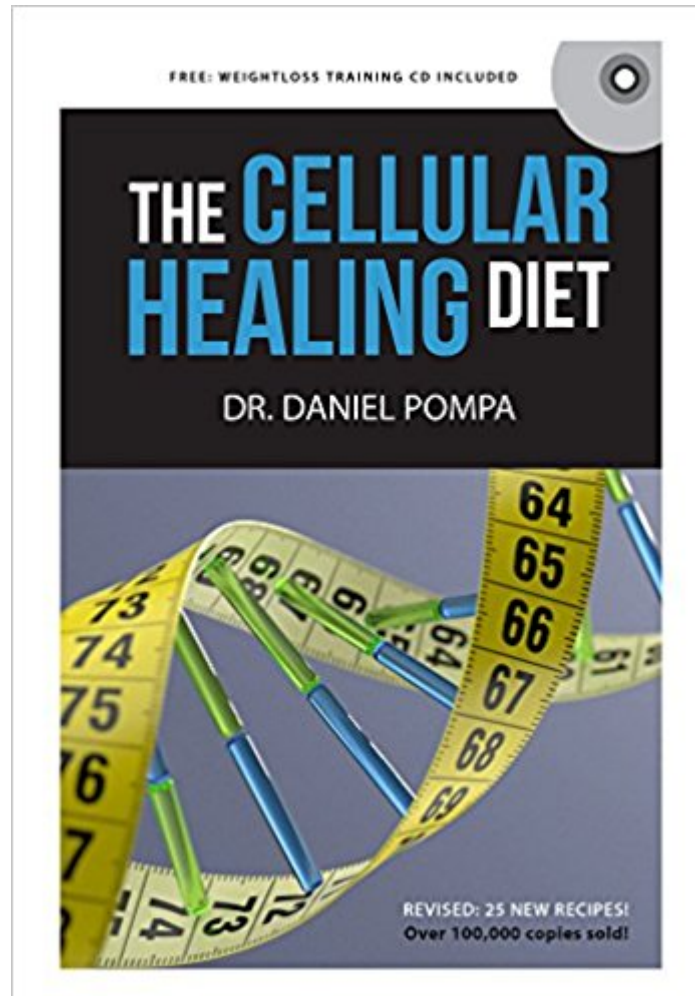




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# The Cellular Healing Diet



## 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

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## 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.

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