



WEIGHT LOSS & CLEANSING PROTOCOL
THE “PATH OF DIVINE RESTORATION” WAY

www.pathofdivinerestoration.com

HEALTH-THE NEW WEALTH

Phase 1.

Treating the “Source”; not the “Symptom”.

By Eliminating the root and core issues, symptoms can be naturally relieved from the body. This first phase is suggested as a perfect starting place to begin resetting the body’s metabolism, Immune System, Endocrine system and Circulatory & Nervous Systems while getting used to their new regime.

It’s recommended to begin this Phase 20-30 days before entering Phase 2. If you have other needs nutritionally consult with a practitioner find out what additional minerals or herbs you may need before starting. Then begin by taking Photo’s and measurements of your body, to be done before committing to Phase 1 and again before commencing phase 2. Seeing progress will help keep you on track and committed to your cause on those potentially hard days and weeks ahead.

1. Water. Proper Hydration is one of the most powerful and simple keys to the cells of the body properly being able to conduct their trillions of amazing tasks over each and every day. Being in a proper alkalized state promotes full health in all areas. Consuming about 1-2 litres per day is a pretty good guide stick. Over weight people are dehydrated and according to research about 80% or more of the population is also generally dehydrated too. Never drink tap water as it contains chlorine, fluoride and other contaminates that are toxic to the Hypothalamus and the body in general. PODR NRG water with it’s 84 Essential and trace minerals would be a first choice but second would be PURE spring water such as Evian or thirdly a reverse osmosis filtered unit at home. “Kagan” Ionised high alkaline water would be another good choice. A Quarter Teaspoon of Celtic or organic Sea salt mixed in two 8 oz glasses of your water a day has amazing benefits and resembles the amniotic fluid we



once grew in from our mothers womb. (Seawater contains about 84 minerals, which are consistent over the world without regional difference. The concentration distribution of seawater minerals is in a positive correlation with the mineral balance in body fluids. This suggests our amniotic fluid is seawater, as the origin of species is said to be in seawater. Review of seawater, the water of life, should be a key point of thinking the resource problems in the 21st century.)

<http://sciencelinks.jp/j-east/article/200517/000020051705A0622971.php>

2. Walk. To keep the Body's weight set point at its optimum and to begin to reset it, walk for one hour a day. Slow and steady without over exertion is recommended in a rhythmic and constant fashion. It was shown in the 70s by two prominent physicians who scribed "*Neuropsychology of Weight Control*" this was one of the best ways to achieve a lean body mass and reset your body's weight set point. If an Hour a day is not achievable then as often as possible is essential given our sedentary lifestyles of today compared to our lifestyles of only 50 years ago. **High Intensity Interval Training** can also achieve amazing results in just minutes a day for those with little to no time for regular exercise.

3. Extra Virgin Raw Coconut Oil. Easily available in most Health and Co-Op stores. Use in all cooking and or take two teaspoons per day to improve metabolism, digestion and help release fat cells. Also gently stimulates the Thyroid. The integrity of the "Nui" brand is one in particular we recommend.

4. Fruit. Two organic Apples per day and two organic grapefruits per day which will help relieve sugar and food cravings and help regulate blood sugar, increase cleansing of the liver, gallbladder and colon.

5. Raw organic Apple cider Vinegar. As well as being a great help with alkalizing the blood, taking One tablespoon a day also helps stimulate the metabolism and cleanse internal organs while helping release stored fat cells.



6. Chromium. In most over weight people the Pancreas is in short supply of Chromium and needs this to help balance it's normal regulating otherwise the Pancreas will secrete insulin abnormally and must be corrected. PODR has a Pure Colloidal Chromium for this purpose. Lack of Chromium has been researched and promotes the onset of Diabetes and Pancreatic disorders, even leading to cancer.

7. Heavy Metal cleanse. Ridding heavy metals and improving circulation is vital for good health, increasing energy and increasing metabolism. A simple Heavy metal test kit can give you some basic results as to toxic heavy metals you may be dealing with.

8. Organic Mineral Supplement. Everyone has nutritional deficiencies these days and for the body to operate normally and efficiently these deficiencies must be corrected. A wonderful full spectrum mutli mineral product is PODR Organic Colloidal Mineral with 84 essential and trace minerals within it. It is proven that lack of minerals in our foods are the cause of many conditions and diseases. Re-Mineralising of the body along with re-hydration is a simple yet symbiotic set of tools to wellness.

