The Biofield Diet

Why this diet is called the Biofield Diet:

Simple: It has been tested on dozens of people to check the digestive and major organ gland responses. It has been shown to be harmonious for the whole body across a great diversity of body types. It was developed using an advanced kinesiological testing system called QRA (Quantum Reflex Analysis), which we call “energy eyes”. I invite you to discover this window into the structure and function of the all controlling Plasma Energy Field of the body, as documented by quantum physicist Fritz Albert Popp.

It is adaptable to one’s taste, yet it challenges you to eat much less fat, and less highly heated, age-accelerating simple carbohydrates, and more in the way of healthy starches, foods that you were designed to eat. In fact a recent genome discovery has shown humans have 6 genes coded for digestion of starches. Other mammals only have 2.

Reminder:

Food cooked over the boiling point accelerates demethylation. Demethylation is known to be one of the major ways in which we age.

The Biofield Food Guide

Please enjoy this exciting, new adventure in healthy eating!

This diet can serve 3 purposes

1. To rapidly achieve ideal weight
2. To assure a healthy heart and circulatory system life long
3. To fight all manner of illness

If you are wrestling with serious health issues, tighten up with this diet, that is eat no food made with oil, no oil itself, no red meat or poultry, no eggs, no dairy, until you are at great health. Great health means you have achieved a first morning urine pH of 6.4-7.0 and it stays continuously in that range for 2 months or more. At this point, once per week you should be able to eat one item off the diet. If that digression crashes the pH, wait 2 months and repeat. If pH holds, you may enjoy your one food off diet once 1 week on an ongoing basis.

This diet is an off shoot of the pioneering great work of Dr. Caldwell Esselstyn and Dr. John McDougal. Please convince yourself and your loved ones of the life critical importance of eliminating refined oil and restricting foods high in potentially harmful oils. When you and your family watch videos from Dr. Esselstyn (Prevent and Reverse Heart Disease) and Dr. McDougal (The Ultimate Diet Therapy) on YouTube your life can be forever changed. The risk of heart disease and stroke for you can now become non-existent.

Why follow the Biofield Diet?

Not only does it eliminate the dangerous sources of fat such as dairy and meat like McDougal and Esselstyn but it includes the critical complete protein sources from many fish. Our energetic testing has shown no deleterious effects to the Biofield from the fish we have included in our Food Resources list.
Even more importantly our resource list constitutes a compendium of food items which do not have a weakening effect on the human biofield. The Esselstyn and McDougall diet’s recommendations contain many chemical laden foods that may adversely affect the Biofield. The Biofield diet pays close attention to food preparation to assure that the food consumed provides the most health promoting effects. It is not enough to stop fat sources, you need to eliminate as much as possible, potential harmful chemicals that can be in food POPS (persistent organic pollutants) food, preservatives, chemical flavorings, and deleterious effects of cooking over the boiling point or overcooking even at boiling temperatures.

The first purpose of this diet, achieving ideal weight, can be achieved by The Daily Meal Plan below, which outlines a recommended list of foods for each meal that support this well-designed, ketogenic eating plan. You can find these foods at your local supermarket, health store or farmer’s market.

The goal of the Biofield Food Guide is to keep the body predominantly in a state of mild ketosis so it can burn the most fat while sustaining adequate daily energy, yet not sacrificing muscle mass. Part of the secret to do this is to cleanse the body during the morning hours by drinking a sufficient amount of water (with little or no solid food) and by not eating any sweets (such as high glycemic fruit or honey) until after 3 pm every day when insulin resistance is the lowest. (This means that after 3 pm, sweet fruits and other carbs can be more easily digested and not turn into fat.) In addition, the dietary goal is also to eat at least 30-50% raw food at every meal to support optimal digestive and intestinal function.

