

# Congratulations on starting VFP#1-LiCrON/Regeneration.

This is an educational experience – we want you to be aware of the science and then experience the benefits personally.

**Priorities:**

- #1 Metabolic flexibility through optimum fuel, insulin levels, and Ketone signalling molecules. (fine-tuned through fasting protocols)
- #2 Support for mineral salt deficiency via electrolyte balance, good hydration, and specific deficiency supplementation.
- #3 Support for your microbiome – via minimum levels of Vitamin D and B Growth Factors (Vitamins) with HIGHER B12 intake and nutrient-dense whole foods.
- #4 Support for your mitochondria (using CoQ10 and ALC supplementation) and optimum fuel, insulin levels, and Ketone signalling molecules.
- #5 Protein Ratio above 2.0 to support increased cardio performance and strength – for optimal physical health.
- #6 Maximise autophagy & ketone signalling molecules for optimal cell rejuvenation and longevity, and to improve brain functioning and FLOW – (experienced through GKI pathways 4, 3, 2, 1).
- #7 Increase movement and strength to achieve and maintain peak body composition and readiness for anything and everything.
- #8 To achieve, maintain, and continually raise your levels of HRV and ability to FLOW so you may perceive and be that which you previously couldn't.
- #9 To be the greatest version of yourself so you may support others to achieve the same – and then interact with altruism.

**Health Pathway to support identification and achievement of the above.**

**The following Health Factor Pathway Zones are related to the GKI Ratio (Glucose: Ketone Ratio)**

The GKI has been used in medical research science to identify health pathways for illness and disease – more significantly [it has been used to monitor therapeutic efficacy for metabolic management of brain cancer.](#)

We have used the GKI to indicate more general illnesses and diseases to be more relevant for most people.

**This is for information (non-medical) purposes only.**

Health Factor Zone	Zone Reference Names	Blood Glucose Level mmol/L	Blood Ketone Level mmol/L	GKI Glucose/Ketone Ratio
1	Max Autophagy	3.9 to 1.7(*1)	2.6 to 6.5	1.5 to 0.4
2	Therapeutic	3.9 to 2.9	1.3 to 2.6	3.0 to 1.5
3	Healthy Target Range	5.2 to 3.9	0.9 to 1.3	6.0 to 3.0
4	Insulin Sensitive	5.3 to 5.1	0.6 to 0.9	9.0 to 6.0
5	Insulin Resistant	5.5 to 5.3	0.2 to 0.5	27 to 10
6	Pre-diabetic	6.9 to 5.6	0.2 to 0.4	35 to 14
7	Untreated Type 2 diabetic	> 6.9	< 0.3	70 to 23
7b	Type 3 diabetic (Alzheimer's)	> 6.4	< 0.3	> 21
8	Untreated Type 1 diabetic	27.8 to 7.0	< 0.1	280 to 70
1 - 4	LiCrON	5.2 to 3.3	0.9 to 5.5	9.0 to 0.6

The following information provides a more detailed explanation of what to expect within each zone:

The Zones are initially based on a simple GKI Circulating Blood Glucose and Blood Ketone Level / Ratio – The GKI is an initial health pathway indicator, however, for optimal health other important aspects must be factored in – this information explains the pros and cons of the zones; it does not provide details of how to move between them – see VFP#1 online for such details.

Zones 1-4 indicate you have metabolic flexibility and can produce beneficial Ketone bodies.

Zones 1-4 may also be limited with certain other deficiencies, but we refer to these as B Zones 1-4 and these would detract from your health.

[This link explains what happens when you have metabolic flexibility but are deficient in Vitamin D, B12, B Growth Factors, and Essential Minerals.](#)

We also have Happy Zones 1 – 4, and these assume you have metabolic flexibility AND are not deficient in any vitamins, minerals, hormones, or protein (amino acids)

Happy Zones 1 – 4 provide optimal levels of oxytocin, dopamine, serotonin, and melatonin levels.

This is where your microbiome functions without influencing you negatively with addictions or cravings and your mitochondria provide you with super levels of energy, and your sleep is perfect.

These zones provide optimal physical perfection, mental and emotional clarity, creativity, flexibility, and flow.

