through and deny that craving the ability to take over your life — once you give it control, not only will it dominate the next hour or two as you consume the meal, but it will take several hours to digest, a couple of days to completely eliminate, and potentially several days, weeks, or longer for your body to totally reverse the negative acidic chemistry that is created eating junk foods. So, it's rarely worth it for the short time of pleasure you get from those comfort foods — deny the craving its power if you can!

However, sometimes the risk that you run is that when you suppress these cravings, over and over, it might not make the monster go away. The monster can become more and more entitled and the cravings can become that much more overwhelming. If you repress this sensation too many times, and just continue eating the healthiest of foods, then what can happen is that the craving becomes so intense and now when you give in, you completely go crazy in an extreme manner and eat something completely offensive or excessive — much more so than if you had given in a few days prior and just gone ahead and eaten some comfort meal which was more reasonable.

There are two scenarios here to better demonstrate what I have seen take place many times with myself and with different individuals:

Scenario 1:

— Susie is feeling ratted out from eating so much healthy foods and fruit, and feels serious cravings coming on. She feels that her self-discipline is reaching its limits, and so she gives in, and cooks herself a meal of cooked vegetables, with veggie burger meat, and rice. She eats this and feels somewhat lousy for the next couple of days.

— A few days later, she feels more or less back to normal and is back on the wagon and eating very healthy and didn't lose too much momentum. She feels the cravings come on again, but she is able to push them off — eventually, a week later, she strategically compromise with them once again.

— When she does, she is smarter this time, and this time she eats a veggie burger made from hemp seeds instead of legumes, and uses broccoli rice instead of starchy real rice, and she feels satisfied afterwards but her recovery time is actually much quicker.

Scenario 2:

— Johnny is feeling intense cravings for some comfort foods after seriously pursuing a very healthy diet, with a lot of raw foods and fruits. He pushes on, considering mind over matter, but the cravings intensify. Locked in a struggle with his cravings, after staving them off for another couple of days, now Johnny is feeling completely dominated because the cravings are now much worse than when they started. Almost as though he is possessed, an emotional switch flips on with Johnny and he hits the abort button to abandon the mission of staying so strict and healthy.

— Once that pin comes out of the grenade, Johnny is now giving himself over to that other side of him 100%. This could involve going through the drive-thru of one of his old favorite fast food joints, picking up a meal at a comfort food restaurant, or grabbing junk food from a gas station or the grocery store in the frozen section or packaged food aisles.

— Johnny goes home and digs in, enjoying one hour of pleasure and bliss. By the end of it, he feels absolutely horrible and immediately his body starts to punish him for his sins.

— It takes several days before Johnny starts feeling a semblance of normality back, almost like a long-lasting food hangover. Even after that, something is still not right, and it's

taking a long time to completely clear all of the chemicals and acidic residue out of his system completely.

— Then, the cravings come back, with a vengeance. Having had a taste of the addictive chemicals used in so many of today's junk foods, his body doesn't just want cooked, comfort foods — it wants another taste of the straight dope. One week later, Johnny is back at his old haunts again.

— This begins a vicious cycle that continues for the next couple of months with Johnny repeating the same behavior. By the time he finally gets a grip, it's now been 10-12 weeks and he has completely lost momentum. He has been acidifying his body numerous times and is now much farther away from his health goals than he was just 3 months ago, and will have to make up for that lost time and then some. Feeling his age and years, he laments how he wasted precious time going backwards and knows he will now have to make it back up.

Momentum is precious, and the whole point of a cheat meal is to avoid getting into a vicious cycle like the one Johnny went through. When you fall off the wagon hard, and continue dragging yourself through the mud with junk foods, you are only stepping on your own feet and sabotaging your success to detoxify and regenerate yourself.

It has happened to the best of us (God knows including myself) and to too many good soldiers, but please don't learn about it the hard way — learn from the information in this section to accelerate your results. Don't take half a decade, a decade or longer to fix yourself up. You should be able to hopefully knock out your health goals within a few years or

less, depending on the severity of the issues you're trying to solve.

The reason I am putting together this program is because I believe strongly that where I can add value to your life is to make this journey far easier for you than it was for me, and show you how to do it more quickly, so you can reach your goals faster and more effectively. This segment is all about showing you how to cheat effectively.

Some natural wellness gurus out there would say you should never cheat and that you shouldn't fight fire with fire, and therefore they would not recommend eating any foods which are acid-forming. Personally, I am a pragmatic individual. I know you're going to cheat and so I want to share with you some foods I have found through the years which offer that satiating, satisfying appeal, but are much less acid-forming and damaging than your conventional comfort foods which you would likely reach for otherwise.

It has taken me years to find all these foods, and I've tried them personally at one point or another during seven plus years of transitioning to or maintaining a healthy lifestyle. Some of them I haven't eaten in years, but they helped me at one point.

Lucky for us, the health food, raw food and organic product marketplace has improved tremendously in recent years, and there are now many options to provide that comfort food satiation but with healthier ingredients.

Food cravings are universal for the most part, and people who switch to a healthier food lifestyle tend to crave things that appear in the same category over and over again:

- Fats and that fatty satisfying indulgence
- The sumptuous, filling texture of protein
- Salty foods
- Certain textures like bread or tortillas that we get from starch
- Crunchy foods like chips and crackers
- That creamy, rich dairy flavor
- Sweet, sugary, pastry-type treats

Undoubtedly, people end up reaching for foods containing:

- Grains, including most breads, chips, crackers, tortillas, pasta and rice
- Starches, including corn and potatoes
- Beans, legumes, and soy
- Animal products including conventional meat which is often GMO-fed, full of hormones and toxins
- Foods with lots of toxic chemicals and preservatives
- Junk foods, which are basically all made using the above ingredients

We have of course covered in other previous chapters why the above foods are so harmful.

Here is a quick example of what a cheat meal used to look like for me. At this time (circa 2015 / 2016) I was desperate to heal myself and I was first transitioning into eating healthier and struggling to eat more vibrant and raw foods:

I would get a big bowl (this works better with a large mixing-type bowl) and cut up a couple avocados and smash them in there. Then I would throw in a 16-ounce can of black pitted olives. I might even toss in some pickle slices. Then, I would keep a big salsa jar handy and I would pour a very generous helping over the top of it all. Once this was ready, I would get a big bag of corn chips and goodnight Martha!

Was it an appetizer? Was it a side dish? For me, it was the main squeeze. That was enough to keep me full for a very long time.

This isn't the absolute most healthy way of eating, but I actually like my body was able to keep momentum in detoxing and healing at the time doing this nearly every day. At the time, this was my alternative to eating junk foods that were much worse. It gave me the momentum needed and the power to transition to the next better version of myself.

Looking back, I really wish I would have known about some of these healthier alternatives to corn chips which I will share with you in this section. Eating those corn chips really did hold me back for a long time (years) and stopped me from breaking through to the next level of healing. Had I known about many of these products earlier in my healing journey, I have no doubt that I could have accelerated my results much quicker.

Here is a list of some products which can actually satisfy that same craving that you have for the worst junk foods, but without sending you on a downward spiral and creating even

worse cravings for you several days later. Most of the products for the foods referenced here can be found at:

RapidRegeneration.com/CheatFoods

Avocado and Guacamole:

This of course is an obvious one, and a classic example of ‘a normal person’s healthy snack is a healthy person’s cheat food.’ It’s not really even a cheat food, because avocados are overall healthy, although their Omega 6:3 ratio is not ideal, and eating too much fats can cause excessive digestive burden as well as overload the lymphatic system with lipids and thereby slow down detoxification.

Have you ever had a craving that is insatiable and you feel like eating a big double burger or jumbo burrito? Eat three or four or five avocados or a giant serving of guacamole and your hunger will likely be completely satiated. I personally have saved myself many times from eating something really harmful because instead I just ate a giant serving of a meal including avocado.

If you’re in a pinch in terms of no time to prepare food, or needing something travel-friendly, there are actually guacamole products which are sold in some grocery stores or online which contain no artificial preservatives, chemicals or vinegar. You can also cut an avocado in half, take out the pit, and just eat the ‘alligator pear’ right out of the rind with a spoon.

There are some more food products in this chapter which you can use to combine with your avocado or guacamole, like tortillas, chips and salsa.

RapidRegeneration.com/Guacamole

Olives:

Olives are another high-fat fruit which can provide satiating relief if you are experiencing overwhelming cravings for something very dense, fatty and filling. You can put olives in your guacamole or salsa, in salads, wraps, or enjoy them a La carte.

You could consume the oil as well, although this is more processed and not as healthy for the body as a whole food otherwise would be. If you do use extra virgin olive oil, keep in mind it's better to eat it raw than cook with it because it will denature at higher temperatures, oxidizing the chemistry of it and becoming more harmful — if you're absolutely going to cook using oil it would be better to use coconut oil which is more tolerant towards higher temperatures.

I will admit it's hard to find a good clean source of olives. Canning has its drawbacks because of the BPA often involved that can absorb into the food, and canned or jarred olives are also typically preserved with vinegar, which is not a vital, vibrant ingredient — although I see little wrong with eating olives in this form as a transition or cheat food (in place of something worse).

To find olives not preserved in vinegar, you may have to order them as a specialty item online, although do keep in mind that they will likely be preserved with a lot of salt. Where I am in Central Texas, I haven't come across a source of fresh, whole olives, direct from the farm, although there are olive farms around here which sell olive oil.

RapidRegeneration.com/Olives

Coconut Meat, Coconut Oil, Dried Coconut and Coconut Chips

This is another food high in fat which can help you to combat your overwhelming hunger. It fills a void which is otherwise not taken up by other foods. This tropical fruit is filling and there are many benefits touted of this ingredient, although of course you can go overboard. You can ingest the oil, eat fresh coconut meat, make a wrap using dehydrated coconut tortillas, or eat dried coconut flakes. If you are craving a crunch, you can even get baked coconut chips.

RapidRegeneration.com/Coconut

Nuts and Seeds / Nut and Seed Butters / Nut Milks

Covered in a previous section was 'The Role of Nuts and Seeds'. These natural, whole foods are very filling, protein-packed, and can slay your cravings for fatty, salty, or savory foods. There are so many varieties of nuts and seeds and it makes you just want to try them all. Some of my favorites are walnuts, macadamia nuts, and pecans.

The different nut and seed butters are also a fun way to consume this ingredient, as well as nut and seed milks. I used to love spreading almond butter on a banana and washing it down with some almond milk or coconut milk.

You can save quite a bit of money and generally get more value by ordering these calorically dense foods direct from the merchant as opposed to buying them in the stores. Do try and get the nuts in their raw form (unroasted and unsalted) — although they aren't quite as tasty, they will be more nutritious and less acidic in their raw, natural form. Remember that peanuts are not nuts (they are legumes) so don't cheat with that!

RapidRegeneration.com/Nuts

Salsa / Pico de Gallo

Salsa is one of those magical entities, here in America and worldwide. Although I later got to the point where I just lost my taste for onions, peppers, garlic, and even tomatoes (more on that in an upcoming chapter about 'Raw Foods to Consider Avoiding'), in the early days, I was going through perhaps one 16-ounce jar of salsa daily, and I would also experiment with making my own Pico de Gallo. It was such a pleasurable way to experience the bold, exciting flavors of the raw food world (even though many salsas are cooked).

Try and get varieties of salsa ideally without vinegar and make sure there are no added chemical preservatives.

RapidRegeneration.com/Salsa

Pickles / Pickled Vegetables

Pickles — AKA fermented cucumbers preserved in salt and vinegar — and other fermented vegetables are not exactly what you would call health foods, due to the acidic nature of the vinegar and the excessive saltiness. But they are raw foods, they do contain high electrical energy, probiotics, nutrition and they can help satisfy your cravings for something savory.

Make sure to get products that don't contain extra chemical preservatives. Also be careful that you are not just satisfying some other appetite outside of your own — fungal organisms can really crave fermented foods and so make sure you do a good parasite / harmful organism cleanse to rule that out.

RapidRegeneration.com/Pickles

Chips and Crackers

This is my old guilty pleasure and indulgence, from back in the day. Craving certain foods isn't always just about the taste, but also the texture. In the world of healthier foods, it's a challenge to find that satisfying crunch. And also, because I enjoyed things like salsas, guacamoles and dips, I just didn't get the same satisfaction from using a cucumber spear, carrot stick, or lettuce leaf to dip into it.

Fortunately, when there is a problem, in many cases individuals in the free marketplace will create a solution. There are a number of products that exist today — and didn't

exist at all only a few years back — which provide that crunch factor but are not containing grains, beans, oils or starches.

You can actually find baked chips but which are not containing those more harmful ingredients. If you are insistent on this being a raw food source, then you can actually make dried, crunchy chips using zucchini slices at home using a dehydrator. There are also chip and cracker products you can buy like dried beet chips and crackers which are made from sprouted and dehydrated flax seed wafers.

RapidRegeneration.com/Chips

Wraps and Tortillas

Eating salads or plates of food over and over can get boring, and you may find yourself desiring for a certain texture like a taco, wrap or burrito. For some reason, wrapping up our food within an edible blanket creates a very desirable sensation in our mouths. However, flour tortillas and wraps, or even corn tortillas do contain grains, starches and/or chemicals and these are more detrimental foods to our health and wellness.

You can find grain-free tortillas which are cooked but much less acid-forming to the body by using almond flour as the main ingredient. You can also find a completely raw tortilla that is made from dehydrated coconut meat. Or, you can wrap up your food using a sheet of organic seaweed (AKA nori) which would definitely be considered a health food.

It can be addicting to eat some of these wraps and just be wary if you are giving into this craving night after night. Much of food cravings are mental, and so it does help to get into a mindset of accepting different textures of foods (like I did when I gave up eating corn chips). Perhaps a good approach to think about is that you can still enjoy the texture of a tortilla or wrap sometimes, but maybe you don't necessarily need to experience that with every savory meal.

RapidRegeneration.com/Tortillas

&

RapidRegeneration.com/Nori

Noodles

For any Italians or Italian food lovers out there, I apologize in advance and my heart goes out to you for the struggle you will surely endure in transitioning to a healthier lifestyle. There is nothing quite like the texture, flavor, and pop that you get from a bowl of freshly made pasta. It is surely one of those foods which 'sticks to your ribs' (which is why it is harmful to health).

You can buy a kitchen tool which can spiralize zucchinis or other vegetables and make zucchini squash into the shape of pasta. You could also bake a summer squash / butternut squash in the oven and fork the contents out into a sort of pasta texture (one of my mom's old recipes). Admittedly, this doesn't come close in terms of the satiation you get from a mouthful of starchy, floury pasta, but it gets the palate of the dish into the same ballpark at least. This tends to taste better cooked than raw, although either way works. You can also

purchase kelp noodles and use these to make your own very light, healthy Italian dish.

The result of using vegetables as opposed to grains to create pasta is a meal after which you feel a zillion times lighter, healthier and more energetic — no need for an after-dinner cappuccino when you have natural, dynamic energy that is abundantly flowing.

RapidRegeneration.com/Spiralizer
&
RapidRegeneration.com/Noodles

Hummus, Dips and Dressings

Hummus is a favorite snack of the plant-based food world, but unfortunately beans (AKA lentils or legumes) are not health foods — they create acidic chemistry, enzyme inhibition, GI tract irritation. Dips and dressings are also delicious and packed with protein and/or fat but in many cases are filled with dairy, processed ingredients, harmful chemicals and acidic vinegars.

There are hummuses and dips that you can make without using beans or other harmful ingredients, such as sunflower seed hummus which tastes just as filling and savory as a hummus made with acid-forming garbanzo beans.

I do have friends that make their own raw hummus using raw or soaked garbanzo beans — I would still recommend against this because that food is still very difficult for your system to digest. A better option would be something else a

friend showed me which is a homemade ‘hummus’ in your blender which contains raw, ripe zucchini, lemon juice, spices, and your nut or seed of choice, such as pecans or tahini (sesame seed butter).

There are many recipes online for making a delicious dip or dressing made from healthy or even raw ingredients. Surely, making your own recipe from fresh homemade ingredients will be healthier than something store-bought, although if you can find a food product that contains healthy ingredients and doesn’t contain harmful preservatives and chemicals, there is nothing wrong with that.

RapidRegeneration.com/Hummus
&
RapidRegeneration.com/Dressing

Steamed Vegetables

I’ve said before that cooked vegetables are one of the least bad things that you could eat. Being a cooked food, it will still be mildly acid forming and will be stripped of some of the nutrition, probiotics and electrical energy — but on the whole it’s not bad when compared with all the cooked foods out there. As compared with sautéing with oil, roasting in the oven, or other ways of heating vegetables, steaming is generally the healthiest way to preserve the most ingredients as well as avoid adding heated oils to the veggies.

Don’t underestimate how sumptuous and filling this food can be. Vegetables are high in fiber and generally low in sugar and calories so be very generous on the portion sizes. Try it

for yourself — make a big giant bowl of broccoli and carrots, served alongside a homemade hummus or dip, in a wrap, or perhaps with some ‘broccoli rice’ or ‘cauliflower rice’ that you can buy at the grocery store (which is broccoli or cauliflower chopped up into the shape of rice granules).

Some cheat foods are raw and others cooked. If I have a cooked dinner I can feel it the next day and in the morning I tend to have less energy. It’s a blessing and a curse to become that sensitive — trust me. Definitely indulge in cooked vegetables (preferably steamed) if you’re getting ratted out and you feel yourself about to indulge in a meal of cooked foods. Remember — it’s a cheat meal and so we’re not looking for perfection here and we are trying to help ourselves avoid making an even healthier choice.

Just don’t use cheat foods as an excuse to get into a cycle where every day you’re eating foods for comfort which puts you into a rut and holds you back from a deeper level of detox that you desire.

Avoid cooking in iron, non-stick, or copper cookware if possible. I use a stainless steel steamer which cooks the food in the cleanest way possible and avoids contaminating that food with harmful metals.

RapidRegeneration.com/Steamer
&
RapidRegeneration.com/Pan

Freeze-Dried Peas

This is a weird one, but oddly satisfying. Freeze-dried peas are dehydrated, and the result is that these peas contain a satisfying crunch. Peas are generally very flavorful anyway, and having that explosive crunch really makes this a delectable addition to a meal.

Among the raw foods out there, it is tough to find a food with the perfect texture to create that same crunch factor that you find in cooked snack foods like chips and crackers — this is one of the few. You could make a wrap with some guacamole or a dressing as well as a generous helping of crunchy peas and any other ingredients alongside. It sounds strange, but personally I have found this very delicious, filling, and containing a very highly desirable texture.

Freeze-dried peas can be addicting, and after 24 hours of eating them you may find yourself craving them again. This is not exactly a health food, as a dried pea is bordering on being in the legume family, higher in protein so containing more complex digestion, with more possibility of bad food combining consequences, and the dried nature of this can cause this food to be a bit dehydrating. Still, it's crunchy, it's satisfying, and you're going to cheat with something and so it may as well be a raw vegetable like this if it hits the spot for you.

RapidRegeneration.com/Peas

Nut Cheeses

For somebody out there who is having a tough time giving up on one of the most addictive foods on the planet (cheese),

don't worry — there are foods out there which are cheesy, still taste quite good, but which are made from much healthier ingredients. This will do your body a big favor not to have to digest the complex sugars from lactose, and all of the highly acidic nature of dairy products. Nut cheeses can also be a very chef-y and delicious addition to a meal, adding explosions of flavor to your dining experience. While not the healthiest of healthy foods, nut cheeses are still a zillion times better than dairy and can satisfy your fix without sending you falling off the wagon.

RapidRegeneration.com/Cheese

Vegan Ice Cream

If you have a sweet tooth out there, you thought I forgot about you, didn't you? I would absolutely not do that. I know you're jonesing for a fix, after years of eating products made with flour, butter, chocolate, and added sugar. Vegan ice cream is like regular ice cream except that it is virtually guilt-free. You have to be careful of course to check and make sure the ingredients don't contain harmful fillers or preservatives. But many vegan ice creams contain very simple ingredients like coconut, natural sweeteners, and other sweet flavors mixed together.

It's not ideal food combining, but it is delicious and will hit the spot guaranteed and not leave you with that heavy feeling in your belly like regular ice cream would. You can also make your own homemade 'Nice Cream' which combines smashed up bananas and other fruits together before freezing them.

Raw Pastries

Some people's guilty pleasures are savory, salty and fatty — others lay with the sweets. We have all been preyed upon by the food industry pushers, who have sought to get us addicted, physically and mentally, to their garbage products including sweet, sugary food merchandise available on most city street corners. Please do not give in and cheat with junk foods containing flour, added refined sugar, and not to mention all of the chemicals and artificial flavorings.

There are so many amazing pastries, including cookies, cakes, pies, and many more creations, which can be made using healthier ingredients like flax seed, coconut, almond flour, nuts, dates, date sugar, honey, or agave nectar. I realize that some of these raw, raw-ish, or cooked ingredients are not the healthiest of ingredients, but they can play their role to deliver the taste that you crave. This is appropriate for the times when you will stop at nothing to get what you really want, when you really get ratted out and turn into a fiend for your sugary desires.

There are also cooked pastries which don't contain grains, dairy, added processed sugars or chemicals. Just keep in mind something and please hear this hard-to-accept truth — cooked pastries are inherently one of the least healthy things to eat. They are extremely calorically dense, rich, mostly processed, acid-forming and almost all have inherently bad food combining. For this reason, they are very fattening

foods, more difficult to digest, and can hold somebody back from really alkalizing their body and detoxing.

And so, if you are going to eat a pastry, it would be much better to eat it made from raw ingredients. There are so many amazing raw pastry recipes out there which you can make at home, as well as food products available for sale. The creativity is really astounding, and the abundance overflows of all the amazing ingredients, flavors, and textures from the world of raw foods that you can turn into something (almost) as tasty as your favorite baked sweet treat.

Foods to Not Cheat With

I know that you're going to be tempted in thinking about this concept of a cheat meal and applying it towards other foods out there which are more offensive to your body. While I have listed out some of the least unhealthy foods above that you can cheat with, I don't want to wrap up without also explicitly addressing the elephant in the room — those other guilty pleasure foods calling your name.

I am not going to be able to list them all here, so please use your common sense, logic and food knowledge from Rapid Regeneration, so you can think for yourself about which foods are going to be a chemical problem if you eat them. Make sure that you reviewed the information in the other chapters about the worst foods you should avoid, simple versus complex sugars, grains and beans.

The next time you feel a massive craving coming out, and your willpower drops out, when you pull the pin out of the

grenade just please do yourself a huge favor and eat something that is a good cheat food like some of the ones listed above, and not from the list below:

- Pizza (a vegan pizza with nut cheese and cauliflower crust could be an exception to this as opposed to a grain flour crust which is quite harmful — there are even raw pizzas)
- French fries and fried foods
- Soy products and soy ‘fake meat’ (if you’re going to eat a veggie burger or fake meat product, be careful and maybe consider eating something else from the menu instead — because it can be very tough to find a product that doesn’t contain grains, beans, or harmful chemicals and preservatives)
- Breads of all kinds, tortillas, pasta, rice, potatoes
- Chips or crackers made from grains, potatoes or corn (although I understand you have to transition sometimes and I personally used to eat a lot of corn chips)
- Cookies, pastries, cakes
- Candy
- Soft drinks
- Beer

Once again, I don’t have the ability nor would it make sense for me to spell out exactly each food that you should not cheat with in every scenario. I simple want to broadly illustrate to you some of the food types that people are tempted to cheat with — these are the types of foods that, if you follow the advice of this chapter, you will actually avoid eating at all and instead you will choose to consume a much healthier food option.

Figure out how to think about these things, and have an awareness about how different foods can affect you. I know that you can figure out which foods to avoid, and find substitutes which taste as good or almost as good but don't wreak havoc on your body like the worst types of foods would.

In Conclusion:

I would like to offer the sentiment that, as I attempt to help you solve your health problems and go to the next level in terms of your energy and vitality by eating healthier foods overall and more raw foods, please don't make me regret sharing these healthier sort of comfort foods with you!

While these foods can be used as a hack to be used tactically and tactfully, don't use this as an excuse to simply eat vegan junk foods or raw junk foods all the time. Remember that fresh, ripe fruits, herbs, vegetables, and some nuts and seeds primarily are the keys to regaining your ultimate health and energy. These cheat foods are merely a deviation and distraction from that.

Too many people who head down the road of eating healthier actually go on a detour, from which many never return. There are actually many people who end up eating high-protein, high-fat, high salt, and acidic intakes of foods for many years and even decades, even while eating plant-based, avoiding grains and beans, and with a lot of raw foods. It's sort of a conundrum because you would think their avoidance of the worst foods would be healthy enough — but it depends what you wish to do.

If you really want to go to the next level, whether you're committed to solve a serious health problem for yourself, or you're aiming to elevate and break through the stratosphere in terms of awareness and energy, then don't fall into this trap of constantly eating for comfort.

On the one hand, I understand that you don't want to try and stave off your cravings forever because that would be unreasonable and ultimately you'll probably cave in. But on the other hand, you need to be able to summon the power to push through at certain points and decide when enough is enough. Yes, you should use these foods as a stepping stone to get you through a rough period when you can't resist cravings. But ultimately, you can and will find the power within to break free, go to the next level and kick up eating more healthy foods and fruits.

When that time comes, power through and you can do it! Don't fall into a rut, and get satisfied on a plateau because you're feeling much better than the lows you experienced before — go all the way with it.

RapidRegeneration.com/CheatFoods

I hope this guide will help you get there in the fastest and most effective way possible.

Hierarchy of Raw Food Types

RapidRegeneration.com/Hierarchy

The term ‘raw foods’ is mentioned a lot throughout the course of Rapid Regeneration and the scope of different topics which are investigated here. I use this term loosely because this lifestyle is not really about living with strict, unbreakable rules. The exact definitions of what works best for each individual are best sculpted by that individual’s natural intuition and instincts about what works for him or her.

You may have one person who is functioning at their best when they are eating an abundance of fruit and very little vegetables. You may have somebody else who thrives when eating big salads or perhaps a lot of vegetable juices. You may have one person who really can’t stomach many nuts/seeds and feels drained of energy after eating them, and another who seems to do just fine. And so, what works for you is sort of left ultimately up to you — you are the boss of you.

Although every ‘body’ is different to some degree, I do want to address here some basic universalities having to do with different types of raw foods, and some scientific qualities especially with regard to the chemistry of the foods and the effects they create on the human body, so that you can know how to use these tools and how to approach certain situations.

The truth is that not all raw foods are created equal. Some are more friendly to the human digestive system than others. And for this reason, some individuals can get heavy into the healthy lifestyle, and seemingly go ‘all-in’ with raw foods to ramp up their health and vitality to a high level — but many times people can get stuck, stall out, plateau, and block themselves from reaching new heights because of the specific raw foods they choose to eat. In essence, they get stuck in a comfort zone which still creates imbalances in the body and the individual fails to really thrive and get to the next level.

For more specifics and exact foods, please see the segment entitled ‘Raw Foods to Consider Avoiding’, which will document specific foods which can be problematic. For now, I will address this more in terms of generalities and genres of foods.

At the bottom of the hierarchy, you would have your nuts and seeds. These foods are nutritious, and provide a lot of great qualities. I hate to say this because I love a good handful of them, but unfortunately this protein-heavy food is acid-forming. Due to its molecular structure — being heavy on the protein and fat and light on carbohydrates — it requires a lot of digestive activity, stomach acid, pancreatic enzyme creation, and liver activity for the body to transmute these protein and fat elements into usable blocks of energy that your body can actually use to feed its cells and give you energy. This complicated process is more acid-forming and therefore hard on the kidneys as well.

A lot of raw foodists can still run into stagnation and even health problems because they are eating too many nuts and seeds. This is a great place to be for an individual who is transitioning from a high-protein, high-fat modern diet, perhaps with a lot of animal products. But for somebody interested in long-term high-performance thriving with a healthy lifestyle, or for somebody who really wants to deeply detoxify and regenerate their body or reverse a health problem, it would be very tough to get there eating from a lot of this category over a long period of time. For seriously ambitious individuals, this category should be eaten more occasionally.

There are also levels within the world of nuts and seeds. You have to consider the Omega 6 to 3 ratio (an ideal ratio would be close to 1:1), and each nut or seed has its own level of Omega 6 fatty acids which are in excess of how many Omega 3 fatty acids it has. So while the walnut is more protein-heavy than the pecan, making it more acid-forming, it has a more advantageous Omega 6:3 ratio.

Three seeds which are in my experience the most beneficial — and can be added in small amounts frequently to food intake — would be chia seeds, flax seeds and hemp seeds. Both have many nutrients and beneficial compounds, and also have a very low ratio of Omega 6 to Omega 3 fatty acids. I would draw an exception to being at the bottom of the hierarchy for these two ingredients, so long as the portion sizes are not in excessive amounts.

The next level up in the hierarchy of raw foods would be fatty fruits. This is a very small segment of fruits, simply because

there are not a lot of them in existence, and would include avocados, coconuts, and olives. These are foods which are less acid-forming than nuts and seeds, but which are still very high in fat and so they cause the digestive system of the body and the liver to be overworked in order to convert these foods into usable energy and slow down the lymphatic system. These foods also have a very high ratio of Omega 6 to Omega 3 and can throw off the body's natural ratio and balance in terms of fatty acid utilization and inflammation management.

Many individuals who consume raw foods get stuck here and can reach a plateau in their health journey. Now please don't get me wrong — I enjoy avocados and coconut as much as anybody, and I indulge personally myself. In fact for years I ate many avocados daily and multiple times per day, as I found that it was a food that 'took the edge off' and satiated my cravings for fat without having to consume nuts. I certainly made a lot of amazing progress on solving my health problems while eating a ton of avocados.

But, I also found that when I stopped eating avocados most of the time, my energy levels, focus, and performance took a huge leap forwards and I started to reach new heights. It was then that I confirmed that my high intake of fats through these types of foods was actually holding me back.

After making this transition, I no longer craved fat nearly as much as I used to, although I did still have the desire. But I found that I was able to satisfy this desire by instead consuming a small amount of fat and protein from another source. Instead of eating avocados or coconut, I would

instead add a big scoop of chia seeds and a big scoop of hemp seeds into a banana smoothie. I would grind up the seeds first in a small grinder to turn them into a powder to make sure their nutrients could be absorbed. Doing this once per day, I found that this satisfied my desire for fat.

Without these seeds, I don't think I would be able to have given up avocados (which I still eat occasionally as a treat). So you see, the hierarchy is not black and white, and there are some nuances to this, because these two seeds would exist, in my view, at a higher level on the hierarchy than would the other nuts and seeds, and above even the other fatty fruits.

The next level on the hierarchy of raw foods would be dried fruits and vegetables. One way to create more variety in your intake of raw foods is to use a dehydrator, which can help create different textures and culinary experiences which are found in the cooked food world. The water content is removed from these foods when dried, and it is no longer as alkalizing of a food and electrically available, so this would not provide nearly the vitality as would the fresh, ripe, hydrating versions of these foods.

Next up on the hierarchy would be raw, fresh vegetables. Remember your mother insisting that you eat these? Well, your feelings of resistance towards them then were natural so please don't feel too guilty. After all, it appears that humans are not herbivores and we lack the digestive tools to really stomach and process many of these foods which are so fibrous and cellulose-rich.

There are levels within vegetables and certain ones can be problematic, which is described in more detail in the 'Raw Foods to Consider Avoiding' segment. Generally vegetables are a good raw food and provide lots of nutrition, vitamins and minerals, as well as cellular intelligence. They are good for getting fiber into your system, which helps clean the GI tract out, as well as building strength and muscle for those interested in athletic prowess.

Vegetables are an alkaline-forming food, as compared with nuts and seeds, and are generally easier for your body to digest than high-fat fruits. They do have their digestive downsides, including the fact that they are more taxing than fruits to digest because of how fibrous they are. Also, because of their low sugar content, they are less calorically dense and so you can either be left feeling very hungry or would have to eat much more veggies than fruits to satisfy your energy needs. Vegetables have a high electrical rating in terms of how many angstroms of electricity are available in a meal, although they don't have quite as much as fruits do and therefore for increased neurological and nervous system function cannot provide the type of electrical energy that fruits can.

The next level on the hierarchy of raw foods, as we near the top, would be herbs. These amazing species of plants are basically just non-hybridized vegetables and/or leafy greens in many cases, except that they possess special healing properties which give them the quality of strengthening certain systems of the body. I can't say enough good things about these little plants which give so much to the animal species of this Earth. That is why they are right at the top of

the hierarchy, either tied with fruits or right below. I suppose if you could only choose one to live with, herbs would have to go.

At the top of the hierarchy would be fresh, ripe fruits. These raw foods are packed with nutrition, hydration, probiotics, and electricity. They are alkaline-forming and you can't do much better in terms of the ingredients that you are putting into your body in order to fuel, heal, alkalize, detoxify and regenerate (AKA solve your health problems and go to the next level).

There are levels to the types of fruits which you can eat. You can consider the stringent quality of a fruit. Some of the most astringent fruits (in other words those fruits which would pull out the most acidic chemistry and are the most detoxifying) would be lemons, limes, and grapes, followed by other acid fruits, and then sub-acid fruits, as compared with sweet fruits which aren't nearly as astringent.

I am aware of the philosophy that tropical fruits can be more agreeable to the body than fruits that grow in colder, harsher climates. Under this premise, fruits like pineapples, mangos, melons and kiwis would be more beneficial than apples, plums, cherries and pears. I could see how the logic for this would make sense because it seems like humans are originally a tropical species, and we would be therefore eating more naturally closer to our actual native habitat. On an intuitive level, this also seems to resonate, although I do enjoy a good bowl of cherries (and I do think it's true what they say about 'an apple a day').

You can also consider fruits comparing their water content or how much they are hydrating. The banana on the one hand is a great fruit that I personally love and eat all the time which is perhaps more of a structural and strength-building food but is not so much a detoxifier or hydrating food. After all, it is more starchy, solid, and even contains a modest level of fat and protein. Compare this with a watermelon which is basically almost all liquid, or a fresh pineapple or some oranges. If you're trying to hydrate and detoxify your body chemistry, then I believe these more liquid fruits would be a more powerful detoxifier. If you're trying to provide nutrition and build up your strength and eat something more functional, then I would think you could go with the banana as more of a rebuilder.

So there are levels to the world of fruits and while I place all fruits at the top of the hierarchy categorically, there are levels among different fruits that allow them to serve different functions according to our needs. It is amazing how we are provided all the tools we need here on Earth to keep ourselves healthy, well, and thriving (and keep the doctor away).

Within each category, there are also some 'problem children' that for whatever reason seem to cause problems with certain ingredients being digested by humans — more on that in the next chapter ahead.

This whole program is designed to give you the tools to have a higher level of awareness than I had when I started trying to use foods to heal myself and solve my health problems. Had I known a lot of this sooner, I think I would have been much

more effective. I am paying forward this knowledge as sort of a karmic good deed and I hope that it helps you. Please use these insights to heighten your own awareness about the truth and how you can accomplish your goals by using the amazing powers of the raw foods available to you.

Don't delay — take care of business and make it happen.

Raw Foods to Consider Avoiding

RapidRegeneration.com/NaughtyList

This segment more than any other will probably earn me the most criticism, especially from those in the raw food world who are supporting the same mission that I am on — which is to spread this message of self-healing and get information out there on how people can alkalize their bodies and empower themselves to solve their own health problems.

The truth is, regardless of difference of opinions on certain fault lines, we are all on the same team if we are both successful in getting people to detoxify and regenerate their bodies. I don't discount the work that others are doing if they have a different point of view on some of these details, and I definitely don't doubt their intentions.

What concerns me the most are the facts, and the chemical reality of what we are talking about. Everything is made up of molecules and chemistry and physiology, and all foods have a chemical story that unfolds whenever it gets consumed inside of your body. And so as much as I would like to believe in the philosophy of 'if it's raw, it's good', I can't — because I've studied the facts and they say otherwise.

My background professionally is in the investigation and report-writing business. I am trained to discover the truth about a specific thing, and deliver that truth in written word format. If the truth is unable to be ascertained, I'm trained to admit that and explain the context around the attempts to at

least try and find it. And so, please allow me to do the same for you, regarding this subject.

What I have found is that, just because a food is raw, doesn't mean it is suitable for humans to consume. After all, there are individuals out there who consume raw meat and raw fish, but there are numerous issues with doing that including major acidity, putrefaction inside the intestines, and an open invitation to all kinds of parasites. There are less extreme examples of raw ingredients in nature — like certain tree banks, roots and grasses — which are still disagreeable or could even be poisonous to humans.

