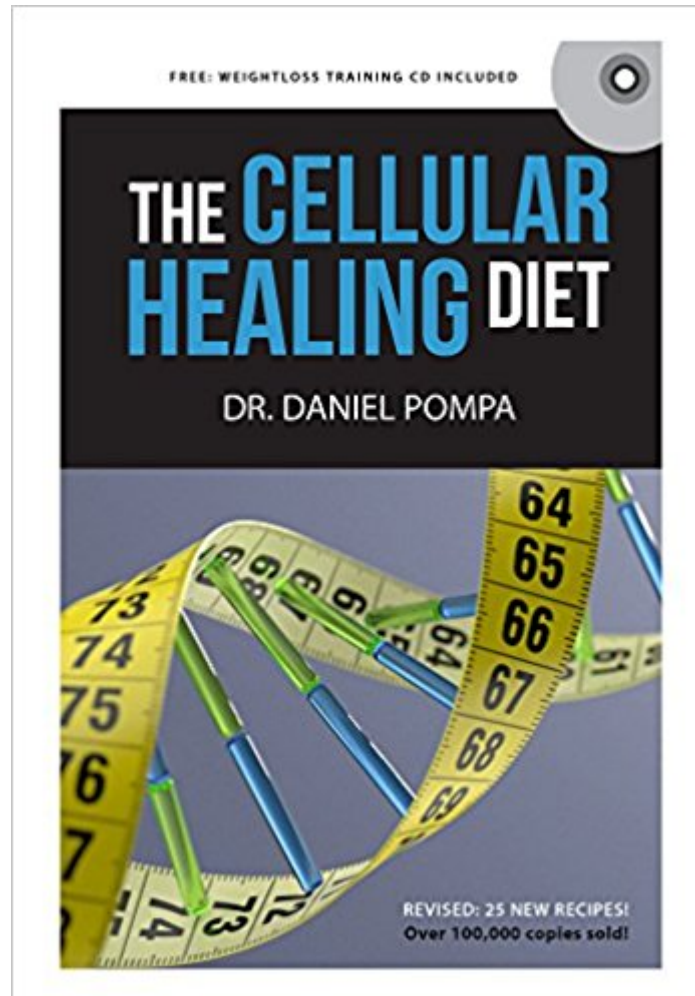




Ebook Directory
the best source of ebook

The book was found

The Cellular Healing Diet



Synopsis

This Popular Resource Guide contains everything you need to successfully support your fat loss hormones using the amazing discovery of the Cellular Healing Diet. The Cellular Healing Diet will support your body to burn fat, lose weight and get your sustained energy back. With this guide you will be able to MAXIMIZE YOUR HEALTH utilizing: - Three Basic Diet Changes - Five Basics of the Cellular Healing Diet - FREE 78 Minute Cellular Healing Diet Audio CD -Complete Food and Food Resource Lists - Cooking/Eating Tips and Fat Facts - Over 90 Advanced/Cellular Healing Diet Recipes (Gluten FREE) - Meal Ideas and 7-Day Meal Plan. Start today and make your weight loss and health goals a reality! I have tried other diets and failed...on the Cellular Healing Diet I not only lost 146 pounds in one year, but also all my high risk blood work is now normal. ~ Rich Brooks
October 2009

Book Information

Spiral-bound: 183 pages

Publisher: Revelation Health LLC; 7th Edition edition (May 1, 2017)

Language: English

ISBN-10: 0615460097

ISBN-13: 978-0615460093

Package Dimensions: 8.4 x 5.8 x 0.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 53 customer reviews

Best Sellers Rank: #104,903 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Men's Health](#) #167 in [Books > Health, Fitness & Dieting > Sexual Health](#) #353 in [Books > Health, Fitness & Dieting > Aging](#)

Customer Reviews

Hi! I was diagnosed with Ulcerative Colitis 16 years ago. For most of those years, I've been battling flare-ups, been on and off predisone and asacol, with no improvement. I've tried ALL alternative therapies. The Advanced Cellular Healing Diet was the for me. I've been on it for 103 days and have NO SYMPTOMS of Ulcerative Colitis. I am so grateful that you are doing well and this lifestyle change has impacted your family in amazing ways. Keep moving forward- we have to share these miracles with the world! --Bobby TurnerLost 35 pounds -triglycerides dropped 200 points -more energy for job and family. --Joe HohmanLost 30 lbs...feel like I'm in my 20's again...my heads on!
--Mary Irwin