More details are provided below:

Health Factor Zone	Zone Reference Names	Blood Glucose Level mmol/L	Blood Ketone Level mmol/L	GKI Glucose/Ketone Ratio
1	Max Autophagy 2 days/month (target)	3.9 to 2.7	2.6 to 6.5	1.5 to 0.7

For those who are predominantly in zones 1 – 4, then zone 1 is perhaps only needed for 2-5 days/month (or even 2-3 months) to gain its healing benefit because you are seeking a flexible metabolic state that has the flexibility to quickly interchange between these zones. You only need to maintain zone 1 if you have a life-threatening illness or disease or some kind of physical or mental paralysis – and then only until you are cured. Zone 1 is normally only achieved through prolonged fasting, however, Mr. P has experienced zone 1 many times and is an expert in how to get there. The world’s leading experts provide [more details here](#).

Zone 1 extends the benefits of autophagy and Ketone signalling molecules selectively remove specific damaged proteins that lead to Parkinson’s disease and Alzheimer’s, regulate tumour-suppressive genes, and may also help overcome neurodegeneration, depression, cardiomyopathy, diabetes, liver disease, autoimmune diseases, and infections,” preventing damage to healthy tissues and organs (known as necrosis).

2	Therapeutic 3-5 days/month (target)	3.9 to 2.9	1.3 to 2.6	3.0 to 1.5
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For those who are predominantly in zones 1 – 4, then zone 2 is perhaps only needed for 3-7 days/month to gain its therapeutic benefit, because, you are seeking a flexible metabolic state and need to be able to quickly interchange between zones, 1 – 4 (and 5 on rare occasions).

In this zone therapeutic autophagy and the use of Ketone signalling molecules significantly improve cognitive function, brain structure, and neuroplasticity and may overcome the need for statins (subject to medical supervision). This is ideal for people seeking to overcome strokes and other degenerative problems. This zone protects against muscle loss, supports the growth of heart cells, and protects against heart disease. It enhances the immune system against infections such as COVID-19, by eliminating intracellular pathogens and it totally removes triglycerides and lowers LDL cholesterol.

This zone is excellent for defending against misfolded, toxic proteins that contribute to a number of amyloid diseases, which may lead to life-threatening organ failure – (in the body and the brain). It also protects the stability of DNA and healthy gene regeneration.

3	Healthy Target Range 14- days/month (target)	5.2 to 3.9	0.9 to 1.3	6.0 to 3.0
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For those who are predominantly in zones 1 – 4, then zone 3 is perhaps the zone you are seeking to be in for 75% of the time – you can decide between zone 3 and 4 which one makes you feel the best with the most flexibility. This is the zone where increased Ketones interact with the microbiome and mitochondria to create greater signalling pathways to enhance the functioning of the brain and all mental and emotional positivity. These signal factors increase your happy hormones and neurotransmitters to reduce anxiety and depression and make you feel more positive and caring – your ability to empathise with others increases as your ability to be more socially interactive and caring. Exercise at this stage increases the benefits of autophagy and Ketone signalling molecules that prevent muscle loss and focus on fat loss. For those who are already lean, this further triggers NAD+ and signals DNA longevity genes called Sirtuins to create new energy (without any other fuel source) from the

synthesis of damaged cells. Toxins and damaged cells from the body are subsequently removed and replaced with new healthy cells. This new growth is different from the build-up and recovery of existing cells from zone 4 – it is what makes people look and feel younger, rather than just gaining muscle or becoming ‘fitter’. Zone 4 is perfect for skin renewal and for improvement with vision or brain degenerative disease.

