***The Healing Protocol***

*Give the body what it needs to heal itself and recover its greatest ability and sense of strength and vitality, and it will do just that. Minimize anything that undermines this effort, and refuse conventional medicine’s insistence that you need manmade chemicals to promote well-being, as not only do they not tend to heal, and also come with a whole host of side-effects that undermine the natural healing apparatus, they tend to conceal*, *attempting to trick you into thinking everything is okay when it’s not, and thereby undermining your ability to clearly see, feel and productively respond to your state of being.*

***The Healing Protocol:* Fundamental Principles**

* Health is nothing less than your state of existence, the basis for every moment you experience
  + like attempting to build a life upon an unstable foundation, one is incapable of feeling their best, and being their most capacious and happy, when their health is compromised – you can’t approach your heights when living impaired, building from an unstable base
* A healthy diet means staying away from anything that sprouts or hatches directly, or that was evolved to feed the offspring of a specific species; all plants and animals protect their future offspring, having evolved elements which undermine the health of those who consume their future offspring, generally in a very gradual, insidious manner (unless an acute allergy exists) when regularly consumed – includes all grains, seeds, nuts, legumes, nightshades, dairy and eggs – the adverse effects delivered by generally-termed ‘antinutrients’ that are dense in these foods, and that promote inflammation by triggering your immune system while also interfering with the absorption of nutrients from your meals, can be somewhat mitigated by soaking them first, even allowing them to sprout before consumption – yet outright exclusion of these foods may be superior, as not all antinutrients will be rendered inert from the soaking and sprouting processes, and because the nutrients these foods deliver can be found through non-risky foods
* A healthy diet means delivering as many fully intact micronutrients into the body as possible, as these nutrients possess the greatest ability to heal, protect and fully revitalize the human body – this may well be the prime principle of healing and generating and maintaining excellent health in general: micronutrients, or their deficiency, manifest health – while it’s an oversimplification, Dr. Fuhrman says simply: Health = Nutrients/Calories. My particular edit of this equation is more like: Health = Nutrient Density + Nutrient Variety + Exercise / Calories + Antinutrients + Stress
* A healthy diet requires not just micronutrient *density* (the previous point), but micronutrient *variety* – every micronutrient (including thousands of vitamins, minerals, enzymes, antioxidizing and disease-fighting polyphenols etc.) confers its own unique benefit to those that consume it, and the greater the array of micronutrients consumed, the greater the potential synergistic benefits produced as they work together in the body, their whole thereby becoming greater than their parts – because of this, and because every nutrient-dense food contains its own special array of such conferred, synergizing nutrients, it is wise to always rotate what is consumed and to constantly challenge ourselves to seek and consume new nutrient-dense foods – think in terms of colors, as color is a clue to nutrient content, and see how many nutrient-dense plant and animal foods you can consume, including sea veggies and organ meat
* A healthy diet complements this micronutrient delivery with the inclusion of natural medicinal compounds; ideally with those specially-selected to naturally treat your specific state of health – there are literally *thousands* of plants that qualify – I highly recommend that everyone who is serious about health become an amateur herbalist/naturopath, as it is nature that heals by working *with* the body, a truth hidden by symptom-concealing, profit-driven western ‘medicine.’ If I were to select one subject woefully under-appraised and undervalued by the nutritional, natural healing experts like Wahls and Hartwig whom I otherwise wholeheartedly embrace, it would be naturopathy (i.e. herbalism, or nature’s pharmacopeia). The line between ‘food is medicine’ and ‘medicinal plants’ is largely a matter of tradition and taste, or convention and culinary culture, but where medicine doesn’t make it into the culinary scene it still has immense offerings, especially for those suffering from major ingrained disorders and diseases, which is why I’m so surprised that so many of these nutritional writers give the subject so little concern
* A healthy diet balances hormones, especially metabolic hormones, by bringing the body back to its natural state; a state capable of using fat and protein for energy, not just carbohydrates, as concentrated carbohydrates (starches, including from all grains and potatoes), also including concentrated sugars, were generally not consumed as the human body evolved, and weaken it on *many* levels, being toxic to the nervous system, encouraging weight gain and impeding the body’s ability to use fat – in fact, the vast majority of modern diseases can be directly causally linked to metabolic distress due to glucose overload and all the cascading inflammations and imbalances this causes – consume carbs from non-concentrated sources (fruits and vegetables)
