

INSTRUCTIONS: Always ask your doctor before changing your diet or taking supplements!

This diet plan is designed for general health and well being only and is not intended to treat or cure any disease.** To reap optimal benefits from this diet plan, order foods that we have tested to be fresh, non-irradiated and non-moldy @ <http://www.aevincement.com/onlineorder.htm>. These “approved foods” offer the highest non-toxic nourishment and they vary monthly depending on sources. The closer you follow this diet; the better you will feel and the faster your body will nourish and cleanse itself of stored toxins that induce inflammation and sickness. Shelf life nutrient losses and mold in the majority of store-bought food make following diet very hard, making our **QUORAFOOD MEAL REPLACEMENT** and **QUANTAFOODS CONDIMENT** critical to the overall success of this diet plan (see movie **FOOD, INC** to learn more about tainted foods).** In addition, keep in mind that fruits and sweets diminish bile production and detoxification and must be avoided for 3-4 months (see exceptions in recipes below).

Keep your diet simple! **EMPHASIZE IDEAL FOOD CHOICES** and **AVOID BAD FOOD CHOICES**. Only drink multi-filtered Reversed Osmosis (RO) mineral-free water, adding ½ ounce per glass of **HYDRABOOSTER** ([QUANTUMHYDRATION.COM](http://www.quantumhydration.com)). Make it a rule at lunch and dinner to eat 2 or 3 times as many vegetables as grains or animal protein (diet is best without animal protein). Avoid toxic commercial cleaning or body care products with carcinogenic fragrances. Avoid body contact of cell phone or blackberry without a Zeropa®. Exercise daily with fast walking (consult your physician first) wearing the **QUANTA E-PROTECTOR** to cleanse electropollution (the **QUANTA E PROTECTOR** (worn only during exercise). Bathe once a week with 2 oz **QUANTAPOLARITY™** in hot bath.** Keep metal bracelets, watch bands and necklaces with metal chains off your body.

Ideal Food Choices:

- ❖ **MEAL REPLACEMENT SMOOTHIE** – Blend at low speed, 1 teaspoon of QuoraFood Meal Replacement. 1 cup of raw cashews, soaked overnight in water, and ½-¾ cup of fresh pineapple in 6 ounces of water. Optional: add 3 full tablespoons of Raw Halvah.
- ❖ **FRESH RAW SALAD** – Choices: Romaine lettuce, diced celery, grated carrots, diced raw asparagus, diced raw zucchini. okra or yellow squash, cucumbers, sprouted mung beans with **QUANTAFOODS CONDIMENT, NAMA SHOYU & COCONUT BUTTER** (1 tablespoon of each) available @ [AEVINCENT](http://www.aevincement.com). Top with fresh, raw grated nuts and sprinkle with **QUORAFOOD MEAL REPLACEMENT**.
- ❖ **VEGETABLES** – try to buy fresh local farm produce when available. Steam or Stir Fry vegetables in raw coconut butter ([AEVINCENT](http://www.aevincement.com)) and put on top of organic whole white jasmine or basmati rice ([AEVINCENT](http://www.aevincement.com)) or Eddie’s Pasta (health food store). Use 1-2 tablespoons of **QUANTAFOODS CONDIMENT & NAMA SHOYU** for seasoning and/or fresh herbs. Raw grated nuts may be sprinkled on top for extra protein and nourishment ([AEVINCENT](http://www.aevincement.com)). Eat 1 cup of any of the 5 top RAW vegetables daily for optimal fiber and health: 1. Celery; 2. Diced Green Beans, 3. Asparagus, 4. Okra. 5. Peas
- ❖ **SOUPS** – Lentils or Garbanzo beans soup made with lots of fresh diced tomatoes (other vegetables may be added but tomatoes should be main ingredient). Add **QUANTAFOODS CONDIMENT & NAMA SHOYU** ([AEVINCENT](http://www.aevincement.com)) for seasoning and/or fresh herbs, and 1 tablespoon of Raw Halvah ([AEVINCENT](http://www.aevincement.com)). OPTION: Free Range Chicken or organic meat may be used in soups occasionally.
- ❖ **GRAINS** - Grains harbor the most lethal and toxic molds (most are sold 4-12 months after harvesting). ONLY use Eden brand Yellow Organic Popcorn, Artichoke Ribbons, Eden Mugwort Noodles & Eden Mung Bean Pasta only (No other Eden Grains), whole white Jasmine or Basmati or Eddie’s Pasta. **Alvarado St Sprouted Sourdough Bread** (no other Alvarado Street bread or breads are allowed) with raw coconut butter and a little Nama Shoyu or Raw Halvah ([AEVINCENT](http://www.aevincement.com)).
- ❖ **NUTS** – raw nuts from [AEVINCENT](http://www.aevincement.com) soaked overnight and blended with 4 oz of fresh orange juice and 4 ounces of water into a smoothie. Or, simply eat a handful of raw pecans or nuts. Caution: nuts & seeds are typically rancid & irradiated, containing rancid fats diminish afferent neuron regeneration. Optional: add 2 teaspoons of Raw Halvah to nut drink ([AEVINCENT](http://www.aevincement.com))

Bad Food Choices:

- ❖ Avoid Moldy Foods! Food-borne mold is the #1 health destroyer. Mold suppresses your immune system 75-80%. All RAW DRIED FOODS are moldy as are the majority of dried herbal seasonings, vinegars, fruit and bottled drinks, and grains (exceptions above).
- ❖ Fruits or sugars inhibit bile production & cleansing! Avoid sugar-containing foods & beverages & antioxidant berry and fruit drinks.
- ❖ All Food Additives, artificial sweeteners; oils, vinegar (except **QUANTAFOODS CONDIMENT & COCONUT OIL OR BUTTER**)
- ❖ All processed, refined foods, white flour (pasta), boxed cereals, chips, crackers, grains and boxed Tea bags
- ❖ All Commercial chicken (free range allowed in 4-6 oz servings or as stock in soups); Bacon, eggs (including mayonnaise), pork products & sodium nitrate meat products, non-grass-fed meats, and all dairy products (all yogurt is pasteurized & unhealthy). All cheese except for Alta Dena raw (non-pasteurized) cheddar goat cheese (no colors or preservatives added) or other raw milk cheese
- ❖ Canola oil, hydrogenated margarines, SMART & all commercial cooking oils, fish oils and Omega EFA supplements
- ❖ Salt (only use *Nama Shoyu* **OHSAWA** Brand ONLY and avoid salt and MSG)
- ❖ Supplements: Avoid other supplements except what is suggested herein or by a doctor board certified in Quantum Medicine
- ❖ Water: do not drink tap water or alkaline water, or treated waters as well as bottled water. Use mineral-free RO water only.
- ❖ Avoid all GMO and hybrid vegetables Examples: Head (Iceberg) Lettuce is hybrid and GMO and 85% of soy is GMO.
- ❖ All coffee except Jim’s Organic Costa Rican coffee

** THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.