

The Biofield Diet Plan

Adopt this Healthy Eating Plan

for a Lifetime of Benefits!

What is the Biofield Diet Plan?

The Biofield Diet Plan and its specific food recommendations have been tested on various people to assess the response of their “biofield” (the bioenergetic ‘field of light’ that surrounds all human beings) to these foods and food combinations. To do this, key organ and gland points have been analyzed through the use of master organ/gland control points using an advanced kinesiological testing system called QRASM (Quantum Reflex Analysis) or as it is affectionately called, the “energy eyes” technique.

The Biofield Diet Plan is easily adaptable to your specific tastes. It challenges you to eat decrease or avoid eating “free” fats and oils, highly heated foods, age-accelerating simple carbohydrates and animal-derived foods. This plan encourages you to eat healthy foods, especially whole food starches, vegetables, fruits, and nuts and seeds - the foods that your body was designed to eat.

Genes for Starch Digestion. From recent research into the human genome, researchers have discovered that humans have six genes coded for the digestion of starches. Other mammals only have two genes encoded for starch. This clearly shows that humans have been “encoded” with greater capacity to digest and utilize starch. In fact, throughout history, various cultures have thrived on eating natural starches as the major component of their diets (such as the traditional Chinese culture who eat rice as a major staple).

Background of the BioField Diet. The essence of the Biofield Diet Plan is based on the work of several prominent dietary pioneers, in particular, Dr. John McDougall, MD. Using a wealth of scientific research, Dr. McDougall has shown in detail why human beings are **able to thrive by consuming a starch-based diet** (based on whole foods). He points out that: "All large successful populations of trim, healthy people, throughout verifiable human history, have obtained the bulk of their calories from starch."

Debunking the “Paleo Diet”. Going back as far back as 105,000 years ago, Dr. McDougall has clarified how the popular “hunter-gatherer” theory of the Paleolithic diet first originated. He reveals how older archaeological digs performed over 70-150 years ago has led us to believe that ancient man was predominately a hunter-gatherer with an emphasis on hunting. Examination of ancient village remains has found bones and tools made out of stones around fire pits. The cuts found on the bones were thought to have been made by the stone tools. Dr. McDougall laughs when he says that no potato skins or orange peels were found around the fire pits! However, since this previous research has been done, more modern and sophisticated archaeological methods have replaced antiquated techniques and much more information has been revealed.

Proponents of the modern “Paleo diet” appear to base their beliefs on the theory that the European paleolithic diet consisted of mainly animal foods and no grains. However, more recent, sophisticated archaeological research clearly shows the opposite, as Dr. McDougall shows: "Starch grains from wild plants recently were found on grinding tools at archeological sites dating back to the Paleolithic period in Italy, Russia, and the Czech Republic."



As an example, advanced research now suggests that the inhabitants of Mozambique in eastern Africa based their diet on the cereal grass, sorghum. Small starch granules called amyloplasts "were retrieved from the surfaces of stone tools from Mozambique, showing that early Homosapiens relied on grass seeds starting at least 105,000 years ago, including sorghum grasses. These data imply early Homosapiens from southern Africa consumed not just underground plant staples, but above-ground resources too."

Dr. McDougall points out many other examples of starch eating populations in ancient history as well as more recent cultures, including the Roman soldiers, Gladiators, Alexander the Great, and Genghis Khan. Overall, Dr. McDougall summarizes these findings: "Throughout civilization and around the world, six foods have provided our primary fuel; barley, corn, millet, potatoes, rice and wheat."

Although the "Paleo diet" includes the health-promoting addition of fruits, vegetables and nuts and seeds, it centers its meals around animal products, much like the typical American diet, and thus, is high in saturated fat and low in carbohydrates. To its credit, the "Paleo diet" recommends the avoidance of dairy products, processed snack foods and alcohol. However, this diet eliminates highly beneficial legumes, grains, and starchy vegetables that are a significant part of the whole-food, starch-based Biofield Diet Plan.