**Daily Meal Plan**

**Morning** (7 am – Noon)

During the morning hours, drink a minimum of 1-2 quarts of purified water to maximally promote ketosis and to detoxify the body. *If you feel very hungry and feel that you need to eat something, you may eat low glycemic fruit. You will still need to drink at least 1-2 quarts of water each morning.*

**List of Recommended, Low Glycemic (low sugar) Fruits** (Organic when possible)
- Strawberries
- Blueberries
- Raspberries
- Blackberries

**Lunch** (11:00 am - 1:30 pm)

**Goal:** Moderate Protein, High Vegetable, Moderate Starch (no refined carbs), Low Fat

**Choose one main protein from #1 - 3 below:** Eat a moderate amount of protein (3 – 6 oz.) daily at lunch. If you have done extended physical work or a hard cardiovascular workout, you may eat more complete protein on that day. (After a workout, a complete protein should be eaten within one hour of the workout. This could be beans and rice.)

**Animal Protein**

1. **Fish:** Eat 5 - 7 times per week (3 – 6 oz. per time).
Most Recommended (organic or wild caught preferred)

- Dover Sole
- Anchovies
- Halibut
- Cordina
- Swai
- Mackerel
- Whitefish
- Haddock
- Sardines
- Red Snapper
- Salmon
- Astral
- Barramundi

Less Desirable (eat less often): Farm-raised salmon, flounder, sea bass, shrimp, tilapia, trout, catfish, mahi mahi, cod, herring, shark, tuna, albacore tuna, crab, lobster, scallops

2. **Red Meat**: Eat once every other week, once a month, or not at all.
   - Most Recommended: New Zealand lamb, grass-fed bison, grass-fed beef
   - Less Desirable (eat less often): organic uncured genoa salami, organic uncured bacon, organic uncured ham
   - Avoid: Pork cured ham and bacon, any meat with added nitrates, sausage, BBQ meats

3. **Eggs**: Eat occasionally; eat 2 eggs per time, up to 2 times per week.
   - Most Recommended: duck eggs, goose eggs or Silkie chicken eggs (Silkie is a preferred breed of chicken); eat eggs as poached or soft boiled. Check your local farmer’s market for suppliers.
   - Less Desirable (avoid or eat infrequently): other types of organic chicken eggs
   - Avoid: Non-organic chicken eggs

4. **Poultry**: Eat once a month or none.
   Poultry can harbor undesirable viral and bacterial strains; these are harmless to the birds but potentially harmful to humans. Therefore, before eating any poultry, it must be thoroughly cooked.
   - Most Recommended: None
   - Less Desirable (avoid or eat rarely, including organic): chicken, duck, turkey, goose

**Starch** (Complex Carbohydrates): Eat 1 to 2 servings (1/2 to 1 cup each) organically sourced from below. NO refined carbs. Once ideal weight is achieved, starches can also be consumed at breakfast.

**Most recommended**
- Beans
  - **Preferred**: Cooked pinto beans, black beans, cannellini beans, navy beans (organic, no fat canned beans or buy organic dry beans and cook yourself)
  - **Hummus** (made with garbanzo beans): be sure there is NO oil
- **Rice**: organic brown rice, organic brown rice pasta
- **Other grains**: organic farro (emmer wheat), farro pasta, oats, buckwheat
- **Potatoes, yams**: organic Yukon yellow potatoes, organic russet potatoes, purple yams, sweet potatoes
- **Corn**: organic white corn, organic yellow corn (frozen is fine)
• Flat bread or pita bread: organic (ONLY if made with NO oil)

Be sure to avoid foods that add oils to the above starches. NO oil! Oils will stop the desired fat loss and cardiovascular benefits. It is necessary to consume about 3 times as much starch as you consumed while eating oil, oil rich foods, red meat and poultry.

**Raw Fat** (Avoid refined oils or foods made with refined oils)

NO Oils! Avoid refined oils and foods made with refined oils (including coconut oil, olive oil, canola oil, safflower oil, avocado oil, etc.). Also avoid most breads, crackers, cookies, etc. if they have added oils. Instead, eat foods that naturally contain oil (such as nuts or flax seeds).

