



## Protein, Fiber and Vital Nutrients for **PROPER CELLULAR FUNCTION**

Developed by Dr. Hanna Karwacka, Dr.Med.Sci.

Doctor of Medical Sciences (Dr.Med.Sci.) & Aging Process at Cell Level - Ph.D.  
Cellular Pathophysiologist and Nutritional Counselor



## **LIFE AFTER MENOPAUSE HAS NEW RISKS IT'S IMPORTANT TO TAKE CARE OF THE BODY FUNCTION**



Peri-menopause starts when the ovaries start producing less of the hormones estrogen and progesterone. At this point many women develop symptoms such as:

- Irregular periods
- Lower fertility
- Vaginal dryness
- Hot flashes
- Night sweats
- Decreasing breast size
- Sleep disturbances
- Insomnia
- Anxiety
- Urinary problems
- Moodiness
- Focus and Concentration problems
- Fat building up in the abdomen
- Hair thinning
- And the most serious, brain aneurysm

### **Early Menopause Raises the Risk of Brain Aneurysm**

Studies have found that the younger a woman is when menopause starts, the more likely she is to have a cerebral aneurysm. The development of aneurysms has been associated with fluctuations in the level of the female hormone estrogen. After menopause there is a significant increase in aneurysms along with heart disease.

A cerebra aneurysm may cause symptoms including headaches, drowsiness, neck stiffness, nausea and vomiting. Brain aneurysms can occur in people of all ages but are most commonly detected in people age 35

to 60. Brain aneurysms cause almost 500,000 deaths worldwide yearly and half of the victims are under 50 years of age.

According to the Mayo Clinic there are several factors that, over time, can contribute to the development of a brain aneurysm. These factors include: high blood pressure (hypertension), hardening of the arteries (arteriosclerosis), some blood infections, and lower estrogen levels in women after menopause.

As a result of several factors, including a lower level of estrogen, postmenopausal women are at an increased risk for a number of health conditions, including:

- Cardiovascular disease (heart and blood vessels)
- Osteoporosis
- Urinary incontinence
- Weight gain
- Sexual dysfunction
- Thyroid problems
- And even seizures (convulsions)

Synthetic Hormone Replacement Therapy (HRT) was developed by scientist to help elevate the levels of estrogen and progesterone in the post-menopausal body to the level it was before menopause started.

### ***What are the risks of taking Hormone Replacement Therapy (HRT)?***

In recent years, several studies showed that women taking HRT have a higher risk of breast cancer, heart disease, stroke and blood clots.

### **Alternatives for Treating Menopause**

Many women do not want to subject their bodies to the risks associated with hormone replacement

therapy instead seek relief from alternative sources of treatment for their menopause symptoms. As menopausal women experience fluctuating levels of estrogen and progesterone, they will likely experience symptoms that include hot flashes, insomnia, depression, breast pain, and mood swings.

There are a several natural remedies available including: Block Cohosh, Vitamin D, St. John's Wort, Ginseng and more.

For over 20 years I've been researching cell cleansing and nourishment, my concept is explained in detail in my "Cell-Ology" books (click [here](#) for more information on books) and my televised interviews with Dr. Pike in 1995. In the books I explain why nutritional supplements are not the answer to nourishing the body alone. Nutrients should nourish the parts of the brain, the hypothalamus



and pituitary gland, that secrete growth hormone and sex hormones (estrogen and progesterone for women). When the nutrients arrive at the brain the brain will pull as much as it needs and no more. When the brain only receives what it needs it isn't overwhelmed so there are no side effects.

The Mayo Clinic has developed a nutritional supplement that has not been proven to work well yet. Over 25 year ago I developed a food support supplement with similar ingredient to Mayo Clinic's supplement called V-PURE FOR THE HEART & BRAIN (V-PURE). For more information on V-Pure, click [here](#). I even include to each capsule digestive and metabolic enzymes to help break down the ingredients in the capsule so the nutrients can penetrate the cell membrane to the neuron in the brain cells easier.

