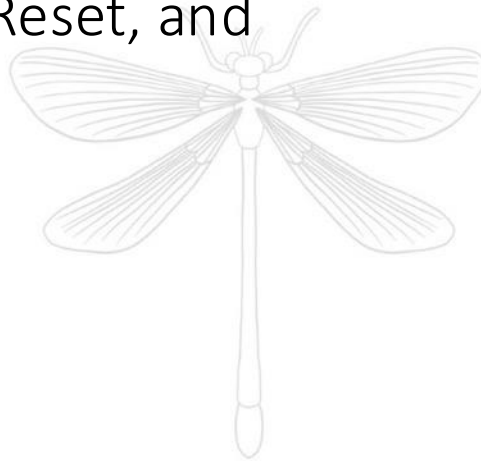




WORKBOOK

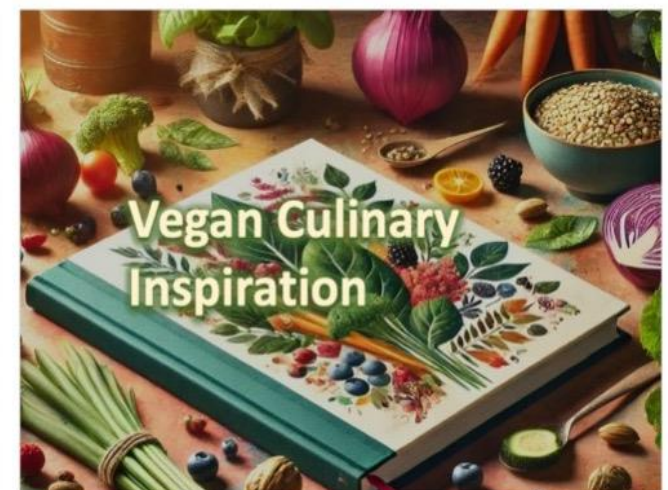
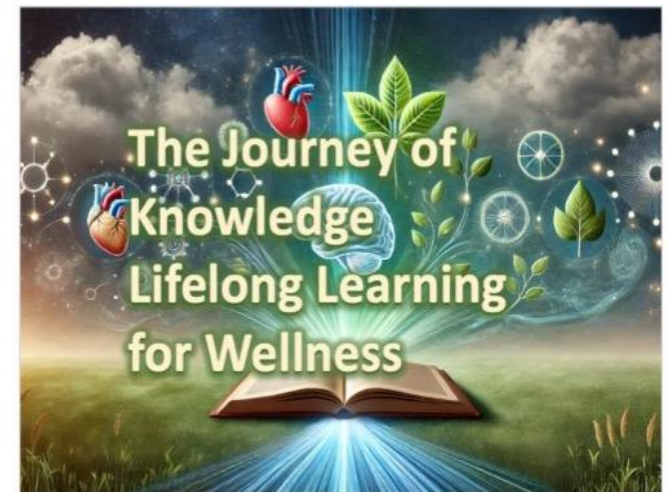
THE HEALTH PROTOCOL

A Practical System for Daily
Alignment, Metabolic Reset, and
Long Term Vitality



Navigating Your Path to Optimal Health: A Comprehensive Guide to The SAVI Holistic Model

This presentation offers a **comprehensive guide to holistic health and nutrition**, starting with key insights on optimal wellness. It includes **supplement recommendations** for enhanced vitality, **additional knowledge** on metabolic health and longevity, and a selection of **vegan dressings** for flavorful, oil-free meals. For those seeking indulgence without compromise, **Guilt-Free Vegan Indulgence** showcases satisfying yet nutritious plant-based treats. Finally, **Vegan Culinary Inspiration Books** provide expertly curated resources to elevate plant-based cooking and lifestyle choices.



The Natural Design of Food and the Modern “Dorito Effect”: Understanding the Natural Design of Food and Its Evolutionary Implications

All natural food sources in nature contain the three macronutrients—carbohydrates, proteins, and fats—but in **varying ratios**. No natural food, whether **plant- or animal-based**, has all three macronutrients in **abundance** or equal proportions. Typically, **natural foods** are designed to pair either **fats and proteins** or **carbs and proteins** predominantly. The modern concept of combining **fats and carbs** is purely a **human creation**, absent in nature. This **artificial combination**, often accompanied by **salt**, triggers a heightened **dopamine release**, creating an **addictive response**. Known as the “**Dorito Effect**,” this phenomenon exploits our **evolutionary drive** to seek **calorie-dense foods**, making **processed foods** nearly **impossible to resist**.

When **any fat**—whether **monounsaturated, polyunsaturated, or saturated**— is consumed alongside **processed carbohydrates**—especially **wheat** and **sugar-based products**—the body rapidly absorbs the **fat** in the **small intestine** and stores it directly in **fat cells**. This combination makes maintaining a **healthy body composition** exceptionally difficult. To mitigate this, it is crucial to **avoid pairing fats with processed carbs** and to prioritize consuming **whole, unprocessed foods**. Eating **animal products**, higher in **saturated fat**, is best done after a **prolonged fast (16+ hours)** as a “**breakfast**” when the body is in **ketosis** and **glycogen reserves** are low. In this state, **fats are utilized as fuel** rather than stored.

Humans naturally adapted to consuming **cooked animal flesh** during periods when **raw fruits, green leafy vegetables, nuts, and seeds** were scarce due to **climate** or **geography**. Historically and evolutionarily, the **human diet** has been predominantly **whole-food, raw, and plant-based**. Over time, **starches and legumes** became staples, offering **dense caloric content** that reduced the amount of food required to meet **energy needs**. These **plant-based staples**, combined with a focus on **minimally processed, nutrient-dense foods**, align with both **evolutionary** and **Divine design** for **optimal health**.

[The \(Evidence-Based\) Case for Diet as a Vital Sign \(Dr. David L. Katz\)](#)



The Hierarchy of Dietary Standards: From Natural Whole Foods to the Pinnacle of Raw, Sprouted Nutrition

Acceptable dietary choices can be visualized as a progression through four distinct tiers, each reflecting a **step toward optimal health, sustainability, and nutrition**. Starting with the broad inclusion of animal—and plant-based foods, this hierarchy culminates in a **purely plant-based diet composed of raw and sprouted foods**. Understanding these tiers clarifies how dietary shifts can align with health, environmental, and ethical goals.

Bronze Tier

- Whole-natural foods from both **animal** and **plant sources**.
- Includes foods consumed **cooked** or **raw**.
- Represents a balanced but less sustainable and nutrient-dense approach.

Silver Tier

- **Vegetarian** diets exclude **animal flesh** but include **dairy and eggs**.
- It focuses on **whole, natural foods** from animal and plant bases, consumed **cooked** or **raw**.
- A step toward reducing reliance on animal products while maintaining flexibility.

Gold Tier

- **Vegan diets** consist of only **plant-based foods**.
- Includes cooked or raw foods, emphasizing the absence of all animal products.
- Balances sustainability with a variety of preparation methods.

Platinum Tier

- Exclusively **plant-based foods** that are **raw** and **sprouted**.
- Maximizes **nutrient density, enzyme activity, and digestive efficiency**.
- Represents the most health-conscious and environmentally sustainable dietary standard.

[How to Increase Your Life Expectancy 12 to 14 Years](#) (Dr. Michael Greger)