These items I will list within this segment are the controversial characters in the raw food world — the so-called trouble-makers, which are infamous, cool, and whom everybody wants to hang out with. I invite you to contrast the ingredients I will list out in this chapter — the Raw Foods to Consider Avoiding — with your innocent angels of the raw food world. These benevolent whole foods on the other hand do nothing but help and benefit you, with no controversy, no side effects, no baggage, and no argument from me.

Your true friends:

Bananas

Grapes

Tropical fruits like mangos, papayas

Melons

Oranges and citrus

Kiwis

Pineapple

So many more fruits

Herbs

Vegetables

Small portions of fat/protein, such as from superfood seeds like chia, hemp and flax seeds

With nearly all fruits being your best friends, plus vegetables, herbs, some certain seeds, and other nuts very occasionally, then we will now get into the other raw foods which people so often consume. It took me years — well over five years — to come to realize some of this information and start using it myself. In fact I wish that I had been taught this much earlier on, as I believe that it could have allowed me to make much more swift progress and achieve my health goals much faster.

This is not a law-book, where if you violate it, you'll be arrested by the Raw Food Purist Police. But it is true that nature does have laws, like gravity and many others, and it is very difficult to argue with the laws of chemistry. And so, this is not to say that you can't ever indulge or have these foods, or that you can't enjoy a long, healthy life if you do treat yourselves sometimes from this list — just be aware of the actual balance of the universe and try not to get too out of balance with it.

Please don't be mad at me for delivering to you this 'naughty' list of other raw food ingredients which come with certain issues that you may want to be aware of. I am just the messenger. Trust me — I get it. These are a lot of the 'fun' raw foods which can be used to make delicious meals, especially of the savory variety. I'm not saying you can never eat those things again, and I like those dishes too!

This is not necessarily a black and white issue, as some foods may exist within a grey area. However, as opposed to your straightforwards fruits, and many herbs and veggies, which offer no baggage and no strings attached, there are certain foods which do lurk around in a grey area and the liabilities around eating them are more shady.

My suggestion is simply to elevate your knowledge of these things, and make sure you have a complete understanding of the energy of these different foods. This will allow you to have a higher level of awareness about what is going on. Then, you can decide what to do, and whether you wish to avoid all of these foods or some of them. If you wish to eat some of these ingredients anyway, you can pair your experience of eating them with the knowledge of some of these adversarial qualities and consider whether it is still worthwhile for you to eat them anyway, stop eating them so frequently, just enjoy them occasionally, or avoid them altogether.

Nightshades: Tomatoes, Eggplants, Peppers

This is a toughie because this is such a versatile and wide-ranging ingredient (the tomato especially). I used to eat loads of tomatoes and at first protested at the idea of giving up a fruit that I thought was helping out my prostate and overall promoting good health in the body — but I did advance to a higher level of healing after moving on from eating frequently out of this category.

Tomatoes and bell peppers contain a chemical which can be considered toxic to our body called solanine which can also

interfere with proper nerve activity because it blocks cholinesterase. Tomatoes also contain a lectin which creates an immune response and causes the body to produce antibodies which can create an inflammatory event inside the body.

The auspiciously named 'nightshade' fruits are very resistant to pests in the wild, but this can also result in some level of chemical toxicity that causes issues when consumed. Many professional athletes are aware of the risks of excessive inflammation when eating nightshades, including tomatoes, eggplants and peppers, and wish to reduce or eliminate this risk and so choose not to eat them.

Peppers / Hot / Spicy Foods

This is another challenging one because of its ubiquitous use in the culinary world. This one is difficult to avoid if you're eating food that others prepared, because some of these ingredients like crushed peppercorns (black pepper) are a chef's best friend. Definitely make sure to have an awareness and, if you can help it, don't go out of your own way to irritate your own self by preparing meals using this.

Besides being a nightshade fruit, hot peppers, including black pepper and cayenne pepper, are irritating to the body's system overall. This heat is overstimulating to the gastrointestinal tract which creates excessive mucus creation. This excessive amount of mucus can cause all kinds of congestion, blockages, and prevention of a natural flow and ease to the body's function. The hotter the peppers, the more overstimulating and irritating they are to the body.

While there are some benefits to peppers and the elements of heat, as evidenced with cayenne pepper with the cardiovascular system for example, and these gains are often recommended within the natural wellness community, just consider these short-term gains as a trade for long-term problems.

Ginger

Similar to hot peppers or garlic, ginger can be overstimulating and disruptive to the body, potentially causing mucus formation and harming colonies of good bacteria and probiotics in your gut's microbiome. It is not really a natural food that we would eat in nature, but we seem to make it quite available nowadays to add to a juice or smoothie. There are no doubt benefits of ginger, but the liabilities seem enough to consider leaving it out of your next juice.

Onions, Leeks, Chives

These ingredients are savory and tangy and deliver a certain satiating flavor which is comforting, especially after giving up the standard modern diet full of synthetic and over-stimulating savory flavors. This was another one that was challenging for me to phase out of foods that I had been preparing for myself, and I couldn't imagine life without this food. Honestly though I did not miss it much after it was gone. Occasionally nowadays I'll consume some by happenstance while eating out or with friends and it will remind me how I really don't miss this pungent taste.

These foods are part of the alliaceous plant family, which is notorious for millennia as being sort of ‘problem children’ of the food world. Historically, both Taoists from China and Hindus from India avoided these ingredients and cited all kinds of esoteric negative effects that these foods are purported to have on an individual, which according to them causes harm to the lungs, spleen, liver, heart, and kidneys, and in the bigger picture creates aggravation, agitation, anxiety and aggression in an individual.

From a more scientific point of view, it is true that these ingredients in the onion family are high in sulfenic acids, which are created when the flesh of the onion is torn apart. Your eyes don’t lie as they tear up in reaction to the harshness of this chemistry. You can also feel the onions, leeks and chives inside of you while they are being digested which feels like a bit of a burn. This is the same sensation as your eyes were feeling, except inside of your body — not good.

There are some benefits which can be felt and observed from onions and co., as it is a stimulating food much as hot peppers are. Ultimately, you are over-stimulating certain systems of the body, while overall causing chemical detriment over the long term.

Is the unique flavor really worth the chemical baggage? Try abstaining from this weird group of plants that taste so bitter and pungent when eaten in their raw form, and see if you actually feel better, sweeter, and more elevated without them.

Garlic

Garlic also belongs to the alliaceous plant family, so all of the above qualities for onions, chives and leeks also apply to garlic. Garlic gets its own category through because as a food it truly is in 'a league of its own'. One of the most chef-y foods out there, garlic is used in the food world about as widely as any other ingredient.

It is also touted by many mainstream foodies as well as health and wellness experts as containing many beneficial properties. Garlic is stimulating to the cardiovascular system, which people notice a benefit from, although you could argue it is actually over-stimulating. Garlic also is a natural anti-biotic, anti-fungal, anti-septic, and so forth.

While this could be considered a good thing if you are full of parasites and very toxic, once you are cleaned out and have a healthy, balanced micro-biome of probiotics, then garlic can be considered actually too harsh in its ability to kill bacteria of both good and bad variety, which it does indiscriminately — so it can jeopardize your colonies of good probiotic bacteria. Ultimately, your immune system, if working properly, is the best candidate to kill harmful organisms because it *can* discriminate between good and bad bacteria while the garlic you ingest does not.

There are other issues concerning toxicity to the powerful, pungent plant that is garlic. Chemically speaking, garlic contains sulphone hydroxyl ion which actually penetrates the blood-brain barrier. It also contains allicin, causing excessive permeability in certain tissues which allows molecules to

penetrate where they otherwise wouldn't. Also, garlic can interfere with liver functions including the ability to efficiently process lipids and create cholesterol.

As you can see, garlic is a disruptive entity which can be quite disharmonious with our body's natural ease of functioning. Trust me — this was not an easy one for me to let go. I used to love the stuff and couldn't get enough of it. A lot of people can't handle raw garlic but I really grew to stomach it, so much so that my mom used to complain about the smell coming out of my skin! After having cut it out, I must say I feel much better overall, and have a longer-lasting more dynamic energy, as opposed to a stimulated satiation from the savory indulgence of garlic.

Did I mention that my dating life much improved as well after going 'off the clove'?

Cacao / Chocolate

The chemistry of this food is highly acidic, even in its raw form. Cacao and raw chocolate contain high amounts of oxalic acids, which creates over-calcification inside of the body, as a reaction to over-acidity, and which can even lead to calcium stones — need I say more?

Cruciferous Vegetables

Sorry if this is a bummer because I agree that these are tasty foods, especially when steamed or cooked. I am not trying to rain on your parade — I am just trying to enlighten you about some of this lesser known raw food information so you can

achieve your health goals. This category includes broccoli, cauliflower, kale, collard greens, Brussels sprouts, cabbage, turnips, mustard seeds, radish, arugula, and watercress, among other vegetables which are more obscure.

These foods contain goitrogen substances. These compounds are shown to interfere with the thyroid gland and its ability to regulate iodine, other hormones, and maintain metabolic and overall balance within the body. More specifically, these plants contain isothiocyanate which are known for decreasing thyroid function by blocking peroxidase and interfering with communication being sent back and forth within thyroid cells.

These are also heavy vegetable foods which are more fit for a herbivore-type animal to be chewing and digesting them. There do exist some benefits, as these are nutritious raw foods and have good qualities to be rendered to you when you consume them and their vitamins and minerals. However, their interference with your body's nature harmony is likely to outweigh the good qualities that you may get.

It is this uncertainty and potential for issues that can cause a food like cruciferous vegetables to be recommended as avoidable rather than consumable due to being a 'mixed bag' and not a simple, straightforward healthy food.

Excessive Salt & Salty Foods

We know that the body needs sodium as an essential mineral, and we must consume it to survive. The type of sodium that I like to consume — in the form of a green

powder which is dried barley grass juice — is in the ‘post-plant’ form, meaning that the sodium from the natural elements has been bonded with a plant and is delivered in a more balanced, synergistic way.

Processed salt products would be considered ‘pre-plant’ sodium. Consuming the isolated mineral itself, such as sea salt or Himalayan pink salt, etc., is not an ideal way to obtain enough sodium, and comes with its own controversy. Consuming minerals in an inorganic form means that they are not balanced out as they are in plant form for maximum absorption and utilization.

As much as it is touted as natural, keep in mind that sea salt is processed heavily, using industrial machinery, heating (making it not a raw food), and the addition of chemicals added to it in many cases — this process also can cause it to be stripped of other synergistic trace minerals.

Although both are mostly made of sodium chloride, sea salt is not as bad as normal processed salt, which is also known as table salt. This concoction is cooked at high temperatures, and as a result all supportive and balancing trace minerals are removed. In addition, chemicals are added to it to preserve it and/or give it that snowflake-like texture, such as aluminum hydroxide which can be considered neurotoxic!

Regular salt is used so ubiquitously in the food world that it is really quite difficult to avoid completely if you ever eat in restaurants or eat food prepared by friends or family. If or when this happens, you may feel an unfortunate, negative

affect on your overall body and energy after consuming this chemical powder.

Chemical-heavy mainstream table salt aside, many individuals who are enthusiastic about raw foods end up consuming excessive amounts of salt in its not-as-bad form such as sea salt or Himalayan salt. It is difficult to gauge how to consume just the right amount of sodium in this fashion while tolerating the downsides of isolated 'pre-plant' sodium.

Too much sodium overall is dehydrating, creates water retention, and causes a dilution in the body's natural chemistry. If you are trying to really elevate your results of detox, cleaning out the body or healing, eating salt would be a great way to slow down or halt your detoxification, or dilute the alkalization of your body chemistry.

Also keep in mind that there is a special sodium / potassium ratio that is essential for nervous system balance and function optimally. If you get too much of either element, this throws off the function of the cells and can cause your entire nervous system to function below capacity.

Salt is also incredibly addicting, and I know you know the food industry knows this. It can throw off a good balance and a good progression of momentum for somebody who is on a good kick with their healthy foods and their alkalizing lifestyle, but then eats a really salty meal. This can be the catalyst for cravings to come creeping in the following day, and then a 2nd 'cheat meal' ensues, followed by a 3rd cheat meal the next day — this can be a vicious cycle to break because of the addictive, habit-forming pull of the white

powder. In my experience, after an individual is not really consuming added salt, he or she rarely misses or craves it.

Once again, sodium consumption is not a black and white issue, and there are shades of grey involved. But to summarize the best balance I have found, the best route is to avoid processed, isolated forms of sodium as much as possible. If you absolutely are going to add salt, it would be much better to add a natural product like sea salt as compared with table salt. Ideally, it is recommended to consume a plant-paired form of sodium, which should help with both body chemistry, sufficient mineral intake, and cravings for salty foods, like the one here:

RapidRegeneration.com/GreenPowder

Do tread carefully, because overconsumption of sodium via processed salts is where a lot of people sabotage themselves, willingly or not, after they have discovered the power of raw foods but then reach a plateau. It is upon this plateau that many men and women stand and wonder why they are not progressing any further towards their health goals.

Fermented Foods

This category includes things like pickled vegetables (pickled cucumber, okra, cabbage), sauerkraut, kimchi, vinegars, and I'm sure I am forgetting some other examples. There are upsides and downsides to consuming this type of food, in which case the sugars have fermented and turned into sugar

alcohol. Since these products have not been pasteurized, the microbes living in and around the food have proliferated.

The benefit of eating these foods is that they offer an abundance of bacteria, many of which are beneficial (AKA probiotics). The other benefit is that these foods are savory, tasty, salty, and delicious. This taste can provide a satiating sensation especially for somebody who is trying to transition to eating healthier foods and so this can be a good transition food.

The downsides are that, due to the fermented sugars in these foods which have already turned, this is an acid-forming food for the body to digest. You should be able to feel the acidity in your mouth — for example if you take a spoonful of vinegar that would show you right there. Ultimately, for this reason this is not a vital food which will promote alkaline chemistry in your body.

Also, it is possible to overstimulate too much bacterial activity in the body. Any time you are eating fermented foods, this is essentially providing your body with an abundance of sugar alcohol, which is difficult and acid-forming for your body to digest. Not only that, but your body will need serious help to completely decompose the resulting chemistry from colonies of bacteria. Your small intestine absorbs sugar alcohol at about half the rate as regular sugar, meaning that much of it will be left to ferment and be processed by bacterial decomposition instead.

The more of these types of foods you eat, the more your body will become colonized by bacteria which thrive on

sugar alcohol. This can include an overgrowth of things like candida (which many people have negative experiences with), fungus and yeast. These things are all fine within balance and moderation, but if you have an overgrowth of these bacterial and fungal forces in the body — trust me — this is a recipe for you not having a good time. The overgrowth of these life forces can sap somebody's energy, cause mood swings, even create psychic effects, and of course can affect an individual's appetite and craving for more foods which are acidic and unnatural but which will continue to feed these colonies — thus perpetuating the cycle.

Make sure you do a parasite / harmful organism cleanse to make sure cravings for fermented foods are not coming from outside of own volition. If you're looking to grow the good bacteria in your body, rather than eating these fermented foods, I think a much better and more balanced way to do this would be — in addition to eating fresh, ripe foods which are full of good bacteria — to use a good quality probiotic supplement.

RapidRegeneration.com/ParasiteCleanse

&

RapidRegeneration.com/Probiotic

Refined Sugar

Be careful of refined sugars, because their use in food products and restaurants is very common. This complex sugar product from sucrose creates an acidic condition when

ingested and calls upon the body to create excessive mucus as a response.

Many processed cane sugars are processed using bone char, which is used as a decolourising filter to change the color from brown to white, which means you are consuming bone powder from cows. Some brands don't use bone char and instead use granular carbon or an ion-exchange system — this is still highly unnatural and adds additional chemical processing to the food.

If you must add sugar into a home-based recipe, some alternatives to refined sugar would be date sugar or coconut sugar. Definitely avoid this other pernicious artificial white powder (processed sugar) because it keeps many people in a condition of poor health — don't let that happen to you!

Grains, Beans, Starches, Overly Starchy Vegetables and Fruits

The recommendation of not eating grains, beans and starches should be apparent at this point, and is covered more extensively in another segment. In summary, all of these foods cause excessive acidity inside the body during and after digestion.

This category can include foods like butternut squash, pumpkin, jicama, palm starch, cauliflower, carrots, beets, underripe plantain, and of course your standard starchy foods, like potatoes, sweet potatoes and corn, as well as grains that somebody might eat raw like sprouted grains (such as buckwheat or millet) and beans like garbanzo beans.

So let's say you eat a fruit or vegetable which is high in starch, meaning that this food is high in complex sugars. When you consume complex sugars, it creates a lot of work, stress, and acidity in your body to digest and process that food. When you eat a piece of sweet fruit and digest the simple sugars in it, you enjoy an electrical, alkaline, harmonious connection with that food. When you eat a raw food which is starchy and full of complex sugars, you are eating an electrical, raw food, but the result on your body is still acidic.

Peanuts

The peanut is not even a nut. It is a legume (a bean). Therefore, consider it a bean, and consider all the things you have learned about beans/legumes within Rapid Regeneration and the harmful dangers of the chemistry of beans, whether they are consumed cooked or raw. So it's almost redundant to put this in a separate category, but I still see people interested in health consuming this food haphazardly thinking it is a nut.

Please don't ever forget — the peanut is an imposter, posing as a nut. I am sad to say that because it is delicious. If you're craving nuts or nut butter, then reach for a real nut or proper nut butter and leave the peanuts alone!

Oils

Oils are a processed substance and fractionated, meaning their molecules have been significantly interfered with — it is

no longer a 'whole' food. An oil is a rather unnatural thing for your body to encounter. Although it's normal to consume a certain amount of fats and oils within other foods, in the realm of nature, it really wouldn't happen to ever consume oil by itself in an isolated form.

Oils which are heated are much worse, because the chemistry completely changes when exposed to heat. This becomes harmful once consumed, although you can find 'extra-virgin' or raw versions of oils which are processed without heat.

The liver gets overworked when a high amount of oil or fat is consumed, and also there is an effect on the lymphatic system which is a lipid-based system in itself. The lymphatic cleansing process can be diluted and slowed down due to overconsumption of fats or eating oil. This, in effect, is a way to slow down your body's speed of detoxification, cleansing and healing.

Also, there is an issue with the Omega 6:3 ratios in the ingredients used to make different oils. This can lead ultimately to a deficit of Omega 3 anti-inflammatory fatty acids, if too many Omega 6 inflammatory fatty acids are consumed.

Ultimately, oils have benefits, especially certain ones like virgin flaxseed oil, but this can cause an unnatural imbalance within the body and this ingredient would better serve you if you consumed it in its whole form while still attached to the matrices of the food.

Avocado, in Excess

The ideal ratio of Omega 6 to Omega 3 seems to be 1:1, or close to it. The ratio in avocados is 17:1. The body needs to have a good balance of the two in order to thrive. Avocado is also high in fat and protein. This can result in an overworked digestive system if this is consumed in excess, compared with your fruit and vegetable intake which are simple sugars and very easy for your body to consume. The digestion of high amounts of fat and protein can also slow down the potency of the body's lymphatic system. As you get further and further into your regenerative journey, you will surely notice that protein and fats being consumed will pump the brakes on your body's detoxification process and natural healing velocity.

This is not to say never eat avocados, and I am not a purist or some monk who lives up on a hill and abstains 100% from certain pleasures of life. But simply, if you are going to consume fat and protein regularly, you would be better off consuming a more balanced ratio of Omega 3 to Omega 6, like chia seeds, flax seeds, and hemp seeds, or perhaps ideally a combination of these for a good balance.

When I transitioned away from avocados in spring of 2021, and began instead consuming a moderate amount of these seeds, my life changed pretty dramatically. Prior to that, I always felt a bit sluggish after a meal with avocado and felt I was being dampened in terms of energy or that I was riding out some kind of plateau which had been going on for a couple of years.

When I changed up where and how I was consuming fat and protein, my energy levels exploded. I no longer had any dip in energy after a meal, and my days were more filled with a long-lasting, dynamic energy. My focus and drive were heightened to new levels of performance. I have to give credit where credit is due. I had had an instinctual feeling that avocados were not ultimately serving me at that point — as much as they had helped me over the years — and that intuition was right on, because it was validated once I made this switch.

I love avocado and still eat it. This list and this segment in general is not to create some rule like a Catholic nun banning you from ever indulging in something. But, while I will have it as a treat sometimes, it's no longer a main food source for me.

Many wellness individuals who promote raw foods are missing this piece of data. Just having the level of awareness about what this food does will give you great power in whatever you wish to decide to do for yourself over the next many years.

Coconut, in Excess

Coconut is a beautiful, unique, sweet and sumptuous tropical fruit unlike any other. It is a delicious treat and there are many benefits derived from its properties. With all that in mind, let's consider why it can be detrimental to consume excessive amounts of this food.

On the note of the Omega 6 to Omega 3 ratio, the ratio for coconut is actually Infinity / Zero. This is because coconut does not contain any Omega 3 fatty acids. This can be problematic in terms of creating an imbalance with the body's fatty acids.

Coconut is a strange food, in that it is fatty, but also is a fibrous food with almost a very chewy consistency. It creates a slowdown for sure in the body's natural detoxification efforts due to the high amount of fats and lipids being absorbed and digested when consumed. My personal experience is that I will feel a bit bloated and my energy gets devoted or re-directed in my body to digest this complex food.

Enjoy it sometimes, and it is a great food as a buffer when you are transitioning or really getting overwhelmed with intense cravings that you just can't stave off. In terms of fun, there are a lot of neat raw food creations which use coconut as an ingredient, which are sweet and delicious and creative. Just be careful not to overdo it with portion size, and be aware of potential food combining issues when mixing your sweet sugary ingredients with coconut because it is high in fat and contains a moderate amount of protein.

Nuts and Seeds, in Excess

Nuts and seeds are a delightful food, and bring their own unique energy to the world of raw foods which really wouldn't be complete without them. These are very dense foods, which have their own genetic intelligence just as you would

get from the raw electrical transfer when you eat any raw food.

For somebody transitioning to eating healthier foods, nuts and seeds are your friends for sure, as are nut and seed butters, and raw sauces, toppings, dressings and dips which are made from nuts and seeds. This will satiate that craving for something fatty and protein-rich.

All things considered, these are acid-forming foods. When digested, due to the nature of how these proteins get processed, it leaves behind a wake of acidic chemistry in the body. As delicious as they are, and while I'm sure we could survive on eating them for a long time in many cases, they fall on the acid side of chemistry and that's the side which compounds all these health problems that we're trying to eliminate and stay away from in the first place.

Ultimately, after you have transitioned to a healthier lifestyle, you may want to consider consuming more of the raw foods which are creating alkaline chemistry, which are more your fruits and vegetables. I will point out one exception to this, which is including a regular dosage of flax, hemp, and/or chia seeds in a moderate portion size.

If you are really feeling a sense of urgency about solving your health problems ASAP, do not delay — don't keep one foot in the alkaline world of fruits and the other in the acid world of nuts and high proteins. Press your foot on the gas and turn up the alkalinity because that is what your body needs to purge out acids, toxins, wastes, and to create an

environment where your body, mind and spirit can regenerate at a rapid pace.

There's no need to make this a black and white issue, or be abstinent completely from this category. Just be aware of the double-edge sword that nuts and seeds represent. Be aware of the nuances between the different types because they're not all made equal. Definitely be aware of food combining which can compound the acidic blowback of eating nuts if improperly combined with other types of foods.

In addition to the acidic nature of high protein content being digested, you may also find yourself stumbling over roadblocks because you are consuming too many nuts containing too much Omega 6s and not enough Omega 3s. Different nuts and seeds have differing amounts of Omega 6 to Omega 3, and so you can still achieve a pretty balanced ratio, depending on the nuts and seeds that you choose to eat which can create balance and a major benefit within the body.

Definitely enjoy the bountiful gifts of nature with nuts and seeds, and the delicious, nutritional and intelligent qualities they give us — just be aware of the nuances of what you are eating.

Alcohol

This could technically be a raw food — while many alcoholic beverages are cooked and brewed and so forth, there are alcohols out there which are basically raw, and are simply

fermented sugars. Obviously there are many reasons why this particular item could be considered one to avoid.

For sure, you would want to avoid alcohol which is made from foods that would be considered acidic harmful foods containing complex sugars — things like barley, grains, rye, and potatoes. But what about alcohol made from foods which would be beneficial to eat in their original form? Like wine from grapes? What about tequila from agave? Or how about other alcohols made from different fruits which are out there, like oranges, lemons, strawberries, and many others?

When simple sugars ferment, they turn into sugar alcohol. This is simply Mother Nature's process if you leave something out unattended and uneaten for a period of time. So in essence, you could even make your own alcohol when you let something sit for awhile in your fridge or pantry and let it go past its time and keep fermenting.

Just keep in mind that once the simple sugar has turned into sugar alcohol, the result on the body is an acidic one, rather than an alkaline result that would have been produced if that simple sugar had been eaten while ripe. The small intestines cannot properly digest sugar alcohol, and so you are therefore depending on that ingredient to rot throughout the intestines and let bacteria decompose this food. By the end of this process, this would be considered an acid-forming food.

I am not an expert on the process by which most mainstream alcohols are made. I suspect there are other synthetic ingredients, additives, and/or preservatives added, which

would definitely be recommended to avoid. However, even if you find a product which is made from ingredients like fruits, and made without being heated or without other harmful ingredients being added to it, just keep in mind you're still playing around with the acidic side of chemistry and there is likely to be blowback on the body's tissues.

The harmful effects of alcohol are shown to be detrimental to the mouth, esophagus, stomach and stomach lining, gastrointestinal tract, liver, heart, cardiovascular system, nervous system and brain. As much fun as alcohol is, there is a price to be paid in terms of health, wellness, and longevity (for more on this issue, please see the segment entitled 'Caffeine, Alcohol, Marijuana and Other Stimulants'), so this would be one beverage that you may want to consider avoiding.

Kombucha

Kombucha is a milder form of alcoholic beverages basically. This is not a raw food, because it is brewed, but it is worth mentioning because it's so commonplace and I see many people consuming it who are interested in natural wellness.

Although I can see how it would be thought to be beneficial to consume a beverage which can provide many probiotics, this drink is full of fermented sugars. Like any fermented foods, it will require extra help to be digested and processed beyond your body's natural ability to digest ripe foods. And so, this will stimulate an overgrowth of fungus, yeast and candida in your body. This can lead to many issues and problems which are not fun at all and many people's lives are

very negatively impacted by being taken over by these microorganisms.

Nutritional Yeast

Nutritional yeast is not really a raw food, but this fungus-turned-food-product is worth a mention. This is made by culturing a yeast and then cooking it with heat to kill the yeast before it is made ready for consuming. Aside from being cooked, be careful with this product especially because so many nutritional yeasts have an ingredient added which is a synthetic form of B12 that is extremely toxic known as cyanocobalamin.

Certain Teas

This is not really a raw food either but needs to be addressed too because of its widespread use. Many teas like your classic English teas, and unsweet tea here in the US can contain high amounts of tannins, alkaloids and acidic compounds which can be toxic and harmful to the body, overwhelming the liver and kidneys.

There are herbal teas that are much gentler and do not contain nearly as much of these harmful compounds. I personally have enjoyed certain herbals teas which use certain healing herbs and have experienced their therapeutic properties firsthand. Just be careful and discerning with what you choose to consume among all the different concoctions which are available and know that there could be some downside.

Mushrooms

The overall takeaway on mushrooms is mostly agnostic — they don't seem terrible but may have some issues.

Mushrooms don't really possess any nutritional benefit and provide no traditional nutrition to the body — they are a calorically empty food. There are some observed benefits from mushrooms which can't be ignored so I will note that for sure and I have experienced the benefits firsthand.

However, the presence of mycotoxins from fungi consumed can result in inhibition of protein synthesis, interference with the immune system and white blood cells, and blockage of the respiratory system and other systems in the body. There is potential risk of some issues and creating dis-harmony in the body when you consume mushrooms. Overall, I'm not too worried about them but my approach would be to consider airing on the side of avoidance if in doubt.

Carbonated Water

This is a toughie because I love a cool, refreshing glass of sparkling mineral water. However, consider not sucking these down on a regular basis because the carbon dioxide which is pumped into the H₂O does create an overall acid hit when consumed — you should even be able to feel this in your mouth, throat, chest and belly.

I'm not saying you can't ever have it and I've been known to still drink it from time to time such as at a bar. There was a time when I was enjoying a glass bottle of sparkling mineral water so much that I started drinking it every day. I did notice

a negative effect and at this point started looking into this — sure enough, the mineral water itself is extremely beneficial but the carbon dioxide chemistry is acidic and not a health-promoting combination.

Honey

Honey is a sweet treat that we get quite easily in the modern world but would have been slightly insane to harvest back in a natural anthropological setting. Intuitively, honey wouldn't really make sense to eat without modern equipment to prevent ourselves from getting stung so it is a bit unnatural on some level.

There are certainly some benefits touted about honey which are worth noting. However, honey often contains bacteria which can be toxic and cause the immune system to be overworked.

I went through a big honey phase but really lost my taste for it over the years, and don't seek it out or crave it much anymore. Overall, it's not terrible, and there are some upsides, but it also has some issues that could affect you if you eat it.

In Conclusion

I want to be clear that this chapter is all about extra credit — everything is relative, after all. If you were just recently eating burgers, French Fries, pasta, cookies and sweets, then going to any version of eating more raw foods is going to be a zillion times better and you should expect to see massive

improvements in alleviating your health problems and promoting your overall wellness.

If you are transitioning from a diet of cooked, acid-forming foods, then please do not worry too much about all these nuances for now — consider it for a later time, after you have swung much closer to the alkaline side of chemistry and transitioned into more of a healthy lifestyle, eating many fruits, raw foods, and herbs.

The higher up you go in terms of achieving your goals and elevating your vibrations, you will likely find that you'll feel bottlenecked or roadblocked from some direction, or like you're slowed down to some degree in achieving your wellness goals. If you are experiencing that, then this would be a good time to actually heighten your level of awareness about the different consciousness and qualities that exist within different raw ingredients.

Try playing around with this knowledge. Remove an item from the menu of what you are eating, substitute in something else, and just see how that feels for you. If you are feeling extra ambitious and want to earn some extra credit — and are ready to throw more fuel on the fire of your own success in achieving amazing wellness and eliminating health problems within your body — then go ahead and be very discerning and selective about which raw foods you wish to cut down on or avoid.

I have put much effort and I thank God for the discernment to be able to distill this information and bring it to you, as I am confident in this refined list. The path that it will put you on is

the highest-possible velocity to connect you with your health goals.

Discerning Outside Threats, Bacteria, Germs and The Immune System

RapidRegeneration.com/Immune

This is a contentious topic, and one where I think you will find there are extreme opinions on both side. On the one hand, you will find people who want you to go through life like a 'Bubble Boy', pumping gas while wearing latex gloves, sanitizing hands after each handshake, and living in a sterile environment devoid of any life. On the other end of the spectrum are individuals who would say bring on maximum outside organisms and the more the merrier — touting the beneficial qualities of bacteria inside the body — and so go ahead and eat food off the floor, let people sneeze on you, and French kiss anybody who is willing.

I am obviously painting a bit of caricature of both sides of this issue. In my view and experience, the truth lies somewhere in the middle of these two approaches.

I do acknowledge the amazing power of beneficial bacteria, considering how vast and expansive your microbiome colony is. These helpful probiotic bacteria help to break down matter inside your body, especially acidic toxic materials and waste. When the bacteria consumes this material, they then excrete out the processed toxins in its own waste, which typically has a higher pH (the bacterial waste is more basic/alkaline and less acidic than the original toxins consumed). Therefore, it is easier for the lymphatic system and kidneys to then filter out the remaining chemistry — these bacteria are doing you a big favor.

I can also appreciate the logic behind the immune system getting strengthened and/or conditioned from some level of stimulation from the outside environment. Your immune system is an intelligent network and learns from data inputs. An outside threat gets exposed to your body and then your own defense mechanism builds up an immunity and cellular intelligence to protect against that specific harmful entity. Without any exposure to actual threats, the immune system has nothing to learn from and prepare for and becomes weakened.

There are indeed some compelling arguments for the need to have a bacterial interaction with this world we live in, in terms of fostering our relationship with beneficial probiotics, conditioning our immune system to be strong, and receiving natural exposure to have our own thriving microbiome and independent immunity towards all manner of threats that go on in this world.

With all this said, I am not recommending that you go into a butcher's shop and start licking all the countertops, prepare your meals on the kitchen floor, go weeks without showering, or go to bed without brushing your teeth. There is a level of common sense and intuition involved that is equally critical.

Keep in mind the actual need to avoid poisonous toxins and chemical pollutants to your body. For example, dust mites are very common, but are not particularly harmful if consumed into a human body in terms of being an existential biological threat. However, these dust mites create their own wastes, and these wastes within a human body are toxic and

acidic and would be detrimental. So the same areas that you may feel like avoiding because of some actual biological threat of a real harmful organism (a dirty floor, a public bathroom toilet, a stray alleycat) are likely to have threats not on a biological level but which are chemically toxic contained within the same area, so it is actually understandable that you would want to avoid contact with certain spaces.

There is also a legitimate logic behind the fact that there are harmful organisms, invasive life forms and parasites that you would not want inside your body — this is the whole point of your immune system. As great as beneficial bacteria is (the body recognizes this so that your immune system doesn't eliminate this population) there are organisms which your body clearly perceives as threats. Your immune system has very sophisticated methods it uses to identify and eliminate these threats, as well as maintain a natural defense against any future threats of the same nature.

Harmful organism and parasite cleansing is covered in another segment in greater detail, and by now you know that these species are very, very antagonistic towards the healthy, high-level functioning of a human being. It is absolutely understandable for you to wish to avoid exposure to these things in your environment.

RapidRegeneration.com/ParasiteCleanse

Use promo code RAPID for 10% off.

I know individuals who are so gung-ho about beneficial, probiotic bacteria that they will eat food from the ground, just as one example, and basically will extend an open invite

towards any kind of foreign inputs to be welcomed into their body. They insist that there is no need to be careful about what we're exposing ourselves to because our body lives in harmony with bacteria.

My view on this is that I recognize there are three types of relationships in nature: Mutualistic, Commensalistic, and Parasitic. Mutualistic relationships mean that both species are benefitting from the intermingling relationship (such as probiotic bacteria). Commensalistic relationships happen when one species benefits and the other species is neutral or basically doesn't experience any difference. Parasitic relationships occur whenever one species is exploiting another species at the expense of that other species and causing them harm.

We all know that parasitic dynamics exist in nature and so then why would you invite any willing guest into your body so liberally? Doing so is only going to create extra work for your lymphatic system and immune system. If you have a choice to use a knife that was just used to cut raw meat to cut up a piece of fruit, or to use a different knife — by God, use the clean knife! Why give yourself a parasitic infection that could take much effort and expenditure of your immune resources and/or herbal stimulation to eliminate out of your body? I'll bet you have enough problems with parasitic relationships in the real world of humans, without needing to worry about extra troubles from microscopic or biological scroungers.

When I first started to get myself really into detoxification and was cleaning myself out deeply, I will admit that I did become a little bit obsessive, as I was myopic at the time about

cleaning out my body of toxins. I would do things like fastidiously wash all of my food, clean my home and car with a natural cleaner regularly, and sanitize my hands with a natural hand sanitizer after being out in public for a while. Some people such as my close family would have described me as a bit of a 'germaphobe' during this time, and I was teased about this because I was sort of behaving like a stereotype.

Now, years later, I've definitely relaxed and loosened up. I don't worry so much about washing hands or obsessing over a spotless environment, although I do still maintain an awareness about the level of toxins and/or potential harmful organisms in an environment. I think this may partly have to do with how healthy and radiant you can become and in turn the strength and resilience of your immune system. Back in the beginning, frankly I felt weak and overloaded with toxins and I was really dead-set on helping out my immune system by not overloading it with additional liabilities. After a few years, and definitely after doing multiple rounds of parasitic and harmful organism cleansing, I felt much more confident in my own immune system's ability to handle whatever it might get exposed to.

I am happy to say that I am a much more laid back individual nowadays about this stuff. There are still things I am careful about. I still don't like to walk around barefooted in a gym locker room, shower or sauna. I do filter the air inside of my home using a high-grade air filtration unit. I am very disciplined about oral hygiene and every night I take a shower before bed and fall asleep in clean sheets. I am also

more careful about who I French kiss with, although I definitely don't mind a few extra germs here or there.

