



# 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



## NUTRITIONAL SUPPLEMENTS ARE NOT THE ANSWER FOR "HEALING" THE BODY FUNCTION



### 9 Questions You Should Ask Before Deciding if Dr. Hanna's Holistic "Medical" Food Program is Right for You

How can this program help me:

1. Live a long and disease-free life.
2. Lower my incidence of chronic disease and illness.
3. Experience incredible longevity, is it possible to live to be 128 years old?
4. Strengthen the functioning of my heart and brain.
5. Increase my vitality.
6. Lose weight without changing my diet.
7. Understand why it's better not to change my diet.
8. Make sure that I'm getting the 44 nutrients that my body needs for optimum health through this food program.
9. Decide what the risks are of choosing a food program that is not developed by a doctor who specializes in cells and how they function.

**The best way to answer the 9 Questions is to learn about the metabolism of cells. Here are some questions, and answers, to help you understand the process.**

- Why do nutritional supplements not help heal the body, diminish chronic disease or extend longevity?
- What combination of foods and preparation method is the best for nourishing and rebuilding the sick, tired or diseased body by rebuilding sick and old cells?
- Our bodies are built with organs, organs are built with tissue and tissue is built with cells. The graphic on the right shows the four types of cells that are in our organs. Each of our organs include all four types of cells.
- Why are people who are using nutritional supplements still sick?
- Why do people who change nutritional supplements frequently feel more tired?

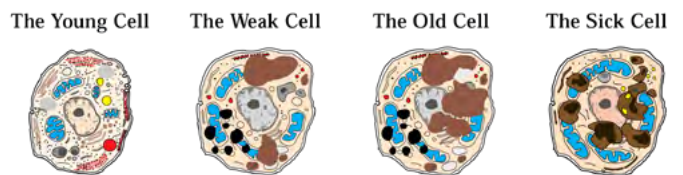
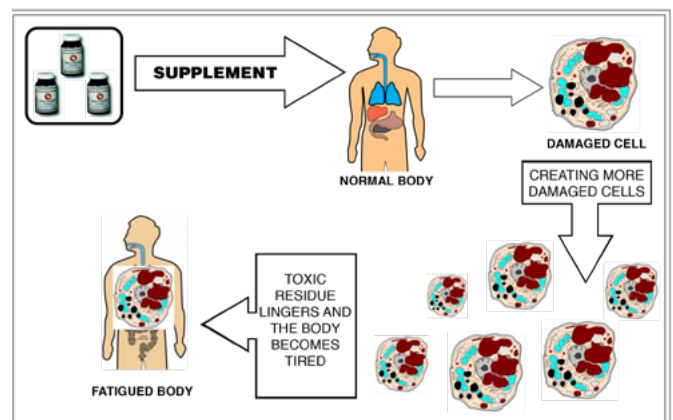


Chart and further information on the different types of cells found in *Cell-Ology – Book I The Concept*, Chapter 1, Part three: *Healthy Cells Vs. Unhealthy Cells*, page 27. Copyright 1997 - 2000.

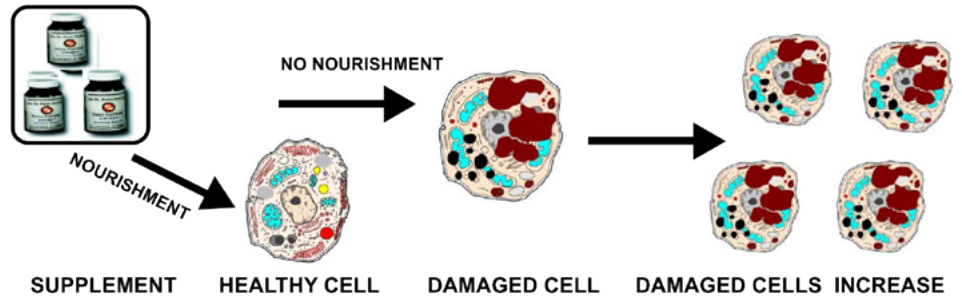
*Nutritional supplement are not accepted by the cells, they do not penetrate the sick and old cells. In order to do this, the cell membrane must first be clean up from existing toxins. When using nutritional supplement for a long time without cleansing the cells the body accumulates more toxin from the nutritional supplement and indigestible foods. Because of this, the body is getting more and more tired and is more susceptible to chemical imbalances and developing diseases. Disease will come because of inherent weaknesses in the body, nutritional supplements are not able to remove toxicity. They lose native enzymes, electrolytes, and receptors during the process of manufacturing.*