9. Calcium. Research shows that most people are deficient in Calcium. If required, supplementing with a good pure bio-available Calcium can be a very positive procedure to adopt.

10. No Trans Fats. Man made Trans Fats will absolutely without a doubt put on weight and may lead to obesity. It may also lead to arthritis, cancer, heart disease and diabetes. Hydrogenated oil or part there of are a common trans fat and must be avoided. Check labels on your food products and even then be wary as not all things such as types of fats are listed.

11. No High Fructose corn syrup. No man made sweeteners at all.! High fructose corn syrup, sucrose, dextrose, or malto dextrose must be avoided at all times. Read the labels for these. This overtaxes the Hypothalamus and can make you fat and possibly very ill.



12. Eat a salad with lunch and dinner. In addition to your meal add a big salad with fresh organic, vegetables. Avoid salad dressings unless you make them yourself with, apple cider vinegar, sea salt, fresh lemon juice, Virgin olive or coconut oil and hot peppers. The enzymes in a salad like this will help stabilize blood sugar while giving you important fibre and nutrients for better digestion and stimulating the metabolism and releasing stored fat.

13. Acetyl L-Carnitine and Chromium. For assisting with turning fat into fuel and speeding the metabolism. It will help keep lean muscle while burning stored fat.

14. Eat six times per day. Using your apples and grapefruit for snacks in between meals it should be easy to eat six times per day.

15. Eat breakfast. A large breakfast is recommended which decreases the appetite during the day of organic eggs, smoked salmon, organic butter or extra virgin coconut oil, rye toast, asparagus, organic tomatoes, organic beef, chicken or turkey sausages, fruits such as papaya, blueberries, strawberries, plums, peaches, kiwis, raspberries, nectarine or melon.

16. Eat protein before bed. Approx 100gm of Organic beef, chicken, veal or fish right before bed. This actually helps burn fat while you sleep by helping stimulate and mobilize the fat cells and stimulating your metabolism while decreasing water retention.

17. No Carbonated drinks. Either diet or otherwise, They are loaded with either high fructose corn syrup or artificial sweeteners that will prevent weight loss. Carbonation has also been linked to leeching essential calcium from the body.

18. No Nitrites. Read labels and be sure what you are buying is free of them. They will lead to cravings, allergies, and weight gain if consumed.

19. No fast Food. The foods are loaded with MSG and preservatives and major processed sugars, growth hormones in the meat and much of it is



irradiated and micro waved. Very addictive and very lethal to your weight and your future health. Just look at the state of affairs in the US and Australia and growing problem in Europe now due to the huge chains of fast food. This kind of food absolutely over taxes the Hypothalamus and does everything in the world to increase your hunger making you physically and chemically dependent, depressed, and yes, fat.

20. Eat 100% organic food (whenever possible). Anything other than this has hormones, is either genetically modified has pesticides or herbicides, antibiotics or other drugs in them. Anything in the ingredients you are unable to pronounce do not buy it. Eating man made processed food will make you fat and inspire addiction for more of the same, because that's what it's made to do.

21. Use Natural Sweeteners.. If you need a sweetener use Stevia as first option. It's a natural herb and help regulate blood sugar. Otherwise Raw Sugar, raw organic honey, raw organic sugar cane

22. Sun...despite the ads on TV for sun problems and wearing sun creams. **DO** get 20mins a day of sunlight on the body. It's been shown to relieve depression. Lack of sunlight has been shown to cause overeating, increase in appetite, low metabolism and weight gain. It has shown that 20 mins per day over a naked body releases endorphins, eliminating depression and suppresses appetite. Use no sunscreen!! The sun is the best source of vitamin D thus has been shown to prevent cancer.

23. No Lotions or creams. If you look at all the products you put on your skin you will realize how much you are taking in transdermally into your body. The skin being the largest organ in the body. All things you put on your skin are absorbed into your bloodstream adversely affecting your organs and the glands. They also block the pores of the skin affecting how well the body can naturally detoxify.