Like Dr. McDougall, another dietary pioneer, Dr. Michael Greger, MD, also challenges the theory that early man ate large quantities of meat. Based on recent, advanced research, Dr. Greger points out that man living in the Paleolithic Era actually ate "huge amounts of whole plant foods." Based on research, the dietary fiber content of ancient man's diet was about 100 grams per day, which can only be obtained by consuming a diet predominately of whole plant foods.

In addition to the significant risk factors of saturated fat and cholesterol as contained in meat and poultry, meat is also a common reservoir of contaminants. A review in the Journal of the American Meat Science Association published a list of toxic residues and contaminants found in meat including heavy metals such as lead, mercury, arsenic, and cadmium. Avoiding contaminants by eating fish may provide little benefit due to the excessive amounts of mercury and many other contaminants typically found in fish.

The Biofield Food Guide

Please enjoy this exciting, new adventure in healthy eating!

Immerse yourself! Because the Biofield Diet Plan is based on the great pioneering work of Dr. Caldwell Esselstyn, MD and Dr. John McDougall, MD, we recommend that you learn as much as you can about the effects of whole, nourishing foods on your health. Please enjoy educating yourself and your loved ones about the life-critical importance of eliminating "free" oils, restricting foods that are high in "free" oils, animal products and what the most beneficial, super-healthy foods are.

We invite you and your family watch key videos by Dr. Esselstyn (entitled "Prevent and Reverse Heart Disease") and Dr. McDougall (entitled "The Ultimate Diet Therapy") available on YouTube. With this critical, eye-opening information in hand, your life can be forever changed. These tested eating strategies can greatly diminish your risk of heart disease and stroke as well as helping you to avoid the risk of many other common health issues.



For those in serious need. If you are wrestling with serious health issues, tighten up with this diet. Strictly avoid eating any food that has added “free” oils (these are any oils that have been extracted from a plant, such as olive oil, corn oil or canola oil). In addition, strictly avoid using all “free” oils (such as in salads) as well as avoiding all animal proteins (including red meat, poultry, eggs, dairy and fish), to help you achieve a greater degree of robust health in a shorter time period.

Why follow the Biofield Diet Plan?

Not only does the Biofield Diet Plan eliminate dangerous sources of animal fat from dairy and meat, as recommended by Drs. McDougall and Esselstyn, but it also includes the quality protein sources from healthy plant-based sources, while eliminating most soy products. Our bioenergetic testing has shown that most soy products can adversely affect the bioenergetics of many key organ/gland points, with the exception of organic tofu and fermented natto products.

Even more importantly, our resource list constitutes a compendium of food items which appear to work the best with the human biofield. We also recommend closely reading labels to avoid chemical laden foods that may adversely affect your body. The Biofield Diet Plan pays close attention to food preparation to assure that the food consumed provides the most health-promoting effects. It is not enough to only stop consuming refined fat sources. You also need to eliminate as much as possible, potential harmful chemicals that may be present in food: POPS (persistent organic pollutants), preservatives and chemical flavorings.

You also will want to avoid the deleterious effects of cooking foods over the boiling point or over-cooking foods, even if at boiling temperature. Eating highly heated foods (i.e. foods cooked over the boiling point) tends to accelerate demethylation. Demethylation is known to be one of the major ways in which we prematurely age.

Burning the most fat. One of the goals of the Biofield Food Guide is to provide the body with sufficient calories from starch (including whole grains, tubers, and legumes as well as starchy vegetables) to burn the most fat while sustaining adequate daily energy, yet not sacrificing muscle mass. Part of the secret to do this is to cleanse the body during the morning hours by drinking a sufficient amount of water (with little or no solid food) and by not eating any sweets (such as high glycemic fruit or honey) until **after 3 pm** every day when **insulin resistance is the lowest.**

One of the goals is to alter your diet to shift peak leptin levels to decrease appetite and increase fatty acid oxidation. Before 3 pm, insulin resistance is the highest. If you eat simple carbs (sweet fruits) during this time period, you may have a tendency to gain fat. From 3 pm to 7 pm though, you have **higher insulin sensitivity.** There is less tendency to gain fat by eating simple carbs (sweet fruits) during this time. After 3 pm, simple carbs can be more easily metabolized and stored as glycogen in the muscle, rather than stored as fat. Complex carbs with no oil can be eaten at any time.