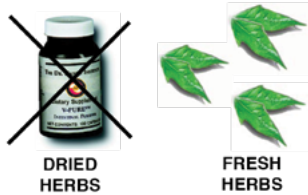
**Why is it that nutritional supplement can nourish only young and healthy cells?**

This is because the nutrients from eating a raw organic vegetable salad are not penetrating the sick and old cells in the organs; the juices from fruits & vegetable cannot nourish the sick and old cells; raw, organic protein powder is doing damage in the gastro-intestinal track and is poisoning the sick and old cells; and dry herbs do not provide the same benefits as a fresh herbs.

Although nutritional supplements can initially produce amazing results their effects tend to wear off over time. Why? Because these products are only absorbed by the young and healthy cells and not the damaged ones. So the product stops working as effectively as the damaged cells increase, leading to fatigue and possibly other illnesses. The tendency has been to switch products, like shampoos, when they fail to do the trick. The cycle is continuous.



Dried herbs do not have the same benefits as fresh, raw live herbs.



Although these nutrients make great nutritional supplements, they are only just that, nutritional supplements and not part of a holistic approach that treats the entire body.

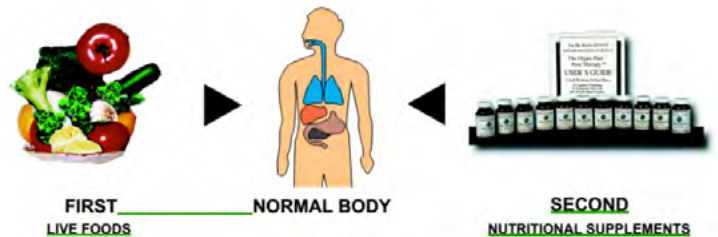
While some of these products may be an excellent source for nutrition, they will do nothing to revitalize damaged cells unless they are used in conjunction with Live Foods.

My program uses a variety of supplements including some that are synthetic, however, in order for the program to work the right way, they too must be taken in combination with certain foods.

**Juices from fruits and vegetable are missing a native enzyme so sick and old cells cannot absorb and metabolize the nutrients from the juice. This can cause people to have bloated stomachs after drinking juices.**

*Over 30 years ago I learned why nutritional supplements are not the answer to healing the body's function. I discovered that nutritional supplements do not penetrate the old and sick cells in the body's organs. If cells aren't healthy and are not young they cannot take in the nutrients from the nutritional supplements. This happens because the pores of the cell membranes of sick and old cells have become clogged from toxins caused by indigestible foods and environmental pollution forming in the body.*

*After years of research, I have discovered the best foods for rebuilding sick and old organs.*



**This is with a specific combination of raw, organic vegetables and raw, organic proteins, which including native enzymes, electrolytes and receptors, that are prepared a certain way.**

These foods can penetrate the cells so the cells can recognize, absorb, and metabolize these foods thus rebuild their damaged organelles (organs in the cell).

**The food from the stomach rapidly flows into the bloodstream, like an intravenous feeding.**

These raw, organic vegetables and proteins are the cleanest nutrients and rapidly convert the protein into smaller molecule, like peptide and neuropeptides, in the cells. These molecules immediately rebuild the organelles in the cells.

**The foods must be in either a cream or paste form to do this job effectively.**

When foods are prepared using this method they work in the body almost like an intravenous

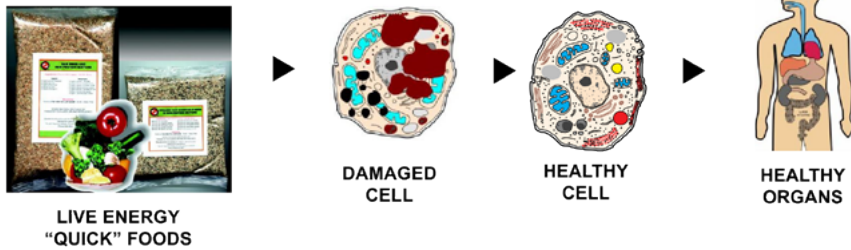


feeding. When we swallow “regular” food the process of digestion takes about one hour, secretions of hydrochloric acid in the stomach break down the food. During this time the foods from vegetables salad are spoiling and releasing toxins. The nutrients go into the bloodstream, together with the spoiled vegetable salad and toxin, heading directly to the organs. The same process of releasing toxins comes from foods that are not being chewed thoroughly while eating.

