

HEALTH --- SECRETS

BUILD



Welcome To Module 4 - Build



Hey everyone, Callum here from Avocado Ninja and welcome to Module 4 of Health Secrets, called Build.

I am so grateful to have you here today! The more you learn about these key elements of optimal health, the more chances you have of creating a life you love.

And just the fact that you are here makes it a WIN. You want to know the best strategies and have the intention to apply it. And I'm going to make it as easy as possible for you to do that and get all the incredible, life transforming benefits.

This module is the culmination of nearly 20 years studying the diets of people around the world that have vital, healthy bodies, limitless energy, a joyful and optimised mind, optimised bodies and who are measurably slowing the ageing process.

It is proven that you will live longer, have more energy, look better, improve your cardio function, create your ideal body, get rid of all those niggling health issues, sleep better and feel happier.

Research at Imperial College London has shown that an abundance of vegetables "... is proven to give a 24% reduction in risk of heart disease, 33% reduction in risk of stroke, 28% reduction in rate of cardiovascular disease and 31% reduction in dying prematurely." [6]

Similarly, at Harvard University they found: "A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower the risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check." [5]

The incredible Bryan Johnson has spent millions scientifically monitoring the effects of different protocols on the human body. He has tracked every marker possible to get the most accurate results possible. He has also validated that an abundance of vegetables and fruits has a dramatically positive effect. He has slowed his pace of ageing by the equivalent of 31 years and is now ageing slower than the average 10-year-old!

In the book "Game Changers", Dave Asprey interviewed 500 top performers and found that food is the number 1 human upgrade used!

From all the research and evidence out there, I can 100% say that this is the most painless, high-impact way to live longer and live better.



I hope you can see how critical this step is. If that wasn't enough, here are some of the benefits of what an abundance of veggies will give you:

- You'll live longer
- You'll have more energy
- Your mood will be enhanced, you will feel happier and more joyful
- Your mind will become optimised
- You'll look better and reach your ideal weight
- You will Improve your cardio function
- Your digestive health will dramatically improve

Now, your diet does come down to many individual factors, but I'm going to discuss the core principles that apply to pretty much everyone. Get these right and you will experience an incredible transformation. You can tweak these to your lifestyle, and once you've got these down as habits, there are also ways to personalise what you do to your exact situation, preferences and even your DNA!

And don't worry! You are fully in control and there is a lot of wriggle room to make your diet perfect for you! And you don't have to be perfect all the time. By just implementing as many of these principles as you can, as much as you can, you will see incredible positive changes. And your body will be that much stronger, that if you do have a moment of weakness, you will be able to cope with it a lot better.

Module 4: Build

Principles





Principles

I think very differently about diet to the way it is presented in the mainstream. For a start, the objective is for a permanent change to your lifestyle. This is not a fad, or a quick fix.

I'm going to cover the principles of an optimal diet. I will focus on what TO eat rather than what NOT to eat, to make things as simple as possible. If you follow this, you won't have to worry about what not to eat. I have, however, included a download of foods and cooking methods to avoid so you can have this awareness.

And, the good news is, I've transformed all of this into a simple system that you can follow, called the Ultimate Meal Formula. I'll explain this after, but first it's important you know why I arrived at what I have.

Brand New Body

The body renews itself constantly. You get new skin every two weeks, red blood cells every few months, new liver cells every year, colon cells refresh after four days and brain cells every few months. The reason the body degrades over time is that we keep doing the same thing, so we get the same cells, the same body and an internal environment that leads to cellular degeneration and cell death. So the next step in the Health Secrets system is to supply an abundance of nutrients that your body can use to create healthy new cells. You will give your body the highest quality building blocks to build your new body, while cutting out the foods and cooking methods that sabotage your efforts.

Choose Wisely

The big secret with building new cells is that you need to choose your food wisely.

Firstly, it needs to be nutrient dense. A food that is nutrient dense is one that gives high amounts of nutrition, containing vitamins, minerals, complex carbohydrates, clean protein and healthy fats; and is easy to digest. If it's easy to digest, it means that all the nutrients will become available for the body to use, which is also a good reason to clear out the digestive system, as we covered in the Cleanse & Clear module. It also means you won't be using up lots of energy in the digestion process, which can make you lethargic.