24. Electro magnetic Frequency field. Using the PODR Lightseeding NRG field along and our water/mineral protocol will help reverse the



adverse effects of the daily chaos of frequencies we are bombarded with from TVs , PDAs, cell phones, computers, satellite transmissions and the myriad of other glandular and body endangering energies faced each day. It will assist in the eventual resetting of the Hypothalamus and the whole body back to it's true cellular potential and it's molecular origins.

25. Liver cleanse. Almost all people who are obese or unwell when tested show a blocked or sluggish liver. This leads to improper metabolism, increased appetite, slowing of digestion and is partially responsible for food cravings. It creates an overtaxing of the body and its immune system and is partly responsible for the onset of many medical symptoms, conditions and diseases. When the liver is properly cleansed it will assist all other organs in the body in operating more efficiently. Again increasing energy, metabolism, reducing depression, hunger and dramatically boosting a sense of well being.

26. Parasites and Worms. Eliminating parasites and worms is not only good for weight loss but the reduction for the potential for diabetes, asthma, environmental allergies, skin disorders, constipation, ulcers, bloating and even cancers. It is recommended whether on the weight loss protocol or Wellness program to follow up and get rid of parasites and worms as soon as possible.

27. Stress Reducing CDs. Music is a fantastic relaxing way to allow the body to relax into its potential and let go of any tension in the body. Holosync is a wonderful series but there are many others to seek out and use for the individual enjoyment of relaxation and de-stressing and deep relaxation.

28. Meditation. Learning the art of meditation and sitting in peace and knowing that our bodies are capable of healing from most anything if they are given the correct environment, rest and nutrients.

29. Drugs. Prescription and non- prescription drugs are always going to burden the systems of the body, slow down the metabolism and inevitably put on weight. While treating symptoms they inevitably



exacerbate the root of the problem and have been known to sometimes create other symptoms that of course then need another drug to alleviate them and the cycle perpetuates.

30. Weight lifting. Doing any form of resistance training has proven to be very beneficial and will promote long term improvement in the metabolism while increasing lean muscle mass. Resistance training also releases hormones into the body such as endorphins that create feelings of wellness and exhilaration while also having anti-aging benefits.

PHASE 2.

Where as stage 1 is a set of guide lines to follow leading up to the next stage, this stage 2 must be strictly adhered to for maximizing weight loss and resetting molecular origins of the body's organs, tissues and glands such as the Hypothalamus, pituitary, Pancreas, thyroid, Liver and kidneys etc.

The Frequency Field will work on bringing the electrical conductance of the cells of the body back up to a mill volt level of -70-90. Unwell and diseased bodies can be as low as -10-15 mill volts. We are conductive beings and all processed foods, over the counter and prescription drugs, sodas etc work to slow the cellular conductance and resonance of the body and it's vast myriad of communications needed for optimum health and wellness. Be sure to take measurements and photo's before starting Phase 2.

DAY 1.

- 15 minutes in the PODR Lightseeding NRG field 3-5 days per week during process..
- Drink a minimum of 1.5 litres to 3 litres of PODR NRG water per day.
- Satisfy yourself and eat as much food from Stage one as you desire.



- **Begin Taking PODR Colloidal Gold along with other recommended nutrient supplements after NRG Field. Start the Gold at 20mls per day for the first 5 days and continue taking 10mls per day there after for the duration of cleanse.**

DAY 2.

- **Repeat day One.**

DAY 3.

- **Weigh yourself immediately upon rising, after emptying the bladder without clothes.**
- **15 minutes in NRG Field some point during the day. Preferable in the morning.**
- **Drink 1.5 litres to 3 litres of water throughout the day. PODR NRG water with 84 essential and trace minerals is preferred.**

For breakfast have only

Black coffee (organic preferred), or

Organic green tea or

Organic Yerba Mate or Wu Long tea or organic Chamomile Tea.

- **Throughout the morning drink as much of the teas and water as you desire always using pure water not tap water.**

For Lunch eat 100 grams of grilled (no oil or fat, Virgin coconut Oil is Ok)

Organic grass fed beef or veal, or

Organic Chicken breast skinless, or

Wild Chilean Sea bass, or

Flounder, Sole or Halibut.

- **Also One large handful of the following organic vegetables.**

Spinach, Chard, Beet Greens, Lettuce of any kind, Tomatoes, Celery, Fennel,



White yellow or red onions, Red Radishes, Cucumbers, Asparagus, Cabbage.

