



Protein, Fiber and Vital Nutrients for PROPER CELLULAR FUNCTION

Developed by Dr. Hanna Karwacka, Dr.Med.Sci.
Doctor of Medical Sciences (Dr.Med.Sci.) & Aging Process at Cell Level - Ph.D.
Cellular Pathophysiologist and Nutritional Counselor



UNDERSTANDING THE PROCESS OF CELLULAR REJUVENATION



9 Questions You Should Ask Before Deciding if Dr. Hanna's Holistic "Medical" Food Program is Right for You

How can this program help me:

1. Live a long and disease-free life.
2. Lower my incidence of chronic disease and illness.
3. Experience incredible longevity, is it possible to live to be 128 years old?
4. Strengthen the functioning of my heart and brain.
5. Increase my vitality.
6. Lose weight without changing my diet.
7. Understand why it's better not to change my diet.
8. Make sure that I'm getting the 44 nutrients that my body needs for optimum health through this food program.
9. Decide what the risks are of choosing a food program that is not developed by a doctor who specializes in cells and how they function.

The best way to answer the 9 Questions is to learn about the process of cellular rejuvenation. Here are some questions, and answers, to help you understand the process.

- How is it possible to delay the aging process?
- How do you turn diseased cells back into healthy cells?
- How is it possible to lose weight without changing your diet?
- How does the process of cell restoration in the cells of the heart and brain work in relation to different health issues?

How is it Possible to Delay the Aging Process, Live to be Up to 128 Year Old and Go Through Life Without Developing Diseases?

This can be achieved by strengthening the immune factor in every single cell daily. Strong immune factors keep the cell's nucleus (the brain of the cell), gin, neurotransmitter and other cell's organelles (working as a "system" in the cell) in good condition. If the cell is fed live food it will both absorb nutrients and neutralize contamination at the same time. To do this job so you can experience optimum health the cell must received 44 specific nutrient every day. These nutrients need to be in a specific combination and prepared according to a special process. In our regular meals we only have some of these nutrients. This is the reason that people are constantly tired and they develop diseases. The Energy "Medical" Holistic Foods Program works holistically. People often ask if I have a specific formula for: diabetes, normalizing high blood pressure, blood sugar, cholesterol levels, etc. My answer is NO. You don't need a special formula. As long as your cells receive the 44 nutrients every day your body take responsibly and do the rest. Do not listen to your brain, listen to your body. The body knows what nutrients each cell needs and what amount they need.

INTRODUCTION



The Energy “Medical” Holistic Foods Program is appropriate for children from age 3 up.

Hyperactivity & ADD

Many children today are suffering from short attention span, hyperactivity and are addicted to junk food. Ritalin and McDonalds are not the answer.

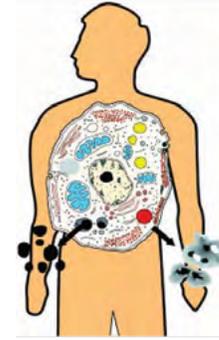
The Energy “Medical” Holistic Food

Program, in Conjunction with Food Support Supplement, Includes Electrolytes, [Foods Recipes for Veggie Cream](#) and [Marinated Salad](#)



STEP #1

Daily Total Body Cellular Cleansing & Restoration

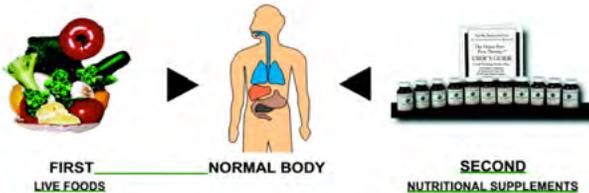


Program includes Energy “Medical” Holistic Foods Program

I recommended this for adult from 20–30 years old, including Foods Support Supplement.

The type and amount of product used depends on the person’s health condition and environment they are in. Additional products recommended for adult from 20 to 30 years old include: Veggie-Essece, Pro-Oxessence™, Dig-Essence™, and Lacto-Essence.

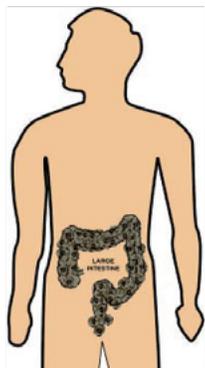
WHY ARE FOOD SUPPORT SUPPLEMENTS SO IMPORTANT?



They support the live foods by boosting the nutritional content to full potency levels and adding missing nutrients. These Complete Foods, along with daily live foods, will allow the body to become balanced. However supplements alone will not do the trick, as the cells have to be in optimal shape to receive the nutrition in the first place. That nutrition can only come from live foods that are rich in electrolytes.