Secondly, the food should not be highly acidic, as we covered in the last step.

Lastly, we need to only consume whole foods, and not processed or pre-packaged ones. Most foods are healthy in nature. It is the storing and processing of foods that makes them bad for us. Go for organic wherever possible, and if you eat animal products, try to get grass-fed.



Principles

The aim here is to build healthy new cells in your body, maintain an alkaline balance and have limitless energy.

Super Nutrients

Recent research has shown that because of soil depletion, you would have to eat 5 portions of veggies to get the equivalent of 1, 50 years ago! What the government classes as a portion, for example, canned soup, spaghetti hoops or Froot Loops, is not a portion.

Over cooking food reduces nutrients even further, and can even turn it toxic, depending on how you cook it. The meagre amount of nutrients you get from overcooked supermarket veggies and processed “portions” is almost laughable if it wasn’t so tragic. The people who created the “5-a-day” guidance now admit that this is a failure. 5 a day isn’t a target, it is the bare minimum.

A REAL serving is an 80 gram portion of clean, preferably organic, raw or lightly steamed alkaline veggies or low sugar fruit. This counts as 1. To get enough nutrients to make a profound difference to your health, you need to be eating at least 10 “real” servings of veggies a day.

Relax

So, now you will be thinking, “WHOA, how am I supposed to get this amount of veggies in my diet?” Don’t worry, the upside of this will not only blow your mind, but I will also show you exactly how to do this, including some special tricks to EASILY fit this into your schedule and budget.

Module 4: Build

Step-by-Step





Step-by-Step

Now, I have to point out here that these are general recommendations and you should check with a healthcare professional before making any changes to your lifestyle or diet.

The Avocado Ninja Ultimate Meal Formula

The Avocado Ninja Ultimate Meal formula is carefully formulated to help you create meals that are alkaline balanced, anti-inflammatory, keep blood sugar stable, have the perfect balance of fats, the right amount of clean high-quality protein and provide the ideal source of fuel for high sustainable energy all day and evening.

We use ketones as a primary fuel source, as this is the most powerful source of energy. We'll cover energy more in the next module, but for now, I'll show you how to include this in your diet.

We also eat some healthy carbs to keep metabolic flexibility - your body will not get overdependent on any one fuel source and have access to both ketones and glucose from healthy carbs.

Exclusively using ketones is also linked to some health issues, and carbs are required for important hormone production (serotonin and melatonin in particular). So, we include nutrient dense carbs later on in the day.

We cut out all processed, inflammatory and highly acidic foods and cook in a way that keeps everything high nutrient and non-inflammatory. Also, by eating within a 6-8 hour window, it will unlock powerful cleaning mechanisms in the body called autophagy.

You can find a downloadable sheet alongside this guide download that contains the formula.

How You Cook

Prepare your meal by steaming, steam-frying, or if you boil, limit it to 7-8 mins. Only fry using saturated fats, such as coconut oil or avocado oil. These can withstand heat, whereas vegetable oils turn toxic when heated!

Don't eat blackened/charred food, fried or microwaved food! These all denature food and create a host of toxic compounds that can cause some serious problems in the body.

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Example Day





Example Day

So, putting this all together with the last module, here is an example of what you can do each day to create transformation.

Upon waking

Take 1 scoop of pHour Salts and a pinch of unrefined sea salt. Drink on an empty stomach and wait 15 minutes before eating.

Breakfast

This could be between 7 and 9am:

Ninja Power Drink, a green drink & wheatgrass shot
Or Ninja Smoothie & 1 tbsp MCT Oil & wheatgrass shot
You can find the recipes below.

Lunch

This could be between 11am - 1pm.

Create a meal from the Ultimate Meal Formula.

For example:

3 portions Broccoli (240g), 2 portions Cauliflower (160g), Turmeric, 1 tbsp Extra Virgin Olive Oil, 1 tbsp MCT Oil, 80g lentils/beans/seeds, unrefined sea salt and pepper. Blend into a soup.
To drink: 80g berries and nuts blended in coconut milk.

