

What if you were able to return to the Original Blueprint for your life and...

- ☞ Feel younger and better than you have ever felt before;
- ☞ Eliminate all the symptoms of disease and pain;
- ☞ Overcome cravings and control your weight;
- ☞ Balance hormones; and
- ☞ Feel the joy and freedom in your body you were meant to experience?

The Quest Optimal Health Program and Conscious Planet Products create the ideal environment for self healing and becoming conscious of your body, mind and spirit.

Anyone of any age can follow our simple step-by- step program and with ease and grace come to understand a new definition of food, a deeper understanding of how the body functions and the reason why you eat.

Are you ready to start your Quest?

The Quest Optimal Health Program transforms your body at the most basic levels: within your cells and the liquid environment that sustains them, which we call the “terrain” of the cells. Every day, the nourishment you take into your body through food and drink is meant to provide those key ingredients to help keep your body, mind and spirit functioning at the highest level. By keeping the cellular terrain healthy and life-sustaining, you experience the vibrant, energetic, disease-free life that is your birthright!

THE 3 LEVELS OF THE QUEST OPTIMAL HEALTH PROGRAM

The Quest Optimal Health Program is much more than a typical diet, and much closer to the Vision Quest journey experience embarked upon by many of our life purpose-seeking aboriginal brethren here in North America. Where typical diets fail, the Quest Optimal Health Program initiates the ideal environment, or terrain, for our cells to function at the highest level, turn off the composting “death organisms”, and turn on the Longevity genes. For more information, see the article on Antoine Bechamp and his research on “Pleomorphic Theory” in the Education section of our website.

The Quest Optimal Health Program is specifically designed to return us to ‘homeostasis’ - balance in body, mind and spirit by arresting the theft process of nutrients and degeneration at the cellular level. You will begin to experience the restoration and recovery of normal body functions as you feed your body what it needs to take care of itself from the inside-out. You will feel within every part of your being, a powerful retracing action of transformation and healing as you take hold of your life.

The Quest is an evolutionary Three Level – restorative eating program. We recommend that you begin at Level 1 by consuming the Conscious Planet Transformation Pack and replacing one meal per day with a Transform or Shapeshift Shake and work your way towards the Level 3 and ultimately your – 3 month Vision Quest peak experience.

This simple program gives you results from significant to profoundly transformative, depending on the level you apply yourself. You will KNOW when you are ready to go to the next level!

Level 1: Is consuming as directed, a Conscious Planet Transformation Pack of Products each month and replacing 1 meal per day with a Shapeshift or Transform shake.

Level 2: Same as level 1, with the addition of incorporating Column 1 food choices as much as possible from the Quest Program food list guidelines.

Level 3: Is consuming as directed, a Conscious Planet Immortality Pack of Products each month and replacing 2 meals per day with the shakes, and in addition eating only foods from the Column 1 list. The ultimate goal is to eliminate sugar from your diet for at least 3 months and this is when you will KNOW what we mean when we say that this program resembles a “Vision Quest.”

The Level 3 Quest Transformation

Level 3 of the Quest Optimal Health Program simplifies your food selections, which you will soon come to discover is the most efficient fueling system for the body to maintain its highest performance.

As you transition into Level 3 of this program, you will ideally reduce SUGAR intake as much as possible. Most people will experience setbacks and distractions and will need to work their way up to this ideal experience for several months as they try to incorporate the ideal lifestyle. Even if it takes you a year to accomplish this, it is worth it.

Be gentle on yourself, you are probably experiencing a lot of food addictions. Make small changes at first and steadily progress forward. Ask for help from your partner or sponsor or our office whenever you feel discouraged. Draw a line in the sand and start again and again, every day if you have to.

The experiences we have heard about from members of our community have ranged from amazing revelations and clarity of purpose to uncomfortable detoxification symptoms and the cellular memory retracing and release of past held trauma that has occurred in your life. As you begin to clear your inner terrain of micro-organisms, toxins and conditioning, you'll begin to experience the healthy and vibrant you that lays waiting within... underneath the beliefs of separation, lack and suffering.

