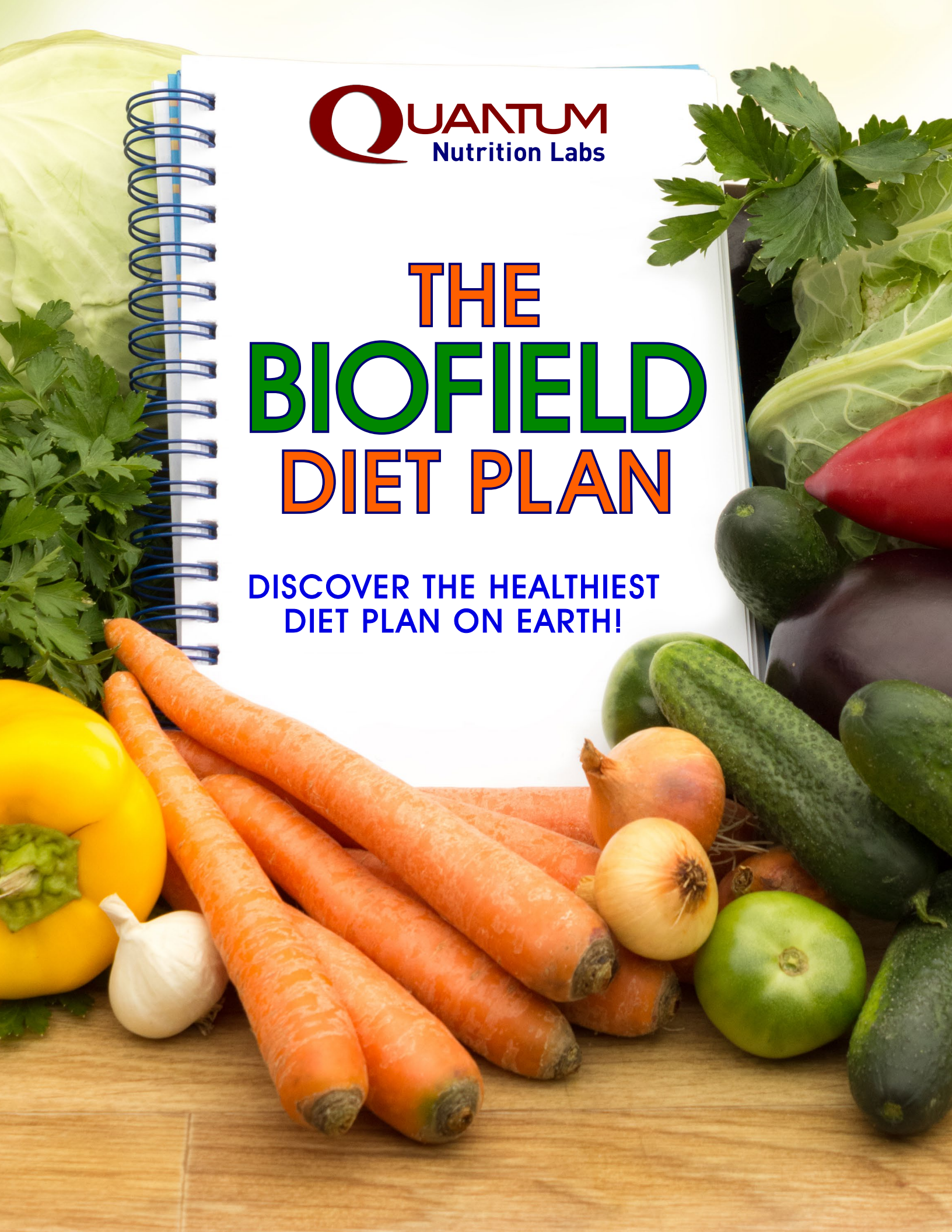




THE BIOFIELD DIET PLAN

DISCOVER THE HEALTHIEST
DIET PLAN ON EARTH!



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.



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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.

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

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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

What a privilege it is to learn the dietary plan that can transform your life. Not only can it help you maximize the cleansing process, it can help TRANSFORM your body, your energy and your life! Feeling great is not just a “given” any more - you have to work for it.

Certain foods can act as hidden stressors or food intolerances that play havoc with your body. Often, people may not realize that they are reacting to/are intolerant of certain foods or food ingredients (as listed below). By taking action on the Biofield Diet, you may find you are in a TOTALLY different place with your overall wellbeing as well as your target weight, energy levels, bloating, cravings and more.

So let’s get started on YOUR BODY METABOLIC VACATION - a complete HOLIDAY from the top food stressors as well as “junk” sugars & “junk” fats! Wow - you’ll be enjoying delicious, hearty meals with real foods and NO junk.

Now that’s a plan for YOUR best success!

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 QRASM-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).

Quantum Digest

VEGETARIAN SOURCE ENZYMES

ALL-IN-ONE DIGESTIVE SUPPORT FORMULA

DON'T EAT COOKED FOOD WITHOUT IT!

