



Nutritional Health

HEALTH, VITALITY AND COMMUNITY

Cell Resonant Nutrition, Coaching and Catering

Brett Thompson, CNC is talented and passionate in creating living food culinary cuisine and has incorporated his knowledge into achieving optimal health and well being. He helped launch Bliss Cafe and Elixir Bar in Dallas as their raw dessert chef. His skills combine Quantum Reflex Analysis and Vastu Energetics for home or business with Cell Resonant Nutrition to support limitless healing. He offers Coaching, Catering and Living Food Cuisine classes to support all levels of nutritional interest for our wellness community.

Living foods are plant-based foods in their original, un-heated (uncooked) state are considered raw and alive. Raw food may include fruits, vegetables, nuts, seeds, sprouts, grains and legumes in sprouted form, seaweed, microalgae (such as spirulina and chlorella, etc.), and fresh juices. These live foods (living foods) contain a wide range of vital life force nutrients (ie. vitamins, minerals, amino acids, oxygen) and live enzymes. Their nutritional properties are essential to the proper maintenance of human bodily functions.

Who are the “Raw-foodists” or Living Foodists?

“Raw-foodists” (also called “Rawists”) are those who thrive on live food energy. Raw foodists consume a diet of mostly un-cooked whole plant foods, usually at least 75%, though some say 100% is the only true path. Some contemporary famous raw foodists include raw chef Juliano, actress Demi Moore, and raw food book author, David Wolfe.

Raw food enthusiasts proudly proclaim their break from an “addiction” to cooked and processed foods. They tell us that incorporating a few uncooked meals each week is a good start that will bring immediate changes to the body to feeling better and having more energy. Even if you have a busy schedule, you can still find easy to prepare whole and rawfood recipes at your local health foods stores and natural food markets. For anyone interested in making the jump to a 100% fully raw food diet, it is recommended that you take time to research the various foods that you can eat in their raw state, understand their unique qualities, and spend time learning with teachers and nutritionists. Going raw is a learning experience that requires patience and listening to the body’s needs. Over time, a live food diet may help a person achieve a more



sensitive body system, and the body will be more sensitive to what it wants that's good for it (as opposed to one's ego/mind). Many 100% raw-foodists claim to experience increased energy, deeper states of meditation, and a long and healthy life.

Why go Raw?

The benefits of going raw-vegan are boundless. Rawfoods are easy to digest, and they provide the maximum amount of energy with minimal bodily effort. Studies have shown that living foods have healing powers that can alleviate many illnesses such as low energy, allergies, digestive disorders, weak immune system, high cholesterol, candida, obesity and weight problems (weight normalization), etc.. Research and real life experiences have also shown that a person can prevent the body's healthy cells from turning into malignant cancerous cells by consuming mostly a raw food diet that includes whole organic foods!

What's wrong with cooked foods?

Heat changes the makeup of food. Foods that have been heated have lost all of their life force, and their beneficial enzymes are destroyed. The digestive system has to work harder and longer to process cooked foods to get nutrition and energy from it. Once cooked, food can lose up to 85 percent of its nutritional value. Raw foodists call that "dead food." Since we are essentially what we eat, consuming the dead energy of dead foods make our bodies feel heavy and stagnant.

Try eating a raw food diet and see if you can tell the difference! Maybe incorporate sprouts in your meals or salads to add fresh and vital nutrients to your raw diet.

The sprouting process brings out many live enzymes and nutrients in the germinated seeds, legumes, and grains which in turn makes them easy to digest.

NAET

Nambudripad's Allergy Elimination Techniques, also known as NAET®, are a non-invasive, drug free, natural solution to eliminate allergies of all types and intensities using a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine. One allergen is treated at a time. If you are not severely immune deficient, you may need just one treatment to desensitize one allergen. A person with mild to moderate amount of allergies may take about 15-20 office visits to desensitize 15-20 food and environmental allergens. Basic essential nutrients are treated during the first few visits. Chemicals, environmental allergens,



vaccinations, immunizations, etc. are treated after completing about ten basic essential nutrients. NAET® can successfully eliminate adverse reactions to egg, milk, peanuts, penicillin, aspirin, mushrooms, shellfish, latex, grass, ragweed, flowers, perfume, animal dander, animal epithelial, make-up, chemicals, cigarette smoke, pathogens, heat, cold, other environmental agents. It may take several office visits to desensitize a severe allergen. NAET® was discovered by Dr. Devi S. Nambudripad in November of 1983.

Quantum Reflex Analysis

Your Health Status reflects the combination of:

- What you've inherited Physically
- Your Emotional and Spiritual Factors
- Your Internal Environment (diet, lifestyle, anti-aging practices, toxicity levels, etc.)
- Your External Environment (allergies, EMF exposure, chemical exposure, etc.)
- Your Age (although this may be less important when health is functioning at high levels)
- Your Biofield (the energetic system that runs through and around your body)

Out of all of the above things, *the condition of your biofield* seems to play the most important part of your current health.

Quantum Reflex Analysis (QRA) considers and assesses all of these factors so that you can approach your health goals from a "wholistic" point of view. QRA is a comprehensive clinical tool, only available through trained QRA practitioners. The most advanced QRA practitioners utilize techniques and technologies that systematically "peel the onion" to get to the root of an issue. It serves as a guide, highlighting areas that need to be addressed as the client works through the "Steps to Great Health." QRA addresses the physical body and also the emotional and environmental components of health. The goal is to restore and strengthen the innate healing abilities of the body so it can heal itself. While it may take some time to work through the "Steps," they are foundational in order to recover from chronic illness and they are vital if you want to reach a higher level of health.

What Doctors Say About QRA™!

"The best!"

- Gabriel Cousens, MD, well-known author of "Conscious Eating" and many other health-related books

"QRA™ has uncovered life-changing solutions to the health problems of me, my wife, and my patients."

- Harry Moore, MD



"The best! You need this to take care of yourself, your family, your friends and your patients."

- Teresa K. Cardwell, MS, DC, CCN

"In 30 years of practice, I've never been to a better nutritionally oriented seminar. A milestone seminar in my career!" - Arthur Cushing, DC

"QRA™ delivers a whole new health paradigm which dramatically raised my own level of health as well as made it possible for me to successfully treat cases I could never help before."

- Beth Shirley, RPh, CCN

"QRA™ is the ultimate state-of-the-art, science-based technology to achieve the waiting list practice."

- Jeannine Brisley, DC

The complete 'tool set' for surviving and thriving in the new millenium. Expect to get excited about practicing again!"

- Greg Barsten, DC, CCN