* A healthy diet reflects the fact that human beings didn’t evolve to always be consuming and, in fact, are best suited to periods of fasting during which the body may direct the energy and focus paid to the digestion, distribution, storage and waste disposal of food to vitalization and healing – this tended to be a seasonal thing with humanity throughout the *vast* majority of its history, as the body evolved to not just survive in ketosis (burning a cleaner fuel from fat), but to make good, regenerative use of this state during times when food from carbohydrates was scarce, which generally meant we were more carb-consuming in the Spring and Summer and transitioned into ketosis (generating ketone bodies from fat, including body fat) in later months
* A healthy diet is as local, natural, toxin-free and essential-fatty-acid-and hormone-balanced as possible – local food is more nutritious and environmentally-conscious, and there are additional, indispensable benefits garnered from it being organic, wild (wild-caught is second best for seafood – wild is best) and/or grass-fed *and* finished – remember that you are consuming most everything that the animals consumed and everything used to fertilize and that is sprayed onto the plant, and animals raised in conventional settings are more diseased, laden with hormones and antibiotics and raised on foods they wouldn’t naturally eat, throwing their bodies out of balance, resulting in, among other things, toxic accumulations in their fat and imbalanced Omega 3 to 6 ratios, which they pass on to you – the closer you are to the source of harvest of naturally fed/fertilized food, the better, with the best being food that you or someone that you know grew, hunted, fished and/or harvested – the tragic truth is that everyone who is anywhere nearing informed about nutrition and the produce and animal food industries, and is anywhere close to aware of the preeminent importance of health, is forced to wage a war for food that isn’t toxic, owing to the environment in which it was grown/raised and how it was fed/fertilized, making it imperative that we know as much as possible about where our food comes from, and such that we can, very sadly, only trust that the cleanest, most nutritious, most fatty-acid-and-hormone-balanced food comes from sources we know and, ideally, which we grow, hunt and harvest ourselves from our own organic backyard gardens and hunting and fishing outings – knowing the harvester/hunter personally is second best, followed by organic local farms/CSAs
* A health-rejuvenating diet is *patient and persistent*; unlike manmade pharmacological effects, true healing through nature takes time, *especially* when you’re attempting to recover and repair your body and brain and its complex interconnected systems from years of health-undermining habits – you must *expect* the process to take time, as performing feats like recalibrating your metabolic and hormonal systems and their interdependent pathways (as by teaching your body to burn rather than store fat through a more natural, low-carbohydrate intake) and reversing autoimmune conditions by balancing-out your immune system are highly intensive, *long-term* endeavors – no, this is not something that our instant gratification culture is conducive to conveying, but know that your success and reward level will be commensurate with difficulty, and that healing, both physically and psychologically, can require many months, and likely years
* Be physically active, to the extent that your body is capable of it, increasing activity as you grow stronger, as physical activity gains and dietary gains have a synergistic interrelation in the body – note that physical activity can include most anything, so find something you enjoy doing
* Be nature-enriched – human beings evolved to exist in the natural realm, and suffer physical, psychological and spiritual costs when deprived of the rejuvenating power of the natural world
* Cultivate social outlets – human beings are social creatures, and suffer when deprived of social interaction, as when deprived from nature – any regular socialization is essential to good health
* Cultivate artistic outlets – human beings are creative creatures, and suffer when deprived of creative activity – any form of artistic, creative endeavor (there are countless) is indispensable

***The Healing Protocol:* Core Components**

* Dietary strategy should be informed by the largely overlapping lessons of the Paleo Diet, the Whole 30, the Wahls and Autoimmune Protocols and, to some extent, the Ketogenic Diet
  + exclude anything that is even *potentially* triggering of the immune system, *especially* if you suffer, or think there’s even a chance that you suffer, from one or more autoimmune conditions, keeping in mind that they are *far* more prevalent than most people realize, and that central to most modern health conditions is an insidious form of chronic inflammation that tends to be caused, and is at least exacerbated, by one’s diet
* For most people attempting to heal and regain full vitality, Wahls Paleo (or Paleo Plus) is advised
