



Chris Coppola

INTUITIVE WELLNESS

REIKI HEALING CENTER

646-246-1074

[www.chriscoppolawellness.com](http://www.chriscoppolawellness.com)

# NATURAL PROTOCOLS

**A GUIDEBOOK TO  
OPTIMAL HEALTH AND  
WELLNESS**

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I AM SO HAPPY AND  
GRATEFUL  
NOW THAT PERFECT HEALTH  
AND WELLNESS COME TO ME  
IN INCREASING QUANTITIES,  
THROUGH MULTIPLE  
SOURCES,  
ON A CONTINUOUS  
BASIS

*DETOX / CLEANSE*

*ALKALIZE / NOURISH*

*OXYGENATE / HEAL*

## **THE FIRST 8 WEEKS**

Here is a great course of action to reduce inflammation, kill parasites and alkalize the body for optimal healing.

1. Upon waking

10 -12 oz of pure celery juice, I use a whole bunch of organic celery the greenest I can find

I add the scoop of zeolite pure powder and drink

2. Make the Orgain Organic protein shake with spirulina powder - 1 teaspoon. Add a quarter size piece of organic ginger.

2B. Coffee or Tea as usual

(no sugars natural or artificial)

Great time to use Soursop Tea (graviola) or Essiac Tea, as directed

3. Implement any normal daily exercise, go for a walk, do some light jumping in place

(For lymphatic drainage)

On and off for 5 minutes.

4. Take the para cleanse tablets as directed

5. 15 minutes after para-cleanse herbs

At about 10:30-11:am (intermittent fast 14 hrs)

Have your real breakfast

2-4 scrambled eggs (organic)

1 whole avocado (organic)

With olive oil and salt (to mineralize the body)

(Fat and Protein only, no bread or glucose, no fruit or sugar for first 90 day “trimester”)



## THE ANTI "C" JUICE RECIPE

Carrot juice: all ingredients - organic if possible

This is for 30 oz of juice

I buy these carrots in the 5 pound bag and use about 3 pounds

2 Granny Smith apples

Small piece of raw garlic

1 Claw of ginger (use to taste and build up to more) 1/2 peeled lemon

(Keep the white on)

1/2 peeled lime

Small piece of turmeric

Finish with a sprinkle of cayenne to activate the curcumin in turmeric

**IN A JUICER NOT A BLENDER**

6. Directly after breakfast take all vitamins and supplements see list below for “supplements”

I usually boil about 4 eggs for 10 minutes as snacks for the day

7. Take needed para-cleanse tablets, as directed 15 minutes before Lunch

## LUNCH

The base for all of my lunch meals is an *organic salad*

To alkalize the body, roughage via water soluble fiber is essential

SALAD: all organic, if possible

Spring mix salad

8-10 slices of cucumber

5-6 organic wild wonder small tomatoes

1/2 can of cannellini beans

Raddish

Kalamata olives

I use olive oil, balsamic vinegar and salt and pepper as a dressing

(no store bought dressings)

Add a boiled egg or 2 to the salad for extra protein!

## GOOD OPTIONS:

Feel free to add a piece of grilled or broiled sock-eye salmon (wild caught only)

High quality canned tuna (safe catch brand is great)

(I use avocado mayo and organic celery slices to make the tuna salad.)

After the salad above, if you are still hungry, do another 12oz protein shake with Spirulina with a squeeze of lemon



## DETOX AND OXYGENATE JUICE

### Green Juice, organic if possible

- 1 Seedless cucumber
- 1 whole celery (or 1/2)
- 2 granny smith apples
- 1/2 lemon
- 1/2 lime
- Nice claw of ginger
- (Build up)
- (Parsley is a good idea too if you like for detox)

This can be used first thing in the morning instead of pure celery juice  
And after your infrared sauna, for sure!  
I drink 1 -2 bottles per day in addition to the carrot juice

### **IN A JUICER NOT A BLENDER**

8. 1 HR. After lunch, I use another teaspoon of baking soda in 10 oz of water, to continue alkalizing the entire digestive track

9. A little more exercise

(Rebounding is very important to move the lymph fluids in the body)

9B. And now would be a great time for sauna, red light or HBOT treatments etc or drips etc.

10. Take a nap if possible, at least 35-40 minutes

11. Another celery juice,

If possible some light snacks like nuts and another boiled egg or 2

## 12. **Dinner**

For these 3 months

Try to cut out as much meat as possible

Especially red meat

All disease flourish in an acidic environment free of oxygen to grow.. SO-

We want to alkalize the body as much as possible, and meat and shellfish are the most acidic foods.

