

The background of the entire image is a microscopic view of cells, likely stem cells, rendered in a blue and orange color scheme. The cells are out of focus, creating a bokeh effect. The title 'STEMNOMIC GUIDE' is prominently displayed in the upper half of the image.

STEMNOMIC GUIDE

**Grow more stem cells & transform
your life in just seven weeks...**

What is The Stemnomic™ Solutions Diet?

Meet the 7 week program that completely revolutionizes how we look at fasting! In just seven weeks, your body can learn to heal itself naturally and create new stem cells.

Get ready to take your health to the next level! The Stemnomic Solution combines all the benefits of ketosis, extended fasting, daily intermittent fasting, partial fasting, and the fast mimicking diet into one groundbreaking system.

Did you know?

Fasting for just 72 hours can regenerate the entire immune system! It tells your stem cells to transform into new and improved immune cells. These new healthy cells replace old and dysfunctional cells in the body... You know- the ones that cause disease, hyperimmunity, autoimmune disorders & cancer!

Here's Your 7-Week Guide to Stemnomic Benefits!



Week One

Get Off The "Blood Sugar Rollercoaster" For Good!

Learn how to implement the ketogenic diet and reap all the rewards!

- More stable mood
- Less irritability
- Start feeling calm again!
- Lose-weight

Did You Know?

Eating a high fat, moderate protein, and lower carbohydrate diet throughout this program will slowly make you a more efficient fat burner.

During week one we teach you EVERYTHING you need to know to lay this foundation & prepare your body to lose the weight you've held onto for years!

What should you eat?

The Stemnomic program will show you! Go beyond healthy tips and tricks and discover real foods with a real menu with real recipes for real people!



Week Two

Let the Magic Begin!

During this week you will become more fat adapted! Here we teach the body to eat less often. When you eat less often you start to teach your body to be comfortable with less food.

Did You Know?

- Studies show people who eat less live longer!
- That's because people eat less by eating less often.
- Eating less does not mean eating half of your food, and pushing the rest aside... the unfortunate advice of many health professionals.

The rewards are worth it!

- Less brain fog!
- More clear focus!
- Get things done!

You are worth it and with guided support during the Stemnomic program, you will find its easy to adopt these changes! Sometimes you just need see how...



Week Three

Discover Your Personalized Eating Window!

There is perfect chunk of time during the day that will turn you into a fat burning, total-body-healing rockstar and the Stemnomic Solutions program will teach you exactly how to find the window of time that is right for you.

Using a personalized eating window will not only trigger autophagy (The body's process of recycling its own damaged tissue into usable energy, during times when food is not present), but it will also make your fast easier so you can start building those new stem cells we all want!

Intermittent fasting forces the body to adapt from converting food to fuel and instead burn fat for energy - woo hoo!

Say hello to the new and goodbye to the old!

This adaption makes our cells more efficient at converting fat for energy, and the autophagy triggers a unique burning of toxic cellular waste before anything else.

Here's What You Will Learn:

- How to eat in a 6, 8, or 10 hour window.
- How to know what time is right for you.
- What to eat to optimize autophagy and how to break a fast!



Week Four

Fat, like big logs on a bonfire burns low and slow. This week you are challenging your mitochondria and tapping deep into those subcutaneous fat stores.

Eating less allows your body to do the things it is naturally equipped to do - heal! Another benefit, when your body looks inward for fuel it starts tapping deeper into your fat stores!

Did you know?

Less time eating and digesting = more time healing!
(bad cells dying: new stem cells growing)!

With all the new healthy cells growing, you can look forward to:

- More energy and stamina
- Better performance working out
- Increased athletic results

How is this possible you may wonder? Easy! We introduce you and teach you how to flawlessly execute feast-famine-cycling, also known as the 5-1-1 Rule.

The 5-1-1 Rule is a weekly diet variation strategy.

Here you will perform five days of intermittent fasting and ketosis paired with one-day of fasting and one day of autophagy.

Don't worry! The Stemnomic Program will guide you every step of the way AND you'll also get a menu and recipes to help simplify this new concept.



Week Five

Welcome to the week of even more fat adaptation! Here you will become a stronger and more efficient fat burner!

Last week we focused on the 5-1-1 feast/famine cycling. This week you will learn how to take that concept to the next level and become a professional fat burner with the 4-2-1 cycle.

What sounds complicated is actually pretty simple and The Stemnomic Solution program will show you how!

What does it mean exactly? Just add one more day of fasting! Our ancient cultures did this and you can too.

Major Benefit:

The 4-2-1 cycle challenges your mitochondria and prepares your body to fast.

Added fasting days increases the Metabolic Mitochondrial Fitness (MMF) and forces the cells to adapt. BUT bad cells do not adapt! This means your body (via super-autophagy and stem cells) will get rid of the bad and create the new. Talk about superhuman power!

Welcome to the basis for the Stemnomic principle and the entire 7-week program. Remember, we want to prepare for next week where you will be undertaking (possibly your first?!) five day fast. This step is CRUCIAL to your success completing the 7-week program.

Don't Worry.

Just like the weeks before, we have tips, tricks, menu plans and recipes to help you along the way!



Week Six

The week you have all be waiting for: The Five Day Water Fast! Why in the world would anyone want to consume only water (and a little bit of sea salt) for five days???

Easy answer:

- Deep and total body healing
- Rest & Rejuvenation
- Breathe better
- Sleep better
- Learn how to take time for yourself again!

Not ready for only water-yet? We have a secondary option you can follow, too.

Discover the miracle of your own body. You CAN heal yourself and a five day water fast will prove it!

By day four the body transitions into an amazing fat-burning machine and you see a major increase in stem cells. On day five its amplified!

It can be a confusing roller-coaster to get there though and that's where this program and a support group REALLY comes in handy.

The first three days you will learn how to break through the loss of hunger and start to use fat and ketones for energy. The body is starting to rev up the autophagy, hormones are adjusting, and growth hormone is starting to rise.

On day four the magic begins! People stop feeling hungry, and get a sudden burst of energy.

So why not stop at day four, why make it five?

We want people to ride it out for one more day... PLUS science backs up the big rise in growth hormone and stem cells on day five.

In week seven, you are going to learn why the re-feed on day six to feed these new stem cells is so important.

So hang in there--you will get to eat, and the Stemnomic program will show you how!



Week Seven

After a five-day fast it is paramount you feed your body the right foods, or you can completely unravel all the work you did not only last week, but all the weeks leading up to now.

Here you will learn how to re-inoculate the gut with beneficial bacteria. After all, the gut is the basis for a good immune system and total body health.

Your stem cells are rising, too! We want to feed them and capitalize on all your hard work! Here you will learn what foods optimize all your hard work and continue to support your healing movement within.

Discover For Yourself:

- Foods that continue healing
- What to eat & when
- Menu plans & recipes

You have a blank canvas now, the Stemnomic program will show you just how to set yourself up for success and start-anew!

What's Next...

Like all things, the Stemnomic Solution is better with friends!

If you want to take your healing to the next level, melt fat, heal health conditions and hack stem cell production we recommend joining our group!

Get real answers & support with people just like you led by a detoxification expert who's not only experienced a five day water fast, but coaches the principals year round.

You can change your life.

You can promote healing in your own body.

You don't need medication or surgery to reach your goals.

See how The Stemnomic Solution will transform your life & heal like our ancestors did.

YOU ARE WORTH IT.