



Protein, Fiber and Vital Nutrients for PROPER CELLULAR FUNCTION

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HOW TO INCREASE YOUR LONGEVITY, VITALITY, VIGOR AND LOOK AND FEEL MUCH YOUNGER

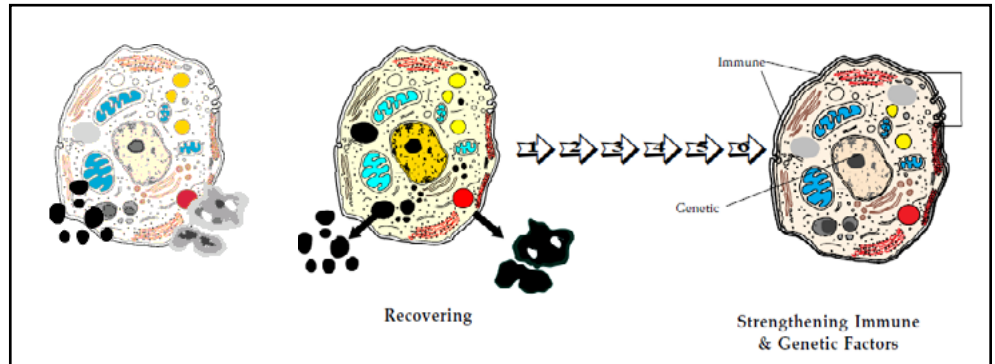


Since 1985 I have been consistently talking and writing about how important cleansing and nourishing your old and sick cells is in achieving optimum health. Many people have said to me: "Okay, I am drinking a lot of water and I am eating organic foods. Isn't this enough to cleanse and nourish the sick and old cells?" The answer is no, this is not enough.

As I have explained in several of my books, in order to increase your longevity, vitality, vigor and look and feel much younger than your age you must extend the lives of your sick and old cells. If your old cells are functioning like younger cells then you will look and feel much younger than your chronological age. In order to rejuvenate your cell I developed my foods program featuring foods that are already ground very finely so they are easily digested and then the nutrients are easily metabolized by sick and old cells on their molecular level. The foods literally nourish their organelles (this is what I call their "system"). For a further explanation see my books "Cell-Orium,"

"Cell-Ology" Book 1 & 2, Copyright 1997-2000. Click here for more information on [books](#).

Cells don't need water for cleansing, they need physiological fluid-toning. I go into detail about "Cleansing and Toning Your Major Organs," and discuss how important toning the cells is in the

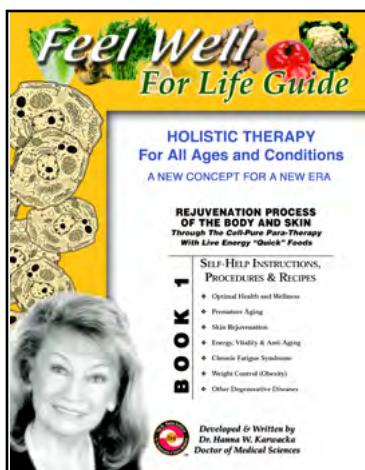
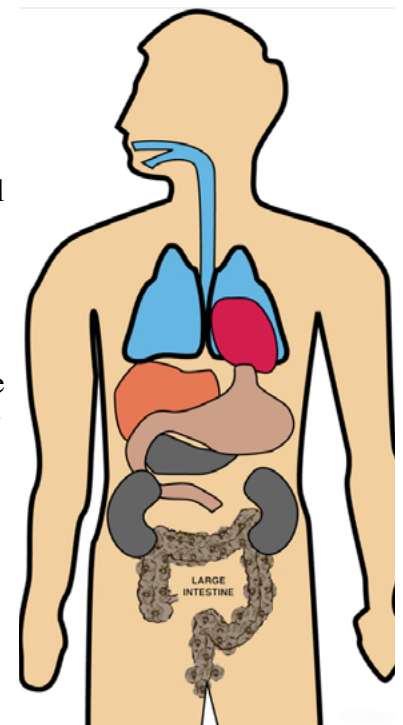


process of rebuilding their function so they work like young cells, in my book "Cell-Ology" Program, Book Two, Chapter IV-Self Help "Cell-Pure" Program-Step 4. Copyright 1997-2000. Click [here](#) for more information on books.

