

The Biofield Diet

Why this diet is called the Biofield Diet?

Simple: It has been tested on dozens of people to check the digestive and major organ gland responses. It has been shown to be harmonious for the whole body across a great diversity of body types. It was developed by carefully testing the key body control points using an advanced kinesiological testing system called QRA (Quantum Reflex Analysis) or its affectionate name, "energy eyes".

The Biofield Diet is adaptable to one's taste, yet it challenges you to eat much less refined fat, and less highly heated, age-accelerating simple carbohydrates, and more in the way of healthy starches, foods that you were designed to eat. In fact a recent genome discovery has shown humans have 6 genes coded for digestion of starches. Other mammals only have 2 genes encoded for starch.

Reminder:

Food cooked over the boiling point accelerates demethylation. Demethylation is known to be one of the major ways in which we age.

The Biofield Food Guide

Please enjoy this exciting, new adventure in healthy eating!

This diet can serve 3 purposes

1. To rapidly achieve ideal weight
2. To assure a healthy heart and circulatory system life long
3. To protect against illness

If you are wrestling with serious health issues, tighten up with this diet. Eat no food made with refined oils, no refined oil itself, no red meat, no poultry, no eggs, no dairy and no fish, until you have achieved great health. Great health means you have achieved a first morning urine pH of 6.4-7.0 and your pH stays continuously in that range for 2 months or more. At this point, once per week, you should be able to eat one item off the diet. If that crashes the pH, wait 2 months and repeat. If pH holds, you may enjoy your one food off diet once a week on an ongoing basis as long as your pH holds.

This diet is an off shoot of the great pioneering work of Dr. Caldwell Esselstyn and Dr. John McDougall. Please educate yourself and your loved ones of the life-critical importance of eliminating refined oils and restricting foods that are high in potentially harmful oils. When you and your family watch videos from Dr. Esselstyn (Prevent and Reverse Heart Disease) and Dr. McDougall (The Ultimate Diet Therapy) on YouTube, your life can be forever changed. The risk of heart disease and stroke for you can now become non-existent.

Why follow the Biofield Diet?

Not only does it eliminate the dangerous sources of fat such as dairy and meat, like McDougall and Esselstyn, but it also includes the critical complete protein sources from many

fish while eliminating soy products. Our energetic testing has shown no deleterious effects to the Biofield from the fish we have included in our Food Resources list, while soy products adversely effected the energetics of many key organ/gland points with the exception of organic tofu.

Even more importantly, our resource list constitutes a compendium of food items which do not have a weakening effect on the human biofield. The Esselstyn and McDougall's diet recommendations contain various chemical laden foods that may adversely affect the Biofield. The Biofield diet 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 need to eliminate as much as possible, potential harmful chemicals that can be in food: POPS (persistent organic pollutants), preservatives, chemical flavorings, and deleterious effects of cooking over the boiling point or over-cooking even at boiling temperature.

The goal of the Biofield Food Guide is to keep the body predominantly in a **state of mild ketosis**. This way, the body can 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. The goal is to alter the diet to shift peak leptin levels to decrease appetite and increase fatty acid oxidation. Before 3 pm, insulin resistance is high. If you eat simple carbs (sweet fruits) during this time period, you will have a tendency to gain fat. From 3 pm to 7 pm though, you have high insulin sensitivity. There is no tendency to gain fat by eating carbs 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. In addition, the dietary goal is also to eat at least 30-50% raw food at every meal to support optimal digestive and intestinal function.

The Daily Meal Plan outlines a recommended list of foods for each meal that support a well-designed, potentially ketogenic eating plan. You can find these at your local supermarket, health store, or farmer's market. Once you have achieved ideal weight, breakfast could now include a starch, such as organic oatmeal.

Daily Meal Plan

Morning (7 am – Noon)

Until you have achieved ideal weight, during the morning hours, drink a minimum of 1-2 quarts of purified water to maximally promote ketosis and to detoxify the body. *If you feel very hungry and feel that you need to eat something, you may eat low glycemic fruit. You will still need to drink at least 1-2 quarts of water each morning.*

List of Recommended, Low Glycemic (low sugar) Fruits (Organic when possible)

- Strawberries
- Blueberries
- Raspberries
- Blackberries

Once you have achieved ideal weight, eating a starch (grain, potato, or bean) at breakfast is recommended.

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

Goal: Moderate Protein, High Vegetable, Moderate Carbohydrate, Low Fat

For lunch, eat 1 serving of protein (3-6 g), 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.

Choose one main protein from #1 - 3 below: Eat a moderate amount of complete protein food (3 – 6 oz.) one to three times per week at lunch. If you have done extended physical work or a hard cardiovascular workout, you may eat more complete protein on that day. After a workout, a complete protein should be eaten within one hour of the workout; this could be beans and rice. Once your first morning urine pH is holding in the green zone for 2 months, complete protein such as fish or beans and rice is only needed once or twice per week, unless you are doing hard cardiovascular exercise.

Beans and Grains

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

Animal Protein

- 1. Fish:** Eat no more than 1 or 2 times per week (3 – 6 oz. per time). Eat none if you suffer with a critical illness until you have achieved and hold an ideal first morning urine pH of 6.4-7.0

Selected fish: the most recommended protein choice

Most Recommended (organic or wild caught preferred)

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

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

Most 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

- 3. Eggs:** should not be eaten.