You can have chicken (organic)

Wild caught sockeye salmon (Alaska)

And other fish from Alaskan seas / wild caught

No Sushi, No Atlantic salmon, No pork

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### **Great additions to our protocol:**

- A grounding sheet or mat for your bed
- Water filters for shower, faucets and washing machines
- Faraday fabric to shield wifi router and EMF radiation from laptops
- Use natural soaps and shampoo like Dr. Bronner brand
- Fluoride free toothpaste, Aluminum free deodorant
- No isopropyl alcohol or hand sanitizer use  
(Major toxin involved in “C” growth)

## **Vegetables**

Should be organic and fresh, with no frozen brands

Disease fighting vegetables include:

Broccoli

Brussels sprouts

Asparagus and my favorite is Broccoli Rabe:

Sautéed with garlic

Try to keep all vegetables firm after cooking, to hold the highest amount of vitamins and antioxidants

**SNACKS:** are very basic proteins and fats

Boiled organic egg, organic nuts like shelled pumpkin seeds, and organic shelled walnuts are very good and also kill parasites! Cucumbers and carrots with Hummus

Delete all chips crackers and boxed snacks.. they contain very high levels (even the healthy ones) of seed oils and toxic preservatives. Flavors and colors in chips etc fast foods, French fries, are loaded in Glutamate- a food that disease lives on! So try to Delete all Glucose and Glutamate.

## **OTHER FOODS TO AVOID:**

Due to the presence of parasites with most people with chronic disease, we want to eliminate certain foods known to be high in dangerous parasites:

1. Atlantic Salmon. or farmed raised fish and shellfish  
These farmed raised fish and bottom feeders are fed garbage and waste materials, and are filled with dangerous parasites and metals.
2. Sushi. (Used to be one of my favorite foods) this raw seafood is filled with parasites and parasite eggs
3. Pork. The highest in parasite content avoid all forms.

## Additional Resources:

Barbara O'Neill: "Self Heal by Design"

Chris Wark: "Chris Beat Cancer: A Comprehensive Plan  
for Healing Naturally"

The Works of Dr. Hulda Clark:  
[www.drclarkstore.com](http://www.drclarkstore.com)

## TREATMENTS:

### ***REIKI / ENERGY HEALING & SUPPORT***

The most powerful way to clear old emotional baggage  
and mental trauma affecting our health

Search for "HBOT" or ***Hyperbaric Oxygen Therapy***  
near you

Research IV Drips: ***High Dose Vitamin C***  
Ozone 3, and Ozone 4, IV drip treatments

***Infrared Sauna*** 2-3 times per week for detox  
Followed by Red light therapy (pref. A "bed" or whole  
body)

4. Frozen or boxed processed foods. If its in a box or in the frozen section, it has been processed in a manufacturing plant, and usually treated with chemical preservatives for long freeze, and shelf life

5. Avoid using a microwave oven, Gamma radiation and gamma radiated water is toxic to our cells. No matter how convenient, it should be avoided.

-Try a stove top sauce pan, or boil water with a metal colander above it to heat your vegetables, and other foods that need a quick heating up

### **Liver Detox Protocol:**

This natural remedy will help detox the liver, and influence great healing in the gut as well. To be taken before bed.

1 oz. shot glass filled with good quality olive oil

1 pinch of cayenne pepper (small amount)

1 squeeze of lemon

(After my initial medical treatment, I had liver failure as a side effect, with cirrhosis seen in my scans and my blood work. These natural protocols totally healed my liver in 90 days!)

**Liver supplements:** Milk Thistle, Dandelion, Burdock root with sea moss (capsule)

### **Liver detox Cont.**

I use the Queen of the thrones “liver pad”, it is made of organic cotton.

Apply a big tablespoon of “Queen of Thrones” golden organic castor oil on pad. Wrap this pad around lower right side to cover liver, go to bed as usual 8hrs. Wear nightly for 30 days.

## SUPPLEMENTS DISCLAIMER

Some foods, supplements, and herbs may cause adverse reactions when taken at high doses or with some prescription medications, or if certain health conditions exist.

Consult your DR. and do your own research thoroughly. I encourage working with a smaller dose to see how you feel before using higher doses, (as you do so at your own risk)

The most common reaction to supplements is nausea or diarrhea. This usually means you are taking too much at once. If this occurs, try to space out your supplements during the day, take smaller doses until acclimated, or take them with meals.

