



THE FOUR WINDS SOCIETY

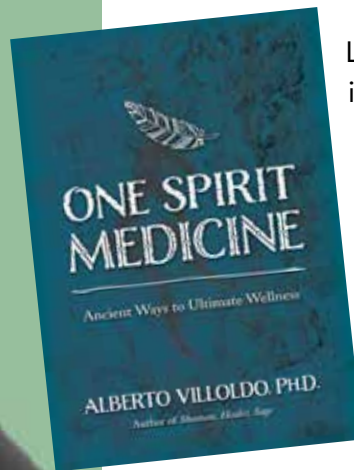
HACKING THE HUMAN BIOFIELD

THE 30-DAY PLAN TO GROW A NEW BODY AND MIND





The following are extracts from my book, *One Spirit Medicine*. You can order my book on the Four Winds Society's online store for the full science!



Longevity of the individual is important to you and me, but it is of no interest to Nature: Nature invests in the **preservation of the species** by programing us to go *crazy over sex* (just ask any 18-year-old).

Shamans of old discovered that **they could hack the human biofield** – the luminous energy field that envelops the body – to live long and healthy lives, get their health span to equal their life span, and free their consciousness from their biology!

To do this, you first have to upgrade the hardware (detox the body and repair the mitochondria). Then you can upgrade the brain, update the software that informs the DNA, and download the apps for longevity and the exploration of the ultimate frontier, the Conscious Cosmos.

It's an experiment of N=1, you! And shamans and Tibetan Buddhists have been doing it for millennia.

To your good health,

Alberto Villoldo, Ph.D.



Step One: The 30-Day Diet to Grow a New Body and Mind

You can't grow a new body on junk food. Have you noticed how no self-respecting critter will touch the fries that have fallen under the seat of your automobile?

First, clean it up.

Dairy: Get off it. If you must, use goat cheese and goat yogurt (organic is always better).

Grains: No gluten. Get off all grains if you can. Processed grains are a modern-day discovery and our systems are not adapted to process them. We have a hunter-gatherer genome. Processed grains turn into sugar in your system! Quinoa is fine (it's not a grain!).

Beans: Limit to one cup per day.

Sugar: Eliminate. No soft drinks, no artificial sweeteners. Mice addicted to cocaine and then offered sugar as an alternative will choose the sugar 100% of the time!

Second, what to eat.

Fats and Protein: Make sure they are good fats, Omega-3 rich foods, avocados,

nuts (no peanuts), and coconut oil. No vegetable oils. Good quality proteins.

Eat Green: We co-evolved with plants, not with animals, which would run away! The key is nutrient-dense and calorie-poor.

Meat: Sparingly, and only free-range, grass fed.

Fish: Great for you. Eat small, wild caught. Watch out for mercury toxicity.

Eggs: Are great for you, if you are not allergic. Great source of protein, and they don't affect cholesterol.

Kale: Loaded with healthy info. Juice it in the morning, cook it lightly at lunch or dinner. Avoid too many root vegetables that are sugar rich.

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Step Two: Supplements to Upgrade the Brain and Grow a New Body

“Regenerative medicine is a game-changing area of medicine with the potential to fully heal damaged tissues and organs...”

—Mayo Clinic

You can switch on the regenerative mechanisms in every cell to grow a new body that ages, heals, and dies differently. The codes are latent in your DNA, but are password protected. These supplements will give you access.

The following regimen will support the elimination of toxins without causing any discomfort:

Week #1: Take supplements every day

Week #2: No supplements

Week #3: Take supplements every day

Week #4: No supplements

Week #5: Take supplements every day

In the morning:

Vitamin B12 is essential for liver detoxification and for protecting DNA. Most of us are B12 deficient. Be sure to take sublingual methylcobalamin, an enhanced form of B12 that dissolves quickly under the tongue. Take 2,500 mcg.

Vitamin C is essential for detoxification processes. Take 2,000 mg.

Vitamin D3 can prevent or reduce depression, dementia, diabetes, and autoimmune disorders. Take 5,000 international units (IU) of **vitamin D3** during the 7-day program, then 1,000 IU thereafter.

S-acetyl glutathione is the first truly bioavailable form of the free-radical scavenger glutathione. Take 1 gram in the morning on an empty stomach.

DHA and EPA are Omega-3 fatty acids important for brain health and preventing Alzheimer's. Take 3 grams, from fish oil or algae.

Curcumin, the active ingredient in the spice turmeric, activates the genes that turn on powerful antioxidants in the brain. Take 1 gram. Be sure it is in liposomal form.

Trans-resveratrol triggers production of the brain's antioxidants and down-regulates genes that activate apoptosis, programmed cell death. Take 500 mg.

Pterostilbene, found in blueberries and grapes, works with trans-resveratrol to prevent cancer and other diseases. Take 250 mg.

ProAlive Probiotic resettles healthy flora in the gut and facilitates digestion. Take five drops in water. (You can order at www.ascendedhealth.com.)

Coconut oil is jet fuel for the brain. Take 1 teaspoon in the morning and 1 teaspoon in the midafternoon.

In the evening (two hours after dinner):

Alpha-lipoic acid helps eliminate toxins and heavy metals in brain tissue. Take one 600 mg capsule.

Magnesium Citrate helps with your bowel movement and to eliminate waste, as well as relax your muscles.

Some facts: Pterostilbene, transresveratrol, and curcumin upgrade mitochondrial function and aid in the electron transport chain. They also decrease inflammation, and switch on the longevity genes (Sirt1) inside every cell.



Ok, so now you have the plan of what to avoid, what to eat, and what supplements to take.

The last step is to trigger autophagy, which is the recycling of cellular waste, the garbage build-up inside cells (and brain cells in particular) that interfere with mitochondrial function and mess with the death clock inside every cell (apoptosis).

Our ancestors used to feast and then fast. When they fasted, autophagy cleaned out all the waste inside their cells. But we have been eating 3 meals a day since we were born.

Autophagy is triggered when there are no sugars in the system, and insulin signaling has been turned off.

It's that simple. You already fast during your sleep. With the One Spirit Medicine program you want to stay away from sugars and carbs for 18 hours a day. This means you start the day with proteins and fats (like eggs and avocado) instead of with toast and fruit – you can eat your fruit at noon if you like. And dinner is at 6:00 with no dessert!



Next...

Upload the new OS. Buddhists do this through the practice of compassion and Metta, loving-kindness. It reprograms the brain from scarcity, anger and fear and lets you be present in every moment. Shamans do it through the prayer Mitakuye Oyasin "All My Relations..."