STEP #2

Cleanse & Balance the Intestinal Tract



Includes (Energy “Medical” Holistic Foods Program)

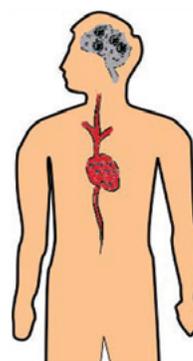
This program is for adult 40 years and older and includes foods with Foods Support Supplement V-PURE™ INTESTINAL CLEANSER which removes the build-up of undigested food particles from intestinal walls.

The Importance of the Large Intestine

From the very beginning of our lives the large intestine, also known as the colon, has played a significant role in the development of all our organs. Since our organs developed from cells in the large intestine, they are eternally linked to specific areas of the large intestine. This link from the large intestine to the organs is crucial, as it is a means by which nutrients are transferred to the organs. However over the years, indigestible food accumulates in the large intestine. This food becomes toxic, creating chemical imbalances in the large intestine. Unfortunately these toxins are also transferred to the organs along with the nutrients. As the organs become polluted with these toxins chemical imbalances begin to occur throughout the body.

STEP #3

Strengthening the Heart and Brain



Includes (Energy “Medical” Holistic Foods Program)

This program is for adult 50 years and older and includes foods with Foods Support Supplement V-PURE™ INTESTINAL CLEANSER which removes the build-up of undigested food particles from intestinal walls.

At this age it is also necessary to use two additional support supplements to cleanse and remove contamination and in order to protect your heart and brain. These supplements are:

V-PURE™ for the Heart

Additional nutrients to strengthen and purify the cells of the heart.

V-PURE™ for the Brain

Additional nutrients to strengthen and purify the cells of the brain.

For more information and to purchase V-Pure, click [here](#).



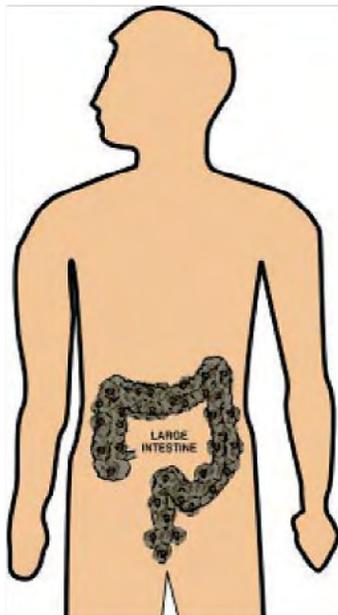
HOW DO YOU TURN DISEASED CELLS BACK INTO HEALTHY CELLS?

First you have to understand why we develop disease and why we don't all develop the same diseases? People exposed to the same types of toxicity usually manifest different symptoms. This is a result of the way we are born. Everyone is born with at least ten inherent (genetic) weaknesses. Healthy organs are able to maintain healthy cells for a long period of time. Consequently weakened organs, comprised of weak, sick and old cells, reproduce their inferior cells at a faster rate than the healthy organs. Accordingly, these damaged cells leave the organs with a decreased defense system (decreased immune factor), making the bodies more susceptible to illness.

Next, you have to identify the source of disease. The biggest problems are from chemical imbalances created in the gastro-intestinal track from food toxicity and pathogenic invader, which include: forms of microscopic germs, bacteria, viruses, parasites, and yeast among other things.

—*PATHOGENIC INVADERS*, Excerpt from Dr. Hanna's books 1994–2005

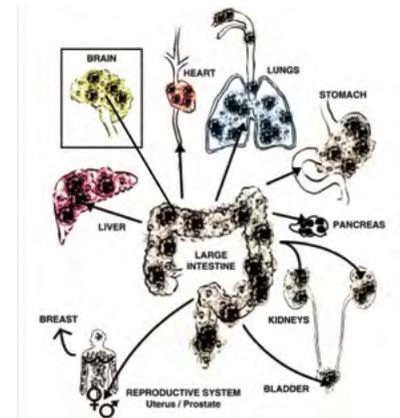
THE IMPORTANCE OF THE LARGE INTESTINE



From the very beginning of our lives the large intestine, also known as the colon, has played a significant role in the development of all our organs. Since our organs developed from cells in the large intestine, they are eternally linked to specific areas of the large intestine.

WHY IS IT SO IMPORTANT TO UNDERSTAND THE LARGE INTESTINE?

