

SARAH KLEINER WELLNESS

DEUTERIUM GUIDE & FOOD LIST

common foods

ANY SALAD/GREENS (ON AVERAGE 136 PPM)

BEETROOT (138 PPM)

AVOCADO (130 PPM)

GRASS-FED ANIMAL MEAT (138 PPM)

ANIMAL FATS FROM GRASS-FED ANIMALS (128 PPM)

PLANT SOURCE FATS: OLIVE OIL (130 PPM)

COTTAGE CHEESE (136 PPM)

BUTTER (124 PPM)

COCOA-BUTTER (132 PPM)

LARD (116 PPM)

COCONUT WATER (156 PPM)

SOLUBLE CORN FIBRES (155 PPM)

WHEAT FLOUR (150 PPM)

PORK MEAT (148) PPM

BEET-SUGAR (146 PPM)

CORN (145 PPM)

POTATO (143 PPM)

CABBAGE (142,5 PPM)

CARROT (142 PPM)

SEED OILS (160-250 PPM)



deuterium rules of thumb for food

THE KETO DIET IS THE MOST EFFECTIVE DIET FOR DEPLETING DEUTERIUM.

FATS AND PROTEINS FROM ANIMAL AND MARINE SOURCES HAVE LOWER DEUTERIUM CONTENT.

AVOID SEED OILS, GRAINS, NUTS, AND SEEDS IN DEUTERIUM DEPLETION.

CONSIDER THE DEUTERIUM CONTENT OF SUPPLEMENTS AND MEDICATIONS.

THE RELATIONSHIP BETWEEN DEUTERIUM, UV LIGHT, AND MITOCHONDRIAL HAPLOTYPES SHOULD BE CONSIDERED IN DIETARY CHOICES.



deuterium levels in disease

THE HEALTHY RANGE OF DEUTERIUM IS 130 PARTS PER MILLION TO 140 WHERE NO DISEASE OR MITOCHONDRIAL DYSFUNCTION IS INDICATED.

THIS IS BASED ON THE EXTENSIVE RESEARCH OF DR. LASZLO BOROS & DR. SOMYLAI



other ways to deplete deuterium

BEFORE YOU DO A DEPLETION - REMEMBER TO DO ALL THE CIRCADIAN PRACTICES FIRST.

IT'S NOT JUST ABOUT FOOD BECAUSE IF YOU'VE GOT A BAD BODY CLOCK AND BAD SLEEP, YOU CAN'T REALLY HEAL OR DETOX AND YOU CAN'T DEplete DEUTERIUM PROPERLY.

EVEN IF YOU EAT REALLY WELL, IF YOU'RE NOT SLEEPING, YOU'RE TAKING AWAY ONE OF YOUR BODY'S DEUTERIUM DEPLETING PATHWAYS. YOU MUST GET YOUR SLEEP RIGHT BEFORE YOU DO A DEPLETION.

MAX OUT SWEAT - MAX OUT SUNLIGHT ON THE SKIN - MAX OUT DIETARY MEASURES AND LIFESTYLE/CIRCADIAN RHYTHMS MEASURES FIRST

JUST GOING OUTSIDE REGARDLESS OF THE TIME OF YEAR IN THE RED LIGHT AND THE NEAR INFRARED FROM THE SUN IS GOING TO BE HELPFUL. TOO MUCH BLUE LIGHT ENCOURAGES DEUTERIUM TO STAY IN THE BODY (INCREASES INSULIN AND GLUCOSE IN THE ABSENCE OF FOOD & BLOCKS CYTOCHROME 4) IF YOU DON'T HAVE ENOUGH RED LIGHT, THEN THE DEUTERIUM CAN'T GET OUT.

COLD THERMOGENESIS CAN DEplete DEUTERIUM. REMEMBER - WHATEVER NATURE GIVES US, THERE'S ALWAYS AN ANTIDOTE. SO WE HAVE THE COLD, ESPECIALLY IN WINTER WHERE WE CAN KNOCK OURSELVES OUT WITH THAT AND DEplete DEUTERIUM. (BUT IF YOU ARE UNHEALTHY - THIS WILL BE SOMETHING THAT IS MORE DIFFICULT TO ACHIEVE)

SWEATING & EXERCISE WILL DEplete DEUTERIUM BECAUSE WATER IS H₂O AND YOU'RE GOING TO GET SOME H₂Ds AS WELL DEUTERIUM WATER SO THAT'LL COME OUT IN THE SWEAT AND THE PEE.

UV LIGHT AND SUNLIGHT AS IN THE HIGH SOLAR YIELD THE STRONG UVA LIGHT AND THAT CAN HELP DEplete DEUTERIUM SO THAT'S WHY IF YOU LIVE WHERE THE PLANTS GROW SUCH AS THE EQUATOR THEN YOU LIVE WHERE THEY GROW SO YOU'VE GOT A BETTER CAPACITY TO DEplete THE DEUTERIUM FROM THOSE FOODS.



other resources

BOOKS:

DR. GABOR SOMYLAI - DEUTERIUM DEPLETION & CANCER

DR. GABOR SOMYLAI -DEFEATING CANCER

PODCASTS:

DR. SARA PUGH ON QUANTUM CONVERSATIONS

DR. LASZLO BOROS ON EVOLVING WELLNESS - (UN-EDITED & COMMERCIAL FREE)

DR. PUGH & DR. BOROS

DR. PUGH & DR. SOMYLAI

SHORT VIDEO BY DR. SARA PUGH ON DEUTERIUM

SARAH KLEINER AND VICTOR FROM LITEWATER

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VISIT WWW.SARAHKLEINERWELLNESS.COM FOR MORE RESOURCES

MORE COMPREHENSIVE INFORMATION ON DEUTERIUM:

DEUTERIUM COURSE

21 DAY LEPTIN RESET

QUANTUM NUTRITION

LEPTIN MASTER PLAN (PRACTITIONER LEVEL COURSE)