My immune system seems like it is very strong now. Even without really being careful about physical contact with other humans, or even after my sick nieces cough in my face or put their fingers in my mouth, within the last several years it seems like I still haven't 'caught a cold' or fallen ill because of some such exposure.

The last note I'll touch on is that after you gain a higher level of awareness about harmful organisms and their proliferation — especially after you get yourself cleaned out and healthy — you may very well look at sensual relationships and physical intimacy differently. You may end up finding that your old lover just doesn't taste as sweet anymore. The cleaner and clearer your body gets, and as your awareness grows, so too might your sensitivity towards individuals, especially who may be full of toxins and/or harmful organisms or parasites. This is not necessarily easy to navigate, but just be grateful to your body's own heightened intelligence about this and 'go with your gut' in terms of how to associate yourself in this ever-evolving bio-electro-chemical world that we live in.

If you do feel the need to neutralize your environment and/or lower the risk of exposure to harmful organism and/or poisonous toxins in your surroundings, here are the natural products I have used over the years:

Produce Wash:

RapidRegeneration.com/ProduceWash

Household Cleaner

[RapidRegeneration.com/Cleaner](https://www.RapidRegeneration.com/Cleaner)

Hand Sanitizer

[RapidRegeneration.com/HandSanitizer](https://www.RapidRegeneration.com/HandSanitizer)

Home Air Filter

[RapidRegeneration.com/AirFilter](https://www.RapidRegeneration.com/AirFilter)

Good luck.

How to Go Through Detox While Holding Down a Regular Job

RapidRegeneration.com/Job

One of the things that may hold people back, or keep them from making progress in terms of solving their health problems and achieving optimum health is the fact that everybody has to make a living on this planet. This is indeed a toughie. It seems that before we get the chance to work on ourselves, we have to pay the piper first. In order to maintain an economic system of exchange, most of us have to put in the hours serving somebody else just to pay the bills and put food on the table before we can take time for self-care.

How do you construct a life where you can make a comfortable living doing something you enjoy and where you have bandwidth, freedom and creativity? This is obviously a big question which ultimately is outside of the scope of the information here in Rapid Regeneration. I would not describe myself as super qualified to advise in this area at the time of writing because I am still working on creating more of an ideal scene for my own life. I have figured out a few things in terms of how to earn a comfortable living and also balance that with achieving results in other important areas of life such as eliminating health problems and achieving wellness goals.

What I would like to focus on is the scenario which is what most people experience — not having the dream job, but rather having some kind of stressful obligation where somebody has to work hard and in return earns a living and

thus progresses forward through life in this way. If this is you, then how can you now — on top of that foundation — achieve your health goals? That is what I've managed to do since really going after my health problems aggressively starting in the summer of 2015.

To summarize this experience, when I was first going through detox, regeneration, and rebuilding myself while holding down a job, this made things more challenging at work initially. Ultimately, once I really starting feeling great and after achieving extraordinary levels of energy, work became far easier than it ever had been and I began running circles around my peers.

My message overall is that this task can absolutely be accomplished, and you can do it. Do not let your vocation or your business hold you back from your #1 job — which is to make sure you enjoy a long, healthy lifespan free of health problems.

But as you know, I do not sugar-coat these things. Ultimately, if solving a health problem was easy, everybody would solve their health problems. The fact that it is challenging is your opportunity to do what so many others haven't. And while it may not be easy, it is simple and straightforward. I will explain exactly how I got through the challenge and broke through the other side.

There are certain things no doubt that are better handled at home, and I will address those first. The ones that come to mind — which are two methods that I find are extremely effective especially early on when somebody is starting to

work on themselves — are the five-day colon cleanse and the five-day liver cleanse (especially the liver cleanse).

Before attempting the colon cleanse in its entirety, it would be recommended to try a dosage for one or two days on a weekend to see how dramatic the results are. For many individuals, they have the same number of bowel movements daily, but simply eliminate more wastes than normal during each trip to the bathroom. If you find this to be the case, then I see no issue with doing the colon cleanse while reporting to a job as you normally would and using their facilities. However, if an individual experiences more trips to the bathroom than normal, this would likely not be a convenient option to do while working (although you could still boldly choose to go for it).

With respect to the five-day liver cleanse, the first four or so days were not all that intense for me in terms of bowel movements. However the fifth day (and sixth day quite frankly) was quite sensational, and it would be highly recommended to be at home and near a commode, because I was traveling there frequently towards the end of the liver cleanse. Also keep in mind that during these five days of the liver cleanse, you are also taking the colon cleansing product as well. So, it might be smart to time the liver cleanse so that the fifth and sixth days fall on a weekend.

There is other thing I will comment on about the liver cleanse in terms of stamina. Even though for me the number of bowel movements was about the same as usual for the first three or four days, from day two or three through day five or six I did feel quite ragged, drained out, and a bit yucky. The proprietor

of the herbal cleansing formula explains that the liver and gallbladder are known to release toxic materials throughout the cleanse, and while most are eliminated via the colon, a small part of those toxins get reabsorbed by the intestines back into the bloodstream and then filtered out through the lymphatic system. As a result the body can feel achey and tired which was my experience.

So can you perform your regular work duties while feeling drained throughout the course of the liver cleanse? After all, not everybody has the luxury of being able to take a week-long vacation just to do a cleanse. My view on this is that it ultimately depends on how demanding the job is to which you would need to report during this process.

It's worth mentioning, after describing the slight discomfort while doing the liver cleanse, that immediately after completing my first liver cleanse I felt absolutely incredible and was amazed at how much better I felt. This ultimately led to my discovering a greater ability to earn income faster and more effectively, and the effort it took to do the cleanse was well worth it a thousand fold.

This brings up a good point, not only regarding a multi-day cleanse, but regarding going through the detoxification process in general as one consumes herbal supplements and/or changes the foods he or she is consuming. When you detox the body, in general you can also experience the effect of the body re-absorbing some toxins as they are being eliminated — sort of 'saying goodbye to them on the way out' (AKA a Healing Crisis) — and this can be a yucky feeling.

Remembering back when I was going through my heaviest and most dramatic phase of detox, which was probably from mid-2015 until mid-2016, it is true that there were many times all I wanted to do was simply sit in a recliner chair and completely relax, letting my body purge and heal itself. In many cases that is exactly what I did, when I had the time, although this was not always feasible.

Thinking back on that phase of my journey, rest and recovery were absolutely central, and I took more time to rest than I normally do. What's funny is that, prior to getting into 'detoxing', this was unusual for me because before then I would have always been busy reading something, watching something, socializing, or going someplace. For me to just sit or lie somewhere for an hour was indeed strange as I first started doing it — but I was simply following my desire and fulfilling exactly what I felt like doing.

In the early days of my detox though, whenever I would push through the day without taking those rest breaks, I would absolutely feel totally worn out by the end of the day. It was then that I would collapse into my bed and sleep like a log.

In the years since my initial dramatic detox phase, I haven't needed nearly that quantity of rest that I did in the early days. I have surprised myself since then accomplishing certain things in my personal and work life in terms of stamina and productivity. There have been many times I've been able to work 80+ hour weeks with both my job as well as passion projects when necessary with no shortage of energy — thanks to the heightened levels of vibrance I have been blessed with since going through detox and self-healing. This

level of stress is not normal and I have had to balance between hard work and rest over the years but I have stood up to tests of great adversity and pressure and I credit the amazing power that comes with being cleaned out and healed.

There is another element to the rest and recovery that the body seemed to crave during the early days of detoxing for me personally, which is regarding the mind and the emotions. The desire to simply sit still or lie on a couch or bed was not exclusively to let the body rest, detox, and work on recovery and rebuilding itself. As much as you may want to resist this concept, much of this regenerative process is also mental and emotional which I also discovered and had to go through myself. Many people have emotional blocks or constructs which they've been holding onto and which have created walls or barriers in their own psyche.

What is amazing about the process of detoxification and regeneration is that it will clear these blockages as well, both in the emotions and the mind. However, in order to really effectively accomplish this, you must have some blank space and emptiness for the self to recreate its different elements. It is not really effective to do this while fielding constant interruptions from your peers, your supervisors, your family members, your customers, and so on and so forth — or perhaps it is feasible but it would just take longer in my view.

This is all part of the challenge of undertaking your body's detoxification and regeneration while still bringing in the type of income you need, or otherwise still completing your regular duties and responsibilities for typical survival. It was in fact

challenging for me in terms of work performance until approximately summer of 2017 — two years after I had started the journey. By that time, I was in a really good groove and routine and felt confident in my ability to show up and perform. The results I had gotten in term of my wellness were powerful assets to my ability to perform my work duties and bring in higher levels of income. It was the two years before getting to that point which proved to be the big challenge.

Part of the extra struggle for me was the fact that I was changing careers in the midst of all this among other pressures. I was going through the stresses of a new job which was extremely difficult, different living situations, and other financial dramas that were part of my life at that time, which actually didn't really get ironed out until 2018. So perhaps undertaking the initial intensity of a detox mission would not be so difficult for somebody with a more established job and personal situation.

Ultimately, if you can get through the first 6-12 months of detoxification, this is the hardest part by far in my experience. It also depends how hard you press your foot on the gas pedal. For me, I was extremely aggressive, doing multiple rounds of total body cleansing and throwing my body at a high speed into detoxification. I went through everything from passing gallstones, liver stones, a ton of junk from the colon, and numerous parasites. I detoxed my nervous system and a lot of mucus and congestion in the brain and head area, and went through many ups and downs like a roller coaster. It was challenging for sure to also make a living during this time and keep my work results consistent, although I did pull it off.

I know some people who get into this journey of detoxification and self-healing that break off from prospects of earning a living in conventional ways. He or she might simply live in their van or at their parents' house, pan-handle on the streets, or do odd jobs or freelance work. To me this has always seemed even more stressful even than the pressures of an undesirable job. But if that's what works for you, go for it — I can only relay to you what I know and what's worked for me.

For me personally, getting through that first year was challenging for sure, and probably would be for you too. But if you can make it through, and still keep nurturing your main job at the same time, by the time you get through the first segment of detoxifying yourself you should be in a much stronger position to perform your job even more easily and productively.

Just imagine, what if you had twice the energy you had now? What if you eliminate the aches, pains and discomforts or greatly relieved them? What if you had a new exciting sensation of where you are going health-wise and the motivation that comes with achieving optimum health? What impact would that have on your work performance?

Ultimately, once you have these things going for you, work becomes so much easier and you start to self-actualize the other parts of your life, whether it's a different job, a business, relationships, or a creative pursuit like a passion project.

I had to figure out how to detoxify and rebuild myself while holding down a job — and so can you.

How to Function with Other People while Detoxing and Maintaining a Healthy Lifestyle

RapidRegeneration.com/OtherPeople

One of the trickiest parts about transitioning to a more healthful lifestyle is maintaining relationships with others, participating in customary social rituals like meals and parties, while still keeping the balance of eating healthy. Indeed, this can be challenging in terms of keeping up the momentum and keeping things going in terms of your own level of deep cleaning and detox in order to solve your health problems or achieve your health goals.

I will explain using an example. For me personally, I might go several weeks eating very healthy and eating a lot of raw foods and fruits. Whenever I keep this up, I feel like a zillion dollars and I get into a really good rhythm with all the different aspects of my life and I feel strongly that I am making strong progress towards all of my important goals.

Then, I might get a text from an old friend: ‘Hey it’s been forever. We should catch up. Want to grab dinner this week?’ So then we’ll make plans and meet for dinner. It is a glorious reunion, and I will feel good both spiritually and emotionally because this friendship means a lot to me. During the course of the evening I may indulge for the evening food-wise and I might eat things that I wouldn’t have otherwise eaten that day including cooked food like cooked vegetables. I’ll go home, brush my teeth, go to bed and all is well.

The next day I will wake up with a slight food hangover. I will lack the same energy I normally have, and feel a bit sluggish and bloated. I might feel some soreness or a bit of aches in connective tissues of the body or a few weaker points of my body like a knee or shoulder. It seems like whenever I consume acid-forming foods my body can adjust to this acidic chemistry by buffering it with calcium from connective tissue. Overall, I will go about my day, trying to eat healthy, and will function just fine with no severe issues. By the following day, I will feel almost completely back to normal. I will get back on the Healthy Train and regain momentum back and then plow ahead.

Was it worth it? For me, most of the time — yes. Maintaining certain relationships, and starting new ones is quite important for me. It nourishes me on a deeper level than just physically, and so to me if it nourishes me on a soul level then I can sometimes justify going out and cutting it up in terms of having some type of communion with other people who aren't as concerned with eating healthy as I am.

If you really want to be super healthy, you can always just order a salad if not cooked vegetables. It depends on the restaurant, but most places have some options available on the menu that are healthy or acceptable, or can otherwise accommodate your 'special needs' of wanting to eat healthy. Watch out though because there are some restaurants (not to mention dinner parties) that only serve indulgent, unhealthy foods and don't really have healthy options. It helps to be able to look up the menu ahead of time.

I will say there is something a little odd about eating a vegetable salad, or even cooked vegetables, across the table from somebody who is digging into steak and potatoes. I don't really mind what somebody else is eating, but I have noticed that this contrast does seem to create a little bit of distance between two people. Food is one of the great bonding experiences that humans have together. And when you eat the same foods or same types of foods, you bond more strongly.

So meeting a friend nowadays in this manner is not quite the 'breaking bread' experience that I used to have with some friends when we used to grill hamburgers and drink beer together. Those days are sadly over for me and I do miss that feeling. But, the feeling I get from not consuming those things is so much greater — on a deeper and more rewarding level.

It does help if you parlay with individuals who are quite easy-going and don't make a big deal about food or what you're eating. Just like I don't care if somebody across from me eats a chicken-friend steak, hopefully that person doesn't really mind if I eat a seemingly boring meal of vegetables.

Not necessarily with friends, but perhaps more so in other settings, there are times — many times in fact — when I have found myself being severely judged by somebody who just finds what I am eating to be so strange or bizarre. This could be somebody close to me, an acquaintance, a family member, an old distant friend, or more of a stranger.

Quite frankly, people might look at you like you're a space alien just because you're eating a salad for lunch. It's

happened to me more times than I could possibly count. I don't know what to say about it other than for some people it's not a big deal, and for other people they are so attached to the foods they are eating that they have a hard time grappling with your health journey you are on and the ambition you are demonstrating to change what you're putting into your body.

Your co-workers may find it odd to see what you're having for lunch. When I used to eat lunch at an office, my solution to this was simply to eat my lunch at my desk, rather than taking it into the common eating areas. I learned to do that after spending enough lunchtimes being asked about what I'm eating and having to explain myself which seemed to take up a lot of extra energy and bandwidth.

Some people are more evangelistic about promoting a healthy lifestyle — we need people like that too. My approach has always felt more personal. Most people are not going to buy into what you're doing anyway, although a few might take an interest. If they're interested in improving their health, they will seek out and find this information. That is one of my big goals here at Rapid Regeneration is to help those people and have this information ready for them — if they ever become interested and ready for it themselves.

Sometimes I have observed that some people give out a really strange, negative vibration when they see I am eating something very healthy or choosing not to eat or drink what everybody else is consuming. They might start to comment and give their opinion about a very healthy lifestyle. Perhaps he or she will object generally and say something like: "How

do you live like that?” They may unconsciously give out negativity and judgment, often without even realizing it. This person might say something under the guise of concern like: “Aren’t you worried you’ll be deficient in something or become anemic?”

Depending on the vibes of the individual questioning you, this can be rather unpleasant to deal with. But when I say unpleasant, it’s not like running across a field of gunfire, or fishing through a garbage dump for recyclable scraps, or running away from a rabid dog — it’s only mildly unpleasant and can be handled with grace and poise.

This again is one of the challenges of embracing a healthier lifestyle — you may be looked at by some as some kind of novelty, a freak, and something very different.

I’m warning you that when you take the bull by the horns and really go after your health it is guaranteed at some point to freak some people out. For you to do this is different and quite frankly many people get scared by something different.

Getting back to your own personal relationship with food, there are some wellness gurus that will insist on near or total abstinence from any cooked foods. I understand the philosophy behind that and I think it’s a valid point. Indeed, every meal is a chemical battle that is either won or lost. If I eat cooked foods, I sort of lose that battle in terms of over-acidity. Everything is a balance — it ultimately just depends on the individual, what you can tolerate and get away with in terms of eating cooked foods versus raw foods, and what’s most important to you. Personally, while relatively speaking I

probably eat strictly compared with some, I am not a purist or so rigid in this regard.

An important question to determine what you should eat is — where are you at in terms of your health journey? If you are very deep into a detox phase, then avoiding cooked vegetables might be a good idea, because if you eat them it may slow or stop your detoxification process dead in its tracks. On the other hand, if you are quite developed into regeneration, feeling good, and are just maintaining your results, then you may be okay with a small setback in terms of eating cooked vegetables.

Lastly, I will say that it does help to connect with some people who are on the same wavelength. Here in Austin, TX, at the time of writing, there is a monthly or weekly meetup (depending on the time of year) of individuals who are interested in a healthy lifestyle, where people enjoy fruit, salads, and healthy foods at a local health food restaurant and sort of local cultural epicenter, Casa De Luz. It's fun to get together with other kind souls who are interested in self-healing and there is always a high-vibrational buzz. If you are ever in town, you should come check it out and maybe I'll see you there.

Ultimately, after you make a commitment to getting yourself detoxed and thriving at a high level health-wise, functioning with other people is tricky because you will no longer be the same back-slapping, oyster-eating, French-fry dipping Regular Joe or Jane that you once were. Some of your old friends and family may notice that and frankly people will miss that about you. You will lose out on certain special

bonds you had when you used to eat and drink junk with your pals.

The tradeoff is that you will have gained a newfound power, strength, and positive vibration of your own amazing new journey. Ultimately, the good ones will still love you for who you are, and you can still love them back as much as you want. It's not always easy to turn down Mom's home cooking — let me tell you. But the love should and does transcend the food.

Ultimately, please don't let other people hold you back from becoming or being who you really are.

Dealing with Caffeine, Alcohol, Marijuana and Other Stimulants

RapidRegeneration.com/Substances

This is a very challenging world to go through stone-cold sober. It's actually challenging enough even if you do have something to take the edge off on a regular or occasional basis.

Even though this may seem sort of outside the scope of Rapid Regeneration I only bring up this topic because the use of mood-altering substances is so common. Either you are personally dealing with this, or you have others in your peer group (friends and/or family) who are to varying degrees. You will need to make a judgment call at some point about your relationship with these various items.

I am not addressing more synthetic, man-made chemical drugs because those are obviously an issue which would be called for avoiding — these pretty clearly create some level of synthetic, toxic chemistry in the individual who consumes them.

The three most common ingredients mentioned here are substances which are more tempting because they are natural after all (although there are some other natural mind-altering substances aside from these three). Alcohol can be made organically and from good ingredients like grapes, marijuana flowers grow out of the ground raw, and roasted coffee beans and/or caffeinated teas seem natural enough.

I am not making any kind of judgement about your lifestyle and how you choose to live it. I simply wish to bring a level of awareness regarding the chemistry of these substances and how your body reacts, so that you are aware of this should you choose to consume these substances. Trust me — if there were a way to get drunk, stoned, or buzzed without harming and acidifying my body, I would absolutely be doing it right now.

While it is possible to have a relatively healthy existence while consuming these substances, it is possible that these things can also hold you back and cause you to plateau in your journey of self-improvement, preventing you from breaking through and ascending the next level of being all you can be and reaching your potential. These activities could also over the long run shorten your lifespan, threaten your natural life force energy, or even lead ultimately to developing health issues. Let's look more closely at these substances individually.

Marijuana at it's raw level doesn't seem to be concerning. After all, it's an herb with many reported beneficial properties. The issues comes with trying to alter the chemistry of this plant in order to get the THC from it which creates the high. To do this, the three most common ways are to burn the plant, inhaling the smoke, or to cook the plant infusing it with oil and then ingesting that, or to heat the plant using a vaporizer and then breathing in the vapor.

Ingesting the heated oil is an issue because ingesting oil that has been heated creates major digestive issues, is mucus-forming, and of course creates acidic chemistry. The

chemistry of the oil is altered dramatically after it has been heated and now this is acid-forming, not to mention the plant which has also been seared and all its chemistry bonded together in the heat.

I am not an expert on neurotoxicity in substances so I won't testify extensively to the issue of that when ingesting marijuana, although I do know some individuals say that they feel high for days and it takes them a while to feel normal again after ingesting weed, so there could be some lingering neurological residues. The THC gets stored in the fatty tissues of the body and no doubt there could be long-term implications of this chemical affecting the neurological system as well — which could be harmful or toxic.

Let's mention a side note that it could be difficult to find organic cannabis. Pesticides are used on many commercial pot farms which is certainly toxic and there is less quality control in a black market for example in a state without legal marijuana — it's hard to know what else is in there.

If you smoke weed, then you are creating direct harm to your mouth, throat, and lungs in the form of hot smoke which is literally an offense to your body's tissues and creates immediate inflammation. It would be less harmful if you cooled down the smoke, like through a smoking device which incorporates water, ice, and/or a frozen glass component which cools the smoke down.

You would then simply be breathing in carbon monoxide which is a neutral temperature but which is not burning your mouth, throat and lungs. In this case, carbon monoxide is still

toxic, still would create acid chemistry, and causes the liver to work overtime when smoke is breathed in to transmute the chemistry that is created.

You could also side-step the carbon monoxide issue by using a vaporizer, so instead of breathing in smoke you would be breathing in steam. This would be a superior form of inhaling cannabis compared with smoking it, although the heat from the steam can still be considered harmful. The controversy of breathing in heated up marijuana in the form of vapor steam remains as well. It seems like there is still a risk of neurotoxicity when the THC passes the blood-brain barrier through the lungs and nervous system, regardless of the manner in which it is consumed.

There are other potential issues with using THC in whatever way it's consumed, which can create problems from a mental or personal standpoint, but let's move on since we have looked objectively at the chemistry and physiological implications of consuming it.

Alcohol is another fun substance which the whole world loves to consume. You will also consume it at some level throughout your whole life in a sense, because sugar alcohols are created constantly at varying levels. For example, when foods are combined poorly like with sugar and protein eaten at the same time, the sugar can get held up in the stomach, where it ferments and turns into sugar alcohol. The individual who just ate a sandwich or pizza, for example, not only enjoys the delectable taste, but also may feel a sort of buzz or satiation from the alcohol that is created in his or her stomach after the food is consumed.

Alcohol when derived from certain substances is objectionable for the mere fact that the source from whence it came has its issues. Beer, for example, is no better than eating bread — they both come from grains, which are not a health food and these create numerous digestive problems and acid chemistry. Beer is actually worse than bread because it is basically liquid fermented bread.

A not-as-bad alternative would be if you avoid the alcohols which come from a source from which you wouldn't eat the food in its solid form (like grains or potatoes), and let's say you are considering a drink like wine or tequila, coming from grapes and the agave plant, respectively. Please consider the fact that other chemicals can also be added to these beverages — like sulfates in the case of wine — which can be quite toxic and harmful when consumed.

If you do find alcohol that is all natural which no added toxins, are there issues with consuming it? Believe me, I wish I could say there were none and we could share a cold one together. I want to shoot you straight and so I will admit there are indeed a few issues.

Alcohol is acidic and upsets the alkaline balance of the body chemistry. The chemistry of the alcohol is harsh to the mouth, throat, stomach, and GI tract of the body. The fermented nature of the alcohol creates an imbalance of the flora in the body and in many cases contributes to a fungal overgrowth including candida. Alcohol is dehydrating, creates toxicity when consumed in excessive amounts, taxes both the liver and kidneys, and also causes added stress on the heart.

There are many other well-studied effects of consuming alcohol, including on the brain, which are concerning, and I have listed only a few problems here with the popular and intriguing liquid.

Alcohol surely is tempting, especially with the way that it makes you feel, it's unique and pleasant taste, and the social aspect of drinking it. You may be able to get away with drinking it, and many people do, while still achieving certain health goals. These are people who have what I would call a 'Keith Richards complex', and can engage in self-destruction without too much bad effects for a long while. If you are super serious about solving a health problem and lack the luxury of being able to behave in this manner — where you take one step forward towards your health goals and one step backwards (after drinking alcohol) — then just go ahead and cut it out.

For me personally, I continued to consume it for a while after getting into self-healing and a healthy lifestyle. My desire to drink it became less and less over the years to the point where I only did once every few months for a social function. Eventually, I felt that even very occasional consumption of alcohol was holding me back and taking away from me more than it was contributing. After I stopped consuming it completely, I felt my vibration and life force energy rocket to a whole new level, my personal healing accelerating, as well as other mental and cognitive benefits.

There are social ramifications of not drinking alcohol or behaving like what is referred to as a 'teetotaler'. However, if you want to blend in during a social function and not be

treated like a goody-two-shoes, there are some things you can do and most people won't even think twice. For example, you could order juice, or you could order sparkling mineral water in a glass, with a lime wedge in it. Sip this through a straw, and people will slap you on the back, confide in you embarrassing things, and you'll be included in the antics of the evening, clinking glasses with everybody else.

It is a personal choice and not for me to decide what you do, but just know what you're doing and keep an awareness about it. Don't have blinders on and pretend what you're doing has no consequence if you do consume an adult beverage.

Caffeine is a very tricky one. After all, it is referred to as 'America's Favorite Drug' (and is probably the world's favorite drug as well). This chemical which is naturally created from coffee beans, tea leaves, or other plants, is very stimulative and creates a feeling of energy and even elevated mood. I don't have to tell you how nice it makes you feel, as I'm sure you've tried it for yourself.

Unfortunately, for every action, there is an opposite reaction — and the law of cause and affect is in force here with caffeine. First of all, grinding the beans and then boiling coffee beans to make coffee creates a very acid-forming liquid from an ingredient which is acidic in the first place. This liquid is acidic and dehydrating to the mouth, throat, stomach, and intestinal tract. Even if you can find a tea that gives you the same kick, while it may be less acidic, it can still cause damage to your body tissue and cells as well.

Aside from its negative chemical effect, caffeine is also overstimulating both to the digestive system, as well as neurologically and mentally. This can cause a consumer of it to become dependent on caffeine simply to have regular bowel movements, as well as to get ‘energy and focus’ needed to complete his or her daily tasks. Take away the caffeine, and the individual can become constipated, lethargic, and in a poor mood. The overstimulation of the nervous system should be of serious concern over an entire lifetime, as this can ultimately weaken the nerves and adrenal glands, leading to systematic decline or even failure in an individual over many decades.

Trust me — I struggled with dependence on caffeine for a long time. I always liked it, and given my unique set of health problems with lethargy, exhaustion and brain fog (before I recovered), I relied heavily on it. After getting into natural health, it took me about four years before I completely stopped drinking caffeine. First I was drinking organic coffee. Then, I switched from coffee to a tea drink made from Guayusa leaves, and then slowly lowered my intake of that. Ultimately, I went cold turkey off of caffeine entirely.

This was extremely challenging and for about two to three weeks I was really struggling. Then, as soon as I made it out of the woods, it was clear meadows and blue skies. I suddenly discovered a long-lost dynamic energy that I had forgotten I had. After that, I didn’t ever really miss caffeine, although I did end up getting back into it for a short while a few years later under circumstances of extreme pressure (it was equally hard to kick the habit the second time).

The difference between the artificial, stimulated energy of caffeine and the natural, long-lasting, slow-burning, dynamic energy when you are really operating at full-blast doesn't even compare. Think back to a time in your life before you started drinking caffeine, when you were a child or a teenager. How did you feel? Can you remember having an enthusiasm and zest for life, going from activity to activity with fervor and rigor and without any thought of the need for stimulation? This is how you can actually feel now, without the need to overstimulate your nervous system.

Apply this same thinking to alcohol and/or marijuana or other substances — was there a time in your life (in your younger years) when you were enjoying life, in a great mood, social, and possessing high levels of energy? Perhaps during summer vacation, summer camp, playing sports, being with friends, or doing something you really enjoyed? Think back to how you felt and how purely you just felt good then without any stimulation from mood-altering substances. This can be your new baseline of how you feel now.

It is true that eating a healthy variety of foods, getting the body cleaned out and functioning at a high level, and increasing your vibration can give you a natural high and put you in a good mood throughout the day. As somebody who used to chase substances that would give me a good buzz during my wilder years, I can definitely appreciate the pleasant sensory quality about a healthy lifestyle and especially the buzz that comes from eating a lot of fruit and raw foods.

There are other substances which are natural but which fall out of the mainstream — things like magical mushrooms for example. These are natural occurring substances as well which may be able to be consumed with only small levels of toxicity. I do understand with magical mushrooms for example there can be substantial benefits, and I have personally benefited from this even after embracing a healthy lifestyle. So I do acknowledge it is possible that the benefits outweigh perhaps a small amount of toxicity created with mushrooms, as opposed to the seemingly larger amount of toxicity created with the other aforementioned substances in how they get consumed.

Marijuana can also have beneficial effects on an individual similar to magical mushrooms. But what kind of chemistry does it create in the body? You have to weigh — is consuming a certain substance harmful or acidic or toxic? This to me is a critical question to be answered before considering any sort of enlightenment or special insights that you may be able to get from consuming some kind of special natural substance.

Ultimately, I can't and won't recommend magical mushrooms to anybody, as it's a personal choice and there are benefits and drawbacks that each person should uniquely consider. I bring them up to say that my personal attitude towards mind-altering substances is not completely monastic and insistent of 100% abstinence. I am looking at this from a more holistic point of view.

If you choose not to consume these common types of substances, surely you'll be surrounded by people who do. It

can get a bit lonely, but you'll feel comforted by the high of your regular healthy lifestyle, and ideally won't feel the need to lift yourself with a temporary, fleeting, acid-forming high with side effects of neurotoxicity, acid chemistry in the body, and overstimulation and subsequent enervation of the nervous system.

Stay strong, and ask God for help to get you through any lonely times when you feel tempted. Ultimately, I hope that the natural high from building a truly strong and resilient life for yourself will give you a long-lasting satisfaction that will make it easy to not indulge in these things, as has been my experience.

Good luck, and cheers...

What Does a Typical Day of Eating Look Like?

RapidRegeneration.com/Day

Now let's get into the nitty gritty. A lot of people understand concepts and so forth but do much better with concrete examples. It really varies from person to person and from situation to situation, but I will provide some scenarios.

The point of Rapid Regeneration is not to teach you what to think — it's to help you understand *how* to think. I don't think it is effective for me to tell you, 'On Day One eat this, and on Day Two eat this, and so on and so forth.' I can't possibly tell you what you should eat at any given time in any specific scenario. What I can do is paint with more of a broad brush in terms of some different options that are out there and what you could end up doing.

You have to do what works for you ultimately. These are some things you could eat and which would be a good thing to eat relatively as compared with all of the bad things that you know are out there and which you know that you shouldn't eat.

A typical day of eating is going to look different depending on what you are at in your own self-healing journey:

- You may be coming off a very acidic and toxic way of eating, and working on transitioning to a more healthy lifestyle of eating healthier foods
- You may be past the transition phase and now you are deep in the mode of working hardcore to detoxify out toxins

and cleanse out your body to regenerate the areas that are in desperate need of changing

- You may be at the point where you are self-healed and you are not in a dramatic detoxification, and now you are desiring to eat for maintenance, energy and balance or you are working on getting even to the next level of energy and vibration

All of these different scenarios would be supported differently from different approaches to eating. I will attempt to share some approaches you could take which would fit appropriately with these differing needs in mind, depending on the context.

Let's say if you are transitioning from a diet of acidic, toxic processed cooked foods. In that case, here is what a day might look like:

Breakfast options:

- A big smoothie with banana, blueberries, and other fruits (when I say big, it could be big enough to fill up the whole smoothie jar, AKA 64 ounces, or less depending on your body weight, appetite and metabolism)
- A big fruit salad in a big bowl with cut up fruit and perhaps some honey
- A big 'mono-meal', in other words, a big portion of one type of fruit. This could be one or two melons eaten right out of the rind, or two cases of strawberries, five or six pears all cut up, etc.
- If you're into juicing, you could also have a big juice

Ideally, you should wait at least one hour if not longer after waking before eating breakfast (for more on this please see the chapter about Intermittent Fasting). Breakfast is the cleansing meal and your body is still in cleansing mode until around midday according to some body clock philosophies, so this meal should ideally contain fruits, and keep it low in fat or protein if possible.

A side note for you — when you are eating a food like fruit which is so easily digested and turned into energy, and has such high water content, it's OK to go bigger on the portion sizes. Eat your fill — this is not like a diet where you are restricted on your portions or calories, and is more of an intuitive lifestyle. Of course, you should have an awareness and common sense about portion size (for more on that see the segment entitled 'The Importance of Weight Management').

Mid-Morning Snack:

- Optional snack or you can skip this
- You can have another serving of fruit
- You could have a juice

Lunch:

- At this point you're probably getting really hungry and will be craving something fatty, salty and/or protein-rich
- If you're really ambitious, you could make this meal another fruit salad extravaganza, or another big smoothie
- If you're ready to eat something more filling, but want to avoid foods from the Standard Modern Diet, then go ahead and make a meal. Do your best to use mostly or all raw foods

and if you are going to eat cooked foods it would be wise to avoid foods which contain the most harmful ingredients

- If needed, check out the segment entitled: 'Foods to Cheat With'
- You could make a big bowl of guacamole, and eat it with grain-free, bean-free, starch-free crackers or chips
- You could make a raw 'hummus' but with no beans, using zucchini, herbs and spices, and a nut or seed butter
- You can make a raw salsa or pico de Gallo
- You could make a big salad with your favorite cut up vegetables like cucumber, peppers, tomato, olives, chopped nuts, lettuce, and make a dressing using olive oil mixed with other delicious ingredients, or a nut-based or seed-based dressing
- You could have a big bowl of nuts
- You could make tacos using specially recommended coconut wraps
- You could make zucchini zoodles, which is raw pasta using zucchini spirals and mix that in with a raw sauce
- You can make a raw 'granola' using nuts in a blender, and eat that in a bowl with almond, coconut, or hemp milk (this is a very high-calorie and dense meal)
- If you're dying for some cooked foods, you could cook some steamed vegetables, like steamed broccoli, carrots, zucchini, peppers, onions, or green beans

So this meal would ideally be raw, although you could make it a cooked meal if you're really getting ratted out with all the raw foods and cannot resist. You can have as satisfying of a meal as you want, but really try to stay in the perimeters of the kinds of foods which are the least harmful.

Since you are transitioning, don't worry too much about going to high-fruit yet and cutting out more fat and protein, which you are probably craving very strongly right now. You'll get there, just focus on keeping a high degree of raw foods compared with the amount of cooked foods you're eating.

Really try and avoid things like chips, crackers, bread, beans, rice, pasta, potatoes, conventional meat, eggs, dairy, and foods with a lot of table salt or artificial chemicals added to them (AKA processed foods). These food products will be detrimental and will push you backwards, instead of making forward progress every day to solve your health goal.

Afternoon Snack:

- You could have another serving of fruit
- Honestly how many snacks do you need?
- But seriously, if all you had for lunch was fruit or a light salad, then go for another snack if you want

If you just ate a big fatty meal for lunch, then it would be best not to eat until dinner, because fats and proteins are complex and take much longer to digest. By putting more sugars into your belly with an afternoon snack after eating a dense lunch, you risk bad food combining and creating acidic conditions in your digestive system — so it would be best to eat your fill at lunch and hold off until dinner.

Dinner:

- You could eat a big bowl of fruit or a big smoothie
- Follow the same guidelines as lunchtime and you might be quite hungry again
- If you're more ambitious, go for all-raw. If you're feeling ratted out and ragged, cook some vegetables. You could

even cook like some veggie burger ‘meat’ if you have a craving that you just can’t kick (but do keep in mind it can be difficult to find veggie burgers or plant-based ‘meat’ that don’t contain grains, beans, or processed chemicals and preservatives).

After-Dinner Snack

- Doesn’t exist! Don’t eat it! Dinner should be your last meal.
- There are so many reasons why you shouldn’t eat late in the day if you’re trying to achieve optimal health
- This will help you properly digest your food before you go to bed among other things
- You should wake up slightly or even quite hungry the following morning
- You don’t want to go to bed hungry (this could prove difficult to fall asleep), so eat a big enough meal at dinner to really be full until the following day’s breakfast

Other Meal Suggestions if You Are Transitioning:

Let’s say if you really crave sweets as well and pastries and all kinds of dessert-type foods — there are foods and meals you can eat which will ‘hit the spot’ in this regard. Although do keep in mind something that I wish that I had known earlier in my journey — it took me a long time to learn that these types of sweet combinations can often create bad food combining effects (for more on that, please see the segment entitled ‘Essential Tips for Proper Food Combining’).