# VITAMINS AND SUPPLEMENTS:

## MORNING SHAKE

1. ZEOLITE PURE
2. ORGAIN ORGANIC PROTEIN VANILLA (mix with water)
3. NUTREX HAWAIIAN SPIRULINA POWDER

\*\*\* I RECOMMEND "BLUEBONNET" VITAMINS FOR THEIR PURITY, AND THE GLASS BOTTLE

4. Vitamin D3 800-10,000 IU Daily
5. Magnesium Glycinate 4 capsules daily
6. Vitamin C caps 2000mg
7. Magnesium Malate 500mg
8. Chelated Iron 27mg
9. Vitamin D3 & K2
10. Gaia Herbs- Milk Thistle or
11. Wild harvest- Milk Thistle and dandelion
12. Ibaste Soursop Graviola drops
13. Secret Element wildcrafted seamoss
14. Amazing Herbs black cumin seed oil
15. Better Way Health curcumin extra strength  
(The most important!)

PARA-CLEANSE SUPPLEMENTS:  
THE BASIS OF OUR RECOVERY

Before and during your 18-day cleanse take the Enzyme Nattokinase. These Enzymes kill and destroy the bio films that parasites hide in, and also cleanse the blood of spike proteins and other pathogens stored in the liver. This is a natural blood thinner made from fermented soy beans, used mostly in Japan this enzyme promotes blood flow and healing as well as clears the way for the para cleanse to do its best work.

The Dr. Hulda Clark para-cleanse

3 herbs are:

1. Clove caps
2. Wormwood caps
3. Black walnut hull tincture

USE AS DIRECTED AND FOLLOW THE COMPLETE  
18 DAY CLEANSE

AVAILABLE ON AMAZON AND AT THE DR. CLARK  
STORE.COM

I use the zeolite daily to clear all of these dead cells, parasite debris and associated toxins out of the body safely each day

# About the Author



USUI REIKI MASTER / HOLISTIC  
HEALTH COACH CHRIS COPPOLA

My life took a pivotal turn when I was diagnosed with stage 4 melanoma, leading to an emergency brain surgery with other tumors in my brain and lungs. After a near fatal reaction to systemic medical treatment, I was confronted with my Doctor's prognosis of having just a year to live. It was clear at that moment, I had to find another way.. I dedicate my life now to empower others on their healing journey, sharing the exact protocols that I use everyday to become healthy and "C" free. If you need more support to implement this protocol and change your life like I did, book your session at:  
[www.chriscoppolawellness.com](http://www.chriscoppolawellness.com)

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## Links for Recommended Products and References

1. ZEOLITE PURE <https://amzn.to/46XzgJp>
2. ORGAIN ORGANIC PROTEIN VANILLA (mix with water) <https://amzn.to/46VWsYn>
3. NUTREX HAWAIIAN SPIRULINA POWDER <https://amzn.to/47x5Ba2>

I RECOMMEND "BLUEBONNET" VITAMINS FOR THEIR  
PURITY, AND THE GLASS BOTTLE

4. Vitamin D3 800-10,000 IU Daily <https://amzn.to/47eebZQ>
5. Magnesium Glycinate 4 capsules daily <https://amzn.to/49aHa3p>
6. Vitamin C caps 2000mg <https://amzn.to/4ovVAjf>
7. Magnesium Malate 500mg <https://amzn.to/4hk8Ftt>
8. Chelated Iron 27mg <https://amzn.to/3lQmiUB>
9. Vitamin D3 & K2 <https://amzn.to/3WGQdBF>
10. Gaia Herbs- Milk Thistle <https://amzn.to/46XtzuY>

OR

11. Wild harvest- Milk Thistle and dandelion <https://amzn.to/42LVRWR>
12. Ibaste Soursop Graviola drops

13. Secret Element wildcrafted seamoss <https://amzn.to/4olAjsb>

14. Amazing Herbs black cumin seed oil <https://amzn.to/4nZuaCr>

15. Better Way Health curcumin extra strength <https://amzn.to/3JiRkV9>

(The most important!)

16. Dr. Hulda Clark para-cleanse <https://amzn.to/4hgQB3q>

17. Queen of the thrones "liver pad <https://amzn.to/4hizApp>

18. Aluminum free deodorant <https://amzn.to/47f0rhJ>

19. Flouride Free Toothpaste <https://amzn.to/47eHtYr>

20. Natural All in One Soap <https://amzn.to/3J7SDGw>

21. Grounding Mat for your bed <https://amzn.to/4oqkJvk>

22. Barbara O'Neill: "Self Heal by Design" <https://amzn.to/4hfr4HL>

23. Chris Wark: "Chris Beat Cancer: A Comprehensive Plan for Healing Naturally" <https://amzn.to/3WHYrtj>

24. The Works of Dr. Hulda Clark: [www.drclarkstore.com](http://www.drclarkstore.com)

### Medical Disclaimer

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