Raw food for fiber and enzymes. In addition, another dietary goal is also to eat at least 30% raw food at every meal to support optimal digestive and intestinal function.

This Daily Meal Plan outlines a recommended list of foods for each meal that support a well-designed, healthy eating plan. You can find these at your local supermarket, health food store or farmer’s market.



Your Daily Meal Plan

Morning (7 am – Noon)

Drink at least one glass of purified water upon arising. For breakfast, choose either a fruit-based meal or a complex starch-based meal (such as oatmeal).

List of Recommended, Low Glycemic (low sugar) Fruits (*Organic preferred*)

- Strawberries
- Blueberries
- Raspberries
- Blackberries

Recommended Complex Starches: (*Organic preferred*)

- Oatmeal or brown rice porridge
- Brown Rice and veggies
- Quinoa and veggies
- Flat bread and veggies
- Organic tofu and fruit

Lunch (11:00 am - 1:30 pm)

Goal: High Vegetable, High Complex Carbohydrates, Low Fat

For lunch, eat 1 serving of beans, 1-2 servings of complex carbs (6-12 g), and a large salad (fermented food optional), with fat only from whole foods i.e. avocado (4 g or less) or nuts i.e. 1 oz. of walnuts.

Beans and Grain Combo

Eat 6 oz. or more, such as 6 oz. of pinto beans and brown rice.

Starch (Complex Carbohydrates)

Eat complex carbohydrates often! Eat at least 1 to 2 servings daily (1/2 to 1 cup each), organically sourced. Avoid eating refined carbs such as white flour foods. Once your ideal weight is achieved, you may also enjoy eating starches at breakfast. Remember, eating whole food starches are your ideal food.

Top Recommended Starches

- Beans
 - Preferred: Cooked garbanzo beans, pinto beans, black beans, cannellini beans, navy beans (organic, 'no fat' canned beans or buy organic dry beans and cook them yourself)
- Hummus (made with garbanzo beans): be sure there is added NO oil
- Rice: organic brown rice, organic basmati rice, organic brown rice pasta
- Other grains: organic farro (emmer wheat)*, farro pasta*, oats, buckwheat*



- Potatoes, yams: organic Yukon yellow potatoes*, organic russet potatoes*, purple yams, sweet potatoes
- Corn: organic white corn*, organic yellow corn* (frozen is fine)
- Flat bread or pita bread*: organic (ONLY if made with NO oil)

* Note: These foods can be QRA-tested at the intestines and liver control points to be sure they can be well tolerated. Until these are tested, eat these starches cautiously to be sure you can tolerate them.

Be sure to avoid adding free oils to the above starches. Always remember: NO oil! Oils will not only stop the desired fat loss, but will also tend to stop your cardiovascular benefits as well as your overall progress. Aim for consuming consume about 3 times as much starch as you consumed before you stopped eating oil-rich foods, red meat or poultry.

No “Free” Oils

Avoid “free” oils or foods made with free oils, even if organic, including coconut oil, olive oil, canola oil, safflower oil, avocado oil, etc. Also please read the labels and avoid items that may have added oils such as breads, crackers, cookies, etc. Instead, eat foods that naturally contain oil as part of their whole matrix (such as nuts or seeds).

Raw Fat

Highly Recommended

- Eat DHA daily (1 - 3 grams DHA from microalgae)

Top Recommended Fats:

- ¼ - ½ organic avocado: 3x weekly if desired.
- Organic English walnuts - 2 small handfuls (1/4 cup), twice per week
 - Most preferred nuts: Organic walnuts (1:1 ratio of Omega-3/Omega-6)
 - Less preferred nuts (use sparingly): All other nuts
 - Avoid: Peanuts (including organic)

Avoid: unfermented soy products (such as soy milk or oil), margarine, canola oil (including organic), hydrogenated oil (AKA partially hydrogenated oil or fractionated oil), and all other vegetable oils (olive oil, corn oil, safflower oil, etc.)