Combining your food poorly can result in acidic conditions inside your body when digested, which ultimately puts you back into the same problematic area you started out with in

the first place — acidic and toxic, with health issues you're trying to sort out. So I definitely understand you'll end up eating this way sometimes — just be aware of the consequences of bad food combining and ideally try to transition to eating better-combined foods as often as possible.

So here are some other raw food creations which you may find satiating:

- Banana with nut or seed butter (not peanut butter as that is a legume not a nut), possibly served with a glass of almond, coconut, or hemp milk
- A big bowl of strawberries and/or other berries with nut butter and/or honey
- An acai bowl with other fruit toppings (with no granola)
- Vegan ice cream (raw and coconut-based)
- Raw plant-based pastries which use nut and seed flour, fruits and other ingredients (there are many recipes and food products out there)

If you're transitioning, this should be fun and you should still be able to enjoy yourself and eat foods which are sweet and satiating, yet contain the raw electrical power that will help you keep up momentum toward your destination.

Once you have built up some momentum in terms of your detox and regeneration, you may find as many other people have that you may hit a sort of plateau and basically can find yourself run on a hamster wheel, maintaining your status, but without progressing any further toward your health goals. If that's the case, it's time for you to become more disciplined and really start eating the more of the foods which are going

to be alkaline-forming and provide the most cleansing and healing electrical energy. This approach will accelerate your body's healing mechanism and detoxification and regeneration processes, but you have to make a decision and commitment at this point that this is your goal.

This next scenario is for somebody who has taken that important step and commitment to continue on to the next level. This would be somebody who has already transitioned with some degree of success from a standard modern diet to a healthy intake of foods with a lot of raw foods. This could be an individual who is still heavily detoxifying, with still much progress needed to eliminate the health issue completely. Or it could be somebody who has solved their basic health problems but is trying to now make the leap to the next level of energy and performance. In either case, for higher-level results, here are some things that might be eaten:

Cleansing meal / First meal of the day:

- A 'sweet fruits' smoothie, with bananas forming the base liquid, and then more bananas, with barley grass juice powder, organic blueberries fresh or frozen, possibly some dates, and/or peaches
- A 'tropical' smoothie, with oranges, mango, pineapple and other tropical delights
- Melon
- Mono-meal of fruit
- Fruit salad / bowl of fruit medley
- A juice of some kind, such as a vegetable green drink

Filling Meal / Later meal in the day containing fat / protein:

- Banana smoothie, with scoops of chia seeds (or flax seeds) and/or hemp seeds ground up into a powder and then mixed in
- A bowl of chopped up pineapple, with green powder sprinkled over, as well as ground up chia, flax, or hemp seeds mixed into the bowl, coating the pineapple
- Some other raw culinary creation which uses the power of these super-seeds for their protein and fat content
- Eating hemp, chia and flax seeds for fat and protein consumption is ideal, but there are some more examples listed out below that somebody could eat for protein and fat intake
- Keep in mind that the fruits are going to be more cleansing than the vegetables

Snacks throughout the day:

- Pineapple
- Mango
- Grapes
- Strawberries
- Cherries
- Oranges
- Apples
- Fruits of all kinds
- Juice like vegetable juice

Keep in mind if you do three meals, you could do two from one category, and one from the other. If you eat three meals, try and eat two meals that are cleansing and more fruit-based, and only one meal that is more filling and dense, to accelerate your results.

On a good day, I can just eat two meals. They are both sizable (about 64 ounces in one smoothie, or almost four pounds in one sitting, or about two pounds of pineapple in a bowl in another sitting, plus perhaps another six to ten ounces or so of seed powder) and so this still amounts to somewhere close to 2,500 or 3,500 calories in a day. I know some people are more keen on eating more frequently but smaller meals throughout the day. Sometimes I break down and eat a third meal just depending on what is going on (and also how much I am exercising and therefore how many calories my body is burning).

Much of my eating has to do with my schedule, which is very busy. In between my job, playing in a band, family, social life, and working on Rapid Regeneration my passion project, I don't have a whole lot of spare time on my hands most days for food preparation. I do try and be efficient with my time and for this reason I don't do much juicing these days, nor do I spend a lot of time making gourmet raw meals with a lot of food prep.

It takes me about 10 to 15 minutes to make a smoothie, wash the blender, and put everything away, then another 10 to 15 minutes to eat and enjoy the meal. This is very quick and efficient way to feed myself very healthy, nutritious fuel to keep me going which is my main concern right now at this chapter in my life. Someday, I'd like to stop and smell the roses a bit more and spend more time preparing and enjoying meals. I do that sometimes, more so on the weekends when time is more abundant.

The day of eating described above is just one high-level scenario, but I understand that this may not be possible to do over and over consistently. It is normal to feel the need for more variety and to break away from eating a super alkaline intake of foods. Depending on the phase of life that I am in, I will enjoy a cheat meal on a somewhat regular basis, which could involve higher amounts of fat from other sources like avocado, or nuts, or coconut.

Normally this would occur on the weekend, maybe once a week, sometimes more often, and sometimes less often, depending on how committed I am to my own accelerated healing, or how much I need to lean into some comfort. If I have an important event I'm preparing for, a performance, a hot date, an obligation requiring me to be in tip-top shape, or any number of things that cause me to increase my commitment level, then I have shown myself that I am able to go weeks or even months on the program I described above with the fruits and super-seeds, without breaking more into comfort foods. Other times, I get ratted out and I more capitulate back and forth between high-performance foods and comfort foods.

This is a blank canvas in terms of what you wish to eat and how. You need to do what works for you. Personally, I look at food primarily as a source of fuel, cleansing and sustenance. I feel foods calling out to me in terms of comfort and physical pleasure, but I feel that sometimes we are summoned to a more aspirational calling than just living to eat, and that we should aspire to eat to live.

If you are operating at an evolved state of a healthy lifestyle, and are really at the point where you're kicking things into high gear, then you'll likely be slowly minimizing the fats and proteins so that you can really detoxify and cleanse your body. This also bears true for somebody who has transitioned into a more healthy lifestyle but is still heavy in detoxification and wishes to accelerate his or her results in solving a health problem. Here are some more things you might eat throughout a day:

- Fruit salads AKA big bowls of fruit
- Smoothies
- Juices
- Mono-meals of fruits
- Salads with lettuce, chopped up vegetables, and perhaps a dressing low in fat
- Noodles with zucchini AKA zoodles with a homemade raw sauce
- Avocado mixed in with a bowl of peeled and chopped apples, or pineapple
- Bowl of guacamole with sticks of cucumber
- Nori raw wraps (with no rice)
- Coconut wrap with whatever you wish to fill inside of it
- Nuts and seeds, and butters, sparingly (except for chia, hemp and flax seeds)
- Chia, hemp and flax seeds ground up and mixed into a smoothie, or poured over a bowl of fruit like pineapple
- Barley grass juice powder
- Herbal supplements

The more you can transition away from high amounts of fat and protein, the more you will accelerate your cleansing and healing. I am not suggesting that you cut it out completely,

because our bodies need essential fatty acids and essential amino acids (from proteins) to some degree. But most people in the modern world are eating excessive amounts of fat and protein, and don't know what it feels like to feel their bodies thriving on a low amount of these macronutrients. Use chia, hemp, and flax seeds as your go-to friends to help you in this area, and figure out how to mix them into your day to eliminate that feeling when your willpower is starting to go sideways and you get cravings — it really works.

I am certainly not one of the most chef-y people out there, although I will say that I have a great appreciation for individuals who can take raw ingredients and make delicious, elegant and delightful creations. Learning how to make all these amazing raw dishes and creations has been something I've sacrificed, in terms of the time to learn them and the time to actually prepare them, in order for me to have the time needed to do things like prepare this program which I hope will help you.

I do see food preparation becoming something that I can do more of in the future. Making meals and preparing food should be fun, and it allows you to really connect with your ingredients and share a relationship with them before and during going into your body. Embrace that and don't be intimidated to try different recipes!

What you eat in a day is ultimately your choice — you have a blank canvas, on which you can create your life how you want it to be. At first, when you are transitioning, the amount of ingredients you have to choose from may seem limiting. If you compare this healthy approach with all the crazy

inventions of processed food materials and cooked food products — yes, this does seem relatively more limited. Ultimately though, you still have a wide-ranging variety of ingredients to choose from — far more than our primitive ancestors had in the wild.

Use your own intuition and inner guiding compass to navigate what you should eat. I will offer you a final warning through — be wary not to mistake your inner instinct and discernment showing you the right way with a craving which is programmed to take you off track and right into the mud. Ask God to help you discern the right choices to make for yourself, and for the strength to overcome the challenges you have been tasked with.

The time is now to create your own future. These are the ingredients with which to do it, among others I forgot to mention or don't know about yet. So go ahead, and don't delay — use the power of the most amazing foods and transform your life today.

Tips and Tricks / Shortcuts / BioHacks / Natural Health and Wellness Techniques

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The world of natural health and wellness is massive and expansive and holds the keys to unlocking the fountain of youth and the secrets of the ages and so much more — and that's without me overselling it. But it's not just about food.

The truth is that food is only perhaps one half of the equation to full and complete healing, regeneration, and thriving for extended performance. But it is the bottom, supportive half — without the foundation of good food being inputted into the body, the other half of the equation doesn't hold up too well.

Some people can get away with ignoring the food side of the equation, because of good genes, powerful life force energy, and other mystical reasons that allow some individuals to eat bad food and still put forth a strong constitution in spite of this. If that is you, then God bless you and good for you. I think most people have to maintain a constant balance with food or it will get the better of them. If you feel less than your best when you don't eat well, then definitely make a commitment to eat more healthy foods and work on yourself in that way, in conjunction with these other natural health areas.

Once you do figure out how to eat in a way that supports your overall livelihood and wellness, then where do you want to go next? The next level? If so, then it's appropriate to

explore the world outside of food. There are many modalities and pools of knowledge which, if you immerse yourself in them, can spiral you to higher and higher levels of overall health, energy, and vibration.

Health and wellness is like two dreidels (a Jewish spinning top) that are stuck together — two pyramids stacked on top of each other, one facing up and the other one upside-down. The upside-down pyramid, with the point facing down, represents the world of sickness and illness, with people spiraling downwards into pain, suffering, and ultimately death. Then there is the large middle section, where people can subside, and enjoy average or even good health. But the middle land is not the ultimate ceiling — you can go higher, much higher to planes of consciousness which are amazing and allow you to grow both spiritually as well as in what you are able to achieve here on Earth.

Don't limit your sphere of knowledge to only food and beverages — these are just the rudiments of a life well-lived. Keep your vision engaged with all of the colors of the rainbow, so to speak, in terms of any and all available tools which can help you achieve your health goals.

This can include things like

- When and how to eat
- Keeping a good physical figure and physique
- Resting, recovery and sleep
- Exercise
- Water
- Oral care
- Electromagnetic pollution protection

- How to breathe
- Dealing with modern temptations, stimulants and substances
- Harnessing powerful natural vibrations to help you heal
- Using natural wellness professionals to elevate yourself
- Meditation
- Emotions and emotional care and healing
- Spirituality, my favorite
- And so many others

If I am trying to get somewhere, I will use any road necessary — a highway, a side road, a back road, a country road, a muddy road, or whatever course of action is needed. There was a time when I was trying to get from my own Hell of health problems which were plaguing me, to a place where I could be relieved from those problems and was finally healed. Now, since my healing, I am committed to getting to a place where I am operating at my highest potential (and I am committed to helping you achieve your goals).

When I was unwell, I possess a desperate sort of urgency to use whatever means was necessary to close the gap between where I was and where I wanted to be. Even now while enjoying a good baseline of health and wellness, my desire to expand outward towards greater potential exists with a sense of urgency — don't you feel the same way? Throughout the course of my own self-healing and my own ascension to higher levels of vibrations, I have felt starved for the keys of knowledge about how to get there. Each time I've discovered a new skeleton key of truth it has been like throwing a T-bone steak to a junkyard dog.

I will now share these amazing nuggets of truth with you so you can help yourself. If you're hungry to learn, then by all means, go forth, learn these techniques for yourself, and give them a try.

Water — How to Consume Nature's Life Elixir

RapidRegeneration.com/Water

It's naturally very important to figure out our relationship with this element which is something all plants and animals need to survive. Especially in our modern society, there are many types of water, including products and practices which should be avoided because otherwise they can cause detriment to your health and well-being. There are also amazing special types of water as well.

It is amazing to consider that such an incredible substance — which can help to detoxify and clean out the body — is so often turned into a toxic and chemical-filled mixture that actually causes over-toxicity and resulting acidity in the body. Most major metropolitan areas, in their supposedly valiant efforts to sanitize the water, pour massive amounts of chemicals, including chlorine, bromide, and not to mention fluorosilicic acid into the water. Let me tell you — these are not fun chemicals for your body to process and can lead to over-toxicity of the body.

There are other problems with city water as well, including the fact that many cities recycle their water from sewage. This means that the essence of other people's wastes, including antibiotics from meat products, pesticides, and pharmaceutical drug residues all wind up in the plumbing and back into the water supply.

So what is the solution? Well, you can either

- Get a whole house filter which will filter your water at the source before it comes out of your faucets
- Get a smaller countertop filter
- Harvest rainwater
- Pump well-water
- Buy bottled water

In terms of water filters, there are great varying degrees of quality among different ones. For example, I used a pitcher filter kept in the refrigerator all through college, not realizing until years later that this particular brand (which is extremely common) really doesn't filter out all the junk — neither do most built-in refrigerator filters, unfortunately. The general public is simply not aware of how thoroughly the water is in need of being filtered, in order to really clean up the water.

There are only a few products out there which will really virtually completely filter the water. You can get filters for your drinking water as well as a filter for your shower. I recommend them here:

RapidRegeneration.com/WaterFilter

You can also use bottled water. Do be careful though about drinking out of plastic which uses BPA. Unfortunately, most bottled water uses plastic bottles made with BPA. This is a harmful and hormone-disrupting chemical that should be avoided. You can look on the bottle to see if it says 'BPA-free' in which case you're in the clear. One issue with BPA and bottled water is that an alkaline water will suck chemistry from its surrounding environment. This is especially true with distilled water. So distilled, alkaline water, put in an environment where it makes contact with BPA will result in

those harmful BPA chemicals being absorbed into the water abundantly.

There is much debate over whether spring water or distilled water is better. They're both good in my view although distilled water is clearly superior for me personally. Spring water or mineral water can be more energizing, containing the minerals of the surrounding environment. Distilled water is generally in my experience better for detoxification, cleaning, and purifying the body. Indeed this is the ticket — distill your water if you really wish to use water to transform your internal landscape.

I am concerned over numerous products which have come out recently which are super-alkaline water. While in my view the majority of health issues are resulting from over-acidity of the body, AKA acidosis, a condition of over-alkalinity, or alkalosis is a very real concern. The blood needs to stay at a certain PH and not become too alkaline, as well as the stomach chamber. The idea of drinking many ounces of a super-alkaline liquid and then just letting that absorb into mouth, throat, neck, chest, and stomach is of some concern.

I have certainly tried super-alkaline water and it's not the worst thing you could drink, but I use enough of my common sense to largely avoid drinking this type of water. These alkaline waters are as strong as 9 pH, and I do prefer the chemistry to be closer to 7 pH (neutral) or perhaps slightly alkaline like 7.5 pH.

One other piece of information that is constantly transmitted in both the mainstream advice arena and even the natural

wellness community is that people should drink tons of water, and specifically they should drink ‘eight glasses of water per day’.

This is quite a lot of water to be drinking, generally speaking, though every case is different, with people having different body weights, body chemistries, and unique situations. For me personally, it’s way too much. I get a lot of hydration and water content from eating a lot of fruits. After drinking a big smoothie, I notice that an hour or two later I need to urinate and a lot of liquid comes out — but I didn’t drink any water. This is simply using common horse sense that I am being hydrated from the fruit which has a high water content.

Do be mindful of drinking water during mealtimes. If you are drinking water at the same time that you are consuming food, you can actually impair effective digestion of your food. You digest your food by excreting certain digestive enzymes, in the stomach, in the small intestine, and with the help of the pancreas. By ‘watering down’ the whole situation down there, if you gulp down a big 12-ounce glass of water right before, during or after a meal, you are diluting the power of those enzymes, causing the body to work harder and for the digestive chemistry not to be as effective.

The same can be said overall with drinking water — not just during mealtimes but in general, in terms of how much water you are processing through your body during the day. Because if you think about it, by means of the lymphatic system (the water-based filtration system of your body) and the kidneys, the body is constantly filtering out acids and toxins and sending them to the kidneys to be filtered and

urinated out. Your body uses its own means of chemistry to transmute this condition, cleanse it, filter it, and make it more alkaline, and is constantly in the process of doing this. It is possible to water down and dilute down this environment too much, to the point where the body is unable to effectively change its landscape using potent chemistry to filter out the toxins.

When you urinate, and your body is filtering effectively and your kidneys are filtering the toxins out of your lymphatic system, you should notice your urine is colored, perhaps yellow or darker yellow, cloudy and bubbly. This is showing you a picture of the acidic sediment that your body has just filtered out of yourself. When you are drinking excessive amounts of water and your urine comes out entirely clear and nondescript, what does that tell you in terms of what is being filtered out (or not being filtered out) of your body?

The name of the game of detoxification is for your kidneys to be filtering the toxins out of your lymphatic system, which is where the vast majority of the toxins in your body end up. So, it is rather important to let them do that job and give them the ideal environment to convert chemistry from an acidic to an alkaline condition. In other words, provide your body with enough water so that it is hydrated, but not so much water where the systematic chemical transformation is diluted down and those processes are weakened to the point where very little is getting filtered out.

Use your intuition and instinct about how much water to drink and when. Dehydration is a real concern without a doubt. Especially if you are engaging in exercise, going around

outside in the heat, or using a sauna, you'll want to replenish your body liberally with water. But I do want to highlight the concept that over-drinking of water is rarely ever talked about. This can actually majorly hold you back from really cleaning your body out. You'll notice the difference once you start drinking the appropriate amount of water that your body actually needs.

It's as important as any of the food topics covered here with Rapid Regeneration, so use your discernment and take great care with the water that you choose to drink, when you imbibe, and how you drink it. Love the water that you replenish your liquid essence with, and it will love you back.

Getting the Most Out of Your Sleep

RapidRegeneration.com/Sleep

So many of the benefits you will get from the transformation of yourself will occur when you are fast asleep. Pro athletes will tell you that, as much as they work during the daytime, the actual rest, recovery, and building of new muscle occurs at nighttime while they are unconscious.

As you go through this process of detoxification and regeneration, rest is such an important factor. However, with the world we live in and the constant pressure, I realize that many individuals cannot afford to take a walk around the garden in the morning, do yoga, take a long meditation in the afternoon, and do things like this during the day. It's just not always realistic to fit that into somebody's schedule given the day-to-day demands of making a living or raising a family.

For me personally, I struggled a lot with this over the years because my days were jam-packed with working my butt off and trying to put myself in a better position and solve some economic problems I was having. This caused me to neglect to a certain degree what so many natural wellness people will tell you about taking personal time for yourself and enjoying the present moment.

If this sounds like yourself in any way, that means that the importance of sleep is that much more paramount. Because if you are firing on all cylinders throughout the day, you need to make sure that you are maximizing the benefits and effects you are getting at nighttime when you are asleep. There are a

few key elements that have helped my rest and recovery tremendously, and I want to share them with you.

First of all, try and keep your room as dark as possible that you are sleeping in. This can be a bit challenging and could perhaps take an afternoon of creative thinking and handiwork. The idea is to try and replicate the experience of you being in a cave, from an anthropological point of view. The deeper you are in a cave, the darker it would be, and the most deeply you would be able to slumber. This makes natural sense, because the more deeper and insulated your shelter was back in the old days (in the cave), the more protected you would be from threats, so it would make sense for you to be able to sleep more deeply.

There are actually numerous studies and scientific investigations confirming that the darker your sleep environment is, the more meaningful rest you will get — so don't just take it from me.

Blackout curtains can be expensive, so you can also consider a DIY solution. You can simply use blankets which tend to work pretty well, although you'll need a thick enough blanket to make sure no light is coming through the fabric. Typically with the blinds of the window pulled down, and also a thick blanket, you can block out 99-100% of light coming in at night. You can put a nail in the wall or a thumbtack (make sure it's the large kind with a large knob on it and not the smaller thumbtacks) and cut a little hole in the corner of the blanket to hang it up on all four corners surrounding the window. This works as a solution that can be hung up at night and taken off during the day, because I realize that

some people still want to look through their bedroom windows during the day.

You should also consider getting insulation strips which can be attached to the edges of a bedroom door, creating a complete seal when the door is shut in the frame — otherwise, you'll get light coming through the cracks of the door.

Personally, I sleep in the pitch black. It takes some getting used to, but once you do, let me tell you — it will be the deepest and most effective sleep you have ever had.

Another thing you may consider doing is lowering the temperature in which you sleep — and again, please don't take it from me. There have been so many scientific confirmations especially from the pro athlete community that recovery and rebuilding of tissue occurs faster and more effectively at a lower temperature. You are ultimately like a piece of produce — you will last longer and stay fresher when kept in the cold. The colder temperature will also encourage alkalizing benefits of the body, as cold is naturally alkalizing to body chemistry.

If you've been sleeping at 72 or 73 degrees Fahrenheit, try sliding down the temperature to 70, 68, or even lower. Personally, I keep it at 66 degrees. When I am below the covers, it is completely cozy and I am snug as a bug under a rug (although if I do have to get up for some reason, it is slightly chilly). This is the ideal target area of temperature because it shouldn't be so cold when you're in bed where it actually distracts you from falling asleep.

Just as you might notice the difference after eliminating artificial light coming through and interfering with your sleep quality, so too does sleeping in a colder temperature make a huge difference. Once I discovered this, my healing and recovery during sleep really went to a whole other level.

Something else you might consider is using a weighted blanket. I sleep with a 30-pound weighted blanket, and it has helped me fall asleep faster, wake up less times in the night, and achieve deeper slumber. There is just a very cozy feeling about it that feels like you are constantly being embraced in a hug by your own blanket. Consider trying it out for yourself.

RapidRegeneration.com/WeightedBlanket

I would be remiss not to mention the benefits you can get of sleeping using a fitted sheet, top sheet, and pillowcases made from fabric which has silver threads sewn in, and a connecting plug which is plugged into the grounding outlet on a wall socket. This therefore connects the silver conductive thread to the frequency of the grounding rod which is buried three feet into the nearby earth (you can learn more details in another segment when I cover Grounding / Earthing in greater detail). I can't overemphasize how intensely good it feels to snuggle up under the covers being surrounding by this frequency, feeling my body heal and repair itself as I lie there resting, and how much more clarity and energy I have felt upon waking after putting this into place.

RapidRegeneration.com/Grounding

EMFs, electronic pollution and radiation are also covered in another section, but I will re-emphasize here that, to the degree that you wish to have clear, uninterrupted rest and recovery, you should remove electronic interference from your sleeping environment. Consider turning your phone to airplane mode right before you go to Dreamland.

You can also utilize crystals to create certain frequencies and vibrations around your bed or sleeping area. This is a fascinating creative area and you can play around to see what you respond to. Sleeping is really a divine gift, and a chance to connect with other dimensions through our dreams, which you can enhance in this way if you wish.

RapidRegeneration.com/Crystals

Also, how about the air you are breathing while slumbering? It should be clean and pure as possible. I use an air purifier for my room. I actually also enjoy using a humidifier as well, filling it with water from my shower (filtered by my shower filter) and this seems to be quite soothing and relaxing.

RapidRegeneration.com/AirFilter

&

RapidRegeneration.com/Humidifier

Lastly, I would like to mention a couple things you can do in the daytime in order to fall asleep more quickly and easily at nighttime. First, you can exercise in the morning or early in your day. When you do so, it changes your hormone production through the day, and by the time the day is

winding down, you'll find yourself ready to rest and recover and hit the sack with great aplomb. Exercise and sleep are a marriage made in heaven, as each one enhances the other.

Also, it's worth mentioning that it would be ideal to not eat at least two hours before bedtime. This gives enough time to allow your body to digest the food. By the time you finally do go prone (horizontal), your body does not have to devote any more energy to your digestive organs. At this point, it can fully focus all resources on rest, recovery, and regeneration of your different systems.

We live in a world with constant artificial stimulation, in this case specifically in reference to artificial lights coming from screens, lights, electronic devices, cars, and many other sources. This throws off our circadian rhythm and tricks our optic nerves into thinking the sun is still out. This can delay how long it takes you to fall asleep, and after falling asleep can delay the process of your brain and body dropping into truly deep sleep cycles.

You can use certain settings on your phone and computer which will change the light after a certain hour, eliminating blue light. I actually keep this engaged all day long anyway, because I am concerned about the intensity of the light being unhealthy to look at for hours every day. This can immensely help you not stay up so late or keep you awake at night.

You can also invest in a pair of 'blue-blocking' glasses. These glasses block out all frequencies of light which will overstimulate the optic nerves in your eyes and keep you awake. I like to wear them at least 30 minutes or perhaps 1

hour before bedtime, when I am wrapping up my day, doing some light reading, taking care of some tasks on the computer, doing my nighttime stretching routine, or brushing my teeth. After about a half hour and definitely after one hour of wearing the glasses, I definitely feel tired and ready to fall asleep. This has helped me immensely to fall asleep faster and get deeper sleep.

RapidRegeneration.com/NightGlasses

The same concept applies if you have to get up and go to the bathroom at night. If you do this, and turn on the light, it is very disruptive and confusing to your brain — once you go back to bed, you've completely interrupted your sleep cycle. Consider getting a nightlight which is a very low light, and keep the night glasses in your bathroom. Put them on if you have to use the bathroom, then turn on your nightlight. You'll likely notice you'll fall back asleep instantly and experience no significant interruption to your sleep cycle. I have gone so far recently as to go to the bathroom if needed in the middle of the night without any light whatsoever, and have noticed an ever greater degree of rest and recovery.

RapidRegeneration.com/NightLight

One other thing you can do is get an alarm clock that uses light to wake you up rather than sound. This is such a refreshing way to wake up and start the day. Because I am not a fan of lights which emit electronic radiation that is more resembling EMF pollution like LED, I actually recommend plugging it into a lamp which uses an incandescent light bulb.

Since switching to this method of waking up, I have been waking up in a good mood, in that mindset of the divine, having just come from the dream world. I can take a few minutes and lie there in my bed before getting up in the warm light. I've even started keeping a dream journal. This never used to happen when I would be jolted awake in a jarring fashion by some noise coming from my phone which is a very annoying way to start my day and caused me to have to get up to go turn it off.

RapidRegeneration.com/AlarmClock

I almost forgot to mention the importance of getting *enough* sleep. While I do understand there is a small minority of individuals who seem to be wired differently, and just don't seem to need as much sleep as the rest of us, for the rest of you out there, please don't neglect getting enough sleep. What's the point of going to these extra measures to create an ideal sleeping environment, if you are just going to try and pull off getting five or six hours of sleep instead of the seven and a half or eight hours that you know you need.

I can personally feel a huge difference when I get eight hours of sleep versus six, especially since I stopped drinking caffeine. Eight hours seems to be the natural healthy amount for an adult. I realize that the world is demanding and sometimes this is not always possible.

In you get behind on sleep, try and compensate later in the week. It's been said that you can't catch up on sleep. To some degree I believe this is true, because if you deprive yourself of sleep long enough, it can cause some cellular

trauma ultimately that can be engrained. However, there have also been studies showing that a sleep / rest cycle for a human operates more along a weekly basis than it does on a daily basis. So try and make up for it on another night, and sleep extra time. If you have found it hard to sleep in before late into the morning, try implementing the dark environment and I think you'll find as long as it is completely dark you'll have no problem continuing to sleep if you really do need the rest.

Sleep is going to be your best friend as you travel from where you are now to where you want to be in terms of your health goals, which will no doubt involve transforming your body (as well as your mind). To do that, you will absolutely need to consider all of the details that go into creating an ultimate, restful sleep experience — you will achieve far greater results taking great care in this area.

You're going to be spending almost a third of your life asleep. Set yourself up for success by using these strategic methodologies that have taken me many years to distill. Once you have done that, going to bed, getting under the covers, and drifting off to a deep, beautiful sleep will be the easy part.

Goodnight...

The Importance of Ideal Weight Management

RapidRegeneration.com/Weight

I know that I risk sounding redundant here. After all, maintaining a healthy weight is just common horse sense. And yet, I see individuals in the natural health space who are trying to use these methods to get themselves healthy, and employing many effective techniques, but are 20 or 30 or 40 pounds or more overweight — this person then wonders why they are not making progress in solving their health problems or achieving their health goals.

The body is an energy miser and an efficiency freak. Everything in the body — every function — is calculated to use the least amount of energy as possible and run like an efficient machine, constantly conserving units of energy and wasting as little as possible. Every pound that you are over your ideal weight creates extra stress and overworks your body's organs and systems.

Nobody's perfect, and it's challenging to be at that perfect weight. You know the weight I'm talking about — when you're feeling trim, slim and whip-thin. Think about that feeling you get when you're at your ideal body weight and physical condition. It feels good, doesn't it? I know it's tough to get there and keep that. Everybody goes through challenges and ups and downs in this department — myself included.

I struggled with my weight tremendously growing up as a kid and was made fun of and bullied for being chubby in

elementary school. Then I became thin again for a couple of years after joining sports, but then put on weight yet again after eating junk food uncontrollably and by the time I got to high school my highest weight was 215 pounds (at 5 feet 10 inches tall) which is approximately 40 to 50 pounds overweight. I ultimately ended up getting a prescription for ADD medication, just so I could use it as an appetite suppressant, skip breakfast and/or lunch, and lose weight. Once I dropped the pounds, I ditched the pills.

This perverse strategy worked, but my weight still yo-yoed over the years and into adulthood. Every time I struggled and persevered to dig myself out of the hole and get myself back to a good weight, I felt so much better and like I had so much more energy. At the age of 22, after I fell ill with my devastating health problems, unhealthy food became my solace and my weight shot up again.

After self-healing, recovering, and getting myself healthy, maintaining an ideal weight became much, much easier, although still challenging on a smaller level. To this day the waves occur on a micro level, and I find my weight fluctuating but only perhaps 5-10 pounds here or there.

When I think about maintaining an ideal weight, some of the factors that come to mind for myself — which probably apply to you as well — are:

- If I am working out or how many days in a week am I exercising
- If I'm getting adequate sleep
- If I've been eating meals late in the evening

- If I've been indulging in meals which are very calorically dense, especially in the high-fat / high-protein category
- If I've been stressed out and turning to comfort foods as a result

While I have been referring to weight and some kind of ideal weight, I think a better metric is how you look, naked, in a mirror. Are you close to the physical physique that you would consider ideal? Are you accumulating excess fat stores near your thighs, hips, belly, arms, chest and other areas? Are you physically athletic and in shape?

If you struggle with weight or being out of shape or over your ideal weight, I will list a plethora below of some areas you can focus on which could help you:

- Avoid eating late in the day. If you go to bed at 11:00pm, try and eat your last food of the day no later than 7:00pm
- Consider cutting down your salt intake, as this can create a vicious cycle of cravings and once you've removed that stimuli you should be able to control your intake of foods much better. If you are going to eat salt, don't eat processed table salt and instead use a complete unprocessed sea salt.
- Consider an alternative to processed salt and work into your day an intake of green powder which contains natural post-plant sodium and can satiate your cravings for salty foods:
RapidRegeneration.com/GreenPowder

— If you're trying to lose weight, when eating high amounts of sugar, like you get with many fruits, try and do this earlier in the day. For example, you could eat big fruit smoothies for breakfast and lunch, but then a salad for dinner, or a green juice. Excess carbohydrates get stored as fat, especially the later in the day that you eat them. Earlier in the day, it's much easier for your body to expend those as fuel throughout the day.

— Exercise is your number one best friend in terms of staying in shape and maintaining your ideal weight. You don't have to work out every day, but consider at least two or three days a week getting 30 minutes to 1 hour of good exercise where your heart rate is elevated.

— Which is better, you might wonder — cardio or resistance / weight training? They are both excellent. Actually, resistance training is naturally cardiovascular anyways and numerous studies document that this seems to have overall more benefit. I like to warm up the body with cardio, and then try and work in some resistance training. In terms of weight management, it's conventional wisdom that you can lose more weight doing cardio, but actually if you are weight training with frequent enough intervals, this has been shown to actually burn more calories for the rest of the day and result in higher weight loss.

— Try and work out first thing in the day. This will set your metabolism in high gear for the entirety of the rest of the day and you will enjoy burning calories throughout the whole day. Some people recommend eating protein before working out in the morning. Personally, this approach is not for me.

Working out first thing on an empty stomach makes more intuitive sense for me and is more attuned with our natural ancestry in terms of achieving an athletic and physical balance.

— Make sure you're getting enough sleep and resting properly. You'll find that if you're sleep deprived, you're more likely to not have a good gauge on your appetite and you'll get cravings for things you shouldn't eat and crave them at times when you shouldn't eat them.

— You can also turn down your thermostat at night and rest at a cooler temperature. By doing this, your body will naturally expel more calorie units to keep your body's resting temperature.

— Become an observer of yourself when you eat foods that are not consistent with your goals. What is causing this to happen? Pay attention to your emotions when this occurs so you can perhaps identify and solve some other problem that is causing this eating behavior.

— Pay attention to your stress levels throughout the day and gaps of time in between meals. Don't let your hunger grow so intense by waiting such a long gap of time to eat — this can cause you to get ratted out and ragged, and then when you finally do eat, you may end up choosing a food which is over-indulgent and then you over-eat. It may be better to just break down, stop what you're doing, and have a big snack, when you feel a major hankering coming on let's say in the late afternoon. This can nip that demon in the bud and cause you to eat a more moderate, reasonable dinner.

— Watch out for proteins and fats, even healthy ones — things like nuts, avocado, and coconut. These are very calorically dense foods, which is how they were designed, and that's part of what makes them special and great. But, just be aware that these foods can cause you to put on weight like a prize pig eating chestnuts in the days running up to be brought to market. That's how you 'puff up a pig', which is what you do to yourself when you eat an excessive amount of calories of fats and proteins, consistently, over and over.

— Nobody can escape the cravings for a more filling meal of comfort foods with more high-fat, high-protein foods completely, but you can keep them at bay for a period of time. Try and go through the week, Monday through Thursday, eating on the straight and narrow, with a lot of fruits, smoothies, salads etc., with some fat and/or protein but not too much. Then, on the weekend have your more indulgent meals. If this is too extreme and strict, try just eating one meal a day that is very rich and filling, and eating your other meals as high-fruit type meals, salads, or green drinks. If that is too ambitious, then eat two very filling meals, and one high-fruit meal (it would be better to have that for breakfast or your first meal of the day). Just keep working your way closer and closer to your ideal scene. It won't happen overnight, but it will happen if you keep working at it and are committed to achieving your ideal operating weight.

— Consider intermittent fasting to help continue to burn calories during your break from food beginning after dinner from the prior day. In other words, maybe you could delay

your breakfast a couple of hours, or just skip that meal and wait until lunch. Generally speaking, you would do better delaying your first meal one to three hours after waking up, and then eating a big meal with a bigger portion size, as opposed to eating immediately after waking but a smaller portion size. When your body is in a state of fasting, it is burning excess calorie stores, which can help you achieve your ideal weight.

— Keep yourself accountable. Write down everything you eat in a day, for a week. Then, go back and read it. You might be shocked at some of the things you've been shoveling down in terms of quantity and the choices you made, and at what times. Sometimes we need a good look in the mirror to get ourselves to make a change.

— Create an image of yourself in your mind at your ideal weight. Use visualization to think of how you will look when you are at that level. Think of how good that feels and try and maintain that image in your mind for as long as possible. This will send a command to your subconscious to program your cells to achieve that operating weight as your true identity. You can use affirmations as well to program yourself.

— On an extreme level, if you're willing to try something really funky and out there, pay somebody to edit a picture of your face onto a body that resembles the body you wish to have. Print this out and keep this picture up next to your desk or somewhere you can refer to it often. Hold this picture in your mind as a visual of what you look like, which will program your subconscious mind to go to work creating that reality.

