## High Fat Diet

For severe nervous systems disorders, I find the following to be better than the so called health approaches prescribed by the natural health community of practitioners. This is in addition to normal food

### Massive Nerve repair

1. 63 Grams of raw butter if you can get it, otherwise a good brand is OK.

2. 1 Liter of cream a day

3. 600 Grams of Sliced Beef (Very rare), include some fat on the beef (After several weeks on this amount, then muscle test how much is still needed.)

### Weight Loss

1. 63 Grams of raw butter if you can get it, otherwise a good brand is OK.

2. 500 Milliliters of cream a day

3. 250 Grams of Sliced Red Meat (Very rare), include some fat on the meat (After several weeks on this amount, then muscle test how much is still needed.)

###### Date First Taught: 05/24/2012

###### Developed By:

Ed Wagner, D.C., Randall J. Frank, N.M.D, C.T.N., D.M., D.D.