Vegetables (organic preferred)

For lunch, include a large raw salad. Also good: fermented vegetables or cooked vegetable soup

- Large salad (you may also add condiments, fermented vegetables and a tiny amount of raw fats for taste, such as walnuts, pine nuts, Brazil nuts - soak these nuts 20 minutes before eating.)
 - Recommended salad vegetables (organic preferred): tomatoes, romaine lettuce, green leaf lettuce, red leaf lettuce, onion, avocado, carrot, celery, garlic
- Raw vegetable soups (recipes available)
- Homemade fermented vegetables (recipe available)
- Cooked vegetables or vegetable soup



- Raw veggie drink (blend 2 or 3 raw veggies into a drink)

Note on Cooked vegetables: cook them the least amount of time to soften their fiber - about 5 -10 minutes. Cook them in a pan with a shallow amount of water (no oil) at boiling temperature until done. Avoid foods cooked over boiling or those boiled longer than 15 minutes to 1 hour (with the exception of beans).

Fermented Foods

Most Recommended

- Homemade fermented sauerkraut (organic cabbage preferred)
- Homemade fermented vegetables (recipe available)

Less Desirable: store-bought fermented vegetables

Condiments (to go with salad or starch) (optional; organic preferred)

- Balsamic vinegar or raw apple cider vinegar
- Solar-dried sea salt: use sparingly
- Salsa (be sure there is NO oil)
- Hummus (be sure there is NO oil)
- High quality turmeric and other spices
- Spicy tahini (NO oil)

Less Desirable: olives (including organic)—use sparingly or avoid completely

Mid-Day Snack (3:00 pm - 6:00 pm)

Goal: Moderate Fruit or Starch (complex carbs)

Choose a snack from the choices below:

1. High Glycemic Fruit (may eat after 3:00 pm) (organic when possible)

Banana	Apple	Orange
Pear	Mango	
Papaya	Pomegranate	
Peach	Persimmon	

2. Low Glycemic Fruit (organic when possible)

Strawberries
Blueberries
Raspberries
Blackberries



Easy Recipes:

Super-Food Berry Smoothie

Ingredients:

Pea protein (2 tablespoons) Purified water (½ cup or more)
Air dried, greens/grasses (2 tablespoons) Organic fresh berries (½ cup)
Arabinogalactan (1-2 Tbsp.)

Directions: Blend all ingredients in a blender. Add enough water to blend well.

Easy Strawberry Smoothie

Ingredients:

½ cup organic strawberries (or other fruit)
Canadian grade B maple syrup (1 tablespoon, to taste)
Air dried, greens/grasses (2 tablespoons)
Purified water (½ cup)

Directions: Blend all ingredients in a blender. Add enough water to blend well.

3. Starch (Complex Carbohydrates)

Whole food starches are great as a snack. Use 1 to 2 servings. Be sure there is NO refined oil in your starch. Feel free to eat complex starch freely whenever hungry.

Most recommended

- Beans
 - Preferred: Cooked garbanzo beans, pinto beans, black beans, cannellini beans, navy beans (organic, no fat canned beans or buy organic dry beans and cook yourself)
- Hummus (made with garbanzo beans): be sure there is NO oil
- Rice: organic brown rice, organic brown rice pasta
- Other grains: organic farro (emmer wheat)*, farro pasta*, oats, buckwheat*
- Potatoes, yams: organic Yukon yellow potatoes*, purple yams, sweet potatoes
- Corn: organic white corn*, organic yellow corn* (frozen is fine)
- Flat bread or pita bread*: organic (ONLY if made with NO oil)

*These foods can be QRA-tested at the intestines and liver control points to be sure they can be well tolerated.

4. Fermented Foods and Snacks

Fruits and nuts (organic when possible) - organic English walnuts preferred

Snack example: 3-5 organic unsulfured apricots and 3-5 organic Brazil nuts (3 times/week)

Preparation: Soak apricots and nuts in purified water for 30 minutes, then rinse and puree. Next, place the items on a fruit tray and dehydrate in a food dehydrator at 105° to 112 F° degrees overnight. Make a big batch of apricots and nuts at a time, then after dehydrating, store them in the refrigerator so you can slowly eat them later, day by day.