* Every meal should be at least 50% *raw* organic fruits and vegetables, with the proteins and perhaps root vegetables able to be cooked and mixed in, for 2 reasons: (1) cooking denatures food to the extent that many of its micronutrients and all its enzymes become at least degraded, if not entirely non-usable (non-bio-available) and, thus, grossly diminished in benefit (2) cooking denatures food to the extent that the body’s immune system is activated when the majority of the food we eat is cooked (through a digestive process called ‘digestive leukocytosis’), helping to keep the immune system overburdened and the inflammatory pathways over-primed
* Meals should be carbohydrate-restrictive; while going ‘low-carb,’ and especially ‘ketogenic,’ *may* not be necessary for everyone, nutritional and medical research have proven that carbohydrate dependency is core to *many* interrelated modern health conditions, and that drastically curtailing carbohydrate consumption is core to healing those conditions, and to conditioning the body to use dietary fat and protein, and body fat, for energy (ketogenesis and gluconeogenesis) – reduce carb intake until no starches are consumed, only carbs from fruits and veggies – and while, again, it may not be *necessary* for achieving and maintaining peak health and vitality, most people will experience major benefits from going into ketosis for at least a portion of every year, *especially* if suffering from any major disease connected to rampant inflammation and metabolic disorder, both of which are becoming increasingly common – at the same time I feel it necessary to advise that if you pursue a ketogenic course of nutritional therapy like Wahls Paleo Plus, that you take pains not to consider it an invitation to gorge on any and all forms of fat, as many such forms are toxic and inviting of cardiovascular disease (CVC). In fact, if anything, consuming so many of your calories from fat means you have to be that much *more* selective. I recommend that the majority come from organic olive, avocado and especially coconut (as both the whole foods and the cold-pressed virgin oils, or as coconut ‘milk’), and that the rest come from very conscientiously selected naturally-fed animals, especially fatty wild fish. If you consume any considerable portion of your 70-80% calories of fat from conventionally-raised, confined, grain-fattened animals you’re taking on considerable health risks, as well as severely undermining the healthful healing potential of nutrient-dense forms of ketogenic nutritional healing therapies like, again, Wahls Paleo Plus and this, the largely overlapping Healing Protocol. Also critical to keep in mind when introducing ketogenic nutritional therapy: as with the note on patience and persistence above, you have to expect a painful transition into ketosis, including a brief period of weight gain as your body learns to process fat into energy, which it won’t do well at first. You can think about the weight gain and energy reduction this way: if your transition to ketogenesis includes consuming as many daily calories as before, from which you’re deriving *less* energy (due to your body being conditioned to store dietary fat as body fat, rather than processing it, as it relied upon carbohydrates as energy before), the difference in energy is being stored as body fat. Once your body begins to efficiently burn fat for fuel, this will be reversed. Weight gain and reductions in mood and energy will likely reverse course in as little as 2 weeks.
* Every meal should contain something probiotic; something that has undergone the natural bacterium-based fermentation process, creating symbiotic microorganisms which the human body has adapted to make its allies over the millennia in the cause of creating superior health
* Most meals should contain something medicinal; any of the near endless array of plants containing natural medicinal compounds, ideally to be selected to address your own ailments
* Meals should not be overly patterned, but highly variable; per the connected principle above, the greater the array of nutrient-dense foods you include in your diet, the greater the benefit
* The *source* of the food is critical – make it as local as possible, and learn the terminology; in order to assure that your food isn’t loaded with toxins from conventional production methods and that the essential fatty acid balance is correct, you absolutely *must* learn as much as you can about where your food comes from, and insist on food that is organic, wild (seafood) and grass fed and finished (meat), as this is the only way to save yourself from toxicity and imbalance
* Sea vegetables should be included; there are many nutrients more densely-delivered within seaweed, kelp and algae than within plants grown on land – per Terry Wahls: “Sea vegetables contain nutrient profiles you can’t get anywhere else (*The Wahls Protocol*, pg. 203)” – including them in your diet only adds to the synergistic benefits of your intake, as previously mentioned
* Every part of the animal should be used; there are special nutrients, like collagen, glucosamine and the amino acid glutamine, that are concentrated in the bones and connective tissue of animals, and which confer special healing benefits, that many (if not most) people simply throw away, assuming they buy any part of the skeletal structure of the animal whatsoever – never throw these away, but learn the magic of making bone broth (see one of my recipes below) – also, include offal (organ meats) in your diet, as the organs are more nutritious than the muscle – whenever possible buy the whole animal, like the whole chicken and fish, and as much of the grass fed and finished cow and bison as possible, and learn the value and use of every part of it