The life-style changes you make will lead you to total wellness, restoration of your body and rejuvenation of your spirit... your mind, body and spirit deserve nothing less.

Cravings and addictions will naturally fall away. You can and will return to a biological age of around 19 years old inside.

Please Note for Best Results:

The Quest Optimal Health Program allows your body to release undigested food, environmental toxins, even negative emotions, so you can rediscover “the real you”. The program is simple and your results are directly dependent upon the level at which you apply yourself.

- ☞ No carbonated liquids of any kind...this includes carbonated water.
- ☞ Do not eat leftovers of any kind.
- ☞ Use pH testing strips to check your first urine and saliva every morning to confirm your progress. (see *Conscious Health* by Ron Garner for more details)
- ☞ Juice (or power blender) with organic green vegetables, grasses and algae.

For the first 30 days: Dried herbs carry a lot of mould and fungus; avoid herbal tea and hot drinks, use fats and sea salt sparingly – use powdered kelp & dulse and fresh herbs instead. No mushrooms or fermented foods.

Add fresh or frozen fruits and vegetables to your shakes to help you accommodate your palate and transition into a more raw food diet. Avoid sweeter foods at all cost.

If your diet consists of mainly cooked food, it is not advised to jump completely into a raw food regimen without a transition period. Be gentle on yourself and reach for these cooked foods when you are uncomfortable with detoxification symptoms:

red potatoes, summer squash, slightly steamed vegetables, soups, quinoa and amaranth (See *Conscious Kitchen* by Wind Walrath). The ideal goal is a ratio of 80% raw and alkaline foods to 20% cooked or acidic foods.

Now, as you “clear the terrain” in your body, is an ideal time to work on your own clarity of purpose for your life. At Conscious Planet we have found that this is a time not only of physical transformation, but of spiritual transformation as well. Stay open to the changes you experience within you, and watch your own level of consciousness, balance and compassion increase.

READING LIST:

- ☞ *Conscious Health* by Ron Garner is the most profound health resource manual.
- ☞ *Conscious Nutrition and the Essentials of Hemp* by Charles Holmes will inspire you.
- ☞ *Conscious Kitchen* by Wind Walrath: enjoy learning innovative ways and create delicious recipes for all Levels of the powerfully transformative raw food diet.

Envision Earth as a ‘Conscious Planet’ where we are living peacefully and cooperatively together... free from war and disease. World Peace is an inside job that begins within you. Create the ideal environment to uncover ‘The Original Blueprint for your Life’ and watch how your outer world begins to align as you follow this ‘Path of the Sages.’ Health is achieved by the vibrational removal of the cause of disease instead of the medical treatment of symptoms.

Vegetarian (definition): latin word *VEGETUS* means integrity, healthy, freshness, energetic

Vegetarianism is an essential step towards a better society, and people who take the time to consider its advantages, will be in the company of such thinkers as Pythagoras, Socrates, Plato, Clement of Alexandria, Plutarch, King Asoka, Leonardo da Vinci, Montaigne, Akbar, John Milton, Sir Isaac Newton, Emanuel Swedenbourg, Voltaire, Benjamin Franklin, Jean Jacques Rousear, Lamartine, Percy Bysshe Shelley, Ralph Waldo Emerson, Henry David Thoreau, Leo Tolstoy, George Bernard Shaw, Rabindranath Tagore, Mahatma Gandhi, Albert Schweitzer, and Albert Einstein.

