

HANNAH YOSEPH PROTOCOL FOR CELLULAR ENERGY

This protocol is to maximize the energy production of cells. Every cell makes energy in the form of ATP – which I call “All True Power” – because if a cell has sufficient ATP to perform its function, then the organ, likewise, can perform its function.

The brain, heart, nerves and pancreas require more ATP than other organs. A deficiency in ATP production results in brain fog, fatigue, sleeplessness (sleep requires ATP), acid reflux (insufficient pancreatic enzyme production) and heart/nerve-related problems.

Before starting this protocol, you **MUST STOP** drinking acidic drinks that are strong oxidizers such as soda, black coffee and black tea (and, to a less extent, alcohol). These acidic fluids indisputably **HINDER** the cellular production of ATP. If you refuse to stop drinking these fluids or simply cannot stop the addiction, then this protocol is not for you because it won't work.

Before starting this protocol, you **MUST ALSO STOP** all smoking of tobacco and/or marijuana.

Finally, if you are taking *any* prescription drugs without knowing what they are made from (many are made from mycotoxins and drug companies do not inform doctors of this inconvenient truth), do not expect much if any results from this protocol. Doctors, more often than not, can only tell a patient what a drug *does*; they do not know what it *is*.

With the above caveats, here are the steps to maximize ATP (energy) production in cells:

1. Fill a half-gallon glass container 1/3-full with non-chlorinated water. Add two teaspoons of apple cider vinegar powder, two teaspoons of Ultima Raspberry Replenisher, two teaspoons of Key Nutrients Electrolytes (peach mango) and two teaspoons of liquid vitamin B3. Alternative: Use two quart-size glass containers and add one teaspoon of the four ingredients to each container. Here are the links for the additives:

Apple cider vinegar powder:

https://www.amazon.com/Judees-Apple-Cider-Vinegar-Powder/dp/B09F1NF3ZH/ref=sr_1_1?crid=17C75E6P6X10M&keywords=apple+cider+vinegar+powder&qid=1672687380&s=grocery&sprefix=apple+cider+vine%2Cgrocery%2C1834&sr=1-1

Raspberry Replenisher:

https://www.amazon.com/gp/product/B01IIGVUQA/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Key Nutrients Electrolytes:

https://www.amazon.com/gp/product/B087KQF7Y7/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&h=1

B3:

https://www.amazon.com/gp/product/B09QMCS5SW/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

2. Make juice using four apples, four oranges, three pineapples and six pears (or fruit of your choice but apples and citrus should be in the mix). Fill the remaining 2/3 container(s) with the juice. Shake and dispense into empty water bottles if you want drinks “to go”.

Drink as much of this juice as you like. It contains the key ingredients to support the first step of cellular energy production – called the “Citric Acid Cycle”.

The juice-based drink will produce hydrogen which is transported to the energy-power-house of cells, which works much like a hydro-electric dam. This is the second step of cellular energy production where hydrogen is converted into ATP. For this to work well requires certain liquid minerals namely calcium, magnesium, manganese, zinc, copper and selenium – step 3:

3. Add two dropperfuls of calcium and magnesium every day to prepared cooked foods such as soup or cooking water. You can also add liquid calcium and magnesium to stir-fry, as it will absorb into the vegetables. Cook with the remaining four minerals (manganese, zinc, copper and selenium) using one dropperful once or twice weekly. Here are the links for these minerals:

Calcium:

https://www.amazon.com/gp/product/B005P7WKVK/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&pssc=1

Magnesium:

https://www.amazon.com/gp/product/B00WVPIPV8/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&pssc=1

Manganese:

https://www.amazon.com/gp/product/B075X37BHD/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&pssc=1

Zinc:

https://www.amazon.com/gp/product/B075X3L59B/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&pssc=1

Copper:

https://www.amazon.com/gp/product/B002QNMWEG/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&pssc=1

Selenium:

https://www.amazon.com/gp/product/B00N24J2LO/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&pssc=1

That’s it! Here’s a few more tips:

To increase the strength of cells, consider adding one teaspoon of Cell Guard powder to every 16 ounces of the juice mix made in steps one and two. Here is the link: <https://hannahyoseph.com>

Also, if you wonder if a food is health-promoting or not here’s some simple advice: If it is processed and doesn’t degrade after two weeks, *don’t eat it*. It will NOT support ATP production in cells but WILL support fat production instead.

Questions? Email me at: Hannah@HannahYoseph.com.