— Do a colon cleanse, liver cleanse, and a parasite cleanse. If you have reviewed the other information in Rapid Regeneration, you should now by now that it would be quite difficult to maintain an ideal weight if your intestines are all clogged up with junk. Also an issue is if your liver is not functioning at near its peak capacity, causing so many of your energetic mechanisms to be sluggish due to being clogged up. And what about the dastardly influence that parasites can have on your appetites and cravings, pressuring you to eat bad, unhealthy junk foods, while all the while robbing the nutrients from your food, and ultimately your energy? Get your body cleaned out and you should see quantum leaps forward in your ability to maintain an ideal weight and in so many other things.

— There are few things which strip fat off your body faster than cold temperatures. If you are overweight, it's feasible that you got that way likely by overindulging in comfort. To get out of this situation, embrace something that is highly uncomfortable, such as standing outside in the cold air, standing under a cold shower as long as you can take it, sleeping in a cold room, or even filling a cold tub with 40 to 50 degree Fahrenheit water and putting yourself into it. Remember that a calorie is a unit of heat and that when the body needs to heat itself, your fat reserves will start melting away. Consider using breathing techniques and you'll find that exposing yourself to cold temperatures gets easier and easier.

— Use whatever motivates you — nothing is off the table. If you have a certain goal in terms of being more attractive to your mate, let that be your fuel. If you would like to perform at

a certain level in the bedroom without getting out of breath and flopping over like a fish out of water, let that motivate you. If you would like to get revenge against a group of people that used to make fun of you back in grade-school for your weight, there's no shame in using that to motivate you to achieve this. However dark a secret you may have for wanting to look your best and operate at a high level in terms of your weight, reach down, get in touch with that dark side of yourself, and use it to achieve your goals. Do it now!

— Consider the possibility that your body may not have enough iodine, which is extremely common due to the lack of nutrients in the soil with the way that Big Agri farms its food products. The thyroid is responsible for energy metabolism and largely related to your body weight, and this gland needs iodine, as does every cell in the body to function properly and maintain a healthy metabolism and weight. If you don't have enough iodine, it's no surprise that your metabolism may be sluggish, underperforming, and too slow to maintain a healthy body weight. Definitely refer to the Rapid Regeneration segment that documents more information about iodine before doing anything on that front.

— If you're absolutely at the end of the rope with weight loss, and not achieving results using more basic methods, I would not be 100% opposed to resorting to a natural product that supports balanced ideal weight achievement such as this one:

RapidRegeneration.com/WeightManagement

— If you do consume this formula, what I would do is — get on it, and get off it once you've achieved your target or get

enough momentum, because it contains caffeine and iodine, both of which are controversial. I don't recommend caffeine and actually recommend ultimately getting off of it completely if you can help it, to avoid the ups and downs it creates and for many other reasons referenced in another section about that. Iodine is also controversial in its own way and it is possible to overdo it and take too much iodine and people really should not take iodine without understanding it fully and consulting with a professional practitioner if needed. The segment about iodine should be reviewed first (even though the amount of iodine in the formula is a very low amount). These are the two reasons why I am hesitant regarding this otherwise powerful and natural formula. Sometimes though it is worth it to fight fire with fire, in the most desperate of situations. If you choose to do that, get done with it and move on to where you can maintain a balance naturally and without extra stimulation.

If you have a certain goal, in terms of detoxification, cleansing, regenerating, healing, strengthening, and transforming to create a new reality for yourself, then your weight management will either help or hurt your accomplishment of that goal. To the degree that you undertake the task of achieving an ideal weight, this will assist you in solving your health problems that much faster. To the degree you allow your weight to get out of hand and don't reign things into the target area of your ideal weight, this will allow your other health goals to be sabotaged and not be fixed effectively or could take much longer to achieve.

The stakes are high, and I understand that nothing is harder than trying to control willpower in this area and especially

appetite and cravings. Even the most advanced wellness advocates still struggle in this area sometimes. Make a commitment to achieve your ideal body by creating a visualization in your mind of what that looks like, and give thanks and gratitude to God, in advance, for you achieving that.

Then, go ahead and take the necessary actions, constantly and consistently, to make that happen.

The Role of Exercise in a Healthy Individual

RapidRegeneration.com/Exercise

To say that exercise is an important tenet of getting yourself healthy and well is especially redundant. I don't want to sit here and beat you over the head with basic facts that you already learned from your 5th grade gym teacher. But I would be remiss not to cover this important topic. Getting the body moving is essential on so many levels.

The reality is, we are all meant to be natural athletes. Mother Nature designed human beings to do certain things like lift heavy objects, compound force onto objects using tools, sprint, climb, as well as pleasure each other physically which can also be quite the endeavor. We're not the most natural of fighters in that it seems like the body of a human is more designed as a gatherer than a hunter, but we also have through the millennia required a natural strength and ability to defend ourselves from other species and protect ourselves against the natural elements.

Look around today, however, and you will notice that the average individual is far from athletic. If Rapid Regeneration is about discovering the ultimate innate power in ourselves as beings — pursuing the foods, methods and lifestyles that bring out our full potential — then we too should consider that the ideal human figure is one which is athletic, physically elegant, and possessing strength, agility, quickness and stamina.

There is no way to make yourself athletic without exercise. No matter how healthy you want to eat, how many supplements you want to take, or how much meditation you want to practice, there are benefits you will miss out on by not exercising. This is something that I really missed the boat on during the first couple of years when I was going through serious detox and regeneration. I would excuse myself from really going after exercise, telling myself that it was more important that I rest or that I was too busy. Truthfully, I was missing out majorly.

After I starting to incorporate exercise seriously into my routine, I saw a quantum leap in my results. It launched me into a completely new level of wellness and energy. My performance in all areas of life surged. I finally got some muscle, tone and definition on my body and people stopped worrying I was undernourished with how I was eating. A lot of my back and neck soreness and pain were eliminated as my abdominal and core strengthened. I was sleeping better and my libido increased significantly. My personality was more easy-going and my mood was more elevated throughout the day.

It's not like I was Mr. Gym Guy or anything. To this day, I still have a lot to learn in terms of physical fitness and how to really effectively work out with equipment, etc. At one point, I purchased a video series made a section in my tiny little home at the time, where I set up a foam mat in my living room. There were relatively short 30 minute workouts that I would do simply using the weight of my own body.

When I was really trying to get ‘back in shape’ back in 2019, I would try and do these maybe 2 or 3 times per week. I would also try and get out and ride my bike once a week for about 15 miles. And on a good week, I would also do a 90-minute hot yoga session. I kept this up for about a year and it was quite a transformation.

Although this transformed my body and kick-started a new phase of my life, workout buffs will tell you this isn’t even that much. But looking back, this even is a lot to me now, and it probably seems like a lot to you, too. Well, please don’t be intimidated because I understand the time commitment can be daunting. Nowadays, because of how busy my schedule is, I more typically get two really good workouts in per week, for maybe one hour. Some weeks I only get away with one workout per week.

In an ideal world, I am working to get to a place where I can do this three or maybe four times per week, because I feel absolutely great for the rest of the day whenever I do it. I do still maintain a certain physical prowess even with this more sparse amount of exercise nowadays. It’s not the aesthetic results that I am interested in ultimately — it’s just that I realize if my body is in an athletic state then I can conclude that the muscles are toned, the cardiovascular system is more tuned up, and the body is in more of a state of balance and flow.

I will share some knowledge, insights, and tips that have worked for me to help make this as easy as possible for you, although I am providing the disclaimer that I am not a physical trainer of any kind, nor am I providing personal

trainer advice of any kind about exercise. By using this information you understand that I am under no responsibility or liability for your exercise choices, and if you want specific guidance for your body and your situation you should utilize a fitness or exercise professional.

Some benefits of exercising and maintaining certain physical shape and athleticism include:

- Weight management
- Cardiovascular condition / respiratory condition / not getting out of breath as much
- Better oxygen retention
- Higher energy levels
- Better sleep and falling asleep faster
- Increased hormone production
- Increased levels of libido and superior bedroom performance
- Stimulation of your metabolism
- Stimulation of the skin by sweating
- Detoxification through breathing and the respiratory system
- Oxygenation of certain areas of the body that are otherwise hard to reach
- Stimulation of the lymphatic system through the movement of the body, forcing body fluids to move more and encouraging lymphatic filtration

There are some things to try and keep in mind to make sure somebody is successful in this undertaking:

- Low-impact exercise is key. It is so important to not get injured, otherwise your methods of exercise become much more limited. Too many people are jumping all around and

running and doing all kinds of things when their body isn't in ideal shape. If you are already nursing some kind of injury or physical weakness somewhere in your body, low-impact exercise is really the only way to move your body in the lowest-risk way.

- Warm up the body before you start really getting into it. This helps warm up the muscles and gets the blood and oxygen flowing. I like to bounce up and down on an aerobic ball for 5-10 minutes before I really start the workout.
- Figure out the time of day when you can realistically exercise. For me, the best time is first thing in the day, after waking up and stretching, and before eating or doing anything else. Otherwise, I am less likely to work up the motivation to do it — so it helps for me to plan and do it at this time.
- At the same time, compromise and negotiate with your own self for when you can realistically fit in exercise. For me, I like to exercise in the morning, but there was a time when it was just too early for me to wake up and do that. So, I forced myself to do it right after getting home from work, before dinner. It was difficult, but I made myself get into that rhythm and within about two weeks it was easy.
- If you don't have the self-control to fit in exercise around your schedule, then try and fit your schedule around your exercise, or wake up earlier, or do whatever you need to do.
- It's a balance — a lot of people are gym freaks but the rest of their life is a mess. It's understandable if you can't work out five times a week because if you did you might risk compromising your performance with work, relationships or other obligations. You need to figure out a way to

balance everything together. But, don't use your other obligations as an excuse not to exercise. Just remember the busiest people on the planet make time to exercise.

- Yoga is great, and I am a huge advocate for yoga. It's transformed me in many ways. But there are plateaus with yoga physically. It doesn't really push the boat out in terms of cardiovascular stimulation and how hard you work your heart and lungs, and it also doesn't really engage in resistance training to the point where you're really breaking down and building up new muscle. So, definitely practice yoga. But also get your body moving in an even more intense way, get your heart pumping, your lymph moving, and your muscles strengthening.
- Gyms can be great but they're not for everybody. A home gym can make it that much easier to get started or fit a workout in throughout the day. Even if there is just a room where you can put a mat down and use that area, this could be the difference-maker. I personally belong to a health club but I don't go that much and find myself getting in a workout at home just as often.
- Look for natural ways to stimulate your body and engage in your natural physicality. Take the stairs. Try and lift properly and engage your core next time you're lifting and carrying a bunch of stuff. Look for ways to move and challenge your body throughout the day.
- Exercising on an empty stomach can have huge benefits. These benefits are compounded even more so when combined with intermittent fasting, or in other words, if you are exercising in the first part of the day without having eaten anything since dinner the night before. You'll notice for yourself an effect when you do this and then have your first meal of the day after exercising.

- Just do it already! Honestly, most people are constantly telling themselves they are going to start that exercise program next week, or next month, or whatever. And most people are overweight, unhealthy and lacking in energy. Excuses and pushing this out are only going to create a life of quiet desperation for yourself. By starting doing what you know you should do, whether you feel like doing it or not (trust me I know you don't feel like doing it), you will become the person that you know you really should be inside, and you will feel great both physically and mentally. Within a couple weeks, your new routine will be second-nature.
- If you don't feel like you can do it, let the next version of yourself take over and take that action for you — the current you may not be able to do it, but he or she can.
- Don't stop — I've made this mistake and it's cost me. Once you have momentum, that's the time to add more fuel to the fire and keep it growing. Don't walk away just as soon as you've got some momentum and physical prowess and are feeling good. Keep it going, and keep going to the next level. If you stop, take a few months off and come back, it's going to be almost as difficult as getting started the first time. An object in motion stays in motion — so too will you keep up the success of your journey with your wellness and fitness if you stay moving.
- In terms of exercise equipment, there are a few items you can use at home which can really make a tremendous impact.

RapidRegeneration.com/Exercise

I don't want to beat a dead horse here because it's such a simple and straightforward subject, but figuring out how to move your body is 100% absolutely essential to getting yourself healthy and well. If you're old or completely out of shape and the farthest thing from athletic — you've got to start somewhere. Get some hand-squeezers. Get some two-pound weights. Do a plank. Do a crunch and hold it in position. Try do something to crawl your way back to how nature intended for us to be throughout our lifetimes — physical and athletic to some degree. You can do it.

Otherwise, if you do nothing at all, you're just declining, weakening, and circling the drain. As this is happening, your muscles continue to atrophy, your heart and respiratory system weakens, your circulation becomes more anemic, your lymphatic fluids stagnate, and overall you're just letting yourself go — I know this is not the path for you!

You can do it! Forget about all the things that have been told to you over the years which are negative and hurtful that could cause you to doubt yourself. The truth is, you have it in you to do it. Just do something to get started, and start with something little every day, or every other day, or every week at least. Then reward yourself, and then do it again. So go ahead — do it now.

Benefits of Intermittent Fasting

RapidRegeneration.com/Fasting

It is important to address the importance of what you do *in between* eating what you are eating — this is just as important as the actual eating. For the vast majority of our lives, after all, we are not putting something into our mouths, chewing or swallowing.

Much has been made of the ‘grazing’ technique, whereby you will constantly be going from one meal to the next, eating several meals throughout the day of smaller portion sizes. If you’re already healed and just having fun and enjoying life, by all means, eat as frequently as you want.

If you are more interested in achieving a transformative effect for your body and overall health and wellness, consider what happens when your body goes a significant amount of time without eating. I want to address the self-healing nature of what your body will do in the absence of food consumption. Digesting takes work from the body, which directs your energy into this basic, somewhat menial task. When your body is not digesting, life-force energy is directed onto other ventures, such as healing and regeneration — these are the more aspirational potentials that your body can achieve if unhindered by excessive digestion.

This is not per se an exploration into what happens when you go a very long extended time without food (covered more extensively in the segment ‘Water Fasting’), although the same principal applies. In fact, you can get tremendous

health benefits when you don't eat food for a long time. However, it is likely not practical to be fasting within your normal routine of activities, whether that be your work or personal obligations. Extended fasting from all food for a whole day or multiple days can be very disruptive to normal functioning — people tend to avoid it for that reason and I can understand that.

What you can do is practice sporadic 'fasting' integrated within your overall daily schedule, on a more informal basis, with an extra amount of time devoted to this abstinence from food. This can give your body the benefit of achieving balance and healing when not eating in between meals.

When you do practice this, you'll likely feel increased body sensation and ultimately a greater feeling of hunger before your next meal. Your body will likely become more toned and your metabolism will get a boost, and you can potentially turn over old fat stores into energy. From a detoxification standpoint, the more emptied out your body is, the more potent the transformative chemistry and revolutions of your body turning over itself will be. You should feel also an increased bodily sensation of detoxification and purification. There are numerous other individuals aside from myself who are much better versed at describing the benefits of intermittent fasting, and you can look up extremely educated people documenting the science of it and the benefits to systems including fitness, immune function, brain and psychological well-being, and more.

So where can you fit it in? Here are a few ways. For example, you can start breakfast an hour or two after waking. This is

probably the best example, because as you wake up from slumber, your body is still in the detoxification and purification mode, which you can encourage it to continue doing until you break this fast with your first meal.

Are you in a situation where it seems like you absolutely have to eat before you leave the house in the morning? In that case, try and do everything else in the morning before you eat, such as preparing things for your day, stretching, or taking care of other things that you would normally do later in the day. Try to work up an appetite — it's a good natural stressor on the body, just like stressing the muscles in a controlled fashion creates strength and resiliency in terms of physicality. Hunger too can do the same thing if you apply it judiciously. Don't ever eat just to eat, when you're not really hungry — this overabundance of comfort can cause early and excessive aging.

If you can go a few hours without eating first thing in the day, that would be amazing. If you could completely skip breakfast and just wait until lunch, this would be even more highly beneficial. However, this is a good time to bring up that what you're trying to do here is a balancing act. If you go too long without food, you can wipe yourself out. Your energy can drop through the floor, and you can become a zombie for a couple hours. This can affect your work performance and/or your ability to relate to other people and think clearly. If you get too ambitious with morning fasting, then you might eat lunch and overeat and eat junk food and it may start a whole vicious cycle. So just explore this balancing act and get to know your limits and what works for you.

Another thing you can do is to eat dinner a bit earlier. If you go to bed at 10:00 or 11:00pm, try and eat no later than 6:00pm or 7:00pm — the earlier the better. If you could go to bed and feel just a tiny bit hungry (not enough to get up and make yourself a late-night snack obviously because that is just bad on so many levels) then this would be great. You should awake the following morning feeling at least a bit hungry. Your body would have been regenerating itself all night. If you could then take some extra time the next morning on that empty stomach — as it rumbles and gurgles — and delay your first meal, you'll get even more benefits.

Something else you could do would be reducing the number of meals you're eating in a day, while increasing calories per meal. When I did this, it was a game-changer for me in terms of performance, mental stamina and energy throughout the day. I went from eating three consistent square meals per day to two meals. Although this is not always the case, it is normally what I'll do. Just to be clear, these are typically big, filling meals, at about 1,000 to 1,500 calories apiece and extremely packed with nutrients.

I actually got into this rhythm just naturally and intuitively as a way of achieving balance within my health and energy as well as my busy lifestyle. I would typically awake let's just say for example at 8:00am. I would then try to wait until around 10:00am to eat breakfast. Then, with breakfast being so filling (I have learned that adding dates in to a smoothie because of the caloric density can cause me to stay full longer), I won't get really hungry again until around 4:30pm or 5:00pm, at which point I'll make dinner and eat again at around 5:00pm or 6:00pm. That's it! I get to practice intermittent fasting every

time I eat this way. It also helps from a work standpoint and schedule standpoint because it's less times I have to stop and worry about preparing food and feeding myself as well.

If you can exercise on an empty stomach, this only compounds the benefits of this fasting principle. If you could wake up, with a slight hunger from having not eaten since the previous day's early dinner, and get up and go straight into a workout for 30 minutes or 1 hour, this would be a great formula. Then, when you're done with your workout, go ahead and spend another 30 minutes or 1 hour starting your day before you eat breakfast. You'll likely feel incredibly wired during this. It's a tough habit to get into, but you'll be putting yourself on the side of the angels if you can form this habit and do this at least once or twice per week.

Trust me, I understand how voracious the appetite can be. You want to be aware of that and not go overboard — otherwise, the pendulum can swing the other way and you'll end up being so famished that you risk making poor food choices while in an impulsive hunger frenzy. I realize that while it sounds simple and all to skip or delay a meal, in reality, when hunger strikes in it can be an all-encompassing experience for you and you can feel like you're being taken over. Stay strong, and keep working your way to where you want to be steadily.

To the extent that you can embrace this feeling of hunger and roll with it, you'll accelerate your healing process and the natural mechanism of the body to mock itself up into a new version of yourself and heal and regenerate the parts of the body that need to turn over. Embracing the obstacle is the

way forward, as it has been said — so just give it a try, and just embrace this uncomfortable sensation for as long as you can bear. If you can't make it 1 hour with intense hunger pangs, then do it for 30 minutes, or 15 minutes, and just keep working on it. Your ancestors did it for countless generations wandering through the wilderness, after all.

You can do it too.

Mitigating EMF Radiation / Electronic Pollution

RapidRegeneration.com/EMF

Make no mistake — there exists without question known and measurable harm to cellular tissue from electronic radiation, AKA harmful electro-magnetic frequencies (EMFs). While all of the exact quantities and qualities of how all the different radiation affects our cellular DNA are not exactly documented, it doesn't take a genius to figure out that blasting somebody with radiation has some effect on his or her functionality and state of being.

After all, we human beings are both conductors of electricity, as well as receptors and transmitters of information through the atmosphere — just like a walkie-talkie, a radio, or a cell phone. Not only are we electrically conductive, like electrical wiring or a lightning rod, but we can also pick up on informational wavelengths which are being transmitted through the air. So, in essence, we are sensitive to and affected by different frequencies that travel through the airwaves.

Our world has become very crowded from all of the different frequencies. This includes everything from high-power electricity transmission lines traveling above the ground, to satellite internet and television, to cellular phone towers broadcasting out to all the cellular devices, to wifi routers in individual buildings, to other 'smart' objects which are emitting their own frequencies into the Internet of Things. Compounding on all this are also the smart meters which send data back and forth on their own wireless cellular

networks, as well as all the modern cars which are equipped with their own wireless transmission systems communicating with satellites as well as cellular towers. These items comprise the mainstream emitters of electronic radiation as of the time of writing — on top of which there are no doubt other contributors as well, and surely there will be more disruptive technologies to arrive.

This may make sense why it feels so peaceful to ‘get out of the city’ to a more natural surrounding which is less dense in terms of population. Personally, a couple years before writing this program, I moved to a location outside the periphery of Austin, TX from my place in the middle of the city. Nestled in a setting with lots of nature, trees, and a low population density, I can tell a huge difference when I’m out here. The natural energy of the Earth, trees, air, birds and animals presides in this area, whereas this peaceful vibration is quite suppressed once you travel more into the city. Additionally, the lack of electronic wavelengths bouncing around also creates a real peace and quietness, like a blank canvas, which is an excellent setting to foster inspiration and creativity.

I feel that this has been a major accelerator in my own healing journey just from being out here. Whether or not I’ll stay here forever is up in the air but I have much gratitude for the peace it has brought me.

This segment is meant to be extremely practical. I intend to offer solutions to these problems, that have worked for me and are quite logical and scientific. The fact is, EMFs are unavoidable to some degree. Unless you can live in a remote

area, on a self-sustained farm, without ever interfacing with a city or other people who use cell phones, then you'll be exposed to radiation. To live in a completely rural and natural setting simply isn't realistic or most people's idea of a good life (although it may be, in which case — go for it). Most of us have to entertain the notion of trade-offs and compromise. Big cities have significant drawbacks, including electronic pollution, as do cellular devices, but they also have a lot to offer.

Let's address some ways to find balance, protection, and boundaries against some of these electronic pollutants AKA EMF radiation.

Not convinced that you need these solutions? A solution after all, is only good to the degree of how badly the problem is causing negative consequences. My thesis in this subject is that the more healed, energized, and aware you become on your own journey of getting yourself healthy and well, the more highly aware you will be of these different frequencies and especially those which are harmful and/or even potentially injurious. It's also quite possible that you are going over this information and don't even need to be informed of this because you are already well aware and can feel those energies yourself.

If you can't or don't notice anything, just start opening up your awareness and observance. Also you can reference more scientific studies that have been completed looking into the affects of wireless electronic radiation and how that affects cellular tissue. You can see for example one study which was completed showed that the radiation from a cell

phone being held next to the human head for a short period of time actually caused the *temperature* of the brain to increase significantly — not good!

This is something that, quite frankly, I used to never even think twice about and never considered it a problem. After becoming more self-actualized in terms of wellness, and becoming more aware of what was going on around me, I did perceive there were certain environmental disruptors from these different technologies and I started to take more control of the things I could control.

Looking back, I realized there were points in my life — specifically at one home I lived at when I was sleeping right next to a wifi router, and also once when I lived in an apartment directly adjacent to a room full of electrical meters and telecommunications equipment — that I was very stressed and on edge and didn't feel like myself. I can't say for sure if the EMFs were the exact cause, because scientifically all I can conclude is that there was a correlation and not necessarily a direct causation, but certainly these could have been contributing factors and intuitively I feel that they probably were.

I see many individuals who are committed to healing themselves and eliminating their health problems and ascending to new levels in terms of health and wellness, but who lack an awareness about how to control the radiation around them which is aggressively interacting with the cells in their body. This could be an individual who is fastidious about what they eat, which kind of water they drink, the types of people they will associate with, who they will have intimate

physical relations with, and which products they will put on their skin — yet, they have no barriers or boundaries when it comes to what kind of radiation in their environment they will allow to be constantly interfacing with their body and mind.

This pains me to see happen because I do believe this issue specifically holds people back from reaching their health and wellness goals as quickly or effectively as desired. It is difficult for your body to really regenerate itself when it is in a state of oxidative stress. To achieve meaningful regeneration, at a speed that is swift and naturally attuned to our own power, the cells in your body should be left alone and not interfered with, so they can harmonize in their own natural healing frequencies.

If none of that bothers you, please skip the rest of this segment and come back to it if you ever start to observe some of these things. If you do notice the disturbances I'm talking about, please continue onwards to some things you can do to mitigate this electro-chemical-physiological issue.

Let's start with the easy ones first. How about switching from WiFi in your home to ethernet plugged-in wiring? This sounds more difficult than it is.

The downside is that you need to figure out how to run wire through your home, usually across the wall using thumbtacks, to be able to connect whatever different devices to the internet from the modem via an ethernet cord. Also, many computers now do not have an ethernet input so you'll need to buy an adapter, which you can find for a desktop, laptop, or even a tablet.

The upside to ethernet wired internet is that it is not only faster and more secure than WiFi, but it emits little to no 'dirty' wireless electronic radiation (it is 'clean' data transmission). By communicating over hard lines for your home internet, and shutting off the WiFi on both your internet router as well as disabling the WiFi transmitter on your computers (putting it into 'Airplane Mode'), you have instantly made your home clearer and cleaner of electronic pollution. Most individuals I've come across can tell a difference once that is shut off, and some people have stated that they can think more clearly and are more at ease without this interference running throughout the house.

You'll want to make sure you get only a modem from your internet provider which does not emit WiFi, then connect it to your own router. Here is the router which does not emit WiFi that you can connect to your internet modem:

RapidRegeneration.com/Router

You can also clean up the signals coming from your phone. This is a big one, as these frequencies are constantly running, and most of the time this little rectangular prism is right next to your body. There are several radioactive frequencies being transmitted (unless you disable them) to and from your cellular device which include:

- Actual phone signals for voice or text (older frequency technology from a more primitive time)
- So-called 'cellular' data for sending denser information like accessing more enriched data over the internet or apps (there are different generations of cellular data as time

progresses that progressively get more intense in terms of radiation)

- Location services AKA GPS services which work via satellite and cell towers to map your location
- WiFi which constantly sends out signals searching for WiFi transmitters
- Bluetooth which is another operating band of frequencies constantly searching for other Bluetooth devices to connect with

A potentially amazing discovery is that the latter four of this category, which tend to be the lower, more dense, potentially more harmful frequencies anyways, can actually be disabled on your phone — at least as of the time of writing I know they can be on an Apple iPhone, and I have also confirmed this can be done on an Android device as well.

This is relatively easy to do just by going into your phone's settings. By doing this, it seems like you have relegated your phone to being no more radioactive than cell phones essentially were in the 1990s and early to mid 2000s, before such heavy data streams were being sent all over the place.

Once you have turned these radioactive frequencies off by default, if you need to use the data, such as location services for your GPS, or cellular data in order to go on the internet or check one of your apps, then you can simply switch on that data temporarily, use the service that you need, and then switch it back off. This can be a slight inconvenience, but overall you have to decide — is this switching back and forth worth it in order to have 23 hours per day (for example) where

you are not having these frequencies stream at you constantly from various cell towers?

For me personally, I'm not accessing data that much on my phone anyways. The fact is that nowadays everybody seems to be constantly stimulated by information on their phone, checking it every 10 seconds, interrupting their workflow, conversations and productivity, not to mention shortchanging their attention span and thinking abilities. This phenomenon is really a wholly separate issue that is more outside of the scope of this segment regarding EMFs. If you're constantly glued to your phone or checking social media or different apps, then perhaps this is not a very good solution for you because you'll need the electronic radiation in order to do those things. It would be better suited for somebody who checks that stuff much less frequently or checks these things on a computer which can be connected to the internet via ethernet.

You can also consider turning off your phone at night when you go to bed, or putting it on airplane mode. This will completely eliminate any frequencies going to and from the phone. There is some concern about what if somebody needs to reach you in the middle of the night as an emergency. I actually have a landline phone at my house as well, which I realize may not be cost-effective for everybody at \$10 to \$20 / month. When I go to sleep and put my phone on airplane mode, I will activate call forwarding to my landline phone, that way if somebody calls my cell while I'm sleeping in an emergency it will still ring my house number (you're welcome Mom), but I can sleep restfully and peacefully

completely uninterrupted by electro-magnetic frequencies which would otherwise be coming from my cell phone.

You can do relatively the same thing with your car, in that you can go into its settings and disable Bluetooth, and in some cases GPS / location services. Although personally I'm not so sure this completely disables everything and all cellular transmissions and quite frankly the manufacturer may still be tracking certain data via cellular and/or satellite transmission. There may not be a great way around this, except to get a car that was made before 2010 or so, whenever they started to have the screen built into the console and virtually all cars starting coming equipped with automatic GPS tracking, bluetooth, and even WiFi and data.

Electronics and appliances in the home are another sources of electronic pollution. This can include things like TVs, refrigerators, air conditioners, dishwashers, washer/dryers, among other appliances and devices. Like 'Cookies' on the internet, whenever something is labeled with some euphemism like 'Smart' trying to make it sound so great, it may be good reason to be suspect and investigate that product or service very thoroughly before buying into it.

If you can help it, purchase a non-smart version of the appliance or electronic device, because there may not be options within the settings to disable the WiFi or BlueTooth transmissions that will otherwise blast out. If you must use a Smart TV, you may be able to disable these things in the setting. TVs and even other smart appliances can even collect data about you when they're connected to the internet via their camera or microphone, and feed that data back to

the company who sold it to you and sent you the consumer disclosure and privacy notice telling you exactly what the deal was — all the more reasons to avoid smart devices, and/or disable their internet capabilities (which may be difficult or impossible depending on the smart device).

One big thing that has bothered a lot of people on record is these ‘smart’ electrical meters that are installed on houses and apartments. I don’t have to tell you about it — you can see for yourself all of the complaints about these radiating electronic meters. These complaints have forced many electric utilities to offer opt-out options, where you can still continue to use a regular, analog meter that does not transmit dense, low-frequency electronic radiation to cellular towers on a constant basis. My utility charges an extra fee to opt out — because they apparently now have to send out a worker to manually read the meter — which I willingly pay rather than risk being exposed to whatever extra radiation comes with this smart meter.

Another important thing to keep in mind is lights. This is a big one which is so often overlooked by people. Most of the common light bulbs people use — which are touted as being so great for efficiency — are actually extremely high emitters of frequencies which can interfere with the natural flow of the human body, endocrine gland system, and even hormone production and emotions. The main offenders include:

- Fluorescent lights
- LED lights
- Halogen lights

The lights which are good old-fashioned technology that are less efficient but put out clean energy without the high degree of radiation are simply:

— Incandescent lights

These are typically not sold in retail stores so much anymore, but can still be found online in great abundance and at very reasonable cost as of the time of writing. The extra cents it takes per day in electricity costs to use these warm, traditional bulbs is worth it to me personally to preserve optimal health.

I once took a film production class and the instructor said don't ever light performers on camera using fluorescent or LED lights, because it will drain their emotional capacity. Most corporate offices and warehouses have been using these for decades to cut down on their electricity costs — just keep in mind these are the same places which seem devoid of soul and energy when you walk in there. High-end restaurants are known for using incandescent lights to create certain mood, atmosphere, warmth and ambiance. I promise I am not making this stuff up. Let me know if you notice a difference after switching back to good old-fashioned incandescent lights. It's a warm, comforting light, as opposed to a cold, harsh light, and I use nothing but incandescent lightbulbs personally. To me, the difference is night and day.

RapidRegeneration.com/LightBulb

You can also utilize the power of crystals to help ground yourself and perhaps even create a buffer against harmful radiation. There are some good ones like Shungite as well as many other stones which can help with this. You can also buy

a necklace so that it's constantly making contact with your skin, helping to regulate your energy, groundedness, and balance. You can put crystals in strategic areas around your home, such as next to smart devices. I don't know to what exact degree this will absorb and transmute that negative frequency, but the crystals do have their own uplifting wavelengths and vibrations which exist in the same ether that the electronic pollution is moving through. Try it out for yourself and see what you observe.

RapidRegeneration.com/Shungite
&
RapidRegeneration.com/ShungiteNecklace

You can also get grounding mats, grounding sheets and pillowcases, which plug into the wall outlets of your home, connecting to the grounding rod which is emitting the underground frequency of the Earth itself. Look for another chapter on this more extensively for improving the body's frequency, but also keep in mind how much it can help in terms of mitigating the EMF issue as well.

RapidRegeneration.com/Grounding

On the high end of the cost spectrum, you could also consider using a PEMF mat or other PEMF devices (AKA Pulse Electromagnetic Frequency) which can help to balance the cells of the body and alkalize them, potentially mitigating them against oxidative stress experienced as a result of EMF exposure. Just keep in mind this is a costly accessory but powerful.

I would also mention the importance of making sure your body is in an optimal functioning state, in terms of good immune function, detoxification, and ability to repair damaged cells. If heavy metals are present in the body, this seems to pose an extra risk to being affected even more drastically by excessive EMFs, and so heavy metal cleansing would be recommended as covered in another segment. Iodine supplementation, which is covered in a separate chapter, has also been shown to be associated with removal of heavy metals from the body, as well as overall cellular function, and cognitive function, which can also be affected by EMFs. Also, iodine has been shown to be helpful as a protective buffer against ionizing radiation like X-rays or from a nuclear plant.

As I mentioned at the start, humans are a transmitting device all on our own. Who knows what all we're communicating with, but we're attuned to be able to send and receive information out into the cosmos and back. My concern is all this interference on Earth can block that. So while it is important to closely guard your space and maintain boundaries against negative pollution coming into your body, so too is it important to also make sure there is a clear channel for you to send and receive signals out there with whatever we're meant to interface with to receive downloads, data, insights, intelligence, and who knows what else. In terms of spirituality, you want to be protected from low-vibrational entities, but you also want to be an open channel to interact with high-vibrational, aspirational transmissions.

If you are in a home which feels uneasy and tense and not quite right, the other thing you can do is quite simple — move! Go to a location that is less susceptible to electronic pollution. I consider myself a bit of a location freak, and I am constantly attuned to the energies of different locations and neighborhoods and so forth. Try to heighten your awareness of that. There are individuals who are much more experts than myself in this area, who are even supposedly trained in being able to identify so-called ‘temporal zones’ which are sort of energetic vortexes that can purportedly be unstable for an individual to reside in.

There are also methods you can use to identify sources of dirty electricity in a home and potentially harmful sources of electronic radiation. There are tools and devices you can buy to measure these things on your own. You can seek out individuals who are more learned than myself in this subject matter to instruct you on how to use these tools.

RapidRegeneration.com/EMFDetector

Like I said, I’m not a technical expert as of the time of writing on that subject other than I am aware of these concepts and the individuals who consult in that area. I tend to be more intuitive and follow my instinct about whether a certain place has a negative or positive overall vibration, and all the nuances in between. Sometimes it’s not practical to relocate and we have to stay in place. But, if you go to work on your home to make it more protected and buffered against radiation, and it still feels weird and possessed, then maybe it’s time to cut your losses and get out of Dodge.

It's tough because cities, suburbs, and even rural areas are becoming more polluted all the time by means of wireless frequencies. I was personally living in central Austin not too long ago. During the course of my living at this one particular home, a cell tower was erected about three blocks away. Shortly thereafter, I couldn't help but notice a different in the energy level in my home. It seems less peaceful and more on edge. I even sustained a mild injury while working out in my home shortly after that, causing me to stop doing my exercise regiment under the concern that I would worsen the injury. Why did this injury even occur? Could the cells in my body have been under duress and experiencing a blockage and/or a lack of ease? It was a sign to me to move on down the dusty trail.

You can also track here the nearby cell towers in relation to your home:

RapidRegeneration.com/CellTowerSearch

Three blocks away for a cell tower isn't great, but I've seen worse also. If your house is right under a cell tower, you may want to consider not living there. Just as if you were right next to a nuclear facility, you may want to move. There is nothing wrong with cutting your losses sometimes and just moving on. Your current location may be holding you back. Although it is disruptive to move, it's one of the most powerful and empowering things you can do. Trust your Sixth Sense (your sense of direction) and your intuition about what to do. Who knows? You may even move cities, states or countries.

If you are pursuing with great aplomb your health transformation and are detoxing and cleansing, supplementing with herbs, and eating lots of healthy foods, but you continue to barrage your body with a constant stream of electronic radiation, then will it be any great surprise when you reach a plateau or feel that you are coming up against a wall and unable to really take off and soar to the next level? If environmental toxins created the problem in the first place, with acidic food and chemicals, then so too we should be focused on other environmental factors which can pollute our very cells and well-being like EMFs and electronic pollution.