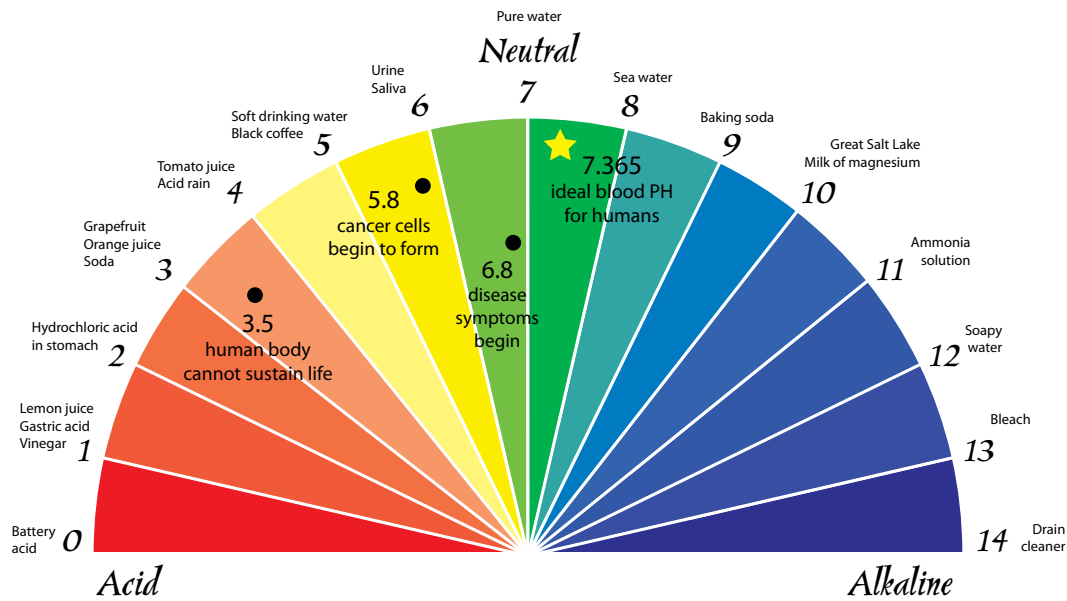
“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.” “Only two things are infinite, the universe and human stupidity, and I’m not sure about the former.”

Albert Einstein

THE ACID-ALKALINE 80/20 RULE

When we disrupt the acid-alkaline balance by eating acid-promoting foods, living an acid-promoting stressful lifestyle and thinking acid thoughts, we shift our inner terrain. The ideal blood pH (percentage of hydrogen scale from 0-14) is slightly alkaline at 7.365 pH. If our blood pH goes off of that by more than 0.2 points... we die. When the overall body pH reaches 6.8 or lower, the blood must effort to steel the nutrients from the body it requires to maintain its optimal environment, the composting button turns on and we begin to experience disease symptoms. When our overall body pH reaches 5.8... the cascading composting effect from MYCOSIS has reached a peak where cancer cells begin to form, and by 3.5 pH... the blood is no longer capable of sustaining the pH balance by stealing enough alkaline nutrients from the body... thus we die.

Humans require a slightly alkaline terrain for optimal performance. This requires a simple diet of predominantly raw green foods. You can use pH strips to test your saliva and see where you rate on this scale. See Ron Garner's book – Conscious Health for more expert advice in this area. This is an example of a simple pH color chart:



THE QUEST CHALLENGE!

It takes approximately 21 days to change a habit. Conscious Planet challenges anyone to take the 'Quest' for a minimum of 21 days... then go out to your favorite restaurant and call our office with your testimonial! We guarantee you will notice the difference in how these foods affect you and realize that you have had a chance to feel better than you have ever felt before!

As you apply yourself and experience results, your confidence will build and you will develop a deep desire to share Conscious Planet with others and "Pay It Forward" so that your loved ones can experience abundant health just like you.

May you experience greater vision, more joy, deeper wisdom, abounding freedom, youthfulness and innocence as you embrace the emergence of the vibrant, ageless you that lays within.

We extend our deepest gratitude to Michael O'Brien, Gabriel Cousens, James Reese, Ron Garner and Victorius Kulvinskus who inspired The Quest Optimal Health Program

Health is achieved by the vibrational removal of the cause of disease instead of the medical treatment of symptoms. Charles-Norman: Holmes

THE QUEST OPTIMAL HEALTH PROGRAM

This program guide outlines the ideal daily routine. Post it on your fridge!