**This is also the perfect time to combine increased Ketones with protocols to optimise sleep and your healthy microbiome and to ensure the sufficiency of all 12 minerals and B growth factors. This protocol will combine with the mitochondria to ensure potentially maximum energy production (subject to adequate oxygen absorption) and extend the quality and length of your life. This is the perfect zone for optimal prolonged performance.**

4	Insulin Sensitive 7- days/month (target)	5.3 to 5.1	0.6 to 0.9	9.0 to 6.0
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For those who are predominantly in zones 1 – 4, then zone 4 is perhaps the zone you are seeking to be in for 25% of the time – you can decide between zone 3 and 4 which one makes you feel the best with the most flexibility. This zone is easier to maintain than zone 3 although not quite achieving peak performance. This zone is possibly the best for those seeking muscle growth as it is the highest-growth state zone focusing on repair and recovery and protein optimisation. Growth is promoted through neuro sensors such as Mtor and signalling molecules such as NADH and maximum efficiency of your microbiome and mitochondria. Ketone production is started, but the emphasis is on fat utilisation and metabolic flexibility. Inflammation is improved as is DNA repair. HGH (Human Growth Hormone) and BDNF (Brain-Derived Neurotrophic Factor) are produced in significant beneficial quantity, which increases brain synapses (Neurogenesis) – this will make you feel mentally and emotionally fantastic and able to interact with others with ease. Exercise will now (especially during a fasted state) increase all the above benefits. If this zone is further extended (the time is variable with each person) then autophagy may start and you will likely progress to zone 3. Knowing you are in this zone would be beneficial for anyone competing in performance sports or anyone seeking to improve physical appearance (muscle more than skin).

**Zones 1-4 may also be limited with certain deficiencies, but we refer to these as B Zones 1-4 and these would detract from your health.**

**[This link explains what happens when you are otherwise healthy but deficient in Vitamin D, B12, B Growth Factors, Essential Minerals & Metabolic Flexibility](#)**

**Lower Health Zones (5 -8) are explained from the links below, please understand that the following insights do not include the deficiencies explained above – these would be additional causes of concern, and when combined, would lead to more serious ill-health and disease.**

5	Insulin Resistant	5.5 to 5.3	0.2 to 0.5	27 to 10
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**[Please click here for a video on this level.](#)**

**Zone 5 is where 80% of people feel healthy but are actually breaking their bodies!**

**[It is the danger zone as it represents the zone that Health Organisation mislead as being Healthy.](#)**

It is the zone of Insulin Resistance and it results in having too much glucose circulating in the blood caused by your lack of sensitivity to insulin – it will lead to high cholesterol, high blood pressure, and other health problems. In this zone you store excess glucose as fat and do not burn the fat you eat for energy – you store it. Furthermore, unless you undertake lots of exercises you will not use any stored fat for energy. Your metabolism will not have flexibility because you will not be producing any Ketone bodies and will not benefit from their interaction with the microbiome and mitochondria, and brain as positive signalling molecules. Instead, the glucose you eat will bind to proteins (tissues, hormones, and neurotransmitters) and start to diminish their ability to function or regenerate as substrates for future energy. In this zone, you will severely impair the natural process of autophagy and your body will not dispose of unhealthy or dying proteins; instead, they will accumulate as Advanced Glycation End Products and promote the production of Free Radicals. Your gut microbiome will change with the healthy microbiome being taken over by unhealthy flora that has a preference for glucose. This will minimise the production of happy hormones such as oxytocin, dopamine, and serotonin, and reduce melatonin levels which will negatively affect your quality of sleep. Poor sleep will then cause you to function poorly, and your immune system will be impaired – you will experience more mood swings, emotional disconnection, illness, and disease and have less energy. You may develop cravings or addictions or attachments and will have a less flexible metabolic system that spends too much time in the fight-and-flight nervous system which will cause mental fog, confusion, anxiety, mental stress, memory loss, inflammation, and degenerative problems with the brain.

6	Pre-diabetic	6.9 to 5.6	0.2 to 0.4	35 to 14
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This zone is so important and easy to achieve because when you follow the healthy eating guidelines from the American and British Medical/Health Organisations – this is where you will end up.

[Click here to watch a video that explains it further.](#)

In this zone, you are only a few years (possibly months) away from having diabetes.

**If you follow official guidelines whilst in this zone YOU WILL INCREASE YOUR RISK OF GETTING DIABETES!**

In this zone you will be much more irritable and have less patience, you may get lightheaded or have brain fog and headaches and get colds easily. If you are transitioning into or out of this zone – you need to consider fasting (leading up to a 3-day fast) to get through to zone 5 or 4.