This link from the large intestine to the organs is crucial, as it is a means by which nutrients are transferred to the organs. However over the years, indigestible food accumulates in the large intestine. This food becomes toxic, creating chemical imbalances in the large intestine. Unfortunately these toxins are also transferred to the organs along with the nutrients. As the organs become polluted with these toxins chemical imbalances begin to occur throughout the body.



Toxins from the large intestine (colon) transfer to all organs, including the brain.

The first signs of chemical imbalances and diseases begin in the large intestine.

Direction for cleansing the colon (hydrotherapy) can be found in the book "Feel Well for Life Guide Book 1" (PDF) Click [Here](#)

The source of the problem:

Pathogenic invaders are usually transmitted when someone comes in contact with infected feces (for example, through contaminated soil, food, or water). They are spread not only by deer ticks, but also by those of white-footed mice, birds, mosquitoes and other mammals.

Symptoms: They may affect the skin in its early, localized stage, and later spreads to the joints and central nervous system with symptoms that include facial paralysis, poor balance, tremor, difficult speech, blurry vision, and neuropathies. They invade almost every organ system of the body. Symptoms such as nausea or vomiting, a change in bowel functions, like constipation, diarrhea, or cramping, can sometimes occur. If the urinary system is infected, it can create cystitis, or irritable bladder syndrome. Once inside the body they find an oasis in all organs, including the brain, providing an ideal environment for them to live and grow in. They also have the ability to mutate and move around the body and lodge in different tissues.

Research has indicated that when germs invade our cells they release a protein substance that coagulates and eventually forms a skin that serves as a mechanism to protect itself from an antibiotic attack, as well as against an invasion of our own immune system cells.



According to the research, and my experience, they are resistant to antibiotic and herbs. They don't like herbs and they coagulate. The same thing happens to carcinogenic cells. The only way to kill them is to create an environment that starves them because they will die quickly of hunger.

My therapy suggestion are:

- Don't change your diet. Your brain is addicted to the food you are used to so it would be a big problem for the brain. With germ problems you should moderate your diet.
- **First**—Before eating regular food you must eat food that will not nourish your germs and will help slow down their growth. This is FiberTein, VeggieTein and [Veggie Cream](http://www.drhanna16.com) (see www.drhanna16.com).
- **Second**—After that you can eat some of your favorite foods.
- **Third**—Constantly cleanse your colon.

HOW IS IT POSSIBLE TO LOSE WEIGHT WITHOUT CHANGING YOUR DIET?

For a program to work in today's busy schedule it must be quick to prepare, easy to use and portable! Dr. Hanna's Live Energy "Quick" Foods provide just that simplicity. You will prepare [Veggie Cream](http://www.drhanna16.com) from fresh produce in your own kitchen. Now this will take a little bit of time but will last for weeks in the refrigerator or months in the freezer. Combined with a Fiber/Protein mixture (FiberTein) and Vegetable seeds with Protein mixture (VeggieTein). You will find both FiberTein and VeggieTein available for purchase at the Dr. Hanna Institute and the website www.drhanna.org/medicalfoods.

The Program

Eat Veggie Cream, FiberTein and VeggieTein mixtures daily prior to meals.

A Fast Breakfast

Mix the Veggie Cream with FiberTein and VeggieTein, add organic orange juice to taste (if needed). People with intestinal track problems or diabetes should substitute tomato juice for the orange juice. Follow with a light breakfast, if needed.

Before Eating Lunch Out

Just like breakfast, eat or drink the mixture before you enjoy your favorite "everyday" foods for lunch.

Before Eating Lunch You Prepare Yourself

Enjoy the mixture before your lunch and try to remember to have larger meals earlier in the day.

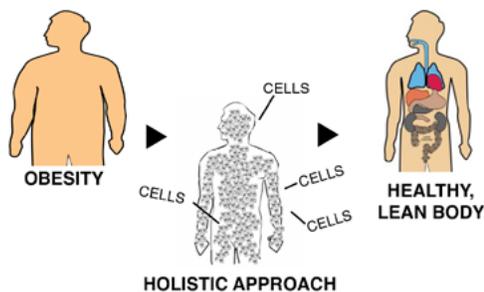
For the Evening Meal

Start with the mixture, followed by a hearty salad or light meal including fish. If skipping dinner and an evening snack is needed, add the leftover mixture from breakfast or lunch to a cup of yogurt or buttermilk.

Note: Make sure FiberTein and VeggieTein are prepared in advance with boiling water and allowed to stand at room temperature for a few hours to release enzymes.

QUICK TIP!