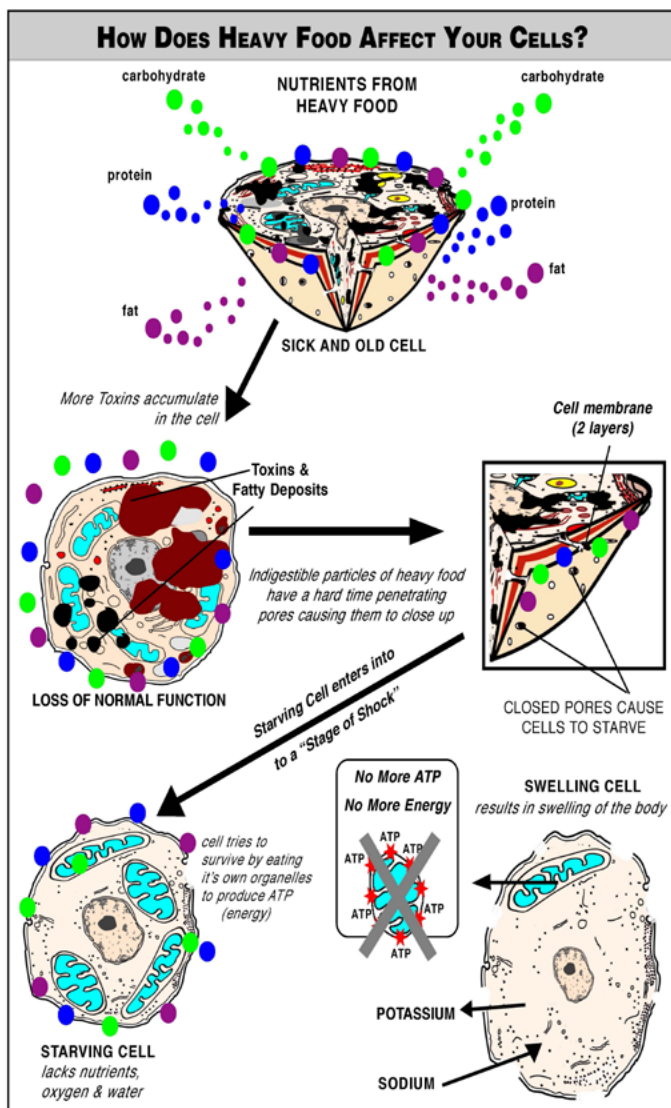
My product doesn't work alone but works very well if you cleanse the brain neurons (cells), artery walls and brain capillary blood of toxins before using the product. These toxins come from heavy foods, heavy protein and processed foods.

See more information and images from my book "Feel Well For Live Guide Book 1 Part Two; Scientific Analysis." Copyright 1994-2005. For more information and to buy copies of the books, click [here](#).

### *How do heavy foods and heavy proteins affect your cells, artery walls and the blood in the brain capillaries?*

Heavy foods, such as fast food, processed foods, foods high in saturated fats and trans-fatty oils, like all other foods, contain protein, carbohydrates and fats. However, these proteins, carbohydrates and fats are generally indigestible by the cells and cause hardening of the arteries with reduced blood flow to the brain.

In addition, the indigestible particles of heavy food have a hard time penetrating pores in the cell membrane ("skin") causing them to close up. When the pores close the cells begin to starve and enter into a state of shock. The cells try to survive by eating their own organelles. Eventually the cells swell as they begin to deteriorate. Vital potassium leaves the cells while sodium is absorbed. The overall result is swelling in the body. Something similar happens to the artery walls in the brain, the blood vessel walls



eventually begin to bulge and balloon.

The program I highly recommend for post-menopausal women to keep their estrogen and progesterone levels high and maintain brain function is:

1. Break your morning fast with a very cold liquid, fresh pomegranate juice (not from concentrate) is best. This is to stimulate the brain to secrete growth hormones.
2. After the cold liquid drink hot herbal tea, it will penetrate every organ faster. You can also eat some very light food but not heavy protein. When you drink a hot beverage you should perspire, that means that your organs and cells are around the liquid.
3. Before you eat a heavy protein you should consume the products from the “3 Mandatory Steps” program (*see below for more information*). These products nourish the cells with food that is already prepared to the “molecular” level, including protein. This food will normalize blood pressure, blood sugar, cholesterol level and stimulate the secretion of growth hormones and sexual hormones.
4. Now you are ready to eat your favorite foods.