**The foods from Energy Holistic “Medical” Foods should be swallowing on an empty stomach.**

Before eating your favorites foods, consume from ¼ to ½ cup of Energy Holistic “Medical” Foods, these are combination of raw paste ground to specific size (not powder) protein in [FiberTein](#) & [VeggieTein](#) with vegetables in [Veggie Cream](#) form. These Energy Holistic “Medical” Foods are called LIVE ENERGY “QUICK” FOODS.

**Energy “Quick” Foods”.**



These specific food combinations are instantly recognized and absorbed by the sick and old cells. It also cleans up and rebuilds the function of the organs and skin in as little as a few day. I refer to this food as “Live Energy ‘Quick’ Foods.”

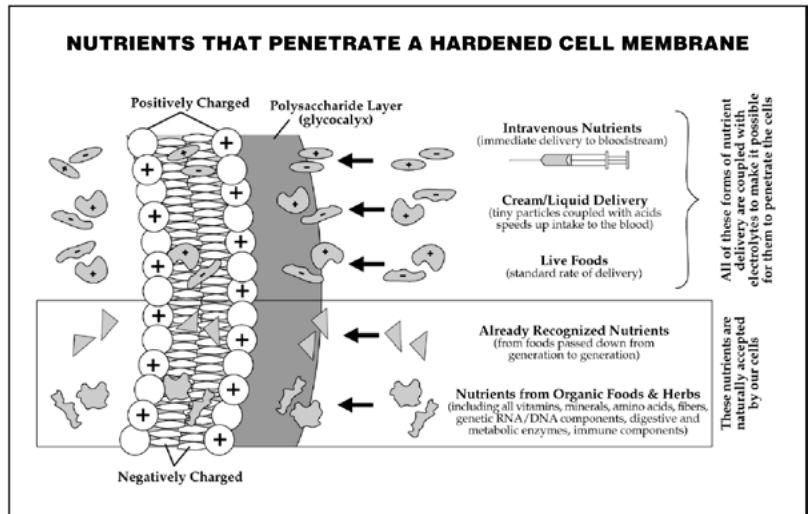


Chart found in *Cell-Ology – Book I The Concept*, chapter 1, part two: *The Structure of the Cell Membrane*, page 17. Copyright 1997 - 2000.

**Your daily diet should included 44 nutrients, which the body needs for optimum health.**

In our regular daily meals we eat only some of these nutrients. This is why people are constantly tired and develop diseases.

**To Bring Your Body to a State of Optimum Health, Include the 44 Nutrients in Your Diet With FiberTein, VeggieTein & Veggie Cream**

This is called Dr.Hanna 16 line and is available at [www.drhanna.org](http://www.drhanna.org) or [www.drhanna16.com](http://www.drhanna16.com)

 <p>Buy Now</p> <p>Buy FiberTein</p>	 <p>Buy Now</p> <p>Buy VeggieTein</p>	 <p>Buy Now</p> <p>Buy Veggie Cream Book</p>	 <p>Dr. Hanna demonstrates how easy Veggie Cream is to use in conjunction with FiberTein &amp; VeggieTein for optimum cell rejuvenation. (Interview with Dr. Pike, air date: January 14, 1996, Hollywood, CA)</p>
---	---	---	--



**Why is it better not to change your diet?**

When you swallow some Holistic “MEDICAL” Foods” on an empty stomach, you nourish all the sick and old cells. These cells don’t need more food after that, they satisfied and your immune system is being strengthened. Your cells are now strong and will reject foods which are not good for them. You, however, still have a brain that is addicted to these foods so you need to eat your favorite foods to satisfy the addiction. Over time the brain will remove these foods from its’ memory and start accepting healthy food alternatives.



