



Health Solutions

The Knowledge for Health

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Anabolic Diet Recommendations

These recipes support anabolic metabolisms. Anabolic deplete metabolism has deficient cellular rest and recovery performance. Note use of UFAs to intervene in anabolic imbalance is a short term solution. See Revici.

Avoid List:

- Vegetable Oil Fried food is as bad as it gets. Frying oxidizes UFAs which are already bad.
- Fermented foods, yogurt, sauerkraut, soy sauce, alcoholic beverages, vinegar, buttermilk, etc.
- Butter, cream cheese (sterols) which contribute to rigid cell membranes
- Sugar
- Tea, coffee, chocolate
- Pears & horseradish
- Hated water, distilled water, Free/ungrouped water molecules
- Eggs in moderation nly
- Salt in moderation only (preferably with Magnesium thiosulfate)
- Vegetables oils other than olive oil.

Okay List:

- Garlic as a sulfur and selenium source
- Nuts Seeds Avacados
- Vegetable oils - unheated are okay
- Fish oils
- Natural spring/well water & ice-water with grouping of water molecules
- Fish
- Eggs in moderation (poached, boiled, raw, but NOT fried);

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