### Grants

**Grants are a good way to fund scientific research but the timeline to get the grants can be a long one. I have experience procuring grants, being responsible for 2 medical grants on the subject of brain function. One of them concerned epileptic seizure. For more information, see my biography [here](#) or check my 2 books; Cell-Ology book 1 & 2. For more information on books, click [here](#).**

### Brain Aneurysm: The Silent Killer

On March 20, 2015 new personality Lisa Colagrossi became the victim of a brain aneurysm at the age of 49. Lisa was fit and healthy, her death came as an incredible shock to her husband and young children as well as her viewers and friends around the world. In response to his loss Lisa’s husband, Todd Crawford, was driven to do something to honor not only Lisa’s memory, but also all those who have fallen victim or survived a

brain aneurysm and to prevent other families from experiencing the pain and heartbreak that Lisa’s family has, The Lisa Colagrossi Foundation was established



([lisaslegacy7.org](http://lisaslegacy7.org)). The foundation’s primary purpose is to create awareness and education for the signs, symptoms and risk factors for brain aneurysms while enhancing research and support initiatives that will help save lives. The organization encourages programs that promote early detection and innovative research from world-renowned neurologists in the quest to find more effective methods in the areas of prevention and treatment.

The process of discovering and testing a medical drug to deal with a disease like this can take a minimum of 3-6 years with generous funding. With a timeline like that it doesn’t make sense to wait for a medical drug to come to the rescue if you’re at risk. My program has been working holistically to cleanse and nourish old and sick cells thus helping people with all chronic diseases achieving optimum health. *Try it today and see how good you can feel.*

### There Is No Program in the World Like My 3 Mandatory Steps Program

I have been told by many people, including doctors, that there is no food program like mine on the market today. The programs out there that are somewhat similar do not explain how they work to rebuild genetically and immunologically the sick and old cells. To build a program like this you have to have both knowledge of medicine and an expertise in cellular metabolism. I am a Doctor of Medical Sciences (Dr.Med.Sci.) with

a PhD in “Aging Process at Cell Level,” and this has been my primarily area of research for over 30 years. My lifetime’s research has gone into designing this program to cleanse your cells so you can achieve optimum health. For a complete bio, please click [here](#).

It has been my experience that many people get instant relief using my *3 Mandatory Steps Program*.

***The “Three Mandatory Steps” involved in stimulating the brain to secrete growth hormone thus increasing sexual function and longevity are:***

**First Mandatory Step:** Obtain nutrition from Live Energy “Quick” foods, these foods include FiberTein, VeggieTein and Veggie Cream.

**Second Mandatory Step:** Introduce food support supplements, including V-Pure for the Heart and Brain, into the diet.

**Third Mandatory Step:** Arrange a Phone Consultation with Dr. Hanna to discover what your personal 10 Inherent Genetic Weaknesses are and how to compensate for them.

At the heart of the “Three Mandatory Steps” are the 44 nutrients included in FiberTein, VeggieTein, and Veggie Cream. With these nutrients and additional support for your immune system from V-Pure for the Heart and Brain daily, *your*



All Products Shown Here are Available at: [drhanna.org/medicalfoods](http://drhanna.org/medicalfoods)

*body has all it needs to fight off most diseases and illnesses* like: impotence, sexual dysfunction, memory loss, concentration problems, headaches, strokes, heart disease, migraine headaches, and emotional problems. It can also help with neurological conditions such as: depression, anxiety, epilepsy, Alzheimer’s disease, Parkinson’s Disease, Schizophrenia, and more.