Sprinkle dry VeggieTein Mixture over your salad or add it to your favorite soup, chicken or tuna salads for an enjoyable, healthy crunch. Please see "Feel Well for Life Guide, Book 1" for several recipes and healthy meal planning ideas. Click [here](#) to purchase book.



Instead of taking products that burn fat and reduce appetite, or programs that drastically change your diet (making your life miserable) taking a holistic approach is not only viable but will aid in reversing other ailments associated with being overweight. The entire body benefits, leading to optimum health on all levels.



PRODUCT OVERVIEW FOR OPTIMUM HEALTH AND WELLNESS

The products discussed here are dedicated to rebuilding sick and old cells using a holistic approach that will change the lives of infants, children, adults and the elderly for the rest of their lives.

Understanding the Restoration Process of Cells in the Brain and Heart in Relation to Different Health Issues

When the brain is constantly exposed to electronic air pollution, electromagnetic fields (cell phone) and toxicity from indigestible foods, the function of the cells in the heart and brain become very weak.

Specific nutrients must be included to help the weakest cells in the heart and brain. When the body is weak, sick or old the body cannot secrete enough nutrients for the heart and brain. These additional nutrients can be found in “Food Support Supplements” –in V-Pure for the Heart and Brain.

When you ingest the 44 nutrients in [FiberTein](#), [VeggieTein](#), [Veggie Cream](#), and [Support V-Pure](#) (Foods Support Supplement) for the heart and brain daily, your body has all it needs to fight off most diseases and illnesses like: memory loss, concentration problems, headaches, strokes, heart disease, migraine headaches, and emotional problems. It can also help with neurological conditions such as: depression, anxiety, epilepsy, Alzheimer's disease, Parkinson's disease, Schizophrenia, and more.

These products are essential building block for several key neurotransmitters. They increase human growth hormone secretion, assist in protein synthesis, are helpful in cell replication, increases sperm count and potency, are prosexual nutrient for men and women, boost athletic performance and brain function, improve your memory, and increase energy and vitality.

One benefit is a reversal of brain aging, these products may turn back the clock of an aging brain.

ENERGY “MEDICAL” HOLISTIC FOODS PROGRAM

Raw, organic [veggie cream](#) and raw, organic protein ground (no powder) [FiberTein](#) & [VeggieTein](#)

The proteins found in [FiberTein](#) and [VeggieTein](#) instantly convert amino acids to peptides and neuropeptides that rebuild the function of peroxisomes (the immune system in cells), organelles and reactivate DNA, RNA and genes.

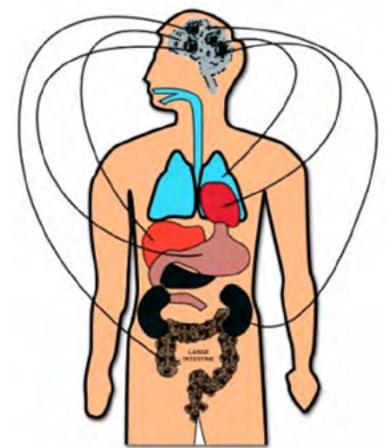


When the brain is overloaded with toxins it sends out signals that Dr. Hanna calls “false neurotransmitters” (FNS). FNS refers to incorrect messages that the brain transmits to the colon and other organs. This circulation of faulty messages throughout the body causes the organs to malfunction, leading to a cycle of continues health problems. If FNS signals ceased or were lessened, the organs would relax and begin to function properly. See a more in-depth explanation in Dr.Hanna’s book: “Be Your Own Practitioner.” Click [here](#) to purchase book.

“V-PURE” Foods Program

The powerful nutrients for Heart, Brain, Vitality

Strengthens the cardiovascular system, including the heart & brain, and also contains anti-aging properties.



The cruciferous vegetables (found in [Veggie Cream](#)) in my recipes contain molybdenum and sulfurophane which fight carcinogenic cells. These vegetables include essential vitamins, trace minerals, antioxidants and protein your body needs to rebuild cellular function.



**For More Information or to Purchase
Dr. Hanna's Products**

www.drhanna.org/medicalfoods

email: drhanna@drhanna.org

(858) 454-3075

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by Hanna W. Karwacka, Dr. Med. Sci.

Some material has been compiled from previously published books:

The Food Cream Book (1994–2000)

The Marinated Salad Book (1994–2000)

Cell-ology Book #1 Concept (1997–2000)

Cell-ology Book #2 Program (1997–2000)

Step Guide (1997–2000)

ISBN: 0-9678683-0-8

