

# Impact of Diet and Speeding Recovery

***“Let food be thy medicine and medicine be thy food.”***

*Hippocrates*



There are ways that someone can work to speed their recovery while using resonant frequency based modalities for health assistance.

A person’s diet is one of the most important factors in their recovery, and can sometimes even determine whether they have a successful outcome.

- The overall poor diet which humans have adopted over time that is high in processed foods and therefore low in required nutrients has only contributed to the degeneration of illness.
- In the most recent centuries, humans have greatly changed their diets from having a full amount of raw and natural foods to a diet that consists mostly of processed foods incapable of replenishing what our cells require for continued healthy growth.
- Although human lifestyle and diet may have changed drastically over these years, human DNA has not and still struggles to replace the nutrients missing in processed and some cooked foods.
- The Price-Pottenger Foundation of San Diego has recorded that every primitive tribe studied develops diseases – formerly unknown in its entire history – when beginning the use of “civilized” cooked foods.
- If science ever were successful in discovering the replacement of all of the hundreds of thousands of enzymes that raw foods offer, humans would still face degenerative disease caused by changes in diet.
- ***Raw foods contain specific substances for rapid cell repair.***
- Although raw food will not substitute as a cure for someone’s illness, it may help to strengthen the immune system. ***Raw foods provide the best materials to repair the damages of chronic illness.***
- Genetically modified foods should be avoided COMPLETELY!



***“The natural healing force within each of us is the greatest force in getting well.”***

*Hippocrates*

## TIPS FOR RAW FOOD EATING

- Diversity is essential when eating raw foods, and as many types as possible should be eaten as well.
- The more types of raw food someone eats means that they will take in more of the minerals and bio-chemicals that fuel the body and help it to fight disease. The modern diet, very limited in vegetables and sources of proteins, is almost certain to cause more deficiencies with health because it is mostly synthetic and inorganic; incompatible with the needs of the human body, from overall to the cellular level.

- **TRY THIS:**

Making smoothies and raw vegetable drinks is much faster than cooking those same foods.

- In about 5 minutes, you can blend frozen berries, bananas; pure fruit juices, etc. (while leaving out the added sugar) and also add raw kefir to your blend.
- Try a blend of 1.5 cups of water with a variety of sliced vegetables in a blender.
- For protein, add a fresh raw egg or premium protein powder to your mix.



## Additional Consideration

It is important to consider these electronic modalities may also beneficially assist in delivery, absorption, processing, and utilization of these natural “medicines”. The natural energies within us are the true healers of disease!



*“A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.”*

*Hippocrates*