***The “Three Mandatory Steps” and Medical Foods Program are designed to strengthen the immune and genetic potential (factors) for sick and old cell in all of your organs. When your body is in optimal condition your brain will secrete hormones efficiently, including growth hormone and sex hormones.***

**This program has proven to be especially effective for the middle aged and elderly.**

The Medical Food program is designed to help people:

- **Understand why it’s better not to change your diet.**
- Live a long and disease-free life.
- Lower their incidence of chronic disease and illness.
- Experience incredible longevity, possibly live to be 128-years-old.
- Strengthen the functioning of their heart and brain.
- Increase their vitality.
- Lose weight without changing their diet.
- Remain sexually active and vigorous for life.
- **Discover the 10 Inherent Weaknesses and what can be done to mediate them.**

**Mandatory Step 3: Arrange Your “INITIAL CONSULTATION” With Dr. Hanna**

**You can arrange a 30 minute PHONE CONSULTATION with Dr. Hanna herself when You Purchase \$100 worth of FiberTein OR VeggieTein OR Rejuvenation Bars**

**Click Here Purchase [FiberTein](#), [VeggieTein](#) or [Rejuvenation Bars](#)**

Then e-mail Dr. Hanna at [drhanna@drhanna.org](mailto:drhanna@drhanna.org) to set up a time.

## Why Supplements Don't Work?

Synthetic supplements can be toxic to the body if their chemical structure doesn't match the chemical structure of the human body. If the chemical match isn't good, the supplements will only cause harm because the body will have to use energy in the process of rejecting the ingredients. The body may also reject these supplements due to an allergic reaction.

## How the 7 Synthetic Ingredients in V-Pure Help the Heart & Brain Work More Efficiently

To make the 7 synthetic ingredients in **V-Pure for the Heart and Brain** work as efficiently as possible their structure needs to be broken down so they can be metabolized by the body easier. In order to do this I included in each capsule:

- **Digestive enzymes:** to help break down food contained in capsules, powder and the gastrointestinal tract (food you would not normally be able to digest).
- **Metabolic enzymes:** they act as an ANTI-AGING FACTOR in CELLS.

## How Can This Program Help Middle Aged and Elderly People Increase Their Sex Drive?

*If you rejuvenate the functions of your body using the "Three Mandatory Steps" and the Medical Food Program you will stimulate your body's hormonal balance naturally. The nutrients in the food help your body secrete several hormones, including Human Growth Hormone (HGH).*

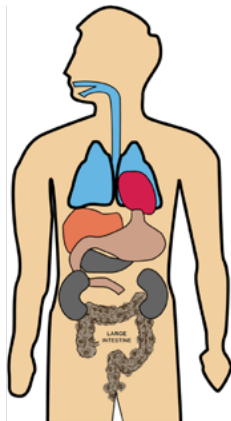
**The research find that HGH is produced by the pituitary gland and:**

- Helps improve sex life
- Regulates body composition, body fluids, muscle and bone growth, sugar and fat metabolism, and possibly heart function
- Turns back your body's biological clock
- Reduces fat
- Strengthens the immune system
- Restores hair growth and color
- Normalizes blood sugar
- Increases energy
- Improves sleep quality, vision, and memory
- Lengthens your bones and increases your muscle mass

## How Do the Three Mandatory Steps Work Together?

### First Mandatory Step

Eat Live Energy "Quick" foods, including FiberTein, VeggieTein and Veggie Cream (Raw, Organic Vegetable in Cream and ground [not powdered] PROTEIN in paste) for cleansing and nourishing the sick and old cells in all organs. These holistically working foods can be purchased at: [drhanna.org/medicalfoods](http://drhanna.org/medicalfoods)



### Second Mandatory Step

Including in the diet V-Pure for the Heart & Brain, a food support supplement, has powerful ingredients for strengthening the immune system, increasing energy, strengthening the cardiovascular system, brain and heart. It also has powerful anti-aging properties.

The two nutrients that are important for increasing sexual arousal are: L-Arginine, a prosexual nutrient for men and women which *stimulates the release of growth hormone, supports male fertility, improving sperm production and motility, increase his or her sexual arousal* and Acetyl-L-carnitine, which increasing sexual function, and more.

