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Program To
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In essence, the Cellular Healing Diet is a lifestyle diet that eliminates inflammatory foods and embraces whole foods that heal cells from the inside out. The diet focuses on consuming good fats (like quality sources of saturated fat and cholesterol), moderate amounts of

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Healthy proteins (i.e. grass-fed and pastured animals), and lots of organic leafy greens and a variety of non-starchy vegetables.

Cellular Healing Diet:

1-Week Menu Plan

4 minute read. With many of us turning to antibiotics and flu remedies at the

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merest hint of a
sneeze, we could be
exposing our bodies
to all sorts of side-
effects as well as
building immunity to
their beneficial
effects. Luckily, there
are many ways to
heal your body
without hitting the
medicine cupboard.

Cancer

Top 10 Healing Foods

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[| realbuzz.com](http://realbuzz.com)

A healing diet will help you overcome common deficiencies such as vitamin D and zinc that are vital to overall health and wellbeing. Increasing these and other nutrients in our diet inhibits systemic inflammation, improves gut function and cognitive health

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and strengthens our
ability to repair cells
and tissues.

5 Benefits of a
Healing Diet for
Reducing
Inflammation ...

Top 3 foods:
sunflower seeds,
swiss chard and
asparagus. Vitamin K;
Without vitamin K,
your blood is not able

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to clot. Clotting is vital for wound healing after surgery.

Top 3 foods: brussels sprouts, broccoli and romaine lettuce.

Foods to Avoid After Surgery. It is just as important to look at which foods are slowing your body's healing.

Top 10 Foods to Eat

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After Surgery to
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Liver Healing Diet:

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Diet works utilizing
two principles:

Increasing good fats,
and removing sugar
and everything that
turns to sugar

(grains). These

principals allow this

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diet to do 3 things for
your body that no
other diet can do.

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The Healing Foods

Diet is a simple eating
plan that involves

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limiting consumption of refined grains, added sugars, unhealthy fats and processed ingredients. Instead, the diet encourages nutritious, whole foods, including fruits, veggies, legumes, healthy fats, organic meats and healing herbs and spices.

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Healing Foods Diet
Benefits, Foods and
Meal Plan - Dr. Axe

Whether or not a plant-based diet hinders the body's ability to healing is a matter of ongoing debate, but some research seems to suggest that it does. One 2013 review in the Journal of the

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American College of Nutrition, for example, found milk protein is better able to support muscle-protein synthesis after exercise than soy protein.

How a Vegan Diet Affects Your Body 's Ability to Heal ...

Healing power:
Prevents diabetes The

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best thing you can do for your diet: Taste the rainbow — and we're not talking Skittles. A recent American Journal of Clinical Nutrition study of more than 200,000 people found that a high consumption of berries—which are rich in anthocyanin, an antioxidant that

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gives them their
color—was associated
with a lower risk of
type 2 diabetes.

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for total recovery.

[Ann Boroch]

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& Nutritional ...

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gluten, grains, sugars,
hydrogenated oils, or
processed foods.

Recipes labeled
friendly for people
with sensitivities to
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