**Highly Recommended:** eat DHA daily.
- 1 – 3 grams DHA from microalgae.

**Also Recommended**
- ¼ - ½ organic avocado: 3x weekly if desired.
- Organic English walnuts – 2 small handfuls (1/4 cup), twice per week
  - Most preferred nuts (organic preferred): Organic walnuts (1:1 ratio of omega 3/omega 6)
  - Less preferred nuts (use sparingly): All other nuts

**Avoid:** Peanuts (including organic)

**Do Not Eat:** unfermented soy products (such as soy milk or soy oil), margarine, canola oil (including organic), hydrogenated oil (AKA partially hydrogenated oil or fractionated oil), and all other vegetable oils (corn oil, safflower oil, etc.)

**Dairy (butter, cheese):** Only consume cultured milk products and cheese. When you have achieved a first AM urine pH of 6.4-7.0 and it is stable for weeks, only eat aged cheese and only as a condiment on salads etc. Butter is best eliminated altogether. Cultured low fat butter not nonfat may be consumed 1-2x/week.

**Most Recommended**
- Wallaby organic full-fat Greek yogurt
- Wallaby organic full-fat kefir

**Vegetables** (organic preferred)
For lunch, include a large raw salad, fermented vegetables or vegetable soup (raw or cooked).
- Large salad (you may add condiments and fermented vegetables for taste)
  - Recommended salad vegetables (organic preferred): Tomatoes, romaine lettuce, green leaf lettuce, red leaf lettuce, onion, avocado, carrot, celery, garlic
- Raw vegetable soups (recipes available)
- Homemade fermented vegetables (recipe available)
- Cooked vegetables or vegetable soup

**Cooked vegetables:** cook them the least amount of time to soften their fiber – about 5 -10 minutes. (Cook them in a pan with a shallow amount of water (no oil) at boiling temperature until done.)
Avoid foods cooked over boiling or those boiled longer than 15 minutes to one hour (with the exception of beans).

**Condiments** (to go with salad or starch) (optional; organic preferred)
- Balsamic vinegar or raw apple cider vinegar
- Solar-dried sea salt: use sparingly
- Salsa (be sure there is NO oil)
- Hummus (be sure there is NO oil)
- High quality turmeric and other spices

**Less Desirable:** olives (including organic)—during 90 day holiday avoid completely

**Mid-Day Snack** (3:00 pm - 6:00 pm)

**Goal:** Moderate Fruit or Starch; some Protein OK.

Choose a snack from the choices below:

**High glycemic fruit** (may eat after 3:00 pm) (organic when possible)
- Banana
- Apple
- Orange
- Pear
- Mango
- Papaya
- Pomegranate
- Peach
- Persimmon

**Low glycemic fruit** (organic when possible)
- Strawberries
- Blueberries
- Raspberries
- Blackberries

**Recipes:**

**Super-Food Berry Smoothie**

**Ingredients:**
- Whey protein (2 tablespoons)
- Purified water (½ cup or more)
- Air dried, greens/grasses (2 tablespoons)
- Organic fresh berries (½ cup)
- High quality colostrum (1 teaspoon)
- Arabinogalactan (1-2 tablespoons)

**Directions:** Blend all ingredients in a blender. Add enough water to blend well.
**Easy Strawberry Smoothie**

**Ingredients:**
- ½ cup organic strawberries (or other fruit)
- Raw honey (1 tablespoon, to taste)
- Air dried, greens/grasses (2 tablespoons)
- Purified water (½ cup)

**Directions:** Blend all ingredients in a blender. Add enough water to blend well.

**Fermented Foods and Snacks**

**Fruits and nuts** (organic when possible) (organic English walnuts)

**Snack example:** 3-5 organic unsulfured apricots and 3-5 organic Brazil nuts (3 times a week)

**Preparation:** Soak apricots and nuts in purified water for 30 minutes, then rinse and puree. Next, place the items on a fruit tray and dehydrate in a food dehydrator at 105° to 112°F degrees overnight. (Make a big batch of apricots and nuts at a time, then after dehydrating, store them in the refrigerator so you can slowly eat them later, day by day.)