Recipe: Fermented Apricot/Nut Bread (*eat once or twice per week*)

Ingredients:

- ½ cup organic unsulfured apricots
- ½ cup cranberries (may use frozen)
- ½ cup organic English walnuts
- 1 tablespoon raw honey or grade B organic maple syrup
- ½ cup purified water

Directions: Soak the apricots and nuts in purified water for about 30 minutes. Then, discard the soak water. Blend all ingredients together to make a somewhat thick, creamy mixture. Spread the mixture on a fruit tray about an inch thick in a food dehydrator. Dehydrate at 105°F to 112 °F overnight or up to 48 hours. After fermenting it for 5 to 6 hours, it becomes pudding-like (and delicious!), fermenting it for a longer time will make it more bread-like. After fermentation is done, keep whatever you don't eat in the refrigerator.

Dinner (5:00 pm - 7:30 pm)

Goal: High Starch (Complex Carbs), **High Vegetables, Low Fat**

Dinner Recommendations: Eat 2 or 3 servings of starch (complex carbohydrate), 1 - 2 grams of DHA (algae source) and a large salad (or raw vegetable soup). Fermented foods are optional.

If immune stress is present or if you have done heavy exercise that day, eating beans and rice (or similar combination) is recommended that day, preferably within 1 hour of the workout.

Starch (Complex Carbohydrates)

Eat 2 to 3 servings (1/2 to 1 cup each) from below. NO refined carbs or sweet fruit!

Most recommended

- Beans
 - **Preferred:** Cooked garbanzo beans, pinto beans, black beans, cannellini beans, navy beans (organic, no fat canned beans or buy organic dry beans and cook yourself)
- **Hummus** (made with garbanzo beans): be sure there is NO oil
- **Rice:** organic brown rice, organic brown rice pasta
- **Other grains:** organic farro (emmer wheat)*, farro pasta*, oats, buckwheat*
- **Potatoes, yams:** organic Yukon yellow potatoes*, purple yams, sweet potatoes
- **Corn:** organic white corn*, organic yellow corn* (frozen is fine)
- **Flat bread or pita bread*:** organic (ONLY if made with NO oil)

*These foods can be QRA-tested at the intestines and liver control points to be sure they can be well tolerated.

Be sure to avoid foods that add oils to the above starches. NO oil! Oils will stop the desired fat loss and may halt great heart, liver/gallbladder, and circulatory benefits.



Vegetables (organic preferred)

For dinner, include a large, raw salad. Also good: fermented vegetables, raw or cooked vegetable soup.

- Large salad (you may add condiments, fermented vegetables and raw fats from a small handful of walnuts, avocado, etc. for taste)
 - Recommended salad vegetables (organic preferred): tomatoes, romaine lettuce, green leaf lettuce, red leaf lettuce, onion, avocado, carrot, celery, garlic
- Raw vegetable soups (recipes available)
- Homemade fermented vegetables (recipe available)
- Cooked vegetables or vegetable soup

Cooked vegetables: cook them the least amount of time to soften their fiber - about 5 -10 minutes. Cook them in a pan with a shallow amount of water (no oil) at boiling temperature until done.

Avoid foods cooked over boiling or those boiled longer than 15 minutes to 1 hour (with the exception of beans).

Condiments (to go with salad or starch) (optional; organic preferred)

- Balsamic vinegar or raw apple cider vinegar
- Solar-dried sea salt: use sparingly
- Salsa (be sure there is NO oil)
- Hummus (be sure there is NO oil)
- High quality turmeric and other spices (oregano, rosemary, chives, etc.)
- Spicy tahini (NO oil)

Avoid: olives (including organic)

Raw Fat

Most preferred nuts: Organic walnuts (1:1 ratio of Omega-3/Omega-6)

Less preferred nuts (use sparingly): All other nuts

Avoid: Peanuts (including organic)

Do Not Eat: unfermented soy products (such as soy milk), soy oil, margarine, canola oil (including organic), hydrogenated oil (AKA partially hydrogenated oil, fractionated oil), all other vegetable oils (corn oil, safflower oil, etc.)



Transitional Diet

If you wish to more slowly move to a complete BioField Diet, and you want to transition away from animal products more slowly, below is a list of recommendations:

Animal Protein

- **Fish:** Eat no more than 1 or 2 times per week (3 - 6 oz. per time).