- ☞ Foundation “Level 1” includes the Transformation Pack of products, where you substitute one meal per day with a Shapeshift or Transform shake
- ☞ Longevity “Level 3” includes the “Immortality Pack” of products, substituting two meals per day with Conscious Planet shakes. Recommended amounts are in brackets.
- ☞ Choosing mostly “Column 1 Food Group” items for your other meals will create the best results.
- ☞ See *Conscious Kitchen* by Wind Walrath for fabulously healthy and tasty recipes that support this ideal eating program.
- ☞ All Conscious Planet products are convenient and travel safe!

Morning (most important time of day to “set up” and balance your pH):

- Large glass (½ L+) of chlorine free water with a few drops of Hydralyte and up to 1 tbsp of Genesis, or add both to your water bottle and sip it throughout the day
- Wait 20 minutes then: ShapeShift or Transform shake with water, fresh or frozen fruit or vegetables, organic juices, or non-dairy beverage. (Level 3: mix shakes with water and/or green juices)
- 1 capsule Catalyze. (Level 3: 2-3 capsules)

Mid Morning (focus is hydration and assimilation):

- Large glass water with a few drops of Hydralyte & 2-3 capsules Catalyze.

Lunch (focus is fueling):

- Large glass water with a few drops of Hydralyte 20 minutes before eating.
- Regular lunch. (Level 3: water and/or green juices with shake and Column 1 Food Group Green salad only)
- 1 capsule Catalyze. (Level 3: 2-3 capsules)

Afternoon Snack (focus is balancing):

- Large glass water with a few drops of Hydralyte 20 minutes before eating.
- Organic raw food bar or fruit. (Level 3: green salad and/or Food Group 1 recipes)
- 1 capsule Catalyze. (Level 3: 2-3 capsules)

Dinner: (focus is rebuilding, try not to eat after 8:pm)

- Large glass of water with a few drops of Hydralite 20 minutes before eating.
- Large fresh salad with plenty of green vegetables, 2 tbsp Bahuja Hearts, with Essentially Oil dressing and Column 1 Food Group recipes.
- 1 capsule Catalyze. (Level 3: 2-3 capsules)

Bedtime: (focus is rest and letting go)

- Small glass of water with a few drops of Hydralyte.
- 3 capsules Colonyze. (Level 3: 4-6 capsules)

FOOD LIST FOR PH BALANCING AND LONGEVITY (GREEN = ALAKALINE)

Column 1 Food Group	Column 2 Food Group	Column 3 Food Group	Column 4 Food Group	Column 5 Food Group
<ul style="list-style-type: none"> • fresh sprout/herbs • green vegetables (leafy, tops, celery cucumber, zucchini) • legumes (yellow/green beans, peas) • summer squashes • sea vegetables • red bell pepper • red skin potatoes • tomatoes • avocados • hemp, sunflower, pumpkin, sesame & flax seed foods • soaked nuts (almonds, pecans, hazelnuts) • coconut products • olive products • lemons & limes • super green(algae alfalfa, wheat & barley grass) • stevia and fennel 	<p>All of Food Group 1 plus:</p> <ul style="list-style-type: none"> • carrots • hard squash • grapefruit • raspberries • blueberries • strawberries • cherries • cranberries • goji berries • wild rice • quinoa • buckwheat • millet • amaranth • spelt • raw apple cider vinegar • miso • sauerkraut • kefir • kim chee 	<p>All of Food Groups 1 & 2 plus:</p> <ul style="list-style-type: none"> • yams • sweet potatoes • pumpkin • parsnips • beets • rutabaga • oranges • apples • pears • peaches • plums • pomegranates • blackberries • grapefruit and orange juice • raw carob • bee pollen 	<p>Minimal Use cooked foods & high glycemic fruits:</p> <ul style="list-style-type: none"> • apricots • figs • grapes • raisins • melons • mangos • bananas • papaya • pineapple • kiwi • sapote • cherimoya • rambutan • durian • dates • dried fruits • fruit juices that are not diluted • seed cheese 	<p>Processed, animal products (flesh, dairy, eggs) & foods to avoid:</p> <ul style="list-style-type: none"> • grains with gluten • corn • white potatoes • white rice • honey, sugar • maple syrup • alcohol • caffeine products • tobacco • heated oil (except coconut) • soy products • yeast • mushrooms • peanuts • cashews • bottled juices • cooked food more than 24 hrs old