Quantum Digest
Dietary Supplement
Full-Spectrum Digestive Support** for fats, carbohydrates, proteins, dairy
“Don't eat cooked food without it!”
60 VEGETARIAN CAPSULES

Full-Spectrum Digestive Support for Fats, Carbohydrates, Proteins and Dairy

Amylase Enzymes
Diastase Enzymes
Protease Enzymes
Opti-pH Protease Enzymes
Lipase Enzymes
Plant-Gest™ Support
Lactase Enzymes
Invertase Enzymes
Cellulase Enzymes

“Are you confused about digestion? Digestive nutritional support is often completely overlooked by many people. After studying nutrition for many years and working with literally thousands of people, we can't emphasize enough the importance of good digestion. Quantum-state digestive support is essential, especially after eating cooked food.”

— Dr. Robert J. Marshall, PhD, CCN, DACBN

Good digestion is where real health starts.

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 QRASM-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 QRASM-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

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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)

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- 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.)

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TOP FOOD CHOICES

Select foods from the list below to include in your daily meals.

Top Protein Options	<ul style="list-style-type: none">• Plant-Based (unlimited): Organic pea protein, rice protein, sweet potato protein (esp. used in protein smoothies)• Fish (1-2 x/wk): Cold water fish with scales. Top choices: wild-caught salmon, halibut, sole, sardines. Avoid farm-raised fish and shellfish (such as shrimp); avoid bottom feeders (such as catfish).• Red Meat (1 x/month or less): lean red meat (steak, buffalo, lamb) (Must be grass fed, hormone-free)• Chicken (none): If occasionally eaten, use organic only; local raised (avoid turkey, including organic)• Eggs: None• Dairy: None
Top Fat Options	<ul style="list-style-type: none">• Raw nuts & seeds. Top choices: organic almond, cashew, pecan, pine nut, sesame seeds, tahini (roasted sesame seeds), walnut (no peanuts)• Veggies: Avocado (guacamole)• Fermented nuts/seeds (for example, check out the recipe for Walnut Oregano Pate)
Top Vegetable Options	Top Choices: Organic asparagus, beet, bell pepper, carrot (orange, purple, white, yellow), cucumber, broccoli, broccolini, brussel sprouts, cabbage (green & purple), fennel, jalapeno peppers, kale, lettuce (except iceberg), onions (red, white, yellow), mushrooms (top choice is crimini; avoid shitaki & portabella), parsley, red potatoes, spinach, sweet potatoes, tomatoes, zucchini
Top Grain Options	(Avoid whole or refined wheat, including organic. Farro wheat, an ancient grain, is recommended.) Top Choices: Organic amaranth, brown rice, brown rice pasta, farro pasta, quinoa, quinoa pasta, teff
Top Bean/Legume Options	Top choices: Organic garbanzo beans (hummus), pinto beans, black beans, navy beans, cannellini beans, peas
Top Fruit Options	Top Choices: Organic apple, apricot, avocado, berries (blueberries, blackberries, raspberries, strawberries), black cherry, grapefruit, lemon, lime, pear, orange, peach, persimmon, plum, pomegranate, raisin (dark and green), tangerine
Top Nut & Seed Options	Top Choices: Organic almond, brazil nuts, cashew, coconut, pecan, pine nut, pistachio, sesame seeds, sunflower seeds, tahini (toasted sesame seed paste), walnut (no peanuts). Ideally, all nuts & seeds should be soaked for 10 minutes in purified water first before consuming.
Top Spice Options	Top Choices: Organic basil, cayenne pepper, chipotle, oregano, rosemary, thyme, turmeric
Fermented Veggie Options	Homemade fermented veggies: see our easy “overnight” recipes such as Creamy Walnut Pate, fermented carrot/onions and more.
Top Sweetener Options	Top Choices: Organic date sugar (which is just powdered whole dates), organic maple syrup (grade B only- which does not contain formaldehyde), raw, unpasteurized honey, organic molasses. (Avoid agave syrup and stevia.)
Oil Options	Avoid all refined oils. If occasionally eaten, use only small amounts of organic olive oil, sesame oil, flax oil (No canola oil). Tahini (made from whole sesame seeds) blended with a small amount of lemon, water, spices and salt makes a delicious, creamy salad dressing - without refined oil.
The Dirty Dozen List	Buying organic is the best; buying locally farmed is the next best. But conventional produce may be heavily tainted with pesticide residues. The following list shows the 12 most pesticide-contaminated, conventionally-grown fruits and vegetables (from the EWG 2016 Dirty Dozen guide). Always purchase these twelve as organic to avoid the heavy hit from pesticide residues. <div>1. Strawberry 2. Apples 3. Nectarines 4. Peaches 5. Celery 6. Grapes 7. Cherries 8. Spinach 9. Tomatoes 10. Sweet Bell Peppers 11. Cherry Tomatoes 12. Cucumbers</div>

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

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 kefi

DISCLAIMER

The materials and information provided in this presentation, document and/or any other communication (“Communication”) from Dr. Marshall, PhD, are strictly for informational purposes only and are not intended for use as diagnosis, prevention or treatment of a health problem or as a substitute for consulting a qualified healthcare professional. Some of the concepts presented herein may be theoretical and have little or no scientific substantiation.