Dr. Pompa received his Bachelor of Science degree from the University of Pittsburgh in Pennsylvania. He earned his Doctor of Chiropractic degree at Life University in Marietta, Georgia, where he graduated second in his class. He has studied nutrition for over 20 years, and practiced chiropractics for over 10 years. Today he is internationally known for his expertise in neurotoxic illness, nutrition, and weight loss programs. As a sought-after doctor and educator for the treatment of such neurotoxic-mediated illnesses as autism, chronic fatigue syndrome, and fibromyalgia, his teaching is transforming thousands of lives around the world. His detoxification and diet protocols are replicated by other physicians he teaches across the nation bringing health and healing to countless individuals once considered incurable.

Having lived with a chronic neck pain for over 20 years, I have tried all the solutions offered by my physician. Desperate to try anything that could help, I consulted a naturopath recently who told me that my body was dealing with high levels of inflammation.. She recommended that I follow the Cellular Healing Diet to reduce the inflammation. In just under 3 weeks, I am already experiencing significant relief. Arthritis in my hands is virtually non existent. I still have a lot of neck pain, but I didn't expect wonders in such a short time. This book outlines Dr. Pompa's Cellular Healing Diet in much detail. Unlike most diet books, which are padded with chapter after chapter of success stories, this one gets down to business of healing. He clearly explains why it is necessary, who should follow it, and how to implement the diet into my lifestyle. He lists the foods that should be eaten, and which ones to avoid and why. Many delicious recipes are included--I've enjoyed every one I tried. The book is very easy to work with. The spiral binding makes it easy to read, and easy to use in the kitchen when trying new recipes. It's printed on a heavier stock than I expected from a spiral bound book, making it easy to highlight and take notes. This book is working for me. In 18 days, I have lost 15 pounds, enjoy plenty of energy, am breathing more clearly, and am nearly free of arthritis in my hands. Check it out, it may work for you.

I think it's a good place to start to overcome aggravating health issues. Good source for GMO free food supplier. Good recipes and weekly planner guide. Easy to read; to the point; not redundant.

Useful diet book to help folks prepare common meals with OUT grains, and with more natural / organic / less processed alternatives. Especially alternative dough (massa) recipes and creative salads, beverages and desserts. Very useful for finding equivalent alternatives for those with

allergies, ex garbanzo flour, oat flour, use of xantham/guar gum etc. All too often, books are "Captain obvious" in nature. This is a helpful tour for those making the journey from normal industrial food ingredients, to less-adulterated alternatives and/or to a grain-reduced program. I borrowed a friend's and used it for 2 mos. before buying, so this review is based on trying around 15-20 recipes. I'm 54 and lost 30+ lbs. (~1+ lb. a week) over ~4 mos. following this rigidly without cravings/hunger. Not five stars because there are some preachy parts (unfounded and without valid science-based footnotes) which are distracting in the beginning sections. Good Luck / Bon Appetite.

Good product and service

Dr. Pompa briefly describes (in this book) what he means by healing the body by a cellular level, but the book mostly consists of great recipes. The book comes in a spiral binding, if you wanted to know.

Small but mighty book all full of great information and healthy recipes that sound scrumptious.

It is a good book and very informative. I just wished it had more recipes.

great start for weight loss especially if resistant. low carb didn't work for me....this did. Dr. Pompa nailed the concept of weight loss. No more counting carbs, great cd that accompanies this book. my chiropractor's office held a 30 day challenge with great results.

[Download to continue reading...](#)

Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes

& Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Cellular and Molecular Immunology: with STUDENT CONSULT Online Access, 7e (Abbas, Cellular and Molecular Immunology) Cellular and Molecular Immunology, 8e (Cellular and Molecular Immunology, Abbas) Cellular Function and Metabolism (Developments in Molecular and Cellular Biochemistry) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)