**Recipe: Fermented Apricot/Nut Bread** *(a patient favorite)* Eat once or twice per week.

**Ingredients:**
- ½ cup organic unsulfured apricots
- ½ cup cranberries (may use frozen)
- ½ cup organic English walnuts
- 1 tablespoon raw honey
- ½ cup purified water

**Directions:** Soak the apricots and nuts in purified water for about 30 minutes. Then, discard the soak water. Blend all ingredients together to make a somewhat thick, creamy mixture. Spread the mixture on a fruit tray about an inch thick in a food dehydrator. Dehydrate at 105°F to 112 °F overnight or up to 48 hours. After fermenting it for 5 to 6 hours, it becomes pudding-like (and delicious!), fermenting it for a longer time will make it more bread-like. After fermentation is done, keep whatever you don’t eat in the refrigerator.

**Starch** (Complex Carbohydrates): Great as a snack. Use 1 to 2 servings. Be sure there is NO refined oil in your starch. Feel free to eat complex starch freely if hungry.

**Most recommended**

- **Beans**
  - **Preferred:** Cooked pinto beans, black beans, cannellini beans, navy beans (organic, no fat canned beans or buy organic dry beans and cook yourself)
  - **Hummus** (made with garbanzo beans): be sure there is NO oil
- **Rice:** organic brown rice, organic brown rice pasta
- **Other grains:** organic farro (emmer wheat), farro pasta, oats, buckwheat
- **Potatoes, yams:** organic Yukon yellow potatoes, organic russet potatoes, purple yams, sweet potatoes
Dinner (5:00 pm - 7:30 pm)

**Goal:** **High Starch** (Complex Carbs), **High Vegetables**, **Very Low Fat**, **Optional Protein**

**Dinner Recommendations:** Eat 2 or 3 servings of starch (complex carbohydrate), 1 - 2 grams of DHA (algae source) and a large salad (or raw vegetable soup). Complete protein (fish) is optional. Fermented foods are optional.

*If immune stress is present or if you have done heavy exercise that day, eating some animal protein is recommended that day, preferably within 1 hour of the workout. Otherwise, animal protein is not recommended at dinner.*

**Starch** (Complex Carbohydrates): Eat 2 to 3 servings (1/2 to 1 cup each) from below. (NO refined carbs or sweet fruit)

**Most recommended**
- **Beans**
  - *Preferred:* Cooked pinto beans, black beans, cannellini beans, navy beans (organic, no fat canned beans or buy organic dry beans and cook yourself)
  - **Hummus** (made with garbanzo beans): be sure there is NO oil
- **Rice:** organic brown rice, organic brown rice pasta
- **Other grains:** organic farro (emmer wheat), farro pasta, oats, buckwheat
- **Potatoes, yams:** organic Yukon yellow potatoes, organic russet potatoes, purple yams, sweet potatoes
- **Corn:** organic white corn, organic yellow corn (frozen is fine)
- **Flat bread or pita bread:** organic (ONLY if made with NO oil)

*Be sure to avoid foods that add oils to the above starches. NO oil! Oils will stop the desired fat loss and may halt great heart, liver/gallbladder, and circulatory benefits.*

**Vegetables** (organic preferred)

For dinner, include a large, raw salad, raw vegetable soup, fermented vegetables or cooked vegetable soup.

- **Large salad** (you may add condiments and fermented vegetables for taste)
  - **Recommended salad vegetables** (organic preferred): Tomatoes, romaine lettuce, green leaf lettuce, red leaf lettuce, onion, avocado, carrot, celery, garlic
- **Raw vegetable soups** (recipes available)
- **Homemade fermented vegetables** (recipe available)
- **Cooked vegetables or vegetable soup**

*Cooked vegetables:* cook them the least amount of time to soften their fiber – about 5 -10 minutes. (Cook them in a pan with a shallow amount of water (no oil) at boiling temperature until done.)

*Avoid foods cooked over boiling or those boiled longer than 15 minutes to one hour (with the exception of beans).*
**Condiments** (to go with salad or starch) (optional; organic preferred)
- Balsamic vinegar or raw apple cider vinegar
- Solar-dried sea salt: use sparingly
- Salsa (be sure there is NO oil)
- Hummus (be sure there is NO oil)
- High quality turmeric and other spices

*Avoid*: olives (including organic)

**Raw Fat**

**Most preferred nuts** (organic preferred): Organic walnuts (1:1 ratio of omega 3: omega 6)

**Less preferred nuts** (use sparingly): All other nuts

*Avoid*: Peanuts (including organic)

**Do Not Eat**: unfermented soy products (such as soy milk), soy oil, margarine, canola oil (including organic), hydrogenated oil (AKA partially hydrogenated oil, fractionated oil), all other vegetable oils (corn oil, safflower oil, etc.)