For Best Results: eat Column 1 foods the most & Column 5 foods the least. The goal is a ratio of 80% whole raw organic alkaline foods to 20% cooked and/or acidic foods.

AYURVEDIC DOSHA BODY TYPES

Identify your type to support ideal digestion: we are predominantly one, but a little of all.

Vata goat, air, ether	Kapha elephant, water, earth	Pitta tiger, fire, metabolism
<ul style="list-style-type: none"> • Generally thin, flat-chested with protruding veins/muscles and difficulty gaining weight. Tremendous amounts of energy and movement in mind, intestines, muscles and nerve impulses. • Tend to have difficulty with aches and pains, large intestines and nervous system. Dry cracked skin. Irregular bowel and menstrual cycles. • Cold salads aggravate, add heavy oilier foods: avocados, and soaked nuts/seeds better. Soups and heating herbs like ginger and cayenne give their raw food needed warmth. Sea vegetables, cinnamon, fennel, cumin, cardamom, coriander, parsley. Eat slowly. 	<ul style="list-style-type: none"> • Gain weight easy, heavy bones, sleep long, slow digestion, regular bowel and menstrual cycle, oily skin and excess of bodily fluids/mucus. • Tend to have difficulty with respiratory, colds and flu. Least thirsty. • Light, warm dry foods are best. Astringent greens and fruit, garlic, ginger and pungent herbs. Oily, sweet and salty imbalance. Raw food and 2 meals per day is best. Sweet, sour and root vegetables can be neutral. Starting with salads or ginger and warm water to activate digestion is very good. Raw diet helps with sluggish bowel. 	<ul style="list-style-type: none"> • Medium frame, strong, well balanced muscular warm bodies, hot blooded with strong fast digestive systems least affected by food combining. • Irritable when hungry, regular bowel and typically heavier menstrual cycle. • Vigorous exercise and a bland raw diet is best. Sensitive to environmental toxins. Sweet, bitter, astringent, cool, heavy foods are best. Spicy, oily, sour, salty foods imbalance. High protein foods should be limited. Balancing herbs are coriander, cinnamon, fennel, cumin, turmeric, cardamom. Fruits and vegetables 3 times per day is best.

SHAKE RECIPES

For best results use a high speed blender such as a Vita Mix or Blend Tech.

Omega Berry Blast

1 cup Frozen Berries
1 cup water or LIVING HARVEST™ Hempmilk
2 scoops TRANSFORM
2 tbsps BAHUJA HEARTS

Mom's Apple Pie

½ cup soaked pecans
1 cup apple juice
½ cup water or LIVING HARVEST™ Hempmilk
2 scoops SHAPESHIFT
2 Tbsp BAHUJA HEARTS
½ tspn cinnamon

Groovy & Grounded

½ cup chopped carrots & beets
1 cup carrot juice
½ cup water or LIVING HARVEST™ Hempmilk
2 scoops SHAPESHIFT
2 Tbsp BAHUJA HEARTS

Nuts about Banana's

½ cup banana
1 ½ cup water and/or LIVING HARVEST™ Hempmilk
2 scoops SHAPESHIFT
2 Tbsp BAHUJA HEARTS
2 Tbsp Almond Butter
Chocolate Lover Option: 2 Tbsp Carob Powder or Cacao Nibs

Peace Out

½ cup strawberries
1 cup coconut water
½ cup water or LIVING HARVEST™ Hempmilk
2 scoops SHAPESHIFT
2 Tbsp BAHUJA HEARTS
Vanilla to taste