* Intermittent fasting should be regular (not eating anything for 14-16 hrs. a day) owing to the proven irreplaceable health benefits of this approach, especially for those needing to heal from any serious health condition(s) – this pro-ketogenic strategy boosts cellular repair mechanisms by carving-out periods of time in which the body may rededicate the energy and focus of constant food digestion, and its connected nutrient delivery, storage and waste generation, to regenerative efforts – one of the best ways to accomplish this is to not eat later than a certain time and try to hold out as long as possible the next day, skipping breakfast or having brunch
* Ditch any dependency upon too much caffeine for energy; the goal is to revitalize the body to the point where it doesn’t depend upon stimulants; that said, consuming *some* caffeine can complement The Healing Protocol, especially in the form of tea (ideally as Matcha) instead of coffee, as not only is there less caffeine, but it’s delivered more steadily over a longer period of time *and* it’s bound to elements, like the adaptogenic amino acid L-Theanine, which counter its ability to induce anxiety, encouraging a calmer, more focused form of energy supplementation; coffee, on the other hand, tends to provoke spikes and crashes in energy, mood and hormones, which is counterproductive within The Healing Protocol, *and* it’s a seed and highly acidic, which is also counterproductive in the sense that it can encourage digestive permeability (‘leaky gut’)
* Regular physical activity, especially in nature and with as much sun exposure as possible, is an indispensable element of The Healing Protocol; yes, you can make strides by focusing on diet alone, and if you’re coming into The Healing Protocol in a poor state of health, it may be best to focus exclusively on diet and, perhaps, light physical activity *at first*, but, as you become stronger, know that there’s no way the human body can be at its best within a sedentary lifestyle, or one deprived of nature – some form of ‘resistance exercise,’ whether from weights or from other physical activity (like outdoor work), is highly advised, especially for men, as men evolved to depend upon their muscularity, which feeds into their hormones and overall health
* Regular creative outlets are highly encouraged, as the phycological benefits incurred from *any* type of creative activity are irreplaceable, and work synergistically to maximize the benefits of The Healing Protocol – for me these include: writing, gardening, graphic design and photography

***The Healing Protocol:* Specific Strategies**

* Medicinal Morning Matcha – combine matcha with full fat coconut milk (about 1/4 to 1/3 can) and hot water + optional medicinal and spice elements, like Macca, Lion’s Mane and Cinnamon – the Garam Masala spice combination works well with this, both in terms of taste and benefits – one possible upgrade: because the caffeine in Matcha binds to other nutrients (like the highly beneficial amino acid L-Theanine) and is released far slowly than with coffee and even black tea, I’ve taken to steeping a combination of black tea plus dried medicinal herbs like Ginger, Rosemary, Turmeric and Cinnamon (check out Mt. Rose Herbs), then using this steeped tea in the blender with the Matcha, Coconut Milk etc. for both immediate *and* delayed caffeine release – alternatively you can simply drink the black tea + medicinal herbs infusion (akin to a spicy ‘Chai Tea’) on its own, and instead incorporate the Matcha in the following yogurt/pudding by adding hot water to the Matcha and other powders and mixing into a to-be-added slurry
* Medicinal Morning Yogurt (or Pudding) – using a food processor, combine full-fat coconut milk, and possibly banana as well depending upon your carbohydrate allowance (not generally recommended when attempting to achieve or maintain ketosis), with fruit, herbs and spices (even veggies), making as many of them classifiable as ‘medicinal’ as possible – the benefits of this strategy is increased through the inclusion of: (1) probiotic Coconut Yogurt (2) Matcha, per the previous strategy note (I recommend ‘heat-activating’ the Matcha and turning it into a kind of slurry first, then putting this into the processor with the remainder of the ingredients) (3) as many aforementioned ‘medicinal’ elements as possible (what constitutes a ‘medicinal’ food is a matter of debate, but when I say ‘medicinal’ I generally mean something that was specifically selected to address your personal health condition – for me this has included regular use of Ginger, Turmeric and Rosemary for a *wide* range of medicinal effects, including the boosting of testosterone, relieving of inflammation and for neurological benefits) (4) Chia seeds, to increase both the nutrient density, especially fiber density, and satiety of this strategy such that it fills you up for longer (making it particularly beneficial for intermittent fasting, triggering ketosis and weight loss) – yes, I realize that advising the use of Chia seeds seems to contradict my ‘nothing that sprouts directly’ principle, yet the antinutrient density of Chia is so low and its potential fiber-and-satiety-increasing benefits so high that I make it an exception – ‘soaking’ the