These can be eaten raw, steamed, grilled (ONLY with Virgin coconut Oil, No other oil), or gently boiled. Do mix vegetables.

- One small organic apple, or small organic grapefruit, or a handful of organic strawberries.
- You may season any and all the food with the juice from an organic lemon, white or black pepper, organic unfiltered or raw apple cider vinegar, Celtic sea salt, Organic Garlic, Organic Basil, Organic Parsley, Thyme, marjoram, or any other organic herb. Absolutely no oil except coconut oil, butter, dressings, or anything else.

Dinner.

The same choice as for lunch but do not repeat exactly as lunch menu.

*Black coffee (organic preferred), or Organic green tea or Organic Yerba Mate or Wu Long tea or organic Chamomile Tea. At least one cup of Wu Long, Yerba mate, and Chamomile per day.

- No medications or over the counter non prescription drugs should be taken. Physicians should be consulted concerning prescriptions that are a “must“.
- No cosmetic other than Organic natural lipstick , eyebrow pencil, eyeliner, mascara and face powder should be used.
- Zero creams, lotions, moisturizers, Some Aroma therapy and Essential oils can be used. But only natural and organic in nature.
- You must eat everything as described and instructed. Do not skip meals and each meal needs to consist of the protein, vegetables and the fruit.

NOTE. Of course vegetarians can substitute their own protein needs for the meat in this diet with choices of their own.



A few other activities are recommended and or encouraged.

- Walk for an Hour per day. Rhythmic and steady.
- Listen to Stress relieving music and learn to practice one or more forms of Meditation such as “Kundalini” that promotes deep breathing, meridian clearing and chakra based revitalisation.
- Get 20 minutes of daily sun as often as possible for the unfiltered vitamin D injection of health and vitality.
- Yogic Based and body balancing stretching and exercise. Muscular Skeletal bi-functional based body tuning. Tai-Chi, Egoscue, Pilates etc.
- Neuromuscular Re-Education, Sports, Deep tissue, Shiatsu, Swedish and therapeutic Thai style massages twice to three times per week.
- 20 minutes in a regular or Far-infrared Sauna for sweating and cleansing.
- Colonics can be considered in certain circumstances depending upon health issues and practitioner recommendations.
- Reduce any or all time in Air Conditioning.

Day Four (4) through Forty Five (45)

Follow Day three for every day you are on the course of treatment. For permanent weight loss and Wellness results be sure to follow the plan to the letter and be sure to eat exactly as recommended for a minimum of 21 days and maximum of 45.

Women Starting: Should start immediately following their monthly menstruation or ten (10) days before their next one begins.
Duration: 21 Days minimum, 45 max. If more weight loss is needed, you take 6 weeks off, eating normally (within phase 1) except for sugar and starch. You then resume Phase Two (2) again for up to 45 days. If at that point more weight is needed to be lost another 8 weeks must be taken off before Phase 2 can be resumed. Same eating without Starch and Sugar.



You Will be consuming Approximately 500 calories per day While on the weight loss protocol and the reason for the low caloric intake is for optimum release of the body fat reserves after burning the consumed calories. Be sure to follow the 500 calorie intake strictly for the weight loss to be maximized and the resetting of the Hypothalamus and other glands and organs.

During this process you should weigh yourself everyday and should notice a loss of 1 pound per day for the duration. Everyone's metabolism is a little different so this may vary slightly in some folks depending upon the state of their weight related issues. At the completion of the protocols you should take a new series of photographs and measurements. The photographs and measurements will help motivate you to continue maintaining your lifestyle in the realm of phase 1.. Live your life and Exist in phase one as a rule for wellness and vitality using Phase 2 as your access to weight loss.

A little naughty treat on the occasion is OK but rule of thumb is a little bit of everything and not too much of anything. Or if you can be good and follow a clean eating lifestyle 90% of the time you can allow yourself 10% of indulgence and keep your health and weight in check. Not the other way around at 90% Indulgence like so many unknowingly do. If you are prone to sugar and carbohydrate addiction (you know who you are) do yourself a favour and don't even tempt yourself once. Old cravings can flood back with full force negating all your success.

Good Luck, Blessings and healthy living.