**It is important to nourish the brain and heart so you can strengthen and correlate the body function. When the heart and brain have health problems additional synthetic nutrients are required.**

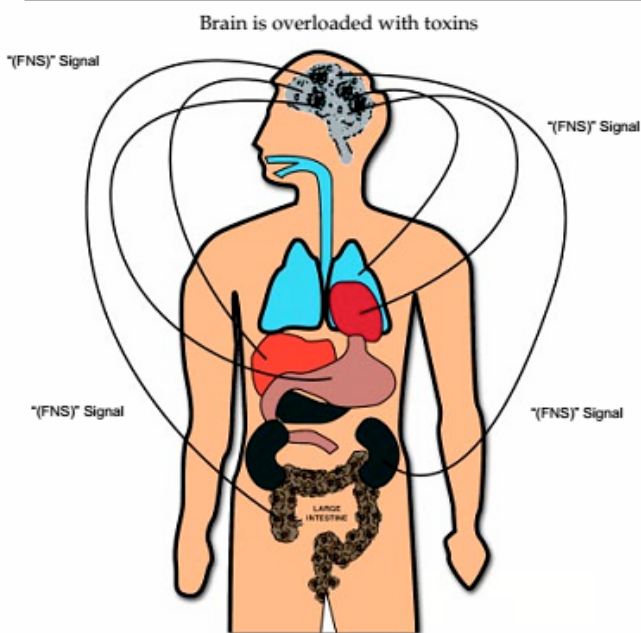
When the brain is constantly exposed to electronic air pollution, electromagnetic fields (cell phone) and toxicity from indigestible foods, the function of the cell in the heart and brain become very weak.

## UNDERSTANDING THE RESTORATION PROCESS OF THE CELLS IN THE BRAIN IN RELATIONSHIP TO STRESS

### False Neurotransmitters (FNS)

*Why is it so important for the brain to be free from toxins?*

When the brain is overloaded with toxins it sends out signals that I call "false neurotransmitters." FNS refers to incorrect messages that the brain transmits to the colon and other organs. This circulation of faulty messages throughout the body causes the organs to malfunction, leading to a cycle of continuous health problems. If FNS signals ceased, or were lessened, the organs would relax and begin to function properly.



***Do not deplete your glycogen stores, be sure to increase glucose in your bloodstream.***

***When your body is weak, sick or old it cannot secrete enough the nutrients that specifically nourish and stimulate the functions of the cells in the heart and brain. These nutrients cannot be found in food or in herbs. The brain and heart are needed an additional 7 synthetic nutrients:***

**L-Arginine**—Stimulates the release of growth hormone: improves immune function, plays a role in the formation of bone while reducing body fat, supports male fertility, improving sperm production and motility, increase his or her sexual arousal, improve performance, and overall health, is a prosexual nutrient for men and women, and more.

**Acetyl-L-carnitine**—Is for the production of a key neurotransmitter for building muscles and increasing sexual function, and more.

**Choline Bilatrate** —Enhances athletic performance, aids in the treatment of Parkinson's Disease and Alzheimer disease, and more.

**CO-Q-10**—Help you combat fatigue as well as obesity, boost athletic performance, helps enhanced fertility, is part of a treatment program for Alzheimer's disease, and more.

**Why is stress the source of health problems plaguing so many Americans for most of their lives?**

### Stress Related to Elevated Cortisol Secretion

Both physical and mental stress can have a negative impact on sleep, mood swings, sex drive, bone health, ligament health, cardiovascular health and athletic performance, potentially causing fatigue and inflammation.

Chronically elevated cortisol levels cause your body to enter a state of constant of muscle breakdown and suppressed immune function. This results in an increased risk of illness and injury while reducing muscle which produces a greater risk of upper respiratory infections, storing fat, getting sick, and inhibiting glucose production.

Cortisol has a catabolic (muscle breakdown) effect on tissue and is associated with a decrease in anabolic (muscle growth) hormones like GROW HORMONE (GH). See: [V-PURE](http://V-PURE) at [www.drhanna.org/medicalfoods](http://www.drhanna.org/medicalfoods)

### How Do You Control Cortisol Secretion?

- Cortisol levels can be modulated through rest, nutrition and supplementation.
- To managing stress, it is crucial to stick to a sensible diet. Poor nutrition—including high fat or high protein diets—can adversely affect cortisol control.



**DMAE**—Assists in boosting memory and brain power, is part of a treatment program for Alzheimer’s disease and dementia, boost athletic performance, and more.

**L-tyrosin**—Is beneficial for the following conditions: depression, attention deficit hyperactivity disorder (ADHD), chronic fatigue syndrome, Alzheimer’s disease, impotence (also known as erectile dysfunction or ED), Schizophrenia, and more.

**Phosphatidylserine**—boost the brains functioning, helps with age-related cognitive decline (problems in mental functioning, such as memory loss like Alzheimer’s disease, dementia, depression), and more.