Dinner

This could be from. 5pm-7pm, but no later than 3 hours before bed.

Create another meal from the Ultimate Meal Formula.

For example, 400g total: Avocado, Beetroot, lettuce, green beans, peas, radishes & unrefined sea salt, 80g sweet potato, 2 tbsp extra-virgin olive oil, 80g mackerel.



Example Day

Add Green Drink Powder to the Water You Drink

During the day, drink 2 - 3 litres of pure, alkaline, mineralised water, mixed with a scoop of green drink.

This will not only keep you hydrated, but continually provide your body with an abundant and diverse source of easily absorbable nutrients.

This is an incredibly powerful step in conveniently and cost effectively boosting the nutrients available to your body.

The best green drinks, wheatgrass and broccoli sprout shots that we've found in the world can be found here: www.avocadoninja.co.uk/green-drinks.



Module 4: Build

Tips & Personalisation





Common mistakes, reminders of things you should absolutely do and the first thing you should do.

- Avoid the “What Not To Eat” Foods
- Get your protein from gently cooked grass fed animals, wild fish, hemp, nuts, seeds, lentils or anything else under the protein section Aim for 0.5g per lb of body weight (not fat), 0.6g for athletes & over 65 and if you are pregnant.
- 1 day a week limit your protein to 15g or less.
- Fat - no more than 4 times the omega 6 than omega 3.
- Create meals using: Ultimate Meal Formula. Start off with the same meals until you get used to cooking them, then add new ones.
- This doesn't have to be super expensive - choose foods from the list that are less expensive in your area and for the time of year. For example, for me, currently Broccoli and Cauliflower are really great value.

Personalisation

I recommend getting food sensitivity tests to refine the diet. For example, around 20% of people are sensitive to foods that are part of the nightshade family.

To take things to another level, you can get a DNA test to see what foods suit your body the best, I've included details below.



Let's Get Started!

As I keep saying, and I will continue saying it... A joyful, happy life all starts with your health and your energy.

So start to apply these steps today, begin with a simple action now, even if you do just one, start your day with an avocado smoothie or Ninja Power drink. The power is in the simplicity and just doing it consistently. So, get going with this, I know you can do it.

There is a companion guide to this presentation that you can download below. This contains a deeper dive in some areas and details of all the studies I've referred to. Don't forget to join our amazing community on Facebook, where you can meet like-minded people and have your questions answered.

You can always contact me at support@avocadoninja.co.uk, if you have any questions, and I love to hear your feedback. I am listening and constantly improving everything as quickly as I can.

And please, if there is someone you think would benefit from this training, please feel free to share it. There is a share link below for them to get started.

Look out for the next module, in which I explain how to get the perfect fuel for your body, to give you high sustainable, health promoting energy for your mind and body, all day.

Until next time, remember - a happy life is a healthy life! Go out and be amazing!



Resources

You can find all the resources and products mentioned below:

- Green Drinks, Wheatgrass and Broccoli Sprout Shots: www.avocadoninja.co.uk/green-drinks
- Pure, Mineralised, Alkaline Water: www.avocadoninja.co.uk/jug
- MCT Oil: www.avocadoninja.co.uk/mct
- Clean, Healthy Coffee: www.avocadoninja.co.uk/clean-coffee



References

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20. [Sulforaphane - role in aging and neurodegeneration - PMC \(nih.gov\)](#)
21. [Sulforaphane Activates Heat Shock Response and Enhances Proteasome Activity through Up-regulation of Hsp27 - PMC \(nih.gov\)](#)
22. [Heat shock proteins in neurodegenerative disorders and aging - PMC \(nih.gov\)](#)
23. [Sulforaphane Protects against Brain Diseases: Roles of Cytoprotective Enzymes - PMC \(nih.gov\)](#)
24. [Sulforaphane mobilizes cellular defenses that protect skin against damage by UV radiation - PMC \(nih.gov\)](#)
25. [Sulforaphane induces adipocyte browning and promotes glucose and lipid utilization - PMC \(nih.gov\)](#)