Eat none if you suffer with a critical issue, until you have achieved a greater degree of robust health.

Top Recommended (organic or wild caught ONLY)

Dover Sole	Anchovies	Mackerel
Halibut	Cordina	Barramundi
Whitefish	Haddock	Sole
Sardines	Red Snapper	
Salmon	Astral	

Less Desirable (best to avoid): Farm-raised salmon, flounder, sea bass, shrimp, tilapia, trout, catfish, mahi mahi, cod, herring, shark, tuna, albacore tuna, crab, lobster, scallops

- **Red Meat:** Eat occasionally (once a month, or not at all).

Top Recommended: New Zealand lamb, grass-fed bison, grass-fed beef

Avoid: organic uncured genoa salami, organic uncured bacon, and organic uncured ham, pork, cured ham and bacon, any meat with added nitrates, sausage, BBQ meats

- **Eggs:** Avoid eating eggs completely.

If eaten, the eggs that are least harmful are duck eggs, goose eggs or Silkie chicken eggs (Silkie is a preferred breed of chicken)

- Eat eggs poached or soft boiled.
- Check your local farmer's market for suppliers.

- **Poultry.** Avoid eating chicken and turkey completely.

Poultry can harbor undesirable viral and bacterial strains, which are harmless to the birds, but potentially harmful to humans. Before eating any poultry, it must be thoroughly cooked. Even so, cooking does not eliminate its endotoxic load, therefore, poultry and eggs are not recommended.

Dairy

Ideally, it is best to avoid all forms of dairy. If eaten, eat it sparingly.

Butter: Small amount or none (use sparingly for best fat loss)

- Organic raw or cultured butter (use sparingly and only 1-2 times per month)

For the most fat weight reduction, eliminate eating cheese and all dairy products for at least 90 days. After 90 days, cheese is best used as a condiment so use 1 oz. or less occasionally (once or twice a month).



Recommended Cheese: Cheese aged for 9-12 months+ (from grass-fed cows)

Avoid: Cheeses not aged for at least 9 - 12 months (will have high lactose content)

Recommended

- Wallaby organic full-fat Greek yogurt
- Wallaby organic full-fat kefir

DISCLAIMER

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The Biofield Diet Plan: Resource List

Recommended Videos

- Dr. John McDougall - “The Ultimate Diet Therapy”
- Dr. Michael Greger - see website: www.nutritionfacts.org. Video: “Uprooting the Leading Causes of Death”
- Dr. Caldwell Esselstyn - “Prevent & Reverse Heart Disease”

<u>Condiments</u>	<u>Brand</u>	<u>Where Available</u>
Hummus, Tortillas, Salsa, Pasta Sauce	Engine 2	Whole Foods
Organic Salsa	365 Brand	Whole Foods
Organic Salsa	Muir Glenn Organic Zero Fat Salsas	Sprouts
Organic Fat-Free Marinara Sauce	365 Brand	Whole Foods
Organic Crushed Tomatoes	Jovial	Whole Foods
Organic Pickles	Woodstock	Natural Grocer
Organic Mustard	Annie’s	Sprouts, Whole Foods
Organic Sesame Tahini (Plain or Spicy)	Sprouts Brand	Sprouts

<u>Starches</u>	<u>Brand</u>	<u>Where Available</u>
Whole Wheat Pita Bread (No Oil)	Old World	Whole Foods
Organic Purple & Yukon Gold Potato		Whole Foods
Organic Sweet Potato		Whole Foods
Organic Brown Rice		Whole Foods
Organic Brown Rice Pasta	Tinkyada, Jovial	Whole Foods
Organic Oat Groats		Health Food Stores
Organic Refried Zero-Fat Pinto Beans	Sprouts Brand	Sprouts
Organic Lentils		Whole Foods
Organic Sweet White Corn (frozen)	365 Brand	Whole Foods
Organic Garbanzo Beans		Whole Foods

<u>Nuts/Fats</u>	<u>Serving Size</u>	<u>How Often</u>
Brazil Nuts	3-5 nuts	3x per week
Organic English walnuts	¼ cup	2x per week
Organic Avocado	¼ - ½	3x per week
DHA (algae source)	1-3 grams	daily

