

THE 5 FACTORS TO DETERMINE IF THE ADVANCED DIET OR HEALING DIET PLAN IS RIGHT FOR YOU:

1. High Triglycerides/Cholesterol - If you are a sugar burner and not a fat burner your body will not store or burn fat normally, therefore elevating Triglycerides (100 mg/dl to 135 Normal: > 135 Elevated).
 2. High Blood Pressure - Inflammation of the large arteries leads to high blood pressure. Inflammation is controlled by the healing diet.
 3. Elevated Glucose / Insulin / Leptin - Once the insulin receptors are burned out, a fasting glucose, insulin, or leptin test will be elevated. Removing all sugar is the only way to heal the insulin receptors.
 - GLUCOSE - 70 mg/dl to 85 is Optimal, 85 to 110 is High, 110 to 126 is Very High
 - INSULIN FREE - 10 IU/ml or less Optimal, > 10 is High
 - LEPTIN - 4 to 6ng/dl is Optimal, 6 to 9 is Acceptable, > 10 is High 20 to 40 and over is Obese.
 4. Neurotoxicity - Toxins attach themselves to fat cells and continually elevate leptin. This burns out leptin receptors in the brain and lead to leptin resistance. As a result, you gain weight that does not respond to exercise and diets.
 5. Protein/Fat Genetic Type - Some individuals genetically do better without grains, high fat, or even high protein. This can only be determined by how you feel on a particular diet.
- ✓ IF YOU FAIL ANY ONE OF THE 5 FACTORS YOU ARE IN THE DEATH ZONE AND YOU NEED THE HEALING DIET TO RESTORE YOUR CELLS/BODY!