seeds in a combination of coconut milk and a little water overnight is beneficial both in terms of reducing the antinutrient count of the seeds (as with anything that sprouts, including nuts, seeds and legumes, all generally ill-advised dietary components herein) and facilitating the satiety-increasing gelatinous consistency the seeds produce when soaked – another option is to combine this Chia seed soak with the Matcha-activation process, adding the hot water to a bowl of Matcha + Chia seeds, mixing it all together, then mixing-in full fat coconut milk and covering in the fridge overnight before making this your base for the next day’s ‘yogurt’ or ‘pudding’ (with ‘yogurt’ defined by the inclusion of probiotics) – it should also be noted that this Chia yogurt (ideally including, again, probiotics and medicinal foods) can serve as a stand-in for the smoothie in the coming ‘Seafood and Smoothie Strategy,’ as it’s well-suited for packing-in raw nutrient-dense foods, maybe more so, as, not being liquid, it’s easier to include more full-fat coconut milk for flavor to balance out the taste of the raw foods that many find disagreeable
* Medicinal Probiotic Slaw – using a food processor, pack in many of the fundamental elements of The Healing Protocol in their raw forms, including probiotics, highly-micronutrient-dense veggies and medicinal foods – mix it with the other foods you eat within the protocol (any cooked meats and veggies) when you plate your meals – make enough to last a couple days (so that it remains fresh, but also so that you have enough to mix into meals throughout the time period) – mix-up what you throw into these slaws, to keep it interesting, maintaining the basic template of including probiotics, medicinal and highly nutrient-dense veggies – an example: beet, broccoli, cabbage, mixed ‘super greens,’ sauerkraut, ginger, turmeric, rosemary and apple cider vinegar
* Medicinal Bone Broth – using a crock pot or a pot on the stove, add all the bones and connective tissue you’ve been storing in the freezer from the animal products you’ve collected, then add vegetables and, ideally, medicinal foods – my favorite recipe thus far included: beef ribs, pork ribs and chicken bones and all connected cartilage + raw Garlic, Onion, Turmeric, Ginger and Rosemary (dried herbs can also be used, but I prefer fresh) + coconut oil (especially beneficial for low carbohydrate approaches, owing to the benefits of medium-chain-fatty-acids being more readily turned to ketones) + a dried seaweed mix and salt – simmer for at least 24 hours, and consider using an implement to break the bones and other tissues apart when they break down enough to permit this, often around the 16-20 hour mark, as this releases even more nutrients – bone broth itself is highly versatile, and can be consumed directly, used to make soup and even, in perhaps the most nutritious thing you can make, used to produce your smoothies – boost the benefits of this strategy by incorporating nutrient-dense organ meats (if you don’t like their consistency, you can food-process them ahead of time and then add them to bone broth soups or mix with other ground meats) and spicy-tangy fermented probiotic fare like Kimchi into your bone broth soups, which I find adds balance to the often ultra-fatty-rich flavor of these broths
* The Seafood and Smoothie Strategy – there is perhaps no more nutrient dense meal than the smoothie (for reasons of fiber removal and glycemic load, these are healthier than juices/juicing, in my opinion, and the opinion of many/most amongst the nutritionally-informed) – add a rotating assortment of fruits and vegetables, plus medicinal foods like Ginger and Turmeric, as well as full fat coconut milk and/or bone broth (see previous) – the challenge I have with smoothies, however, is that, because they are already processed, making them easier to digest, and because they are protein-scarce, the fullness they provide fades quickly – thus, I like to pair them with a side dish of low-heat-cooked or acid ‘cooked’ seafood and avocado (wild seafood is the healthiest protein, in my opinion, because it’s usually both cleaner and has the best possible fat profile of all animal products + wild seafood and sea veggies are key to The Blue Zones)
* The Super Bowl Strategy – the strategy here is simply to pack as much as possible into one large bowl, typically a ‘salad bowl’ – this includes raw fruits and veggies + seafood, fats (favoring coconut oil/milk and avocados and/or avocado oil and/or olive oil) and, if allowing, nuts and seeds, plus the addition of vinegars and homemade or *smartly selected* dressings – toss together and enjoy – perhaps the greatest benefit of this strategy is its facilitation of variety and flexibility of nutrients and flavor – there is such an endlessness of inclusion that it always stays interesting
* The Vegetable Wrap Strategy – many highly nutritious green leafy vegetables naturally produce large outer leaves easily incorporated into a strategy that replaces the grains traditionally used in sandwiches and wraps with these leaves, allowing for the satisfaction of the wrap without the antinutrients and increases in inflammation and connected insulin-delivery that comes from grains – simply wrap-in combinations of smartly selected meats and seafoods, and other low-heat cooked or raw vegetables (bonus with the inclusion of probiotic Kimchi, Sauerkraut etc.)
