

## VFP#1 LiCrON/Regeneration:



### **VFP#1 is a PREVENTATIVE HEALTH & FITNESS CARE PACKAGE:**

It is about the flow of physical energy: It supports your awareness of how the real you relate to stressors caused by the environment, food, drink, exercise, feelings, and thoughts.

### **It has 2 connected aspects – LiCrON & Regeneration**

Before you can grow you have to minimise cellular death and optimise cellular renewal. The reason we feel un-well and age (physically and mentally) is due to:

1. The diminishing healing and growth relationship of our natural energy systems. As we get older if we do not keep renewing our damaged and dead cells (including our brain neurons and synapses) with healthy new ones then we become weaker and less intelligent, get ill and start to look and act old – we start to die. We can start dying from a very young age or we can delay the dying process until we are very old – it comes down to how well we optimise our energy systems and ‘autophagy’. ***It is not getting old that stops us from doing things, it is stopping doing things that get us old!***
2. An unbalanced mutualistic relationship with our enterotypes or bacterial flora and our other intelligent internal parts and systems.

**LiCrON** is an educational and practical body transformation experience that overcomes problems with feeling unwell and aging. It guides you to vibrate the cells of your body to be healthy and provides the basis for growth. It focuses on vibrational tuning through 95% rest, reconciliation, rejuvenation, and 5% growth. Extended time spent in your PNS (parasympathetic nervous system) prepares you for ***post-traumatic growth and hormesis!***

**LiCrON** is similar to The Newcastle Diet, using SF1 and SF5 shakes plus real foods rather than packet meals. LiCrON kick starts and maximises *autophagy* through fasting and maintains it via **Low Insulin Calorie Restricted Optimum Nutrition**. Our insights enhance Human Growth Hormone and Brain-Derived Neuro Factors to promote energy, strength, and creativity. It will extend your lifespan; and reduces the development of age-related problems such as diabetes, cancer, neurodegenerative, and cardiovascular diseases. **It prepares for regenerative growth, improved strength, fitness, and self-awareness.**

**The Regeneration** aspect of LiCrON helps you to become super fit, strong and healthy. The insights will remain with you for life, and you will never need to go on a diet or any other health and wellbeing programme afterward. Our emphasis is on improved mental clarity and agility, health, and functional lean strength rather than bulk.

[VFP#1 starts with your VFP BLUEPRINT REPORT – click here for more details.](#) Or [click here to view more detail about VFP#1 LiCrON/Regeneration.](#)