We cannot live in a world of compartmentalization and expect to have widespread, wholistic results. This is the problem with so many professions which are so specialized. Many of these professional individuals can't see the forest from the trees.

We humans are made up of energy and vibrations, and that's all herbs and foods are anyways, just a way of exchanging energy, consciousness, chemistry and intelligence with us. We are electro-chemical beings, existing within the laws of physics but also operating within different dimensions, some of which we aren't able to fully anatomize or document. Just because we can't see wireless radiation moving through the air doesn't mean we should dismiss it or not focus on how it affects us or what we can do about it.

We should elevate our consciousness and use our intuition and intelligence to take control of the things which are worth asserting our will over. Some radiation is unavoidable and in

that case we need the strength and will to power through that. This systematic approach is all about putting as many odds in your favor as possible, and I hope you found it helpful.

Enemas and Colonics to Clean Out the Gut

RapidRegeneration.com/Enema

The subject of enemas and colonics with respect to natural health and wellness is unavoidable. I hesitate to call this a technology, but actually it is nothing more than that. This practice goes back thousands of years and people used to take hollowed out vegetable gourds from nature and fill them with water and do what they do nowadays with rubber enema bags and colonic machines.

Although it can be a bit scary and daunting at first, many people who have done this will attest that the results can be very pleasing, and can include a feeling of being cleaned out, and may even include the feeling of a clearer head, nose and throat (which are all connected to the colon). The feeling of this aquatic stimulation may feel good and it can become something you may want to repeat and do routinely. It also appears to help in many cases reverse many years of putting things into the gut that can turn into a sticky, slimy glue and which can be hard to get off the intestinal wall without extra assistance.

Essentially what you do is put a gallon or so (sometimes more, sometimes less) of clean, pure water into the opposite end of your body that you normally put water into. You do this by hanging an enema bag onto something, like a shower rack, and then position yourself on your hands and knees below it. Some people recommend warm water but I find that room temperature water is agreeable enough to the gut. You take the lubricated tip of the device's hose and then press the

control valve to allow water to start flowing from the hose using the power of gravity into your body. After the deed is done, you attempt to let the water absorb, slosh around, and soak into the colon wall.

It is questionable whether water makes it all the way through the colon and into the small intestine, which is one of the drawbacks of enemas as opposed to other forms of intestinal cleansing, as referenced in another chapter whereby you can take a supplement that will clean out the entirety of the gut including the small intestine. The enema or colonic (which is where it gets the name) mainly targets the colon AKA the large intestine.

Water is referred to as the universal solvent. Indeed, if something is messy, you would typically use water to get it cleaned up and remove some of the hardened gunk that is stuck to a surface. And so, after the water is inserted into your colon, you can change positions, lean to one side or another, lie on your side or back, or even move around a bit or massage your abdomen. This can help the water soak into certain areas into which it may not abundantly make its way into when you normally pour water down your esophagus.

Eventually, and maybe immediately, you will feel the need to rush to the commode and move your bowels. This may happen multiple times over the span of the following hour or so. The more experienced that you get, and the more cleaned out your colon gets, the longer you should be able to go holding in the water before releasing. When this happens, you might notice materials (without getting too graphic) that come out of you which don't normally come out during a

regular bowel movement. This indicates that you may be removing hardened slime and gunk off of your colon wall, and the enema is doing its job.

Some people might cringe at the prospect of inserting a thin lubricated tube into the rectum and flowing water into the colon, and I can't really blame you. Doing this type of activity is not something I had ever really tried before doing an enema, and at first I was reticent. However, it might sound strange but after giving it a try I have to admit the insertion really isn't that bad at all. The flow of water coming in may be a bit overwhelming, because a gallon enema bag can empty out within about 60 seconds or so. You can control the flow by activating and releasing the stop valve at the end of the hose, thereby allowing the flow of water to happen in stages, instead of all at once. This can help decrease the urge to run to the commode once the colon initially fills up with water, if you can fill it up more slowly and give the water time to spread around.

Water is the substance of choice for enemas, but there are other ingredients that you could consider, such as a water solution combined with lemon juice, water with herbal formulas or probiotics mixed in, coconut water, cucumber juice, or certain herbal teas. Use your own intuition and use caution and be careful but don't be paralyzed with fear — after all, you have most likely been putting a lot of offensive ingredients into your colon for a long time now. The large intestine is designed to be able to tolerate a large variety of ingredients.

I would absolutely avoid coffee enemas or putting any caffeine into the colon because in my opinion this is too overstimulating and can risk exhausting the nerves.

My personal favorite which I like even much more than plain water is a certain tea that I recommend elsewhere which you can find here:

RapidRegeneration.com/Tea

Use promo code RAPID for 5% off.

Like many methods and therapies referenced within Rapid Regeneration, enemas is one that is not without its downsides. Overall, I believe it to be far enough in the natural realm to include as something virtually everybody should consider doing at some point and/or regularly to get cleaned out and stay cleaned out.

But, doing an enema or colonic may flush out some of the beneficial bacteria that reside in the colon. And so if you are doing enemas routinely, you might consider taking additional supplemental probiotics or especially eating foods that are high in beneficial bacteria to repopulate the gut. Also, an enema might be considered overstimulating and so some might object that it is not the most natural way to clean out the colon.

Ultimately, I find it is quite a useful tool and for somebody who has never done one, you might even consider doing several per week for a month or so to really get your gut cleaned out. After this is accomplished, somebody might still consider doing an enema several times per year for maintenance, or as needed. An enema also has a sort of

stimulative effect to move the bowels, so if somebody is suffering from constipation this could also help with that in particular.

The supplies needed to give yourself an enema are no more than \$10 or \$20 and this is a technology accessible to virtually all. For somebody who wants the premium experience and a little bit of outside assistance, he or she might consider doing a colonic where instead of doing this to yourself a professional who does this all day long can insert some water into your rectum.

You can find the enema supplies here:
RapidRegeneration.com/EnemaBag

You may be surprised at how much you like it, and I'm not just saying that. Definitely don't knock it until you try it.

Oral Hygiene Techniques for Longevity

RapidRegeneration.com/Oral

The mouth is the epicenter of so many things in the body and your mouth deserves to be clean and alkaline. I really don't want to sound redundant and state a bunch of obvious facts but it is worth mentioning just a couple brief insights.

Otherwise, if you are eating totally healthy, but failing to properly maintain the main entrance to your body, you could still be sabotaging your best efforts.

Some people might worry that eating a lot of fruit can be too much sugar which could be detrimental to the teeth themselves. It is true that if sugar is left in contact with tooth enamel it can cause decay. Also, some fruits which are acid fruits (which is to say not acid-forming once digested but acidic in their pre-digested form) like citrus can actually strip the enamel from a tooth if left exposed for an extended period of time. Also, somebody might eat chewy or sticky fruits like dates or dried fruits which can get stuck in between the teeth.

I would recommend flossing after as many meals as possible if not almost all of them. Also, after flossing, consider cleansing out the mouth with some kind of solution like a natural mouthwash. Some people recommend just swishing with water, or combining water with a smidge of natural toothpaste or tooth powder and swishing that around. This leaves the mouth feeling cleaned out and alkaline after a meal.

There are individuals who express concern of using any oral product which contains glycerin. The concept that is proposed is that the glycerin, being an oily, sticky substance, will stick to the teeth and coat them, creating a layer that is difficult to permeate between the teeth and the saliva. The teeth in your mouth are constantly in an interaction with the surrounding saliva, which is a special, almost magical liquid solution that contains many minerals, vitamins and compounds in it. The saliva helps to provide minerals to the teeth so the teeth can stay strong and healthy. But if there is a layer of glycerin between the two, it seems like there is a decent risk that this mineral transport between the saliva and tooth can be blocked or hindered, at least for a while — it can take a long time to get the sticky glycerin completely off of a tooth.

Defenders of glycerin will point to its qualities of being bacteriostatic, meaning that it stops the proliferation of bacteria, although it's not necessarily strong enough to kill the bacteria. It seems the main role that glycerin plays in the toothpaste industry, though, is in its value as a preservative to toothpastes and mouthwashes, making them easier and cheaper to manufacture and giving these products a longer shelf life, increasing profitability in a very competitive marketplace. People also enjoy the smooth texture and sweet taste of glycerin and most people don't really understand the nuances behind the scenes.

Personally, after educating myself in this area, I switched to using oral care products that do not contain glycerin. Certainly, it is a different experience from a textural point of view, but I have come around to enjoy using a tooth brushing

powder just as much as using a paste. There are also toothpaste products that are out there as well which are glycerin-free.

It goes without saying that you should of course find oral hygiene products that do not contain toxic fillers or ingredients — especially including fluoride. It seems like consuming fluoride runs the risk of causing far more problems than the purported benefits you can get from it. There is extensive research supporting the harmful and damaging effects of fluoride and people should be aware of the risks involved.

Once you start paying more attention to alkalizing your mouth after meals by cleaning it out, you might find that you'll feel not so good if you skip this routine. Go on an airplane without any tooth powder, toothpaste or mouthwash (whichever you prefer) and let your mouth just sit after eating a meal or drinking a juice and you'll likely feel the mouth start to become acidic and perhaps sugars fermenting as your awareness grows, and without any assistance to re-alkalize your teeth and gums.

So that covers what you can do when you're in a rush or on the go right after a meal. What about when it's time to brush your teeth like before bed? I enjoy using an electric toothbrush as well. I also like to use a water pick filled with just plain, distilled water. This shoots out water in a focused stream which can be used to clean the areas in between the tooth and gum.

Now, this next technique is a little strange, but I also like to use a regular toothbrush with tooth powder, and brush all the gum areas, tongue, under the tongue, top of mouth, and where the mouth meets the throat. It sounds unusual but try it sometime and see if you don't feel more stimulated and refreshed afterwards.

You can find the oral hygiene products I have discerned as being of good quality below. Personally, I don't really use the toothpaste or the mouthwash. I prefer brushing with the powder, and putting a bit of powder in the mouth and swishing with water in lieu of mouthwash. However, everybody has different preferences and so I am including all of the options below, as well as any other new products I find and update on the website here:

RapidRegeneration.com/OralHygiene

Or individually here:

Tooth Powder:

RapidRegeneration.com/ToothPowder

Mouthwash

RapidRegeneration.com/MouthWash

Toothpaste

RapidRegeneration.com/Toothpaste

Toothbrush

RapidRegeneration.com/Toothbrush

Floss:

RapidRegeneration.com/Floss

Water Pick

RapidRegeneration.com/WaterPick

I've talked to some people who are into natural health who were quite convinced that it was not necessary to visit a dentist once an individual is totally healthy. I really don't know about all that. If you haven't been to the dentist in a while, it may be worth investigating whether you could benefit from 'scaling' AKA deep periodontal cleaning below the gum line (something I had performed after a long absence from visiting the dentist). Personally, I feel I have been helped greatly by my naturopathic dentist. He has been very keen on natural and non-harmful methods of the craft, in the naturopathic tradition.

Everyone at the dental office was rather shocked to see that my gum levels regenerated over a period of several months and grew in robustly, something otherwise unobserved in their other patients. The power of this information contained in Rapid Regeneration is simply amazing.

Don't neglect this basic but vitally important area. Look for a naturopathic provider in your area if possible and make sure they use only high-quality and non-toxic ingredients and dental methods. Switch your oral hygiene products to something natural that will truly care for you. And don't let the sugars and acids from a healthy lifestyle involving eating lots of fruits take a toll on your mouth and teeth — you only get one set (not counting your baby teeth) after all.

Stay clean, and stay alkaline.

The Power of Grounding / Earthing

RapidRegeneration.com/Earthing

When I discovered the power of grounding, it was revolutionary in my own journey of healing and elevation. I crossed paths with this information at exactly the right time. When this happened, in early 2022, I was clean and healthy and my main health problems had been long solved, but I was feeling at the end of my rope. I was feeling ragged, like I had run up against a wall. Something was wrong, and I couldn't figure out what.

It was around this time that I came across some information about PEMF mats. I was listening to some data from a group which is really out there on the cutting edge of full spectrum analysis and helpful information, and one of their representatives started pitching the concept of using these PEMF mats to create an electrical balance within the body. Within 20 minutes of laying on this mat, this gentleman was saying, all the cells in the body are returned to an alkaline state, with a balanced electrical charge rendered on the body. This could help to combat electronic interference that is barraging our bodies all day long from so many different sources, not to mention stress and emotional exhaustion.

This sounded very promising to me and I started to research more into this. What that individual was pitching was actually going into these clinics where they have these beds made from PEMF materials, which pulse out frequencies and wavelengths. Concerned about the inconvenience of this, I started looking at buying one of these units for myself, and

began investigating beds or mats which ranged in cost from \$800 to \$7,000 and some even more. My gut feeling was telling me that I was missing something in this department — I needed to be charged up, like a cell phone on its last 10% of battery life.

At this point, it became apparent to me that a similar result of balance and healing, which was being facilitated through these electronic beds, could also be found simply by tapping into the electrical flow of Planet Earth herself. The earth actually constantly gives off a harmonious, healing frequency. In the world of physics — or electro-chemical-physics to be exact — when studied closely, the molecules of the earth's surface exist in a state where they are constantly giving off a flow of free electrons. This abundant flow of extra electrons will transfer to an object that is conductive which makes contact with the earth, such as a human being who walks barefoot on grass or dirt which is connected to the earth. Stone or cement is generally less conductive and in many cases only semi-conductive or not conductive at all, depending on the material.

This is why power and cable lines are grounded, as well as the electrical setup in most civilized houses or apartment buildings — it's connected to a copper rod which is shoved three feet into the earth's surface. This creates a natural, balanced electrical buffer which will protect the electrical systems against shocks and stresses that natural happen. We too as living electrical beings need the same balance just as much if not more than our electrical technology does.

There are so many studied and proven benefits to connecting a human body with a grounded plane — a free-flowing source of electrons which puts the cells of the body into a self-healing state. Reduced inflammation and cortisol response (closely related to stress) are chief results, among so many other well-documented findings.

Outdoor grounding is a great way to plug into this powerful source. Definitely try it sometimes, and use it when you can. Achieving this balance is as simple as going outside, taking your shoes off, and connecting barefoot to the Earth's surface.

Although for some, this is not simple at all. After all, you have to contend with

- Inclement weather
- Bugs, mosquitos and pests
- Busy schedule which you can't seem to get away from
- Home not located near any good grass because of an urban setting
- Outside environment is stressful
- Among other reasons

There are also other products you can use as a substitute, which are still shown to be effective when studied. This involves connecting an electrically active conduit (a mat, for example) to the same electrical lines which connect to the copper grounding rod outside of your home. This allows the conduit mat to remain grounded, just as the electrical setup in the home (if installed properly) is also grounded via the grounding rod. The conduit is attached to a product, either

via carbon mats which are conductive, or via silver thread which is woven into sheet fabric which is also conductive.

The conduit is run like a wire, connecting with the conductive parts of the mat or sheet, and plugs into the grounded part of your electrical socket on your wall (the 3rd hole which is lower and in the center). This grounded part of the socket connects with the electrical wiring and ultimately connects with the copper grounding rod outside.

These products include

- Mats which can be placed on your desk to make contact with your hands or arms, or on the floor beneath your desk and connected with bare feet
- Fitted and cover sheets for your bed made from cotton with silver conductive threads
- Pillowcases
- Attachments which can be applied to a specific body part needing healing using tape or adhesive material

I personally use the sheets, as well as the pillowcases, and the mats on and below my desk. Although I try and practice old-fashioned Earthing outdoors as often as I can, I find this is much easier, more convenient, and provides more constant and consistent grounding benefits compared with how much time I can realistically put in outside to ground myself.

People ask me what benefits do I notice using the grounding products. First of all, I enjoy the way that it makes me feel on a physical and you might say sensual level. When I get under the covers in my bed, there is a pleasant tingling sensation that runs throughout my body and extremities. This continues

on through the night. I get a positive sensation when in contact with the grounding pads at my desk as well and it tends to make me feel more relaxed and balanced during stressful times.

Since putting these practices into effect, after a night's sleep I also have experienced a greater feeling of restfulness and energy upon waking. This to me is priceless and I can't express enough the value this provides for me. One other thing I have noticed is not only increased energy but increased calm, focus and discernment. Throughout the day, with my main job, at least at the time of writing, I typically endure a great deal of pressure and oftentimes high emotional stakes. I have to navigate some very tense issues, negotiate quagmire situations, and solve complex problems with no easy solutions. This has at times been exhausting, draining, and has caused my focused energy to scatter.

Since discovering grounding, I have been more and more anchored to an energized yet calm and relaxed state, and have been able to do what I need to do and still maintain my focus and vision on the bigger picture.

A few people out there report after trying this that they simply didn't notice any difference at all in how they felt after using the grounding products. For me personally, it is a noticeable but very subtle effect. The scientific studies are conclusive and you can read them for yourself. And so I also must consider the possibility that some people may not be sensitive to these changes that occur. So if you're going to try it, really pay attention and observe your energetic and

even electrical state of being. We are, after all, electrical beings.

RapidRegeneration.com/GroundingProducts

If the timing is right and you can accept the risk that you may waste a modest amount of money if it doesn't work for you (unlikely but possible), check it out for yourself.

Utilizing Hot and Cold Temperatures

RapidRegeneration.com/HotAndCold

The essence of the information that I have gathered — over my many years of investigating, experimenting and refining different concepts since 2015 in my study of natural healing — is that we are blessed to harness the power of Mother Nature within the natural phenomena that already exist. At its best, natural healing is simply allowing the natural order to rebalance itself and ourselves with it.

Such is the case with hot and cold temperatures. In this world, there are good stressors and bad stressors. A bad stressor would be an unhealthy relationship with an individual who is abusive, staying in a job that is a dead-end, bending over backwards just to appease an unfair boss or customer, or depriving yourself of sleep. A good stressor would be exercise, loading weights onto the muscles and bones, pumping the heart rate and working the lungs, abstaining from food for a period of time, or putting yourself through a challenge that allows you to grow and evolve.

Stress gets a bad rap, and rightfully so in many cases, because in the modern world some of today's corporate jobs, relationships, and/or lifestyles are basically just repetitive stress injuries, over and over again. But at the same time, generally speaking, individuals in the modern world — with all our abundance of creature comforts — have in many cases grown too comfortable, and exist in a very comfortable space where their bodies and minds are not really challenged or pushed to the limits of what we are able to accomplish.

Exposing yourself to extreme temperatures of cold or hot is a way of taking yourself back to ancient nature and our more anthropological roots. It applies a positive stressor on both the body and the mind. The body, in its own anti-fragile manner, will respond to that input by strengthening itself (and so too will the mind).

There are of course some caveats which are basic common sense. You don't want to put yourself in such a hot temperature that you bake like a pizza in a brick oven, and you don't want to make yourself so cold that you develop frostbite or hypothermia. Make sure you are hydrated. If you are nursing an injury or physical weakness, you would be wise to approach these modalities slowly and ease in so as to avoid shocking the body.

The hot methods which have been in use for thousands of years throughout human civilization are things like:

- Saunas
- Steam rooms
- Hot yoga
- Exercising outside in the hot sun

Potential benefits of hot temperatures can include:

- Detoxification of toxins via sweating out of the skin
- Increased heart rate, blood flow, and cardiac output, promoting overall cardiovascular health
- Heat shock proteins being excreted which can accelerate protein synthesis
- Stimulation of hormone production which can also assist with maintaining better muscle mass

- Cleansing and rejuvenating to the skin
- Reducing and balancing inflammation levels
- Statistical correlation with longer life expectancy
- Increased levels of norepinephrine which creates more alertness and focus
- Promotion of self-discipline, self-confidence, and self-efficacy
- De-stressing and calming

Hot and cold are like yin and yang — the heat will naturally open up the body, whereas the cold will constrict tissues. By using heat, the body loosens up and opens up. Just to feel the body sweat out so much fluids can feel very cleansing.

Personally, I greatly enjoy a good sauna. The steam room is nice as well, but I am wary about the public tap-water, often containing chlorine and other toxic chemicals, which is used to create the steam which gets breathed in. I find the cleanest and most intense benefits to be in the high dry heat of the sauna. I actually joined a gym initially just to enjoy the benefits of going into a sauna.

Do be cautious about infrared saunas and please take my advice and avoid them. While there are no doubt benefits of infrared saunas, in my view the potential risks of harm outweigh the known benefits. As opposed to irradiant heating which heats up a sauna room from a traditional central heat source, an infrared sauna uses microwave radiation which heats up the body's cells from the inside out! As somebody who is highly aware about avoiding EMFs and electronic radiation, this source of radiation in my view is intense and highly risky. Find a sauna for yourself which uses a central,

metal irradiant heater to heat up a room the old-fashioned way.

Aside from the physical benefits of heat, it is also very soothing to the mind as well. Going into a sauna and trying to hold out for 20 or 30 minutes is a great test of willpower and strength not just of the body but of the mind. Although many people that I observe will actually bring in their cell phones into the sauna, I don't recommend this. Let your mind go and see what happens when you just sit there. Your mind will be forced to figure out something to do in order to avoid the temptation to get up and exit the hot room, and you will likely discover new territories of consciousness while experiencing the benefits of the heat. Personally, I like to practice Transcendental Meditation while in the sauna (more on that in another segment).

Sauna is one of those things which can be considered a luxury, because it does require money and time. Check out gyms in your area and investigate whether they have a steam room, an infrared sauna (avoid), or a traditional irradiant heat sauna, and see what their pricing is like. If you can help it, invest in yourself, as there is no greater investment than your own health, wellness and energy.

The cold methods which are also engrained within ancient human cultural behavior include things like:

- Standing out in the cold air
- Cold showers
- Cold baths
- Ice baths
- Sleeping in a cold temperature

- Therapies where cold air is blown on the body

Potential benefits of cold methods can include:

- Increase of immune function
- Assistance in exercise recovery
- Naturally anti-inflammatory
- Improvement to circulation
- Increase of dopamine output
- Release of adrenaline, epinephrine and norepinephrine, stimulating the mind and body
- Acceleration of metabolism, activating thermogenesis which burns fat
- Acceleration of weight loss and fat burning
- Cold shock proteins being excreted which act beneficially towards nervous system cells
- Enhancing to mood and brain function

Using methods of cold are in a way more — much more — uncomfortable than using the heat which is more relaxing at first. It can be harder to get started in this area, and it seems to take more willpower. The cold methods go hand in hand with deep breathing methods which are also covered in another segment in greater detail.

What I have learned is that it gets easier — much easier. The hardest part is actually just getting started. Start off by taking a warm shower, and at the end, switch it to cold. Run the water first over your chest, then head, then shoulders, arms, legs, and then turn over and let the cold water run over the top of your head, down your neck and down your spine. You can start off using water that is more on the cool side, and then gradually run it colder and colder. You may find that you

grow more tolerant as time goes on and can withstand colder and colder temperatures. You can also work your way up in terms of how long you can stand a cold session, going as little as 30 seconds or a minute or as long as 5 to 20 minutes. Eventually, as strange as it sounds, your body may even start to crave this.

A cold bath or 'ice bath' — where you keep the water at a very cold temperature such as 50 degrees Fahrenheit — is the ultimate in cold immersion. Cold water is much more influential on the body than cold air. Cold methods especially involving cold water are one of the quickest ways to strip excess fat tissues off the body, as your body will burn these fat stores to generate calories of heat. Professional athletes and many others also attest to the power of ice baths or cold baths for recovery and resiliency in their performance.

I also have been sleeping in a colder temperature for years and can attest to how much more rested I feel when this is the case. Personally, I do also notice that my waistline stays more trim whenever I subject myself daily to a cold shower for a couple minutes and it also seems to energize me and elevate my mood. I am like you, I am sure, in that I resist the extreme discomfort of the cold, but I do aspire to be able to discipline myself to put myself through the ultimate methods of benefiting the body. I am not quite there yet, in terms of routine ice baths and so forth, but I'm constantly getting stronger and better in terms of my tolerance, abilities and also my practice of breath work which integrates with the ability to withstand and benefit from the cold — and so too will you.

A lot of things described within Rapid Regeneration require a significant financial investment. But, it takes only pennies to switch your shower knob all the way to the cold position and stand there practicing deep breathing techniques for a minute or two (or longer if you're up for it). The sauna of course cost more, and so does buying bags of ice from the store. Compared with other therapies though, these are relatively low-cost activities you can commit to practicing with potential huge upside for your own health.

If you are in a phase of cleaning out your body, detoxing, regenerating, and self-healing, then these methods of hot and cold truly are your friends. These are ways to really provide a positive stressor to your body, forcing it to reach deep within and change for the better, which is what self-healing is all about. Don't be scared of nature, as our planet was created with these extremes on it and we as a creature are created to withstand them and not just survive but to thrive.

Oxygenate Your Cells / Deep Breathing / Breath Work / Wim Hof

RapidRegeneration.com/Breath

When it was first recommended to me that I try breath work, it just seemed too simple to me. I was resistant at first, thinking that surely this couldn't provide that much dramatic benefit. What I discovered is that these simple, free techniques provide some of the most dramatic support to the body out of anything that can be done, including supplements, foods, and even expensive therapies.

We think so often about food, nutrition, vitamins, minerals, amino acids, fatty acids, antioxidants, flavonoids, phytonutrients, and so forth, that we can get to the point where we can overlook one of the most important elements for our bodies — oxygen. To the degree that oxygen is abundantly available and distributed throughout our body's tissues, we will experience energetic and vibrant health and longevity. To the degree that oxygen is missing, we will experience health problems, liabilities and complications of the body, combined with sensations of feeling bad.

Many times, there will be parts of the body that become hypoxic and deprived of oxygen. The difference between a cell respirating with or without the presence of oxygen is the difference between aerobic and anaerobic respiration. This makes a quantum difference to the mitochondria in our cells, which are responsible for creating ATP which is the literal energy that runs our body and makes us feel energized. The

addition of oxygen allows the cell to produce up to 19 times as much ATP energy as it can without oxygen present.

This is one reason why exercise makes us feel so good, because the intense respiration during exercise forces oxygen in through the lungs and forces oxygenation throughout our system. It is possible though to oxygenate your body without exercise, just as it is possible to exercise without breathing and oxygenating the body completely fully.

Although deep breathing and breath work have been around since the origins of humanity, the benefits of this ancient technology have become more studied, scientifically scrutinized and documented in recent years. This allows us to 'stand on the shoulders' of previous generations as they pass us the baton of knowledge for us to grow our expansion and longevity to even new heights.

Breath work can include methods of inhaling, exhaling, focusing the mind, and centering awareness of the body. The amazing power of breath work lies in its simplicity, with the ability to practice these techniques virtually anywhere for free.

Potential benefits of breath work can include:

- Delivery of more oxygen into the bloodstream
- Removal of carbon dioxide from the blood
- Increase of alkalinity of the blood
- Activation of the parasympathetic nervous system
- Increased energy
- Support of immune function
- Improved circulation

- Help with pain management
- Strengthening of lungs
- Enhancement to mood
- Release of toxins by respirating through the lungs
- Improvement of sleep
- Increase of muscle tone by increasing oxygen to the muscles
- Improvement of digestion by increasing blood flow to the intestines
- Help with focus, creativity, self-awareness and performance
- Help to alleviate stress and cortisol in the body
- Help to release old traumas, griefs, and fears
- Quicker recovery from physical stress
- Can create a psychedelic, spiritual or expansive consciousness experience

There are many different methods out there, schools of thought, and approaches to breath work. I am still learning about all of the modalities that are out there and discovering which ones can be most powerful in terms of transforming the body.

I have really resonated with a certain individual whom you could consider a modern pioneer of breath work, a Dutchman who goes by Wim Hof. This person has accomplished feats like climbing Mount Everest in shorts, running a marathon in the desert with no water, sitting in ice for nearly two hours without a change in body temperature, and being injected with a pathogen without his body experiencing an inflammatory immune response. Wim explains that all of this has been accomplished by using a combination of breathing

techniques as well as a focus of awareness of his mind and body to control the cardiovascular system, the nervous system and the immune system. Wim Hof has many different deep breathing techniques that you can learn for yourself.

I like to start my day doing one of the methods that Wim Hof recommends. In summary, this is a series of deep inhales, followed by a long exhale and breath hold, followed by a deep breath:

- Sit on a chair upright with your back straight, with your legs shoulder width apart, and your hands palms-down on your thighs.
- Take 30-40 deep breaths in, really expanding the lungs to force air into your chest, back, shoulder, neck and head.
- At the end of this series of breaths, exhale all the way, pushing air out of your whole body and throughout the tips of your extremities.
- Hold the exhale as long as you can. This creates a sense of desperation in your cells and they become that much more receptive in anticipation to receive oxygen. Try and hold the exhale at least 30 seconds at this point, or even 1 minute or longer.
- Then, breathe in a very deep breath, getting oxygen into all the far-ranging corners of your body, and hold this breath in for 15 seconds, letting your cells absorb the oxygen.
- Do a total of 3 or 4 rounds of these.

After doing this method, I really feel energized, in a good mood, and ready for whatever challenges the day will surely bring. It has become a part of my daily routine and only takes about five to ten minutes. In terms of elevating mood and

creating a natural high, it's like an all-natural, recreational drug without the toxicity!

I don't pretend to be a top expert in breath work myself, but I work to find the best minds out there and learn from the people who are at the tip of the spear. If I find a great resource for myself, I am committed to also sharing that with you.

RapidRegeneration.com/BreathWork

As long as you are practicing methods which will suck air intensely into your body, it would be that much better if you were breathing in clean, fresh air. If you live in a relatively natural setting with trees and plants outside, then go on outside and sit in a chair to breathe in the fresh air. I have also found there is a huge difference just filtering the air in my home with a high-quality air filtration system. I find I am in a better mood and concentrating better at my home when my home air filter is sucking out the dust and toxins in the air and I can just breathe fresh, clean air.

This of course adds an additional one-time expense as well as maintenance expense from the need to change the filter, but for me it has been well worth it. If you can afford it, try it for yourself.

RapidRegeneration.com/AirFilter

I have been changed from somebody who was resistant of breath work and thinking it was only going to be a minor benefit to one of the biggest advocates you could find and a

'daily user' of breath work, which can be more stimulating than any drug or even a cup of coffee. Re-discover for yourself the amazing power of interchanging with the air of this planet we inhabit, and discover the explosion of energy as you change the oxygen tension of your body and begin holding more oxygen in your blood. Truly, this is one of the fountains of youthfulness and longevity.

Yoga and Stretching for Youthful Energy

RapidRegeneration.com/Stretch

Some of this information is so redundant that I almost feel silly including it within the scope of Rapid Regeneration. But, I draw my inspiration from nature and one thing that is true about the natural world is that nature loves redundancy. This is why trees have an abundant amount of branches and seeds, and why you have two lungs, two kidneys, two ovaries/testicles, etc. Totally necessary? Maybe not. Redundant? Yes. Helps us to thrive? Indeed.

I know you know that stretching and yoga are good for you. Your body is a series of interconnected areas which are held together by these circuits of connective tissue. This material is very elastic, but if you don't stretch it, it can become more hardened and tough. By stretching out your body, surely you make yourself younger and more energetic.

Some of the benefits of stretching include:

- Increased flexibility
- Increased range of motion
- Increased physical performance
- Better posture
- Calming, relaxing effect
- Helps to lower stress
- Promotes blood flow
- Tones your muscles and connective tissue
- Potentially can help reduce injury risk
- Energizing
- Expands body awareness

This is something that really should be done daily — I personally do it twice daily. It serves as a bit of a morning and evening routine, before and after bedtime, as a way to enter the day and focus the mind before dealing with the stressors of other people's demands, and then again to quiet the mind and degrade the thoughts and considerations of that day before getting ready for bed. It takes about five to seven minutes to stretch out the body in this way. If I don't do this, I feel like I'm dragging myself throughout the day with less energy and less overall positive flow.

Also remember that the lymphatic system has no pump on it like the vascular system has with the heart and lungs. Stretching helps to stimulate not only your blood circulation but also your lymphatic movement, filtration and drainage. If you are detoxing intensively, stretching should absolutely be a part of your daily routine to help get toxins out of your body.

Yoga is basically a combination of stretching, breathing, meditation, cardiovascular activity, and resistance training, and is an incredible benefit to the body.

Some of the benefits of yoga include:

- Some of the same benefits of stretching like better flexibility and increased circulation
- Muscle strength and tone
- Stress and anxiety alleviation
- Sharpens concentration, attention and mindfulness
- Enhances immune system and metabolism
- Energizing

- Promotes full breathing
- Can potentially prevent breakdown and degeneration of joints, connective tissue and skeletal system
- Stimulating to the lymphatic system (detoxifying)
- Soothes the nervous system
- Encourages self-knowing and self-awareness
- Builds self-confidence and gratitude

You can do yoga and you'll stretch yourself in ways that will surprise you, even leaving yourself sore in areas of the body the next day and indicating that you really stretched yourself out majorly. It is also a great workout and works the body in a very holistic, interconnected way, integrating the stretching, muscle building, breath work, and balancing your spiritual awareness all in one.

Personally, I like hot yoga the most which seems to achieve even more dramatic results by increasing flow and filtration through the skin via perspiration with the hot temperatures, but I enjoy yoga classes of all kinds. I have also tried following along at home to yoga instructors virtually which isn't too bad although not quite as powerful as being there in person with the group collective consciousness and the instructor pushing you to do your best. I don't attend yoga classes nearly as often as I would like and if I ever get more free time it's one of those things I greatly enjoy.

If you haven't done stretching or yoga very much and you feel like this is a lost cause — don't worry! You can regain elasticity and flexibility in the body after just a few weeks or months of making a discipline out of personally stretching at home or regularly attending a yoga class.

I would like to include my stretching routine which I have gathered from many years of picking up stretches from different activities and different experts. Try it out and add in different moves that seem to resonate with you personally.

Here are the stretches that I do upon waking and before bed, in this order:

- Reach up towards the sky with both arms, pressing the fingertips up.
- While reaching up towards the sky with arms extended, stretch up and to the right and left, stretching either side of your torso.
- Reach your arm back while standing and press your palm against a wall, stretching out your inner arm. Turning your body to stretch out your arm, forearm, bicep, shoulder and chest.
- Face the wall and reach either arm across your torso, placing your palm against the wall and pulling your body in the opposite direction to stretch out your back and shoulders.
- Stand up straight and put both hands on the back of your head, leaning your head forward and down and pulling down — stretch out the back of your neck.
- Put your left hand on the right side of your head while standing straight and pull your head down and toward the left, leaning down on the left shoulder, to stretch out the right side of your neck. Do this again on the opposite side.
- Open your jaw as wide as you can and try and hold your jaw in this expanded, open position for a good 10 seconds to stretch out your jaw and face muscles.

- Facing the wall, go ahead and put one leg behind you and stretch out that leg, leaning forward with both hands on the wall, to stretch out your calf and hamstring. Do this on both sides.
- Using the same position, bend your knee down to stretch your ankle out with your leg back and toes by pressing against the floor — this stretches the back of the ankle. Then, flip your foot back and stretch out your foot with the top of your toes against the floor — this stretches the front of the ankle. Finally, with the top of your toes still on the floor, thrust your pelvis forward to stretch your hip and top of the thigh back — this stretches out the lower abdomen and hip flexor. Do this on both sides.
- Holding one hand against the wall, balance on one leg and with the other leg make ten circles going clockwise, rotating at the hip, and the ten circles going counter-clockwise. Do this again but rotating at the ankle with ten rotations in each direction. Finally, repeat but while rotating at the toes, focusing on the big toe. Do this again for the other leg (I only do the leg, foot and toe rotations the morning and skip before bedtime).
- Stand straight with your arms dangling down. Roll your shoulders forwards 10 times and then backwards 10 times. Then hold your arms stretched to either side, pointing outwards to your right and left, and palms facing toward the ground. Make circles with your arms so that you making ten rotations going forward, and then ten rotations going backward. Do this again but rotate at the wrist. Finally, do this again with each of your five fingers, rotating each finger on both sides of your body at the same time, clockwise and then counter clockwise ten times (I only do

the shoulder, arm and hand rotations in the morning and skip before bedtime).