Since we don't know which of the ingredients in V-Pure are missing in the heart and brain of any particular person we have to deliver all the ingredients to the body. This formula works holistically. The heart and brain will pull the nutrients they need.

(See [drhanna.org/medicalfoods](http://drhanna.org/medicalfoods) for info on L-Arginine, Acetyl-L-carnitine, Choline Bilatrate, CO-Q-10, DMAE, L-tyrosin, Phosphatidylserine) (See benefits of V-Pure for Heart & Brain at [drhannaonline.com/wp/heart-brain-vitality](http://drhannaonline.com/wp/heart-brain-vitality))

"I wish to take this opportunity to THANK YOU graciously for HELPING us out so much in trying to improve our health. We started with you approximately March of 2010. Doing the food cream, veggie and fibertein. We were on it about 3 months, the first week in June when we discovered that Barry was no longer shaking. PRAISING the LORD for your help.

He has struggled with essential tremors since 2008, initially, we have been to Mayo and probably about 7 other doctors regarding this problem. He reversed his diabetes at that time, and was no longer taking Metforman, the medicine of choice by his medical doctor. PROGRESS TOTALLY thank you for all your help along the way to date."

—Debby Schultz, Grand Island, NE 68803, March 15, 2014

### Third Mandatory Step

Everybody is born with at least 10 Inherent Genetics Weaknesses. When your organs are genetically weakened your immune and genetics factors are weak and you can develop diseases. The consultation is designed so Dr. Hanna can identify your personal 10 Inherent Genetic Weaknesses so you can take steps to strengthen the immune and genetic factors inside the cells of your body. If immune and genetic factors inside the cells are strong, the cell can return to functioning like it did when it was a young cell, then all your organs will be in optimal condition. This is how we create the effect called “Cellular Rejuvenation” which continues to improve your vitality, longevity and sexual vigorous.

“Dr. Hanna. Because you got me started on your program I am now 64 pounds lighter, healthier, and more energetic with no need for Viagra. I would recommend your program to Men, Women, Children and Pets. I travel all over the world and your products are with me. Thanks again for a new life and health.”

—John von Miklossy

### Can This Really Be True?

Yes, it is true. It’s already happening if you know where to look. Dr. Hanna has read about it extensively and has included the information in her book:

“CELL-ORIUM”: Part 1 -Chapter 1 “I Didn’t Know I Would Grow Up To Be The Cooking Doctor!”

ISBN 0-9678683-0-0. ©Copyright-1997- 2000, Dr. Hanna Karwacka

All Dr. Hanna’s books are available at: [drhannabooks.org](http://drhannabooks.org)

Excerpt from the book:

*“I have been reading about people living in Kazakhstan, an area that used to be a part of Russia. The people from this area have a very long life span, usually over 100 years old.*

*Another group is the Hunza people. It is well known that many Hunzas live to be over 100 years of age. In fact, I read about a Hunza woman aged 92 who delivered a baby. The father of this baby was 165 years old! Imagine!”*

### The Ultimate Goal: Long-Term Health Through the Process of Cellular Rejuvenation

Recent research has discovered that more and more young men, under age 40, are infertile. The question is why. When the brain is constantly exposed to electronic air pollution, electromagnetic fields (from cell phones) and toxicity from indigestible foods, the function of the cells in the heart and brain are becoming very weak. When electronic signals from cell phones and headsets are constantly aimed at the brain the signal changes the pathway. They send “False Neurotransmitters” (as Dr. Hanna calls them)

which disturb the function of the hypothalamus, the part of the brain which sends signals to the pituitary gland. This weakens the secretions from the pituitary gland, including the growth hormone which secretes many sex hormones.

Since we cannot remove the new technology from our lives we need to strengthen the functioning of the heart and brain. This we can accomplish by using Dr. Hanna’s Medical Foods Program and the “Three Mandatory Steps.”

For More Information or to  
Purchase Dr. Hanna’s Products

[drhanna.org/medicalfoods](http://drhanna.org/medicalfoods)

email: [drhanna@drhanna.org](mailto:drhanna@drhanna.org)

(858) 454-3075