If you stay in this zone your body will develop addictions and attachments to foods, drinks, people, places, and situations. If you exercise a lot in this zone then you may feel fit, however, your body is likely to be constantly in the sympathetic nervous system (fight and flight - stressed). This will age you more quickly, and should you stop exercising you will feel much worse and may gain weight quickly. Everyone is different and you may be able to hold much more fat than someone else, or a lot less fat than someone else before you become diabetic – but in this zone, it is only a matter of time before it arrives.

In this zone, everything that is indicated in zone 5 applies but it will be worse!

<b>7</b>	<b>Untreated Type 2 diabetic</b>	<b>&gt; 6.9</b>	<b>&lt; 0.3</b>	<b>70 to 23</b>
<p><b>Fitness and health are not the same – in this zone, you may be fit but you are unhealthy –</b>  <a href="#">for clarity on this please watch this video.</a>  <b>You may have many of the unhealthy problems associated with a diabetic WITHOUT BEING DIAGNOSED AS A DIABETIC – THIS WILL CAUSE YOU TO DIE EARLIER THAN YOU SHOULD HAVE!</b>  <b>Everything that applies in zones 5 and 6 above applies in zone 6 – but it will be worse!</b></p>				
<b>7b</b>	<b>Type 3 diabetic (Alzheimer's)</b>	<b>&gt; 6.4</b>	<b>&lt; 0.3</b>	<b>&gt; 21</b>

What is type 3c diabetes?

You may have heard of the more common types of diabetes like type 1, type 2, and gestational. But there are actually many other types of diabetes that aren't as well known.

Type 3c diabetes develops because of damage to the pancreas, which can happen for a few different reasons. And although it's different from other types, you can get the wrong diagnosis of [type 2](#) because type 3c isn't well known. Not getting the right diagnosis can be difficult to deal with emotionally. You might feel angry at not getting the right treatment or you could just get worn out by the whole process.

[For more details please click here -](#)

<b>8</b>	<b>Untreated Type 1 diabetic</b>	<b>27.8 to 7.0</b>	<b>&lt; 0.1</b>	<b>280 to 70</b>
<p>Diabetes is a known cause of dementia, however, many people do not realise that this also impacts people with undiagnosed and untreated diabetes. That is, people with higher average glucose levels within the preceding 5 years to diagnosis showed an increased risk of dementia. <a href="#">Results suggest that higher glucose levels may be a risk factor for dementia, even among persons without diabetes. (Funded by the National Institutes of Health.)</a></p> <p>Zone 8 is much more common than you may think, especially with larger, more obese people, who have a higher fat threshold (can become fatter without being diagnosed with diabetes). <b>However, this does not mean such people, or even lean people, are exempt from greater health risks, more illness, and greater dis-ease.</b> Their immune systems will be very poor, their levels of inflammation will be high, and their energy levels and the functioning of their mitochondria will be minimal. Their microbiome will be dominated by unhealthy bacteria, and this will negatively control their thoughts, emotions and behaviour. <b>Anyone in this zone is a time bomb for a heart attack, blood clot, seizure, coma, or some other physical, mental or emotional breakdown.</b> People in this zone may still be involved in active sport or live an intense lifestyle and such activity may work for or against them – it may provide them with more resilience, or it might just be what breaks them.</p> <p><b>If you are in this zone, then you would benefit from a Vitamin D and B12 blood test.</b>  <b>You would also benefit from a full blood panel test and analysis.</b></p> <p><b>It is possible to correct all your issues by providing you with all that you lack.</b>  <b>In this zone you will be deficient of natural minerals, hormones and growth factors and your microbiome and mitochondria are functioning poorly – all of this can be corrected without any medication.</b></p> <p>Allow yourself 12 months of well-being focus with an experience of VFP#1 to return to the Happy Zones 1 - 4.</p>				

This health chart is based mainly on a lack of metabolic flexibility (inability to utilise Ketone bodies & glucose effectively) – MOST PEOPLE also have other deficiencies- [This link explains what happens when you have metabolic flexibility but are deficient in Vitamin D, B12, B Growth Factors, and Essential Minerals.](#)

Full details at [www.besuper.ltd](http://www.besuper.ltd)