* Chia-Bound Meatloaf – as previously mentioned, chia seeds that settle into a naturally gelatinous substance provide a valuable means of binding elements together in culinary creations while skipping the potentially problematic downsides of more traditional binders and also greatly enhancing the satiety (the extent and duration of the provided feeling of ‘fullness’) as well as the fiber and fatty acid content of the resultant food – first, pour some chia into the bottom of a bowl or mug and add some hot water (you’ll learn your ideal ratio of chia to water with experience); mix them together and set this aside – as the chia gel is forming, place one or more ground meats in a large mixing bowl, then dice up some fibrous vegetables and add to the bowl along with salt and spices (and, possibly, avocado and/or coconut oil/milk, depending upon taste and dietary goals – ketogenic diets will need more fat) – add the chia gel last, mix everything together thoroughly and place in a baking dish – bake at 375 for 45 minutes to an hour – note: unless you pre-cook the veggies they will release their moisture while being cooked, causing the meatloaf to shrink in the dish, with the perimeter of the dish becoming liquid, requiring you to remove the dish and drain the excess liquid at least twice while it bakes
* Acid ‘Cooked’ Ceviche Dishes – somewhere between raw and cooked is acid ‘cooked’ – using citrus or vinegar, the breakdown process of protein (typically seafood) can be started with these acidic liquids, creating a clean, tartly-fresh-tasting seafood dish to which raw fruits and vegetables mix-in nicely, increasing nutrient density – there are *many* ceviche recipes available online, and the following strategy goes into more detail on a ceviche-style dish that combines elements of many aforementioned strategies into my favorite Wahls Paleo Plus strategy of all
* Keto Coconut Probiotic Ceviche – reading The Wahls Protocol and being an inventive individual, the desire arose to design the perfect template for Wahls Paleo Plus, the ‘more advanced,’ ketogenic form of her dietary therapy. The intent was to create a template meal that hit the highest possible marks on all Wahls *and* Healing Protocol levels (protocols which are largely the same), creating a meal that not only helped induce or maintain nutritional ketosis but, in connection, was highly satiating (filling for a long time), micronutrient dense, was based upon the healthiest, cleanest possible protein, was raw (thus non-immunologically-triggering and fully nutritionally intact) and also contained foods that qualified as probiotic and medicinal. The result is an overlap of several other strategies listed in The Healing Protocol: Keto Coconut Probiotic Ceviche. Personally, this meal template has, along with the next one, become the foundation of my own Healing Protocol, and I wholeheartedly recommend that it serve the same for you. PREPARATION: You’ll need a food processor and a large bowl. Step one, a half hour to an hour before eating: (1) place half to a whole can of full fat coconut milk and a little water in the food processor and mix in some chia seeds so they can soak and form their long-filling gel (note that, in lieu of coconut milk, a combination of avocado and olive oil can be used, both in terms of mixing up the taste profile of this strategy, and in terms of concerns over including too much saturated fat for those at risk, per Wahls) (2) remove the skin from a piece of *wild* fish, if your fish has the skin attached (noting also that Wahls doesn’t seem to make the distinction between wild and wild *caught*, and they’re not the same - food manufacturers don’t use any labels accidentally, and they’re largely used to mislead and manipulate the assumptions and ignorance of the consumer, in this case turning you away from the fact that wild caught isn’t truly wild) – don’t toss the skin, as it’s full of the best fat - cook on low separately and consume) – cut the fish into bite-sized pieces and place in the large bowl. Also cut up some sulfur-rich veggies, like onions, garlic etc., and place in bowl with fish. Pour Apple Cider Vinegar (the probiotic component) into the bowl, and possibly squeeze-in some citrus and mix-in some coconut aminos as well, until the fish is entirely submerged. Note that if you’re working with pre-cooked (and possibly canned) fish, you