*Since we don’t know which of these ingredients 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 and reject the ones they don’t. It is very difficult to find a formula on the market today that includes all 7 of these synthetic food ingredients in supplement form.*

**When you ingest these 44 nutrients (FiberTein, VeggieTein, Veggie Cream) and Support V-Pure (Foods Support Supplement) for the Heart and Brain daily, *your body has all it needs to fight off most diseases and illnesses***



**like: 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.**

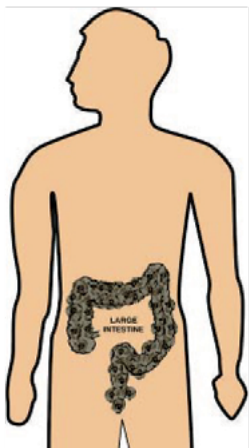


**Rejuvenation Bars can be substituted for FiberTein & VeggieTein [Click here to buy](#)**

**For adult over 50 I recommend adding a Foods Support Supplement for Heart & Brain to your daily diet. For younger people I suggest adding these products occasionally, depending on how healthy you are.**

## **Why is it important to clean up the colon?**

### **Large Intestine (Colon) Cleansing—Hydrotherapy**



#### **THE IMPORTANCE OF THE LARGE INTESTINE**

From the very beginning of our lives the large intestine, also known as the colon, has played a significant role in the development of all our organs. Since our organs developed from cells in the large intestine, they are eternally linked to specific areas of the large intestine.

#### **WHY IS IT SO IMPORTANT TO UNDERSTAND THE LARGE INTESTINE?**

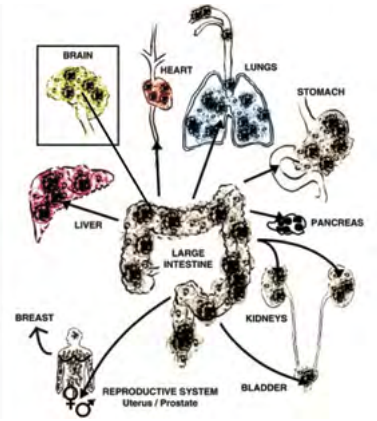
This link from the large intestine to the organs is crucial, as it is a means by which nutrients are transferred to the organs. However over the years, indigestible food accumulates in the large intestine. This food becomes toxic, creating chemical imbalances in the large intestine. Unfortunately these toxins are also transferred to the organs along with the nutrients. As the organs become polluted with these toxins chemical imbalances begin to occur throughout the body.



## Toxins from Large Intestine (Colon) Transfer to the Organs

The first signs of chemical imbalances and diseases begin in the large intestine.

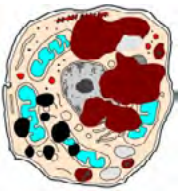
Direction for cleansing the colon (hydrotherapy) can be found in the book "Feel Well for Life Guide Book 1" (PDF)  
For more information on Dr. Hanna's books, please click [here](#).



## With the Process of Cellular Rejuvenation the Ultimate Goal is to:

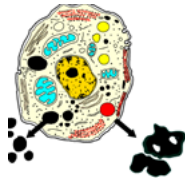
1. Live a long and disease-free life.
2. Lower my incidence of chronic disease and illness.
3. Experience incredible longevity, is it possible to live to be 128 years old?

### 1. Beginning



Damaged Cell

### 2. Process Continues



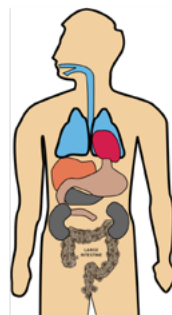
Cleansing and Nourishing

### 3. Process Continues



Healthy Cell

### 4. Process Continues



Happy and Healthy Body

### 5. Process Continues, Old Cells are Happy and Functioning Like New Cells



Happy Cell

**For More Information or to Purchase  
Dr. Hanna's Products**

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

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

**(858) 454-3075**

All Information is Copyright ©1994, 2000, 2005

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

Some material has been compiled from previously published books:

*The Food Cream Book* (1994–2000)

*The Marinated Salad Book* (1994–2000)

*Cell-ology Book #1 Concept* (1997–2000)

*Cell-ology Book #2 Program* (1997–2000)

*Step Guide* (1997–2000)

ISBN: 0-9678683-0-8