As we age our cells lose fluid, toning has the capability to "force" the food, which is ground to a specific size but not powdered, and accepted by the body on molecular level, to penetrate the cells organelles or "system."

The only way molecular foods can penetrate into the sick and old cell organelles ("system") is with fluids secreted by sex hormones. If the fluid secreted by sex hormones isn't available for cleansing and toning then the food molecules cannot get in to help restore the old cells to make them act like young cells.

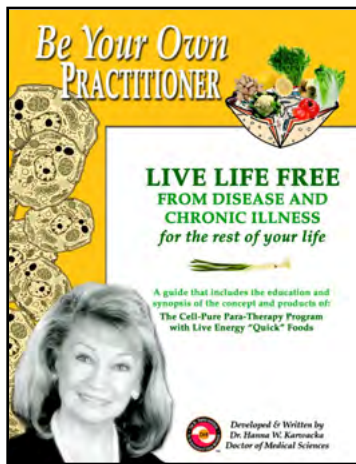
One question I'm often asked is: "why



do women often look younger, and live longer than men of the same age?” The answer is female hormones, they secrete more body fluid which helps regulate the body. Since the secretions come from a variety of glands several body systems work together to create the secretion. These bodily systems include the brain and endocrine system. The glands the secretions come from control various organs in the body, the key functions are:

- To regulate the metabolic functions of the body.
- To regulate the rate of chemical reactions in various cells.
- To influence the ability of substances to transport themselves through cell membranes.

Beginning in 1985 I began speculating that our old and sick cells had a problem being cleaned by physiological fluid because their cell membranes were full of toxins. My subsequent research has proven this to be true. For more details please check out my interviews with:



- 1) Dr. Pike in 1995 and
- 2) Radio Kost in 1995.

Copies of these interviews are included in my book “Cell-Orium,” Copyright 1997-2000.

Since 1985 I have been researching which foods, when prepared on the molecular level, are the best for rebuilding old and sick cells. You can find the recipes and benefits of these foods in the following books: “The Foods Cream Book” and “The Marinated Salad Book,”

Copyright 1994 and “Feel Well for Life Guide Book 1,” Copyright 2005. For more information and to buy copies of the books, click [here](#).

The information is also available on two of my websites: www.drhanna16.com and www.drhanna.org. For each individual disease I included a particular ingredient which touches the organs genetically and immunologically at their molecular level.

The following chart, showcasing many of the problems that can be helped with my program, is from www.drhanna16.com.

Brain, Heart Cardiovascular Disease	Depression, Anger, Suicide Loss of Control, Aggression	ADD	Cancer
Arteriosclerosis	Osteroporosis	Back Problems Constipation	Diarrhea
Obesity	Thyroid	Insomnia	Pancreas/Diabetes
Liver/Gallbladder	Lungs/Asthma	Kidney Stone	Bladder Function
Dehydration	Depression	PMS	Parasites
Skin Conditions	Muscle/Tissue Builder	Headache/Migraine	Acidity

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 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 or Email 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

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 or EMAIL 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 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:

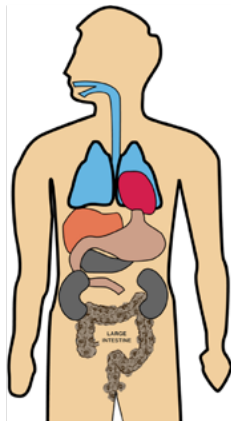
- Helps improve sex life
- Regulates body composition, body fluids, muscle and bone growth, sugar and fat metabolism, and possibly heart function
- Turns back your body's biological clock

- 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



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 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)

"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 Metformin, the medicine of choice by his medical doctor. PROGRESS TOTALLY thank you for all your help along the way to date."

—Debbie 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

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

email: drhanna@drhanna.org

(858) 454-3075