can mix in the ACV anyway (despite the fact that it’s not technically needed to acid cook anything) and/or exchange it in whole or in part for probiotic coconut yogurt like Coco-Yo. Leave both the chia and coconut milk and the ‘acid-cooking’ fish for half an hour to an hour in order both to render the chia gel and to acid-cook the seafood (and reduce the ‘punch’ of the sulfur veggies). At the end of that 30-60 minutes, dice up a mix of raw, organic, low-glycemic vegetables (and possibly fruit as well), focusing on nutrient density and variety, as well as foods considered medicinal (my go-to trio is raw ginger, turmeric and rosemary), with salt and additional spices added for taste, and throw these into the food processor along with the soaking chia and coconut milk mix. Process this, then mix into the bowl with the vinegar/citrus-cooked fish and sulfur-rich veggies. Enjoy. For additional probiotic, gut-enriching benefits, mix another probiotic food like kimchi or sauerkraut into the final product. I find this strategy to not only hit the highest aforementioned marks across all the most critical fronts for both Wahls Paleo Plus and The Healing Protocol, but also to be incredibly delicious, satisfying and conducive to variety, as the assortment of nutrient-dense raw foods that can be incorporated is vast, thus leaving room for constant experimentation within the basic template
* Keto Coco Cream Salad & Side – in a similar vein as the last dietary template, KCCSS hits the highest marks on all Wahls Paleo Plus levels – PREPARATION: blend full-fat canned coconut milk with micronutrient-and-fiber-dense veggies plus chia gel, salt and spices (adding ACV and/or fermented veggies for probiotic benefits is also advisable) – this creates a high fat, filling, nutrient dense base, the ‘cream salad,’ to which you may mix in the protein-rich meat/seafood. Note that you can substitute a mix of avocado and/or olive fruits/oils for the coconut and essentially accomplish the same thing, excepting of course that coconut is superior from a MCT/keto perspective. But you’ll want variety in your fats regardless - you don’t want to be exclusive to coconut. And you’ll likely find that some of the veggies taste better with one fat source or the other, and can thereby pair the fat source with the vegetable mix accordingly.
* Make Exercise Invisible – the point here is to bury the exercise component within an enjoyable activity so that you don’t think of the activity as obligatory exercise (which incurs the natural psychological resistance to ‘work’ and ‘obligation’) and instead exercise *because you want to* – for me, as two examples, I love to work with plants (cultivating and maintaining a garden), and love to explore both natural and urban settings afoot through hiking outdoors and walking vibrant cities – another example is the use of sport or ‘game;’ if you love playing basketball, or challenging your times on jogging trails, or engaging in innumerable other physical activities, it won’t feel like a burden, and you’ll find that you look forward to what makes you stronger
* Always Expand Your Horizons – A favorite quote: “Life begins outside your comfort zone.” By trying new things we keep our attitudes up and challenge ourselves in ways that compel growth – this strategy should be incorporated into your diet (there are literally thousands of edible plants, for example), your exercise (there are *so many* forms of physical activity), your social and love lives (take some chances on joining new groups and asking people out, you always have far more to gain than to lose), and life in general – all ruts are dangerously safe and comfortable!

**The Healing Protocol: VALUABLE RESOURCES**

Please note the document which you’ve just read takes an abridged approach to delivering what I consider to be the most valuable of principles, components and strategies for producing superior health. If you want more in-depth information and context for understanding the aforementioned, start with:

* *The Wahls Protocol*, by Dr. Terry Wahls
* *It Starts With Food*, by Dallas and Melissa Hartwig
* *The Whole 30*, by Dallas and Melissa Hartwig
* *The Paleo Diet*, by Dr. Loren Cordain
* *The Paleo Solution: The Original Human Diet*, by Robb Wolf
* *The Paleo Approach*, by Dr. Sarah Ballantyne
* Nutritional doctor Joel Fuhrman’s website: drfuhrman.com