*Avoid or eat infrequently*: Soy milk, soy oil, margarine, canola oil (including organic), hydrogenated oil, most vegetable oils (canola oil, corn oil, safflower oil, soy oil, etc.)

**Dairy**

For the most fat reduction, please eliminate or minimize eating cheese for the first 90 days. *After 90 days, cheese is best used as a delightful condiment so use 1 oz. or less occasionally (once or twice a month).*

**Butter**: Small amount or none (use sparingly for best fat loss)
- Organic raw or cultured butter (use sparingly and only occasionally)
  - raw is preferred
  - if not available, use pasteurized butter from grass-fed cows

**Most Recommended Cheese**: Cheese aged for 9-12 months+ (ex: aged cheddar from grass-fed cows)

*Avoid*: Cheeses not aged for at least 9 – 12 months (will have high lactose content)

**Most Recommended**
- Wallaby organic full-fat Greek yogurt
- Wallaby organic full-fat kefir

**Animal Protein** (optional at dinner)

If immune stress is present or if you have done heavy exercise that day and have not eaten any animal protein at lunch, eating animal protein is recommended. *Otherwise, animal protein is NOT recommended at dinner.*
1. **Fish:** Eat 5 -7 times per week (3 – 6 oz. per time)
   
   Most Recommended (organic or wild caught preferred)
   
   - Dover Sole
   - Anchovies
   - Halibut
   - Cordina
   - Swai
   - Mackerel
   - Whitefish
   - Haddock
   - Sardines
   - Red Snapper
   - Sole
   - Wild Caugh Salmon
   - Astral
   - Barramundi

   Less Desirable (eat less often): Farm-raised salmon, flounder, sea bass, shrimp, tilapia, trout, catfish, mahi mahi, cod, herring, shark, tuna, albacore tuna, crab, lobster, scallops

2. **Red Meat:** Eat once every other week (or less).
   
   Most Recommended: New Zealand lamb, grass-fed bison, grass-fed beef

   Less Desirable (eat less often): organic uncured genoa salami, organic uncured bacon, organic uncured ham

   Avoid: Pork cured ham and bacon, any meat with added nitrates, sausage, BBQ meat

3. **Eggs:** Eat occasionally; eat 2 eggs per time, up to 3 times per week.

   Most Recommended: duck eggs, goose eggs or Silkie chicken eggs (Silkie is a preferred breed of chicken); eat eggs as poached or soft boiled. Check your local farmer’s market for suppliers.

   Less Desirable (avoid or eat infrequently): other types of organic chicken eggs

   Avoid: Non-organic chicken eggs

4. **Poultry:** Eat none or once a month.

   Poultry can harbor undesirable viral and bacterial strains; these are harmless to the birds but potentially harmful to humans. Therefore, before eating any poultry, it must be thoroughly cooked.

   Most Recommended: None

   Less Desirable (avoid or eat rarely, including organic): chicken, duck, turkey, goose

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**DISCLAIMER**

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### Resource List

**Videos**
- Dr. Caldwell Esselstyn – visit YouTube to watch “Prevent & Reverse Heart Disease”
- Dr. John McDougall

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<tr>
<th>Condiments</th>
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<tr>
<td>Hummus, Tortillas, Salsa, Pasta Sauce</td>
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<th>Fish</th>
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<tr>
<td>Cod (certified mercury-free)</td>
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<td>Barramundi</td>
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<td>Swai</td>
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<td>Wild Caught Canned Salmon in water</td>
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<td>Wild Caught Sardines in water</td>
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<td>Shrimp (cooked, frozen, large, tail off)</td>
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<td>Whole Wheat Pita Bread (No Oil)</td>
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