

Accelerated Cellular Regeneration Protocol

Welcome to the Accelerated Cellular Regeneration Protocol!

This program was created to help regenerate your nervous system and relieve sciatic nerve pain quickly and effectively. Here, you will access the personalized Okinawa regenerative shake recipe, as well as 43 additional regenerative vitamin recipes.

Protocol Objectives

Reduce pain: Relieve sciatic nerve pain within 2 hours.

Cell regeneration: Accelerate the regenerative process by up to 20x.

Strengthen the body: Improve skin, muscle, and nerve health.

2. 43 Regenerative Vitamin Recipes

These recipes use ingredients rich in regenerative macronutrients.

1. Regenerative Green Smoothie

1 kale leaf.

1 green apple.

Juice of half a lemon.

200 ml of coconut water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend everything in a blender and consume immediately.

2. Berry Smoothie

1/2 cup of strawberries.

1/2 cup of blueberries.

200 ml of almond milk.

1 tablespoon of chia seeds.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and serve.

3. Natural Protein Shake

1/2 papaya.

1 tablespoon of oats.

200 ml of skimmed milk.

1 tablespoon of flaxseed.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend and enjoy.

4. Mango and Ginger Vitamin

1/2 ripe mango.

1 teaspoon of grated ginger.

200 ml of coconut milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and consume.

5. Tropical Smoothie

1/2 pineapple.

1 orange (juice).

200 ml of coconut water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and serve chilled.

6. Banana and Oat Vitamin

1 banana.

1 tablespoon of oats.

200 ml of plant-based milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth.

7. Spinach and Pineapple Smoothie

A handful of spinach.

1 slice of pineapple.

200 ml of coconut water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend and serve.

8. Energizing Coffee Protein Shake

100 ml of cold coffee.

100 ml of almond milk.

1 tablespoon of cocoa powder.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend and serve with ice.

9. Blackberry and Melon Smoothie

1/2 cup of blackberries.

1 slice of melon.

200 ml of plant-based milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth.

10. Carrot and Orange Vitamin

1 small carrot.

Juice of 2 oranges.

1 teaspoon of grated ginger.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend and drink immediately.

1. Avocado and Spinach Smoothie

1/2 avocado.

A handful of fresh spinach.

200 ml of coconut milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until smooth and creamy.

Serve chilled.

2. Kiwi and Lime Smoothie

2 kiwis, peeled and chopped.

Juice of 1 lime.

200 ml of water or coconut water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients together and enjoy immediately.

3. Tropical Detox Shake

1/2 papaya.

1 slice of pineapple.

Juice of 1 orange.

1 tablespoon of flaxseed.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Combine all ingredients in a blender and mix until smooth.

4. Almond Berry Smoothie

1/2 cup of mixed berries (blueberries, raspberries, and strawberries).

200 ml of almond milk.

1 tablespoon of almond butter.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth and serve immediately.

5. Apple and Cinnamon Smoothie

1 green apple, chopped.

1/2 teaspoon of cinnamon.

200 ml of oat milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and enjoy this warm or cold.

6. Ginger and Beet Detox Drink

1 small beet, peeled and chopped.

1/2 teaspoon of grated ginger.

Juice of 1 lemon.

200 ml of water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until smooth. Serve chilled.

7. Protein-Boosted Cocoa Shake

1 tablespoon of cocoa powder.

200 ml of almond milk.

1 teaspoon of honey (optional).

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth and enjoy as a dessert drink.

8. Citrus Blast Smoothie

1 orange (peeled and segmented).

1/2 grapefruit (peeled and segmented).

200 ml of coconut water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and enjoy this refreshing smoothie.

9. Watermelon Mint Refresher

1 cup of watermelon cubes.

A few fresh mint leaves.

200 ml of water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth and serve over ice.

10. Pumpkin Spice Shake

1/2 cup of cooked pumpkin.

1/2 teaspoon of pumpkin spice mix.

200 ml of plant-based milk (almond or oat).

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until creamy. Serve warm or cold.

1. Tropical Sunrise Smoothie

1/2 cup of frozen mango.

1/2 cup of frozen pineapple.

1 banana.

200 ml of orange juice.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until smooth and creamy.

Serve chilled.

2. Cucumber and Mint Refresher

1/2 cucumber, peeled and chopped.

A handful of fresh mint leaves.

200 ml of coconut water.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth and enjoy as a refreshing drink.

3. Pomegranate Power Smoothie

1/2 cup of pomegranate seeds.

1/2 cup of raspberries.

200 ml of almond milk.

1 tablespoon of chia seeds.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Combine all ingredients in a blender and blend until smooth.

4. Peach and Ginger Smoothie

1 ripe peach, sliced.

1/2 teaspoon of grated ginger.

200 ml of oat milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and enjoy immediately.

5. Pear and Vanilla Smoothie

1 ripe pear, cored and sliced.

1/2 teaspoon of vanilla extract.

200 ml of plant-based milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend until smooth and serve.

6. Matcha Energy Boost Smoothie

1 teaspoon of matcha powder.

1 banana.

200 ml of almond milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients and enjoy this energizing smoothie.

7. Watermelon and Basil Refresher

1 cup of watermelon chunks.

A few fresh basil leaves.

Juice of 1 lime.

200 ml of water.

1 tablespoon oated plant-based protein.

Preparation Method:

Blend until smooth and serve immediately.

8. Chocolate Avocado Smoothie

1/2 avocado.

1 tablespoon of cocoa powder.

1 tablespoon of honey (optional).

200 ml of plant-based milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until creamy and smooth.

9. Papaya and Turmeric Smoothie

1/2 cup of papaya chunks.

1/2 teaspoon of turmeric powder.

200 ml of coconut milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until smooth and serve.

10. Strawberry Banana Delight

1/2 cup of strawberries.

1 banana.

200 ml of almond milk.

1 tablespoon of isolated plant-based protein.

Preparation Method:

Blend all ingredients until smooth and creamy.