- Standing straight, reach up toward the sky and bring your hands down toward your feet, touching your toes or the floor if possible, stretching our your legs and back. Breath into your lower back.
- Widen your legs and continue stretching down. Grab the outsides of your feet (if possible) and pull your body down, stretching our your back and spine.
- Set yourself down on the ground (if helps if you do this part on carpet, foam, or grass/dirt), sitting with your hips back. Stretch forward and try and touch your toes, leaning forward — this stretches out your back, calves and hamstrings.
- While still sitting, spread your feet out so your legs are spread and reach to touch either foot, stretching out that side, and then lean forward, with your legs still spread., pulling your self forward on the floor
- Put the left side of your left knee over the ground and lean over your left knee, holding your body over your knee with your palms on either side, and your right leg extended out behind you, and pull yourself forward — this stretches out your left buttock, leg and hip. Do this again for the other side.
- Flip over to your back. Reach for your right knee and pull it up, stretching it and holding it with your arms to touch your right armpit area, while your left leg lies flat and your back lies flat on the floor — this stretches out your ascending colon. Then, do this same thing for your left knee — this stretches out your descending colon. Then, pull up both knees, with you elbows around the side of each leg, and grabbing your elbows to form a sort of belt around your

legs. Try and keep your back and neck as flat as possible and pull up your knees to press down on your torso — this stretches out your transverse colon.

Do what works for you, and customize your movement of your body to fit what you need specifically. Whatever you do, don't neglect this very important area. Just like a muscle needs to be torn to grow, and your bones need weight loaded on them to strengthen and build density, so too does the connective tissue of your body need to be challenged and stretched out, in order to maintain a flexibility, elasticity, and interconnectedness throughout your whole body so that you can really thrive.

Namaste.

Meditation — Tapping the Raw Power Within

RapidRegeneration.com/Meditation

As you go through detoxification, transformation and regeneration, you will find that your body, mind, and even soul will likely undergo a somewhat radical transformation as it rids itself of old baggage, junk and debris — both physical and non-physical — in order to become a more high-functioning, high-performing version of yourself. Ideally, you might find yourself sort of observing this happening, especially if you are doing a lot of the right things like eating healthy and taking key supplements, and you may feel like you're in the passenger seat and the changes are just rolling out more or less effortlessly — this is detoxification and regeneration at its best.

To get to this level, some amount of emptiness and blank space is required, meaning that your day should not be filled wall to wall and moment to moment with constant stimulation and over-intellectualization of everything. Our world today pushes us to be either in constant thought and analysis, or to be endlessly entertaining ourselves whether that is with shows, TV, movies, audio programs, or scrolling through infinite social media and internet postings. Studies have shown that this is extremely unhealthy and can lead to all kinds of mental, physiological and emotional deficiencies — however that is a subject for another time and place.

Within the context of getting yourself healthy and well, you want to be in a position where you are just riding along and observing your body and self making amazing

transformations. To achieve this, my suggestion is to create some blankness and empty space in your life. I am not saying that you need to sit in a blank windowless room sitting with your knees crossed all day long. This is not realistic considering our busy lives and would likely be redundant anyways. But if you give your body and mind some blank space without stimulation or without your mind constantly trying to control things, then your subconscious mind can take over as well as your nervous system in cleaning house and doing what is obvious to your body that should be done, as long as you provide it with the bandwidth and space in which to do it.

To some extent, this is what you do every night when you sleep and rest and your body knows best what to do while that is happening, both with the actual body and the subconscious mind. Studies have shown that certain forms of meditation can achieve a different yet powerful form of rest for your body and mind that can create benefits distinct from those you get while you are sleeping.

There are many forms of meditation out there, and some of them you can figure out how to do more or less intuitively. You can even do certain activities meditatively, such as driving across town for an errand with no music or audio programs playing and just letting your thoughts and energy flow. Or you can focus your mental efforts to try and visualize scenarios containing the type of scene you wish to create in your life. You can simply lie back on your bed or in an armchair and just feel the positive forces of the universe flow through as you change and transform yourself into a more

positive direction. You can do guided meditations to sort of corral your energies towards a certain worthy goal.

There is one type of meditation that I have found to be more powerful and effective than others, and that would be Transcendental Meditation, also commonly called 'TM'. I learned this technique from an instructor in the TM organization in October of 2022 and I must say it has been quite positively life-changing, not so much in an overt way but in subtle ways.

There are other individuals and published works that highlight the physiological benefits of TM better than I can explain. Simply put, when you enter into a deep, relaxing, easy meditation during TM, your nervous system goes into a very supple and dynamically energetic state. Your body will go to work on mocking itself back up and repairing damaged weak areas. By the same token, your mind will also go into a state of elastic sort of repair, creating new neural pathways, while simultaneously on a subconscious level processing and dealing with old baggage, traumas and skeletons which are in your figurative closet. That's my best layman's explanation of what goes on during Transcendental Meditation.

Outside of meditating, which can be done practically once or ideally twice daily for about 20 minutes, I have found that it has brought improvement to relationships, causing me to be more open, empathetic, a better listener, more vulnerable and gracious towards others, and overall a kinder, gentler person. I also noticed an increase in energy and focus throughout the day, in terms of being more effective at starting and completing tasks in pursuit of a particular goal. I sleep better,

I'm a better lover and I'm less irritated and stressed out at the rigors of daily life. Overall, I must say, it's one of my favorite ways to deal with this otherwise very challenging and oftentimes stressful world we live in, and I highly recommend Transcendental Meditation for basically everybody who is in a position to do it.

There is a cost involved with getting formal instruction from a TM instructor, and so there is a sort of barrier to entry in order to get the devotion of many hours of time it takes to be properly instructed in the technique by a qualified individual. I can only say that the investment has been well worth it for me.

Once you can achieve a sort of harmony between what you're doing for your body — cleansing it, supplementing it, fueling it with clean, nutritious foods — and then you start injecting mental and nervous system fuel such as TM, it is such a beautiful thing. Because it can feel like you're now powered on rocket fuel, and all the pistons of your life start to start working in harmony, all firing in the same direction. It's a very powerful feeling indeed, and so powerful in fact that I think some people are secretly afraid of it — afraid of their own power.

Indeed, the power of meditation and specifically TM is tremendous and can launch you into the next quantum version of what you are becoming in this lifetime and next. If you are a person who is into achievement, this can help you complete more goals faster. If you really value relationships and emotional healing, this can offer you a condensed form of self-healing on an emotional and psychic level and allow

you to have more open space to ingratiate other people and create more intimacy in relationships.

Don't be scared of the power of something like this and find excuses not to learn it like money, time, and everything else. Make a decision today that you will arm yourself with this mega-powerful tool in your lifetime, and ideally get to it right away. Embrace meditation in whichever way works for you — Either learn to meditate from the best gold standard there is, in my opinion (Transcendental Meditation / TM), or otherwise find a meditative practice that works for you and fits in some empty space in your life.

This will be one of the best gifts and will continue to enrich your life and all those around you for as long as you use it.

Iridology – Window into Your Health

RapidRegeneration.com/Iris

It's amazing how God, the universe, creation, nature, or whatever you wish to call it provides us with the tools to fix our problems and transform ourselves. There are so many invasive, harmful or toxic procedures which damage the body just to try and find out what *is* the state of the body. Sometimes, the damage caused by the investigative technique is more harm than it's worth. It doesn't always have to be that way.

The eyes have been referred to in literature as 'a window into the soul'. That may be true, poetically, between friends, comrades, lovers and as expressive, creative beings. From a practical standpoint though, the eyes truly are a window into what is going on within the body.

The history of modern iridology originates in Europe in the 19th century. and was refined in a more contemporary sense in the 20th century by Dr. Bernard Jensen and others. I won't bore you with all the ins and outs of the intricacies of how the different parts of the eyes interconnect. Perhaps I will someday in another format, but for now I would encourage you to view a map of the eyes and what each part of the eyes represents according to this school of thought. Does it work? It's worked for me, and many others, and all I can tell you is to consider giving it a try for yourself.

RapidRegeneration.com/EyeChart

Acupuncture, massage and chiropractor knowledge follows the same concept held in iridology — that there are energy spirals or meridians traveling through the body, and that these meridians represent a different part of the body. For example, one area of the foot may be connected with a certain organ or system of the body.

So too in iridology, a certain part of the iris will show a link to a certain system of the body. In theory, the flow of energy concerning that system of the body would travel through that part of the iris and be reflected by a group of strands or fibers that make up the eye. If you look very closely at a photograph, your iris looks like a ball of yarn wound up with individual strands.

You can get a close look at your irises and in fact will need to if you ever want to read your own eyes or have them read by an experienced iridologist. Do this by getting a cell phone camera, zooming it in somewhat and keeping the flash on, focusing until the iris is in view and capturing the photograph. You'll be amazed at what you never noticed before in your own eyes, or in the eyes of those people close to you, by looking at them up close and personal — indeed, the individualized pattern of how these strands are woven is about as personal as it gets.

You'll notice intricacies and remarkable qualities of the strands themselves, including areas where they are broken off, tangled, split, wavy, straight, or brittle. You'll also notice that, even though the strands are going long-ways around the eye as though strung around a spool, there is also a corresponding pattern going around the pupil of the eye like

the hub of a wheel. You can see the amazing complexity and beauty in how the body is interwoven together and how the eyes exemplify that.

Also around the strands you'll notice there is a backdrop of material that the strands are sort of swimming in. This is considered your body's own environment, AKA your lymphatic system. To the degree that your lymphatic system is cleared up and filtering consistently, you'll see a clear background almost like looking into a clear sky or into a pool of clear, clean water. When there is much lymphatic stagnation going on, you'll notice build-up and debris, and the backdrop of the individual fibers will become cloudy, and will get all clogged up with residue, representing stagnation of the body's lymphatic system.

This is where there is a distinct difference between reading a blue eye versus a brown eye, because the colors end up looking different. This may surprise you, but naturally speaking, there are only two main eye colors — blue and brown. A blue eye is very straightforward to understand as there is only one kind, whereas there are different types of brown eyes and some colors in between which you can now understand with some nuance.

A true brown eye starts off like a teddy bear brown, with sort of a light tan color, although it can become darker over time depending on the internal environment, or perhaps more yellow due to congestion. A green eye is actually a blue eye with supposed lymphatic stagnation — the congestion starts off white, then over time gets more yellow, and eventually when yellow starts to overpower the blue color, the eye turns

mostly green. Then you have hazel eyes which are sort of a brown looking color, but are actually a blue eye with an internal environment that went from blue to white to yellow to green to brown. This represents the stages of the lymphatic system, and as the congestion becomes more chronic and time goes on, the colors can change.

Just as you learned in kindergarten about what happens when you mix primary colors and the colors those create, so too does the same thing happen in the eyes. With this knowledge, you should be able to tell the difference between a brown-brown eye, and a blue-brown eye, as well as the other colors in between like green, yellow and hazel (which are blue eyes as their basic root color).

This isn't to say that if you have eyes which are green, yellow, hazel, or blue-brown that this is such a bad thing. There can be people who have gotten very healthy and are experiencing high levels of health but their eyes are still this color, so please don't mistake my statements as saying that if you have blue-brown eyes that your health is poor. It simply tells you the backstory of the internal environment and what you are working with.

I also don't pretend to understand all the intricacies of iridology and each challenge is unique. There are some people who have clear blue eyes which on the surface you would think have very little stagnation, but looking closer there are little patterns all around the outer ring and dissonant break-ups. Personally, I knew an individual who had this going on and she was actually very unhappy, feeling unwell constantly, dehydrated and lacking in energy. But on the

surface her eyes were as crystal clear blue as a pristine pond. So, the eyes aren't always what they seem on the surface and are individualized and different for everybody. Iridology, in this sense, is part science and part art, and is best taken with some nuance, a dose of intuition, and a grain of salt.

You can also have splotches of discoloration sprinkled through the eyes, which can represent chemical residue, including sulfur, pharmaceutical deposits, or even fungus or some kind of outside organism presence. These are very common and can show an even different side of ourselves through iridology, representing what is going on as our body's interact with our external world.

I will attest that personally my eyes did change dramatically over different periods of time. First of all, if you were to look at my eyes when I was a baby, they were colored pure, clear blue and were on the lighter side of blue. By the time I was a teenager, they had darkened quite a bit and were a lot more cloudy, and ultimately gave off a sort of green-ish dark blue.

Winter of 2015 was the first opportunity I had to get an up-close photo of my irises. At this time, it was only a few months after I started my detoxification journey, and about four years after I had fallen seriously ill with health problems. I took some photos of my eyes and they appeared extremely cloudy, mostly green, with a bunch of congestion, brown spots, and the fibers being tangled everywhere and clumped together

In late 2022, almost seven years later, when I took new photos of my eyes, I could see that much of the cloudiness

was gone, with the blueness of the eyes really showing through and the green color fading out. The strands of the eyes are much straighter, many of the entanglements have been straightened out, and many of the brown spots have lightened up and faded.

Comparing my eyes from the two sets of photos, the same problem areas as before are still observable, but are less prominent and appear as if they are being worked out slowly but surely. This is truly the power of these natural health techniques, eating powerful, energetic healthy foods, and continuing to clean out and rebuild the body — the proof is right there showing the world each day through the eyes.

There are some individuals in the natural wellness space who are extremely skeptical of iridology and dismiss it as a pseudoscience, just as they would with reflexology. While I agree it is difficult to prove the exact quantification of information provided in an individual's irises and how that relates to their health, I really cannot discount the dramatic changes I have seen in my own irises, as well as the changes that have occurred in many other individuals who have gotten themselves healthy. Not only that but the areas which appeared to show dissonance in my irises were spot-on in terms of the problems that I already knew that I had in that same corresponding part of my body. So don't just take my opinion about it with my own experiences, but work with an iridologist or read your own eyes and see what you think for yourself.

Getting a reading done of your eyes can give you a very powerful tool — awareness. To me, this was like a nugget of

gold as I continued to heal. How about if you knew exactly what problem spots you had, which areas are the most lymphatically clogged, which areas appear to be genetically compromised, and potential locations where you have blockages that you need to break through? How about knowing which supplements to take to target certain systems which are most in need of improvement? Or figuring how certain types of foods or juices you should eat, or exercises, or therapies, or other natural health techniques which would fit the apparent challenges contained within your body?

For me, after getting a professional reading, the information provided — that my parathyroid, skeletal system, and connective tissue were some of my big weaknesses — really opened my eyes and gave me the specific data that I needed to figure out how to accelerate my healing journey. For others, it's often the stomach and GI tract, or perhaps there's something going on surrounding the skin, or neck, head and sinus area, or liver — wouldn't you like to know?

While I understand that iridology is not as scientific as a natural law like gravity which can be isolated and double-tested, the results for me and for so many others have been uncanny, so this is why I recommend at least taking this tool out of the tool-belt and trying it out for yourself.

Decide for yourself today that you will find out more about how to read the map that God has given you showing the journey within your own body. If you would like to get a professional reading, here is more information about what I would recommend to get that done:

RapidRegeneration.com/Iridology

You don't have to throw down money necessarily — you can read your own eyes. At the very least, take a picture of your own eyes and compare it with the chart to see if you notice any resonance with your own body awareness and what your eyes are showing. Here is a chart you can reference:

RapidRegeneration.com/EyeChart

Definitely explore for yourself the amazing endless art that continues to express in real time via the beautiful natural fabric that makes up all of us.

Massage, Chiropractors, Acupuncture and Energy Work

RapidRegeneration.com/Practitioner

This program is about more than what you put into your mouth, swallow, and process through your digestive system, lymphatic system, and bloodstream. There is so much more out there which can help you to transform yourself dramatically and rapidly.

For thousands of years, human civilization has been trying to figure out ways to stimulate, enhance, and repair the body's natural flow of energy, through the skeletal structure, connective tissue, skin, and nervous system. The energy of the body actually travels through the body in a series of spirals, all interconnected in an amazing network and pattern that is like the most beautiful artistic creation.

As opposed to eating toxic chemical pills, getting cut open with instruments while unconscious, getting beamed with radiation, or other activities which have a directly harmful affect on our bodies, when you deal with acupuncturists, massage therapists, chiropractors, and/or energy workers, you tend to have a much lower risk of damage to tissue or harmful side effects. In fact, if you get somebody who is extremely well trained, intuitive and effective at their craft, your risk of harming your body should be completely zero.

Chiropractic adjustments target misalignments in the spine and skeletal system. These imbalances create a lack of ease of the body's natural flow of nerve energy to correctly travel from one point of the body to another. After an effective

adjustment, it can often feel like a lightbulb or electrical circuit has been switched on. The body will then ideally hold that adjustment and recall what it was like to have total ease of movement and a natural poise and energetic flow. Just think about how a baby sits up with such an elegant poise and upward pull — that is our aspirational state of being as fully actualized bodies.

Massage therapy targets the soft tissue that surrounds the skeletal system, including muscle, sinews, ligaments, skin, lymph nodes, and connective tissue. Over time, acidic waste can harden and form a kind of grit that can get lodged into the connective tissue. This grit can be worked out with good old-fashioned elbow grease, certain tools that can rub into the skin, and a talent for understanding the body's flow of energy and lymphatic system to help eliminate wastes. The lymphatic system can also be stimulated during massage, including the neuro-lymphatic points, and/or craniosacral massage, to stimulate and accelerate the body's natural desire to eliminate wastes and heal itself.

Acupuncture is the Chinese tradition of sticking tiny needles into a very shallow point underneath the skin along certain energy meridians. The practice stimulates a network of energy flows that go throughout the body which are associated with different systems, organs and functions of the body. When the nervous system is stimulated by the needle, it helps to activate that entire circuit, which can run from one of your toes, up through your leg, torso and up into your head for example. Once a circuit gets turned on, it helps rehabilitate the body's natural awareness of that energy flow

so that your body can then naturally sustain the flow of nerve energy through that circuit onwards.

Energy work deals with the magnetic field of a human being, which emits frequencies and radiates out a sort of spiritual force field into the universe. This outward radiation should be positive and resilient, but can become suppressed, warped, or even possessed. Individuals who are gifted in this area can help to unblock these obstructions in a person's natural energy flow and they work with the energy field of the person, which flows through the body, but is also surrounding it and flowing outwards as well.

Reiki energy work is a somewhat commonly found modality, but there are many gifted individuals who are talented at redirecting and opening up flows of energy, who may practice their skills under more informal descriptions. Energy work practitioners can work without palpating the actual skin of an individual and simply direct the energy through the air surrounding an individual, or physical touch can also be incorporating to achieve an energetic transmutation or purification.

All four of these things can really take your healing to the next level, in my experience, and all of these modalities also complement each other nicely. A good chiropractor will acknowledge the value in massage therapy, acupuncture, or even energy work, and vice versa. Personally, I wish that I had gotten into these methods sooner because of how dramatically they have helped me.

If these techniques are so great and helpful, then why wouldn't you do them all the time? Well the answer is simple: Money. Unlike buying fresh organic fruits, vegetables, nuts and seeds, which shouldn't really cost you that much more money than buying dairy, grains, processed foods and junk foods, receiving these helpful services costs extra money that you may or may not have to spend. A quality chiropractor may charge anywhere from \$30 to \$60 per adjustment. If you can find a community acupuncture center (with a lower-cost business model than an individualized acupuncture office) they will likely charge you anywhere from \$25 to \$50 per session. The typical going rate for massage therapy for somebody experienced and with high ratings is about \$1 per minute. Energy work pricing can range from the same as a massage therapist or potentially lower if somebody works on a sliding scale or by donations.

For some individuals, this is not considered cheap and goes on the chopping block of their personal budget when they go through their household economy figuring out which areas they need to cut out in order to survive financially. For somebody else who is more comfortable financially, perhaps they can consider investing less money in a retirement account and go ahead and invest in their own health right now because that dividend will be immediate and likely far greater. If you aren't in a position to pay for these services right now, set it as a goal for yourself to do so someday.

Of course, in terms of massage therapy at least, if you can't afford it, perhaps try and get a significant other who is interested in it. Give them a good massage, and I would be shocked if they don't return the favor. I don't wish to

downplay massage therapists as if it's so easy to deliver this service — it's not. But, find out if your significant other has a natural talent for massage, and if they do, or if you do, then it will be one of the most enjoyable and enriching forms of communication, love, and physical gifting that you can give to one another.

There is also a very amazing massage tool you can use on your significant other, friends, or on yourself, to really break up clogged acidic hardened residues beneath the fascia of the skin. You can check it out here:

RapidRegeneration.com/MassageTool

In my view, much of the effectiveness of the massager or energy worker does come down to natural gifts and talents regarding the application of their hands, understanding the energy flow of the body, and how to work in harmony with that. Once you start to do it yourself, you'll find that somebody else's body will actually read like a book as you work with your hands to help their body to heal itself and create itself anew. All of these modalities follow an amazing awareness and expression of the human body, through these pathways of elimination and energy flow.

Try these things for yourself, when you get the chance, and I hope you'll find that they take you to the next level and beyond.

PEMF / Pulse Electromagnetic Frequency to Alkalize the Body

RapidRegeneration.com/PEMF

We live today in a world that bombards us with unnatural chemistry, frequencies and what some might call electronic pollution. Furthermore, we are living far removed from mother nature and harmony with the natural elements, such as touching bare feet to the bare earth, where otherwise we would experience a magnetic alkalizing benefit via the free exchange of electron flow from the ground. This causes us to build up an acidic charge and can cause many imbalances and issues within the body.

A PEMF mat is a device that you can lay on and surround your body with an electromagnetic field of energy. This is done using magnets and other electronics. This is reported to be very soothing, relaxing, therapeutic and calming and/or energizing (depending on the setting of the wavelength) and personally I can attest that my experience using them has been positive. You can also find other handheld devices as well as other PEMF accessories.

The idea behind a PEMF mat or device is basically to mimic the existing power that is harnessed within the magnetism of mother nature. A PEMF device emits wavelengths of vibrations which can raise the voltage of the cells. This effect can encourage ion transport via the increased effectiveness of the sodium potassium pump in each cell which would help to transport nutrients and oxygen. This increased cellular

function can also help clear out harmful residues that may exist from EMF exposure at a cellular level.

Also, the charge that cells receive from PEMF frequencies can cause red blood cells to float around more independently, reducing clumping. This allows the cells to be operating in a more robust fashion, and puts them in a position to transfer and manage oxygen better. For this reason, PEMF is often recommended to be followed by breath work, exercise, or an oxygen therapy like EWOT (Exercise with Oxygen Therapy), followed after that by red light therapy (to assist with oxygen transport into the cells).

Please understand a word of caution. This is not a 100% natural source of frequency and magnetism, as the PEMF device is an artificial, man-made piece of technology. I am not a puritan in this regard, but some people might object to this. Also, just keep in mind that it is absolutely possible to overstimulate your body with this type of activity. You could overstimulate your organs and cells and even potentially over-detoxify your body too quickly which could lead to a healing crisis or exhaustion.

For this reason, my preferred PEMF device and the one more beneficial in my view would be one that puts out a lower amount of power as compared with some others out there which are emitting a very high-powered frequency.

You can find the PEMF device that I would prefer here:
RapidRegeneration.com/PEMFMAT

PEMF mats are not cheap, costing several thousand dollars for the best quality ones, and even utilizing this service in a local wellness facility can run about \$25 to \$50 per session. This is truly more of an elite activity at the higher end of the socioeconomic spectrum. A more affordable strategy to still get similar benefits (albeit not as powerful) would be the Earthing / grounding products as covered in another section, and the most cost-effective option (free) is simply to contact the surface of the Earth with bare feet.

Nonetheless, a PEMF therapy device is certainly worth trying in my view, and someday you may be in a position to invest in keeping this extravagant piece of technology in your home to give yourself the gift of magnetism, vibration, and frequency.

EWOT / Exercise with Oxygen Therapy to Oxygenate Your Cells

RapidRegeneration.com/EWOT

I would be remiss not to mention a groundbreaking and yet controversial form of increasing levels of oxygen to the body. So many physical issues with the body start off in an oxygen-deprived state inside the body, and so it only makes natural sense that individuals have been investigating ways to increase oxygen levels inside the body for a very long time now.

Much of this approach is quite intuitive, just as doing breath work will increase levels of oxygen into the body, as well as cardiovascular exercise. Nature will gift you with high levels of oxygenation of the body, if you are in these natural elements. Sprinting to exhaustion will also cause your lungs to be forced open and you will breathe in very high amounts of air, oxygenating your system. But how often are you sprinting around?

The idea behind EWOT (Exercise with Oxygen Therapy) is to feed the body heightened levels of oxygen (through a mask, drawing 90-93% pure oxygen) during cardiovascular exercise such as riding a stationary bike. The oxygen goes into the mask from a big inflated bag of oxygen, which has been filled up from the surrounding environment via filtered oxygen from an oxygen generator.

When somebody exercises while doing this, it naturally sucks the contents of the bag out quicker and more naturally,

because more air is being respired during exercise, especially when doing 3 minutes moderately paced, followed by 30 seconds of sprinting on the bike.

Personally, I find this modality to be very soothing to me and energizing. Once again, the cost can certainly be a challenge for some. At several thousand dollars to put this device into your home, and at about \$25 to \$50 per session to use this equipment at a nearby wellness center, it's not cheap. I only mention it to give you an idea of the possibilities out there whether it makes sense for you now, or perhaps never, or maybe later in your life.

Also, inhaling oxygen at this level of purity is not without risk, although this particular form of supplemental oxygen consumption seems to be easier to assimilate than some other options out there. But it is ultimately unnatural to some degree as this is a human-invented contraption, and so take caution and understand that there could always be a drawback when intervening with the body in this type of approach.

If you do wish to get your own EWOT therapy device, you can find this one here which would be of top quality:
RapidRegeneration.com/Oxygen

If you're interested in the complete and full benefits of oxygenating the body, it is recommended by some that you can help prepare the body beforehand with PEMF (Pulse Electromagnetic Field) therapy, then EWOT, followed by Red Light Therapy to help the cells absorb the oxygen.

This is a higher level advanced modality just to show you that your health, wellness, and energy levels are what you choose to make them. Just as there are infinite levels downward of health problems and degeneration, so too are there ascending levels of energizing and fueling the body which can be facilitated using some of these devices. Just put exercising with oxygen therapy on your bucket list to try one day and see how it makes you feel.

Red Light Therapy / PMB / PhotoBioModulation for Balance and Skin

RapidRegeneration.com/RedLightTherapy

In the last decade or two, much progress has been made by means of developing sources for beneficial wavelengths of light which penetrate the layers of skin and wash the cells in certain natural vibrations. Nowadays, human beings reside indoors, in homes, offices, under shaded structures and without the wash of constant natural light. We have gotten away from nature, and now we are sadly paying a price for that.

Red light therapy AKA photobiomodulation AKA ‘PBM’ is technology which has done its best to model the beneficial wavelengths of nature’s own light. Using red light (visible light), as well as near infrared frequencies of light (non-visible light), these vibrations are blended through red light panels to create a field of light which will pass through the skin and deep inside the body so it can be absorbed by the cells.

Getting a little deeper in terms of what goes on inside of a cell — in the midst of all the regular oxidative stress we have to deal with — the mitochondria inside a cell can be filled up with nitric oxide (this is the part of the cell where energy is created) and the nitric oxide can function as a sort of a free radical. The entrance of the natural red light frequencies washing the cell in light promote the nitric oxide leaving the cell.

With nitric oxide getting deported out of the cell, it allows for oxygen to be more easily assimilated into the cell, specifically to the cytochrome complex, where it can be absorbed. This allows for at least a 15-fold increase in the efficiency of creating ATP energy because of the presence of oxygen. This modality can accelerate the benefits of breath work, exercise, or oxygen intake for this reason. This is also why it is often recommended to first prepare the body for oxygenation with PEMF (Pulse Electromagnetic Therapy), then oxygenate with EWOT (Exercise with Oxygen Therapy), and then set the body up to receive maximum benefits from the oxygen with red light therapy.

Red light therapy is not without risks, although the risks seem small such as the risk of getting exposure to actual sunlight. And just keep in mind this is a human-contrived piece of technology and so it is somebody unnatural. Ultimately the risks of not receiving enough natural light seem to me to be far greater than the potential risks of PBM.

Some of the benefits of red light therapy may include:

- Assisting with regulating mood
- Enhancing energy levels
- Balancing steroid and hormone production
- Improve constitution of skin and collagen
- Thickening of skin and resistance to sunburn
- Stimulating to collagen production

PBM devices are not cheap and not even close to it. You can find their availability at a wellness center near you and book a session for about \$25 to \$50, or you can purchase your own red light panels and operating stand for several thousand

dollars. Or, if you invest in a complete bed unit, this can run into the tens of thousands of dollars. This is certainly a high-end treatment but it is my responsibility to cover this and bring this information to you because it is cutting edge and powerful information that really is effective for what it does.

Here is a red light therapy device which is of high quality:
[RapidRegeneration.com/RedLight](https://www.RapidRegeneration.com/RedLight)

Consider looking at an at-home red light therapy solution for yourself, or add it on your long-term list to check back when the timing is right.

Cleansing Celery Juice Tonic

RapidRegeneration.com/Celery

At some point in the not-so-distant past, celery juice became part of the popular cultural lexicon and went mainstream. More and more people started to drink the juice from celery stalks, and publicizing their results from the experiences, which drew more and more people in along the way to give it a try.

There are several notable reasons why the juice from celery, which otherwise is very fibrous and somewhat laborious for the digestive system to digest, is so beneficial to the body.

Celery juice is

- Packed with anti-oxidants
- Containing compounds which assist with regulating inflammation
- High in Vitamin K, Vitamin C, Vitamin A, Vitamin B9 (folate), potassium and many other nutrients
- High in natural post-plant sodium
- Containing diverse mineral salts
- High in electrolytes and consequently very hydrating

Celery juice is also quite low in calories, being devoid of hardly any sugars. This makes it touted as a health tonic by those who advocate for little to no sugar, to assist with proper weight maintenance. Indeed, celery juice does not have all the same amazing nutrition from a caloric standpoint, sustenance, and nourishment that you would have from a juice higher in calories, like grape juice — but there is no question celery juice is a powerful health tonic.

Extended cleansing with celery juice is a challenge calorically. It can end up being similar to water fasting because so few calories are being consumed. I remember once I wanted to do an extended juice cleanse and I wanted to use exclusively celery juice — except that this only lasted two days! The entire experience was a struggle, and I just wasn't getting enough kick from the celery juice to sustain my energy throughout the day. I actually switched at that time to grape juice and the difference was night and day — I went another several days on just grape juice and had a blast doing it.

From the standpoint of mono-eating (or mono-drinking) just one thing, celery juice is more appropriate if you wish to significantly limit your calories or otherwise drink boatloads of this liquid to get enough calories. With this in mind, in my view, celery juice is better used as a supplementary protocol, like for your first meal of the day, or consumed as a snack, but within the routine of a more substantial intake of foods.

Certainly though, there is good reason in my opinion why it has garnered so much hype! I would recommend trying a big glass of celery juice for breakfast, or as a snack, or right before dinner. Give it a try and see how it resonates with you.

Grow Your Own Garden

RapidRegeneration.com/Garden

Back in 2017, I was in bad shape personally and financially. I had come a long way in terms of detoxing myself, transitioning to eating more healthily, and I had stopped taking Adderall for my prior symptoms of brain fog, cognitive impairment and exhaustion. I was feeling the power of cleaning the body out, regenerating my nervous system and the body's own self-healing process.

However, I was still recovering from being disrupted in my career and personal life which were a mess after years being plagued with health problems. After college I was working as a writer for an investigation company in California that later closed down after being entangled in a vicious lawsuit, and at that time I was in a deep state of bad health and dysfunction. In 2015 I moved back to Texas, my home state, and was bouncing back and forth between different jobs. During this time I racked up a load of debt, moved into a house with two other sketchy individuals, and got a job that I absolutely hated.

The job paid lousy and now with my health being on the up-and-up, I was desperate to get in a better situation financially. I walked into a local sandwich shop to apply for a second job as a delivery driver. A man was sitting in there having lunch and summoned me over. He said, "Son, are you looking for work? I could use some help. I have a little farm southwest of town."

So I went to work for Mark the Farmer on the weekends. He had five giant greenhouses and grew herbs that he sold to grocery stores which they resold as part of their potted plant selections. We grew everything from mint, oregano, basil, epazote, rosemary, thyme, sage, tarragon, marjoram — among many other herbs. It was there that I really learned my chops in terms of gardening and how to give plants the ingredients they need to proliferate.

The biggest thing I learned was — it's easy! Do not be intimidated in this subject area. I learned that certain herbs in particular are among the heartiest plants to grow and will do well even in adverse conditions. So an important takeaway for you is — grow plants which are hearty and tough and can survive even if you forget to nurture them as much as you should. Many people get overwhelmed by and fail with gardening because they try and grow plants which are too delicate and high-maintenance. I also became somewhat of an expert on container gardening, which was the type we were doing mostly in greenhouses. This approach is applicable to other homes or more urban settings where access to abundant land is not always possible.

I also came across an amazing discovery at this time. I learned the powerful effect that happens whenever you eat a plant which is literally picked minutes before you put it into your mouth. I had always enjoyed herbs like basil or mint — but the difference you get from something store-bought, which has been sitting in a container for days, versus snipping some leaves right off the stem is extraordinary. I could feel the electrical power and genetic intelligence

transferring and interacting with my body at a very high-vibrational level. There is truly nothing like it!

I am sure that the same concept would be true if you were to tree ripen or vine ripen fruits or vegetables and eat them freshly picked as well. My experience has been more in growing herbs although I would like to get into growing more food plants. If you believe in the power of raw foods and herbs to heal the body, just try for yourself and experience the amazing energy from plants in their most raw and potent form.

Years later, during the 2020 pandemic, I decided I should start a little home garden at that time. I got several five-gallon buckets and drilled holes in the side about three inches from the bottom and placed some big rocks at the bottom (to allow a reservoir of water to collect). To start off the seeds, I filled the buckets with soil and I used the tops of a one-gallon water jug to create a 'mini-greenhouse' over the seedlings for the first few weeks, popping off the top to mist in water daily, until the green shoots really started to come up. At that point, I removed the jug tops and just watched these plants proliferate.

That year I planted oregano, about seven different varieties of basil, and about seven different varieties of mint. They all did amazing, producing a prolific amount of fresh produce that I harvested weekly. It was so fun adding the refreshing mint into smoothies or creating dressings using the fresh basil.

The next year, I decided to do a garden of therapeutic herbs, since I have found those to be so powerful in their

supplement form (cold-pressed, tinctures or capsules) over the years. Here in Central Texas, I was able to successfully grow the following herbs quite easily using the same method as I did previously with the food herbs:

- Mullein
- Lobelia
- Motherwort
- Betony
- Skullcap
- Comfrey
- Echinacea
- Bugleweed
- Cleavers
- Wood Betony
- Valerian
- St. Johns Wort
- Burdock
- Marsh Mallow

I found the same powerful effects of eating these incredibly potent plants immediately after picking them — it was absolutely extraordinary, and I felt my body thanking me for giving it this extra boost from the plant world.

The maintenance for both the food herbs and the therapeutic herbs was really not difficult. All I really did was generously water the buckets once every other day. Because of the buckets, no weeding was really needed, and these plants are generally naturally pest-resistant.

Aside from being an amazing way to produce cheap and powerful food and beneficial healing compounds for your

body, gardening is also such a therapeutic activity. Just getting out into the sunshine and watering your plants, trimming off and collecting food, and watching your creations grow from seeds into the most amazing full-sized beauties — yielding more produce than you can possibly eat — is such a rewarding, deep and meaningful experience. If you have children, surely this would be a great bonding experience and a great life lesson for you to share with them side-by-side.

If you want recommendations of specific seeds or other garden products, you can find that here:

RapidRegeneration.com/GardenProducts

Please, do not be intimidated — try it out for yourself.

The Deer Method / Taoism / Ancient Chinese Wisdom

RapidRegeneration.com/DeerMethod

I have been blessed over the years to discover and discern many sets of knowledge and wisdom that exist. Always, my mission has been to ascertain the truth of things, so that I could fully heal and elevate myself. Since committing myself to helping you within the scope of Rapid Regeneration, my sense of responsibility is even greater to find and distill the best information so that I can be that much more effective in helping you.

Sometimes I come across something and it seems so far out that it's hard for my mind to grasp at first and I am resistant to the download of data. This was definitely true when I discovered certain elements of Taoism, such as The Tao of Sexology, and the Deer Method for both men and women. I am not going to go into overwhelming detail of how to practice these methods. But I will provide reference to this information directly, so that you can investigate it for yourself:

RapidRegeneration.com/Tao

The basic premise of this one particular movement of the body (the Deer Method) was inspired by watching deer in their natural setting. Oftentimes, it was observed that deer would clench their sphincter throughout the ordinary course of their day. Why would they do this? Although there are other techniques involved and other sistering methodologies that go hand in hand with the Deer Method, one of the main techniques emulates what the deer is doing in this moment.