4. Poultry

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 endotoxin load, therefore poultry and eggs are not recommended.

Starch (Complex Carbohydrates)

Complex Carbohydrates: Eat at least 1 to 2 servings (1/2 to 1 cup each) organically sourced per day.

NO refined carbs. Once ideal weight is achieved, starches can also be consumed at breakfast. Remember the starches are your ideal food.

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*, 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)

*These foods can be QRA tested at the intestines and liver to be sure they can be well tolerated. Until tested, eat these starches cautiously to be sure you will tolerate them.

Be sure to avoid adding oil to the above starches. NO oil! Oils will stop the desired fat loss and cardiovascular benefits. It is necessary to consume about 3 times as much starch as you consumed when eating oil, oil rich foods, red meat and poultry.

No Refined Oils

Avoid refined oils or foods made with refined oils, including coconut oil, olive oil, canola oil, safflower oil, avocado oil, etc. Also avoid most breads, crackers, cookies, etc. if they have added oils. Instead, eat foods that naturally contain oil (such as nuts or flax seeds).

Raw Fat

Highly Recommended

- Eat DHA daily (1 – 3 grams DHA from microalgae) or EPA/DHA Marine

Most Recommended Fats:

- 1/4 - 1/2 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)

Do Not Eat: 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.)

Dairy (When the Biofield Diet is to be followed strictly, eat no dairy products.)

When you achieve a first morning urine pH of 6.4-7.0 and it is stable for weeks, only eat aged cheese and only as a condiment on salad (1 oz. or less), etc. and not more than twice per month. Butter is best eliminated altogether. You can substitute 4 oz. or less of Wallaby organic full-fat Greek yogurt or full-fat organic kefir for the cheese.

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

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

Less Desirable: olives (including organic)—during 90 day oil holiday, avoid completely

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

Goal: Moderate Fruit or Starch; some Protein OK.

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

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)

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 if 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 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, Very Low Fat, Optional Protein**

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). Complete protein (fish) is optional. Fermented foods are optional.

If immune stress is present or if you have done heavy exercise that day, eating beans and rice or an animal protein is recommended that day, preferably within 1 hour of the workout. Otherwise, animal protein is not recommended at dinner.

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 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

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.)

Dairy

When the Biofield Diet is to be followed strictly, eat no dairy.

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 reduction, please eliminate eating cheese and all dairy products for the first 90 days. After 90 days, cheese is best used as a delightful condiment so use 1 oz. or less occasionally (once or twice a month). You may substitute 4 oz. of the Wallaby yogurt or kefir listed below.

Most 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)

Most Recommended

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

Animal Protein or Beans & Rice (optional at dinner)

If immune stress is present or if you have done heavy exercise that day, eating beans and rice or an animal protein is recommended that day, preferably within 1 hour of the workout. *Otherwise, animal protein is not recommended at dinner.*

- 1. Fish:** (3 – 6 oz. per time) Eat no more than one or two times per week. Eat none if you suffer with a critical illness, until you have achieved and hold an ideal first morning urine pH of 6.4-7.0.

Selected fish: the most recommended protein choice

Most Recommended (organic or wild caught preferred)

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

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

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

Most 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 meat

- 3. Eggs:** are not recommended.

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.

- 4. Poultry:** is not recommended.

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.

Most Recommended: None

DISCLAIMER

The materials and information provided in this presentation, document and/or any other communication ("Communication") from Dr. Marshall 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.

References to any entity, product, service, person or source of information in this or any other Communication should not be considered an endorsement, either direct or implied, by the host, presenter or distributor of the Communication. The host(s), presenter(s) and/or distributor(s) of this Communication are not responsible for the content of any internet pages referenced in the Communication. PRL is not liable or responsible for any advice, course of treatment, diagnosis or any other information or services you chose to follow without consulting a qualified healthcare professional. Before starting any new diet and/or exercise program, be sure to check with your qualified healthcare professional.

Resource List

Videos

- Dr. John McDougall – “The Ultimate Diet Therapy”
- Dr. Michael Greger – NutritionFacts.org. 2013 – “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	Joviel	Whole Foods
Organic Pickles	Woodstock	Natural Grocer
Organic Mustard	Annie's	Sprouts, Whole Foods
Organic Sesame Tahini	Sprouts	Sprouts

<u>Fish</u>	<u>Brand</u>	<u>Where Available</u>
Cod (certified mercury-free)	Orca	Frozen at Supermarkets
Barramundi	Astral	Frozen at Supermarkets
Swai		Frozen at Supermarkets
Wild Caught Canned Salmon in water	Wild Planet	Health Food Stores
Wild Caught Sardines in water	Wild Planet	Health Food Stores
Shrimp (cooked, frozen, large, tail off)	Waterfront Bistro	Health Food Stores/Supermarkets

<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

<u>Dairy</u>	<u>Brand</u>	<u>Where Available</u>
Organic Full-Fat Greek Yogurt	Wallaby	Whole Foods
Organic Full-Fat Kefir	Wallaby	Whole Foods