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CONDIMENTS	BRAND	WHERE AVAILABLE
Organic Mustard	Annie’s	Sprouts, Whole Foods
Organic Sesame Tahini (Plain or Spicy)	Sprouts Brand	Sprouts

STARCHES	BRAND	WHERE AVAILABLE
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

NUTS/FATS	SERVING SIZE	HOW OFTEN
Brazil Nuts	3-5 nuts	3 times per week
Organic English Walnuts	1/4 cup	2 times per week
Organic Avocado	1/4 - 1/2	3 times per week
DHA (algae source)	1-3 grams	Daily

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”

CONDIMENTS	BRAND	WHERE AVAILABLE
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

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Quantum Coral Calcium Plus



✓ **NATURAL SOURCE MINERALS**

✓ **TESTED FOR IDENTITY, PURITY, STRENGTH AND COMPOSITION**

✓ **2:1 CALCIUM: MAGNESIUM RATIO**

Are you getting the minerals you really need in your daily diet? Most likely not! Step up to elegant, quantum-state mineral support formula. This formula provides legendary support in elegantly promoting an optimal alkaline pH for whole body health, including the bones, joints, teeth, and an alkaline pH. Now that is quite a list of health benefits! That’s because that is how important your body’s pH and mineral levels are.

Keep your health at the premier level with quantum-state minerals. And remember, the foundation of all good health starts with truly great mineral support.

Dr. Robert J. Marshall, PhD, CCN, DACBN



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THE BIOFIELD ESSENTIALS KITS

Biofield Essentials 3-Pack Kit or Biofield Essential 6-Pack Kit.

To get started on your Biofield Diet experience, choose either kit to maximize your nutritional foundation, the 3-pack Kit offers three essential sources of nutrition: healthy grasses and greens, robust minerals and essentials oils. In addition to these three nutritional sources, the 6-Pack Kit also provides live-source vitamin D3, full spectrum vegetarian enzymes

and our best-selling, quantum quality adaptogen formula for whole body stress support.

Get started today on these essential formulas to help lock in your highest nutritional potential. See what a difference 21 days can really make in your life!

THE BIOFIELD ESSENTIALS 3 KIT



Available in powder and capsules

Quantum Greens

Quantum Greens is nature's amazing super nutrition formula for optimal health and vitality. Our prized greens blend features our pristine Power Grass-Plus Blend™ (low-temperature, air-dried young grasses) coupled with Power Greens Blend™ for optimal nutritional effect.



Quantum Coral Calcium Plus

This pH alkalinizing formula provides legendary mineral support for the bones, joints and teeth as well as promoting an optimal alkaline pH. Quantum Coral Calcium Plus features Coral MinUltra™ which contains quantum-state calcium and magnesium minerals from Sango marine coral that naturally has an impressive 2:1 ratio. It is coupled with Corio-TriBlend™, a full spectrum botanical blend, for optimal nutritional support.

Quantum Plant DHA

Plant-source DHA (docosahexaenoic acid) is a quantum breakthrough in healthy omega-3 fatty acid nutrition because it is derived from micro-algae instead of fish. This makes it suitable for everyone, including vegetarians or vegans.

Feed your brain with high quality, plant-source DHA, a key Omega-3 fatty acid that is extremely important for the brain, nervous system, eyes and cardiovascular health.

THE BIOFIELD ESSENTIALS 6 KIT



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Available in powder and capsules



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Quantum Stress Support

Quantum Stress Support is a quantum-state, invigorating formula that promotes the entire adaptogenic process, including whole body stress support.

This product features several key, nutraceutical blends. Rhodiola Pro Blend™ features the famous botanicals: Rhodiola Rosea root, Eleuthero root, American Ginseng, Opuntia and Maca, the perfect adaptogenic blend. SynerPro Support Blend™ and CordyPro Blend™ complete the "Quantum Nutrition Effect" of this dynamic formula.



Quantum Digest

Quantum Digest contains a broad spectrum profile of vegetarian digestive enzymes that support the digestion of proteins, fats, fiber and dairy. To support digestion, this is an important formula to take after main meals. This formula offers two types of protease enzymes which facilitate the breakdown of protein. It contains lipase enzymes which promote the breakdown of fats. Amylase enzymes promote the breakdown of starch and glycogen. Invertase and lactase enzymes support digestion of carbohydrate disaccharides, including dairy. Cellulase enzymes help break down plant wall components. A complete, all-in-one digestive support formula.



Quantum Coral Calcium Plus

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D3 Gold

D3 Gold provides live-source vitamin D3 in liquid form. Vitamin D3 is a fat-soluble vitamin called the "Sunshine Vitamin" which is essential for bone growth, mineralization and absorption of calcium. It also promotes immune system and cardiovascular health. Recent studies propose ideal vitamin D3 intake should be 1,000 IU or more daily (a recommendation our liquid meets in just one drop).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.