What you do is clench your sphincter muscles. As you do this, feel the energy rising up from the base of the pelvis, up through the spine, and all the way up to the top of the head. You may notice that the energy rises out of the top of the head, like a crown, and that some of this energy will flow back down into the head and spine, forming a sort of energy vortex shape. You can do this part of the deer method anywhere at anytime. Although is it subtle at first, as time goes on and your endurance in holding this movement grows, you should notice the energy flow building more and more strongly.

There are also other techniques and movements that complete the Deer Method and which go hand and hand with the squeezing of the sphincter, on which you should consult the original author to get the exact instructions. There are many Taoist methods that tie in the mind, body, and awareness, such as controlling the saliva flowing through the body when you swallow, as well as controlling the breath throughout your body.

I do not find myself aligned with all of the tenets of Taoism, which sometimes can recommend things pretty far out there, but my approach is to judge a tree by its fruits. I can see that so many of the Taoist methods work. Personally, I have employed many of these methods and I can attest (as well as my romantic partners can tell you) that these techniques work just like clockwork. Using these methods will help to elevate something like physical intimacy from mere attraction into a true healing art — this surely is a more aspirational calling for this special physical partnership between humans.

I am open-minded and will try almost anything, and I also trust my instinct and discernment about the truthfulness of various methods which are out there. I had always suspected that the Chinese culture, going back thousands of years, has harbored many great secrets and treasures about longevity and even (figurative) immortality if I may be so bold as to say. Indeed, although the texts and readings can be a bit esoteric and dry, many of the truths and information contained within has worked for me personally and other people I know who have given it a try.

RapidRegeneration.com/Tao

Check it out for yourself one of these days.

Ear Candling for Oxygen Flow

RapidRegeneration.com/EarCandle

I have personally found much benefit from doing candling of the ears. This is one of those things which seems pretty far-out and almost like an old witch's formula of something you would practice in the backwoods during the Middle Ages. However, my philosophy is to judge a tree by its fruits — if something works, then I give credit where credit is due. It has made me feel lighter and provided a relief of sinus pressure especially in the head area, so I will personally attest to the results from ear candling. Please, don't knock it until you try it.

This is technically a form of breath work and the candle is nothing more than a facilitator of sucking out air from the body. As a result you may find that you will inhale and exhale more deeply as you are doing this. The level of abundance of oxygen in the body is a great indicator of robust health, and so the more deeply that you can respire and oxygenate your trillions of cells, the more your cells will thank you back.

The mechanism of ear candling is extremely simple and operates by the power of pulling and sucking. At the bottom of the candle there is an opening — as the fire burns at the top of the cylinder, it demands air to keep the flame going. It will pull air out of your ear, from deep within your sinuses and all throughout your body to feed the flame. This creates a sort of vacuuming effect on the interior of your body, up through the ear canal. As you inhale through your lungs at the same time, you can even feel the connecting of the circuits of the

body, from this intake of oxygen, as the breath connects and matches up to the channels where air is flowing out of the body.

This is an activity that is more easily accomplished with a partner, although you could still do it by yourself, in which case you would just need to set up a mirror to see what you're doing and to watch the flame burn. Essentially, here is how you administer this:

- Get a paper plate and cut a whole in the middle, and stick the bottom of a special beeswax candle through it (to protect any ash from falling on your head or face)
- Lie on your side in a comfortable setting like on a couch or bed
- Keep a cup of water nearby
- Place the bottom of the candle into your ear, twisting it until it is snug and airtight, with the paper plate covering your face below the main part of the candle
- Light the top of the beeswax candle and allow the top of the candle to burn
- Inhale and exhale slowly and deeply, feeling the air moving through your body with increased assistance from the re-pressurization
- After a few minutes, the candle will burn down to a nub
- At this point, pull out the candle and throw it in the cup of water, extinguishing the flame
- Then relax on your side for another minute or two, inhaling and exhaling deeply

For anybody who has even experienced sinus pressure, allergies, headaches, or congestion of the ears, throat, nose

and chest, the ear candling can help to provide particular relief, respiration and oxygenation to the system. Likewise, for anybody who has suffered from issues of the nervous system, this can also target and benefit the head, neck and brain area of the body where so many nerve bundles are compacted.

I know that many people are skeptical of ear candling and are even scared of it. Using fire always seems risky on some level, but if you practice this method carefully with a partner, or with a mirror, and protective plates, then you are controlling all of the elements and you will likely contain any risk of ash falling.

RapidRegeneration.com/EarCandleProduct

Definitely judge for yourself.

Sinus Rinsing with Neti Pot

RapidRegeneration.com/Sinus

Cleaning out your sinuses with a Neti pot is one of the age old techniques that is common knowledge and is an example of traditional therapeutic techniques which have been adapted into mainstream culture and your mother may have even helped you out with this one. I would prefer not to risk redundancy, and yet I feel this one must be mentioned because it is so effective.

Water is the universal solvent, and forcing water in by means of gravity and leverage to cleanse out the sinus areas can help greatly with anybody who has experienced issues with ears, nose, throat, mouth, eyes, brain, nervous system, neck and head.

Some people like to mix in a saline (natural salt) solution with hot water and then use the Neti pot while the water is still warm. Personally, I still feel substantial benefit while just doing regular, purified water at room temperature with no salt added. Try for yourself and see what helps you the most.

You can find the Neti pot here:
RapidRegeneration.com/NetiPot

Need I say more? Go ahead and keep cleaning yourself out. If this is an area of your body that really resonates with you to get some extra cleansing in, your body should resonate with this and send you a signal to continue the rinsing.

Eye Washing

RapidRegeneration.com/EyeWash

So much of Rapid Regeneration seems to be about washing and cleaning and cleansing and purifying — sometimes, it makes you feel just like an old maid, cleaning and cleaning until the cows come home. I don't know what to tell you except that detoxification can be a dirty business and sometimes the only way to really get the job done right is to roll up your sleeves and get your hands dirty.

We take so much care of oral hygiene, keeping our teeth and mouths fastidiously clean, but what about the other orifices? Indeed, there are techniques for that too, as you will see in this chapter and a few others.

Eye washing involves taking a special eye cup and filling it with a special cleaning solution that is mostly water and a touch of boiled herbs especially selected for their ability to support the eye tissues. You then lie on the floor, with your head resting on a book so your neck is comfortable. Sit up briefly, and put the cup up to your eyeball, as you would affix goggles onto your eyes. The suction around the rim of the eye cup will make a snug fit around the eye. You then lie back and just relax. The suction of the cup will actually allow the cup to stay attached without you holding it and you can let your arms just fall freely on the floor.

The water from the cup will sort of drain and absorb into your eyeball. This is a strange sensation at first, but the feeling becomes soothing and therapeutic. You can feel the water

draining back from the eyeball, into the sinuses and even the brain area. It should feel good to lubricate the eyeballs with pure, clean water, as well as the herbal formula — the opposite feeling of when you open your eyes in a chlorinated swimming pool and it makes the eyes burn.

You can use either a combination of water with the eye wash formula, or just with plain distilled and purified water.

The eye wash herbal formula is here:

RapidRegeneration.com/EyeWashFormula

And the cups are here:

RapidRegeneration.com/EyeWashCups

If you use the eye wash formula, follow the instructions closely to heat water and mix in a very small amount of the formula first into the hot water, before allowing it to cool and pouring it into the eye wash cups to then apply. Do not put a mixture with raw herbal tincture in your eyes.

Washing out your eyes can help provide relief and cleansing benefits to the eyes, eyesight, or even the nervous system, brain, head, or the sinuses. I don't deny that this certainly may sound strange, but give the eye wash technique a try for yourself if you're up for it.

Inversion Table — Relieve Your Spine

RapidRegeneration.com/Inversion

We live in a world of constant pressure, which is both a blessing and a curse. After all, gravity helps to give us our bone density and muscular strength, while at the same time causing our bodies to droop and drift and sag towards the center of the Earth.

Just as it is important to sometimes stress and exert our physical unit, so too must we find ways to relax and allow it to rest and recover. Using inversion techniques is a very effective way to do this. In a way, sleeping horizontally puts your body in a neutral state, allowing the joints, limbs, and spine to stretch out and relax while no longer in a state of constantly being pulled downwards. Inverting even more takes this concept up a notch.

Practices like yoga and intense stretching have figured this out intrinsically, with certain inverted stretches and movements bringing focused and targeted relaxation via inversion to the body. There are also individuals who practice handstands or headstands almost meditatively as well. Going back in nature, we may have had ancestors who would hang from their legs off tree branches. Up the same alley would be an inversion table, which is a technology that is especially built to allow the human body to invert at various angles and relax while doing so.

Inverting the body allows the spine and joints to stretch apart — in the opposite direction than they're used to. Each

vertebrae of the back, instead of constantly forcing pressure downward towards the waist, can breathe and expand like an accordion, with a natural ease, as gravity assists the skeleton to readjust.

In addition to relaxation of the spine and joints, inverting the body stimulates circulation of the blood and movement and filtration of the lymphatic system. The body is like a big thermos of sorts, filled with liquid sloshing around and moving around the container, allowing the liquid to pressurize certain areas. For example, while inverted, you could assist with getting circulation of blood up into the head and neck area, which otherwise has to contend with gravity to pump blood above the heart. You could also help to drain lymphatic wastes via lymph fluid from the feet and legs, down into the torso and to the kidneys, seeing as lymphatic fluid otherwise has to fight a long upward journey against gravity to get from the lower extremities to the kidneys.

An inversion table can be quite effective while used for just one or two minutes, and very effective when employed five minutes at a time. The angle of the table can adjust from partially inverted, for somebody just getting comfortable with hanging upside down, to full-out Dracula-style inversion of 180 degrees. Be sure and wear comfortable shoes with plenty of padding to hold your feet comfortably, so you can focus completely on totally relaxing your body.

You can find a high-quality inversion table here:
RapidRegeneration.com/InversionTable

Good luck and have a good hang.

Alexander Technique – Unlocking Effortless Body Alignment and Posture Naturally

RapidRegeneration.com/Alexander

There are so many schools of thought and techniques for how to do things — how to move around, how to exercise, how to stretch, how to breathe, how to dance, how to make love, and so on and so forth. And yet, we go through life and in most cases nobody ever teaches us how to just *be*. In other words, how to do nothing at all — how to just exist.

But in fact, much of the time we are just standing, or sitting, or getting in and out of a seat, or picking things up and carrying them, or walking. These are seemingly mundane activities and it seems like we don't pay as much attention to the technique of how we are doing them as compared with doing *something*, like exercising, playing an instrument or driving a vehicle.

In fact, it is how we carry out these mundane activities which creates the essence of what we are and how we experience existence by default. What a lot of people may not realize is that somebody can actually go through life causing acute stress, tension, a lack of ease, and even repetitive injury to his or her body just by means of how he or she is doing something as simple as standing, sitting, walking or picking something up.

Just focusing in on the two most basic of these (standing and sitting) — most individuals are holding tension of their own volition, on an unconscious or subconscious level, which is

causing a lack of ease in the body and creating blockages and problems with the body's natural flow. Where does this tension come from? There are many opinions about the origins of these stressors, but the fact is that this can be a dualistic, stressful, and tense planet to grow up on. By the time somebody reaches adulthood, they can be carrying stress and tension in their body without even realizing it.

The Alexander Technique was developed in the late 1800s by a gentleman who was trying to perform a job and found that he was exerting himself to the point where his voice gave out and he couldn't even effectively communicate without exhausting himself. Trying to find the root cause of this, Frederick Mathias Alexander discovered that in the act of trying and doing, these intentional efforts were causing the body to tense up and hold a great amount of stress and were creating blockages and a lack of alignment.

If you ever look at a baby or small child (or if you look at a wild animal in nature), you can see that they have a lightness and a freeing ease of motion and they seem to just elevate as if floating on a cloud effortlessly. It appears as though there is a string pulling them up by the top of their head and pure, natural alignment and ease just comes naturally. By the time most individuals have finished going through formal schooling, whereby for decades they sat uncomfortably for long stretches of time over and over again, their natural ease seems to have become shot and they no longer resemble this freeing, upward mobility in their posture and overall existence.

The Alexander Technique doesn't really focus on trying or doing to correct this issue — rather, it focuses on an overall being-ness of the complete individual. The goal of the technique is not to focus on having a straight back or good alignment. Rather, the technique shows you how to increase your awareness of your own body and your own inclinations to hold tension or blockages in certain areas of the body.

Once you grow your awareness, more and more, which is a nuanced skill that can take several months to mature, then you can start to focus on letting go of this tension and ignore the urge to contrive a certain type of posture or movement. This is an act of great discipline, as we are naturally conditioned to hold our bodies in a certain way, whether standing, sitting, walking or something else. And so, somebody employing the technique will grow an awareness of the tension in their bodies, and then once that awareness is rich and mature, that person can practice the act of letting go of this tension, simply allowing the body to relax in a way, and not trying to contrive it into any manner of posture or movement.

Once you let go of these tensions and allow the body to reset, the posture and alignment of the body will naturally balance out and stretch upward and outward in a freeing and elevating manner. Just like how an animal in the wild moves and exists with great poise and elegance, so too can your body begin to take on this beautiful constant interaction with its environment, once you learn to get out of its way. Once this becomes second nature, then the simple existence of you within your body becomes a sort of an art form, with your

surrounding environment as the canvas and your body as the paintbrush.

Once people begin to apply a higher level of energy, focus, and importance to the art of simply *being*, then the quality of life improves and the incidents of health issues or pains can decrease, as the body gets the level of awareness and relaxation needed in order to do what it is divinely designed to do — which is to be free and exist and move freely and easily.

I was fortunate enough to be trained as a young man in the Alexander Technique by a formal instructor, and it is a skill that stays with you for life and is just as important as other skills which are held in high esteem like communication, manners, oral hygiene, sense of humor, good driving, or any other such thing. Although I was taught formally, you don't have to get personalized instruction in order to gain a grasp of this concept.

I will recommend further reading in this subject for self-education, as well as other resources in terms of finding an instructor, if you do wish to receive personalized teaching here:

RapidRegeneration.com/AlexanderTechnique

Take a moment and listen to your body. Try and gain an awareness of where it may be holding tension and stress. Once you figure that out, let it go and allow the body to exist in a state of sort of nothingness, where it doesn't need to do anything and instead of contriving itself into a certain position, you just allow it to be and when you feel yourself

starting to hold stress or tension, you let it go and you just allow your body to do what it does. As you increase awareness of tension, let that tension go and just relax. You don't try throughout this process to have good posture or sit up straight or stand up straight, but you will likely notice that your body will actually maintain an upward sort of spiraling upright energy.

The stereotype of the end result of this is somebody who is standing straight and upright, with both feet underneath the shoulders and arms relaxed by the sides, or somebody sitting up straight with their back erect, neck and head upright, and legs hip-width apart and feet flat on the floor. I have experienced this as a result of doing the Alexander Technique and watching my body take over. I think overall this is a worthy goal to have this sort of ease of being-ness in terms of your normal default state of being.

Where I might differ from more purist Alexander Technique advocates is I do think there is an appropriate time to really relax, sit back and yes even slouch back in a recliner chair and put your feet up and really relax the body in that way as opposed to sitting upright and straight all of the time. You don't necessarily want to exhaust yourself by having perfect posture all the time. It can be rejuvenating to allow yourself time to really lean back and relax sometimes.

The point is to constantly maintain a certain body awareness and try and purge the engrained tensions you hold in your body and relax. As you do that, the body should naturally open up and maintain more of an upright energy that resembles good posture — but as you get better at the

technique this should happen naturally, organically, and effortlessly, and not because you're forcing or contriving it.

We all deserve to move around and just simply *be* in a state of beautiful elegance. Do increase your level of awareness of your own being-ness and see if you notice changes in how you feel and how you operate throughout the day. This is not an easy area to master with no guidance or instruction though. If you feel intimidated or overwhelmed, do some reading and/or self-learning into the school of the Alexander Technique or find an instructor of the technique to work with more intimately.

Harnessing the Power of Crystals

RapidRegeneration.com/Crystal

I never was that much interested in crystals under I started to elevate my levels of health, wellness, and energy. After I did so, I did notice that I had grown particularly sensitive to and drawn towards the subtle frequencies given off by crystals. Over the years, I have indulged here and there and have added to my collection which is now substantial.

I am by no means an expert on crystals. Even for those who are, there is some level of mystique surrounding these stones, as much of the insights surrounding them come from intuition, ancient wisdom or pure legend. This includes information about which parts of the body the frequencies of certain crystals are attuned to and can help to improve the function of, as well as what qualities and characteristics of your own personhood can be enhanced by tapping into the vibration of a special rock. How much of this is shown to be true for yourself is something you will have to decide and discern for yourself.

What is true is that for ages these beautiful and colorful rocks have been desired, sought after, mined, collected and even coveted by human beings. Crystals have been a highly-desired object in virtually every known society to have existed, and there is agreement across thousands of languages and cultures attesting to the power of these various stones.

Personally, I like to have beautiful things around me that are high-vibrational and create an energetic atmosphere, so crystals are a natural match with me. I also understand that the vibrational wavelengths given off by certain crystals can possibly act as a buffer against potentially negative and/or harmful energies.

I particularly like Shungite for the purpose of protection and negative energy transmutation. Because we live in a world with so much electronic radiation, even though my home is pretty well insulated from EMFs, I wear a Shungite necklace for extra protection and I keep Shungite crystals around the house. This helps also when I go out in the world where there are so many negative frequencies from technologies, not to mention negative individuals. I also like to keep raw, elite Shungite stones around my electronic devices and in my car. This is regarded as one of the most powerful stones for protecting against negative energies.

RapidRegeneration.com/Shungite
&
RapidRegeneration.com/ShungiteNecklace

I also enjoy keeping Jade stones around, as they are said to help you actualize and create abundance in your life. Citrine is also a good stone for healing and soothing vibrations if you are looking to improve a physical ailment. These are just a few choice crystals among so many good ones. I enjoy keeping a variety of stones around my home, and in my bedroom around where I sleep.

I did get to the point in my health journey where I really made the switch from dramatic, accelerating improvements in my physical health and vitality, to being increasingly wrapped up in the spiritual and existential aspects of this journey. As this was happening, the appeal of crystals grew as I became more meditative and connected with the ever-present consciousness and energy flowing through the universe. I felt that certain crystals could help me to connect to other dimensions beyond the visible light spectrum.

Do be careful as you explore these areas, because the power of crystals can be a double-edged sword. If in fact these stones contain an intelligence to them, then so too would they be able to hang onto energies as they interact with difference forces throughout their lifetime, sort of like baggage in a way. If you add to your collection, you could be inheriting a crystal that still contains the energies from a previous situation that it was in, from another individual or setting. You can help with this by using a stone called selenite to 'cleanse' the other crystals and make them into more of a blank slate, and also by 'programming' your rock collection by sending each group of crystals of a certain variety your own intentional energy with what you would like them to do for you.

There are so many stones and I won't pretend to have an extensive insight into all the different ones. All I can recommend is for you to try them out for yourself. Check out your local crystal shop, and see how you interact with the different crystals in there. Definitely support their business if you are going in there, but also keep in mind that you can typically find stones for purchase online at a much lower

cost, although just be aware of quality control, as some online sellers will try and pass off stones which are not legitimate or pure in what they are representing. Make sure to check reviews and reputation of the seller.

For more info on stones and sources of good ones, check out:

RapidRegeneration.com/Crystals

Crystals are one of the natural elements here on this Earth that we have been provided as part of our experience here, just like water, food, magnetism and air. Go ahead and give them a try and see what kind of energies that stirs up for you and which direction that takes you in.

Emotions, Detox & Regeneration

RapidRegeneration.com/Emotion

As you go through this journey of recreating and rebuilding your health, all sorts of things will happen to your 'other' bodies besides your physical body, including but not limited to your emotional body, your spiritual body, your causal body, your mental body, and more. It is a complete journey and won't be limited just to changes in flesh, blood and bone. It is mystical, powerful, and wonderful ultimately as a beautiful experience.

As you experience physical detox, and you get rid of toxins in the body, so too can you go through emotional detox, where you can get rid of old emotional hang-ups and old baggage. As you get rid of the things which have been holding you back from thriving and being your best self from a chemical point of view, like an avalanche, it also unlocks old parts of yourself emotionally that will also be purged out.

Just like in chemical detoxification, where you may experience temporary pain and discomfort as old chemistry gets unbounded, freed up, dislodged and processed out of the body via the elimination organs and lymphatic system, so too can the same concept apply for negative emotions as they get eliminated or processed out. In other words, you may have to experience a touch of the negativity of the actual emotional entity that is being purged, on its way out.

This could include crying, feelings of longing and wistfulness, unrealized desires, sensations of abandonment and/or

loneliness, desperation and despair, anger and rage, or blame, among many other negative emotions. As you clean out your body and your life, your spirit may attempt to get rid of these old ugly and flawed parts of yourself. As this happens, you can experience them fully, for a brief fleeting point in time, which could last minutes, hours, or days, and then — poof — that old part of your identity and your emotional fabric is gone, just like the acids, toxins, and damaged cells in your body too get purged out. It's kind of amazing — so don't resist it and embrace the process.

Many of us carry negative, toxic emotional baggage, if not all humans. It is virtually impossible to go through life on this planet without going through these emotionally traumatic experiences. Well, I'm here to tell you that — although you certainly could if you want to — you don't have to sign up for some religion or pay thousands of dollars to an organization in order to get yourself emotionally clear.

Take care of the train engine, and the caboose will follow suit. Clean up your body and get yourself healthy and well to the point where you can do amazing things and live up to your potential from a physical standpoint, and your emotional self will start to naturally gravitate and get in line with that program.

Don't ask me why, but the universe will simply reward you for putting yourself into a state of harmony in terms of the foods you are eating and keeping yourself cleansed and well. This is not a super technical chapter for me to expound on because much of this area of emotional detox and regeneration is a profound mystery and happens as part of

an amazing equation that is not totally calculated or easy to quantify. Just go with the flow and let it happen.

Allow yourself some silence or ‘blank canvas’ for your new emotional body to be created — which should be a calm, resting state of being relaxed, humorous, positive, and easy-going. This may be quite different from your regular mode of operating for years or even decades. Allow blank space to emerge in your life for this transformation to take place. If you are constantly watching TV or videos, or surfing the internet, or listening to audio programs, and never take a break in silence and blankness to just allow your thoughts and emotions to find a new baseline, then this could take much longer than it otherwise would.

I realize it’s difficult, but allow yourself the silence throughout the day, as you’re preparing food, cleaning your house, driving, brushing your teeth, shaving, or doing other things. This is the time when things will get reset, as I am sure all other parts of the day you are likely dealing with random stresses and things requiring your attention. Let yourself have some blank time when your emotional and mental bodies will recreate themselves. You don’t have to really do anything, other than just sit back and observe it happening.

Music can also help with emotional transformations, as well as exercise, fasting, exploring nature, sunbathing, physical intimacy, and traveling, among other transformative techniques mentioned in other segments. Also, do not underestimate the power of affirmations, said in the present tense, to re-program not only your subconscious emotional self but also physically all of the cells in your body.

Don't resist as old things come bubbling up to the surface. Be grateful for the opportunity to magically transform not only your physical health but your total self, like a fresh spring daisy blossoming. Embrace the experience — just as it is amazing for you to completely transform your health, wellness, energy and physical vibration, so too will you be dazzled by the miracle of emotional transformation.

Health and Spirituality

RapidRegeneration.com/Spiritual

Getting into a healthy lifestyle and switching over more of your fuel source to more raw, electrical, living foods has a way of turning on your spiritual awareness. I will testify to this from personal experience, although this is well-documented throughout history. It is true that many practices, including religious, meditative, enlightenment-seeking, and various secret societies, have practiced fasting and/or consumption of simple raw foods as a way to facilitate stronger and more powerful connection with the widespread intelligence that is present in the universe.

It's not hard to figure out why this is. After all, if you eat a piece of living food, which hasn't been altered or had its enzymes and probiotics killed through the heat of cooking or pasteurization, the intelligence of that DNA but also the awareness of it will actually merge with your own inner intelligence. You'll be fueled not only by the nutrition of the food, and not only by the electro-chemical charge, but also by the consciousness of the cells which you are consuming.

On the other hand, if you eat cooked foods and especially processed foods, not only does this not offer the same increase of awareness, but it will block up your system with an acidic sludge that now requires a lot of energy in order to rectify that situation, potentially remove a blockage, and return the chemistry of the body back to a more alkaline state. This is the reason why fasting is such an effective technique for spiritual needs, because it removes detrimental

chemistry of certain foods and resulting blockages to the body's natural flow.

Eating meat is another example of actually acquiring stimulating and potentially negative energy from a food, because an animal just before and while being killed can let off a lot of norepinephrine and adrenaline into its blood from the experience of its slaughter, which ultimately can be absorbed in the meat and experienced on some level by the individual consuming it.

Fasting is great for spiritual enlightenment, although you can still achieve sort of the best of both worlds by just eating a lot of fruit and raw foods generally. This allows you to get the benefits of abstaining from acid-forming foods like cooked foods, which can allow your spiritual channels to open up and be receptive, and still get nutrition and energy.

I was always a curious person. Before I got into natural health in order to solve my health problems, I was interested in enlightenment, and especially interested in how the world worked and how the universe worked. Although I was a believer in God and a superconscious power, I was more interested in worldly pursuits and what could I achieve during my temporal journey here on Earth than I was in my own personal spiritual journey.

After I went through self healing and embraced a lifestyle prioritizing natural wellness, I found myself really opening up spiritually. I started to realize the importance of my own spiritual journey here on Earth, and started to embrace the importance of why I am here right now during this lifetime

and what do I need to do. I had the realization that I had acted in a way that had negatively affected other people, during my adolescence especially, behaving as a young trouble-maker, and I started to get hip with the concept of karma, realizing that I had created some bad karma for myself in my adolescent years and early adulthood.

I became rather obsessed with unwinding that karma and undoing it, and considered myself a sort of 'karma hog', looking for ways to help other people so that I could get good karma from it and store up 'karma credits' in my own personal spiritual bank. This is actually a good hack and I recommend you try it for yourself. Helping another person is one of the quickest and most expedient ways to get your life more aligned into an ideal scene, and working through any imbalances you have created with any unethical behavior you may have done to other people over the years.

All of this was also happening in the backdrop of me trying to figure out what is life all about really, what is the nature of reality, why are we all here on Earth, and what role does all of this play in the existence of everything? I was trying to find answers to questions like — is there order in the universe and, if so, how does it work? Although I've been curious my whole life, after submerging myself into a healthy lifestyle, I have fully embraced the part of myself that is a Seeker of Truth.

This program here of Rapid Regeneration is primarily not a spiritual one — it's meant to be a practical guide to reversing your body's chemistry, solving your health problems, and creating your ideal health and wellness for yourself. The

spiritual content would be perhaps best explained by another individual, or maybe someday I'll include more info about that in another program. But I would be remiss not to mention it here, because it goes hand in hand with the physical world of chemistry that controls the health of the individual. To the degree that you embrace your spiritual identity, you will also further your acceleration towards achieving your health goals in the physical universe.

With respect to the spiritual answers and the secrets of the ages, needless to say, I ultimately feel that I found many of them in my seeking these things out over a lifetime. The basis of my message is that if you do get into natural wellness and become more of a spiritual vessel, and you're in it for the right reasons, then the answers to the big questions will likely reveal themselves to you — at least they did for me.

I have gotten to the point where I have an extremely potent instinct and intuition. It's basically right 100% of the time when I actually listen to it and if I can get a clear transmission of it. I tend to find myself in trouble only when I don't follow it or don't discern it. This device acts as a decision-making barometer. So much of the struggle in life has to do with the choices we are faced with. Life becomes much easier when you can turn over these hard choices to a spiritual discernment device, which will basically let you know exactly what the right decision is, essentially every time, if you really are aware and paying attention.

Through opening up this channel, I have received information about the actions I need to take over an extended period of time. At one point I received a download of intelligence telling

me exactly what I needed to do over the next five years approximately. That was in late 2018, and now in late 2022 at the time of writing, almost four years later, I can see that I have completed so many of the tasks that were laid out to create that vision into a reality, despite numerous obstacles along the way.

I've also developed a sort of tuning fork which is in harmony with God, or the Universe, or Superconsciousness, or the Source, or Divine Intelligence, or a Higher Power, or whatever you wish to call it. This is a sort of spiritual antenna that can receive transmissions in terms of ideas, inspiration, and creativity. My own creativity has increased tremendously since I've gotten into natural health and watched my spirituality blossom. I get ideas which are the exact answer to solve a problem I am having.

From an artistic or creative standpoint, there is no greater gift. I play in a band and I find myself as a conduit for the music without consciously thinking about it. In terms of songs, they write themselves, both words and music, just like being downloaded from a divine source. If this type of creativity and tapping into a divine intelligence interests you, then dive deeper into the world of natural health, and open up your spiritual development.

After having solved my major health problems and recovered completely, I'm now far less interested in the physical, chemical world of health and wellness. I am now more focused and obsessed with the spiritual realm. I will say the spiritual quest is much more fun than worrying about trying to physically transform your body and all the struggles and

challenges that come with detoxification. But, the spiritual quest is there all along, from the depths of your health struggles, throughout the process of detoxification, and there present with you as you create your ultimate wellness and continue your journey through the world as a healthy, vibrant individual.

Here are some questions that are worth asking, and if you put them out there for the right reasons, and really get in touch with your awareness spiritually, the answers should come back to you:

- Why are you here on Earth? What is your purpose?
- What do you need to do right now?
- Who do you need to cut ties with? What relationships did you get into for the wrong reasons? What people did you get involved with and attached to that are not good for you and not serving you?
- What do you need to admit to in terms of mistakes and something you are already invested in? Is there something where it's time to just cut it off?
- How could you serve more to make the world a better place?
- What is holding you back?
- Who do you need to forgive (including yourself)?
- Is there anyone whom you haven't forgiven?
- Are you taking 100% responsibility for your own life? Are you blaming anyone or anything else for the struggles in your life?
- If the worst case situation were to happen, could you accept it? How would you handle it?
- If you were to die right now, can you make peace with everything?

Those are more personal questions that are worth answering, but there are also bigger questions, such as:

- How does the universe work?
- Is the universe a fair place, or is it random chaos?
- What are the laws holding things into place creating cause and affect?
- How does karma work?
- What happens when you die? Is there life after death?
- What is the point of being here on Earth?
- What negative or dark forces exist and how do they influence the nature of reality?
- Is life a test or game? If so, how do you pass it or win?

These are just a few drops in the bucket, in terms of the discernment and intelligence you can receive once you really become aware.

The truth is that you *are* the universe, you are God, and you are divine intelligence. Never let some priest or some Pharisee tell you that you have to go through some organization or dogma or some gate-keeper in order to create a connection with the power that runs the universe. You can possess the knowledge to the keys of reality, because you are the makeup of reality already. The intelligence that runs the universe also runs through your veins and the universe of your body and mind. No piece of knowledge or awareness is beyond your grasp if you continue to gain higher and higher consciousness.

Spirituality should be fun and enjoyable, especially once you get your past negative karma untangled and worked out, and

once you get karma working for you, really strengthening things like the law of attraction — which is so popularized today — and other cosmic laws. Just like your health, once you get your spiritual altitude soaring and many of your ethereal problems solved, life is so much more fun and enjoyable and worthwhile.

Know that this source of true happiness and contentment is out there for you and lies in your future, if you are not experiencing it already. I know that you may be struggling currently, from a physical standpoint, or perhaps spiritually you are in an existential funk wondering why are you even here and why is everything such a struggle. As a friend told me recently, everything will pass and everything happens for a beautiful reason. As difficult as this may seem, express gratitude for your situation and know that what you are experiencing right now is happening to you for an exact reason and is exactly what you need to experience, to get to the next thing.

Having an attitude of embracing the struggle will get you through it, allowing yourself to transcend your current level of existence, just as you are going to do with your state of health as you detoxify and regenerate your body. So too should you have this amazing attitude spiritually as you plow ahead, out of the current state you're in, and into amazing vibrant electric dreams ahead, filled with amazing lights and crystals and infinite awareness.

Going to the Next Level

RapidRegeneration.com/NextLevel

How to best complement this saga of information about the power of body cleansing, supplements, superfoods, natural health techniques and other revolutionary knowledge? I think the best view to impart is the one where you get to the top of a mountain, looking out over the crest of a majestic valley, with all the riches of nature beyond, and the limitless sky stretching out into the horizon — in other words, the next level.

Rapid Regeneration is about elevating yourself from where you are at, whether that is your mindset, your emotional state, your physical body chemistry, your strength and resiliency, your energy levels, your competency of accomplishing things, your ability to dream and imagine, or your spiritual connection to the power of the universe.

This elevation game never ends, I am happy to report. You can go from being quite unhealthy and sick, elevating yourself through a process of healing and regeneration via detoxification, then elevating yourself to a place of decent wellness, then elevating yourself to a place of vibrant energy, and then elevating yourself to a massive quantum expansion of your own self and the world around you in a positive way. Even after you achieve all that — what's next?

Infinite worlds await your discovery of them and even other worlds await your creating of them within your own path of creativity and inspiration. The limits are non-existent and are

only confined to the ones you set for yourself. Once you have achieved the goals you've set for yourself, you'll find that you'll have new goals and new aspirations and that the power of a healthy lifestyle and all of these techniques will continue to help you power through, be inspired by new visions, and actualize your visions into a reality.

If you're struggling right now with health issues and just trying to get yourself back into fighting shape, it's understandable that these things seem extraneous or outside the purview of what really matters to you right now. Trust me — I have been there in the trenches of poor health. But please know that someday, once you have solved your health issues, another question will be within your focus — now that your health problems are solved, what is next? That is what going to the next level is all about.

Maybe there is a project you've always wanted to do that you can finally do. Maybe there is a charitable or altruistic cause you can pursue to help the world. Perhaps there is a business you would like to start. Maybe it's a relationship or romantic goal. You could travel the world, or be a better parent, or start a garden, or practice meditating, or write a book or many other things. The fact is that health problems and not being your best self from a wellness standpoint are obstacles which block you creating other things. The pyramid of happiness in life begins with a foundation of good health at the bottom. From there, you can build out other aspirations.

For me personally, this very program, Rapid Regeneration, is finally being created out of a fertile soil of me becoming healthy, happy, and having a good setup where I am able to

have a balance in my life allowing me the time and freedom to create this program for you. And you know something — it has been a very long road to get here with many struggles. I could say the same about the band that I play in where we get to entertain people with our music. These things would have never happened had I not gotten myself healthy and well. Now that I am healthy and vibrant, all the energies which were directed at pulling myself out of the muck, health-wise, are now directed outwards at projects and creative pursuits which bring joy into the world and which create some level of deep satisfaction somewhere within.

The next level can be whatever you want it to be. Or, it could be something surprising which is out there waiting for you. You may have no idea of its nature until it reveals itself to you and beckons you to some greater calling. Whatever it is, rest assured — the next level awaits you and there is always another level. Even if you ascend all the goals you wish to accomplish for yourself and help many other people along the way, from a spiritual standpoint there will still be one more layer yet to explore beyond what you've done.

The higher levels are really where things become fun. Going from being sick and then detoxifying and cleaning yourself out in order to heal and get well is not really what I would call 'fun'. It's more like the relieving feeling of drowning in the open ocean, and then finally a piece of driftwood comes along and you cling to it for dear life. Having your life saved isn't exactly fun, although it is relieving. But once you're healthy and well, finding your next calling really is fun, on a whole other level.

You will find great joy and contentment in embracing whatever is next for you, as your life becomes more expansive and you start vibrating positive energy and reverberating with like frequencies here in the Universe. This will be a blissful and peaceful experience, and ultimately specifically whatever is next for you won't matter so much as the fact that you're creating for yourself an upward, outward, spiral of positive expansion and creativity.

With all my heart, I wish you the best in being all that you can be.

Resources:

Aside from this book, I am also documenting helpful resources and adding new information and research all the time to:

RapidRegeneration.com

The Rapid Regeneration Podcast is also available on all podcast platforms.

You can follow me on social media:

@RapidRegeneration

As of the time of writing, I am Chairman of Texas Fruit Festival which is a yearly 3rd dimensional gathering of spiritual beings in Austin, TX:

TexasFruitFestival.com

Good luck and see you around.

About the Author:



Dave Escamilla is a natural health researcher, investigator, author, certified Detox Specialist and host of the Rapid Regeneration podcast. Based in Austin, TX, Dave is also Chairman of the Texas Fruit Festival.

