

# The Wonders Health Protocol

*The key to your health starts here.*



The ultimate guide  
designed to help you live easier.

The following is a general health protocol.

**For a personalized health protocol and tailored dosages of water, vitamins, and protein levels, schedule a personal 15 minute, 30 minute, or hour-long consultation with The Wonders.**

To request a private session, email **[thewonders@thewonders.com](mailto:thewonders@thewonders.com)**.

# The Wonders Health Protocol

*The key to your health starts here.*



## 1. Food

Dietary Breakdown:

*Foods preferably from an organic source.*

30% Protein\*

30% Fat

40% Complex Carbohydrates

\*A ratio of vegetable-source to animal-source protein.

## 2. Water

18 - 22 Glasses (8 oz.) of pure, clean spring water\*\* **per day**

\*\*Preferably from a mountainous source.

## 3. Exercise

20 minutes of Rebounding (**1- 3 times per day**)

## 4. Supplementation

Vitamin C

Vitamin E

Calcium Magnesium

Ginkgo Biloba

Bilberry Extract

*This information has not been evaluated by the Department Of Health Canada. This health protocol is not intended to diagnose, cure, or prevent any disease. Instead, we recommend you consult a qualified health care professional before and during the course of your suggested health protocol.*

## An Introduction

### What is the health protocol?

This simple and profound health protocol is a guide given by The Wonders - a consciousness channeled by René Gaudette that is speaking to help humanity grow - to move you towards experiencing health to the absolute degree. **All quotes are taken directly from The Wonders.**

“The health protocol will allow your cells to replicate to their benefit, to support the body’s natural elimination process to remove toxins from the body, to eliminate a good portion of cellulite, to provide a proper balance of vitamins and minerals to return the body to its own level of optimal ability, optimal existence.”

### The Body Requires Two Things...

“On a physiological or nourishment level, the body requires two things:

First, a great deal of water – for the body, the cellular structure itself, relies on water in order to maintain itself.

Secondly, the body requires nourishment – nourishment through food sources, through whatever sources are available.”

*“Are you willing to experience health to the absolute degree that it was intended? Or are you willing to accept your perception of health, based on what you perceive around you and perceive others doing? Are you willing to look like a 65 year old at 65, or would you rather look like an 18 year old?*

*The choice is yours.”*

# Diet

## What to eat?

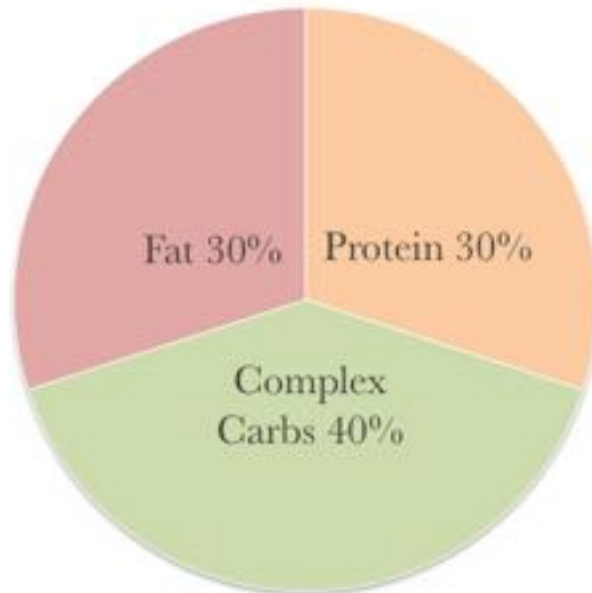
“Good, solid organic foods. Good fruits and vegetables. A proper balance of complex carbohydrates, proteins and fats in the diet; the proteins and fats from sources of an organic nature, preferably.



Included with that, we would suggest a good balanced diet of 40 percent complex carbohydrates, 30 percent fat, 30 percent protein and then from there - depending on the individual - a certain balance of protein vegetable source to animal source.”

## Diet Composition

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



## On animal source protein:

“There is a requirement of the body to have a certain portion of meat source protein. As to why you need an animal source of protein, it’s because you are an animal, dear friend. Much as you’d like to think that you’re not, we assure you, you are an animal. It is part of the nature of that which you are. As an animal, you are also omnivorous - you eat meat. It is part of your physicality, part of that which you are.

Now, meat source protein can be eggs and butter. There is protein in butter as well, dear friends. We know that you think there is only fat, but we assure you there is protein in butter and in milk.”



*“By using organic sources of fruits and vegetables, as well as meats fed on organic sources, you then provide yourselves with a greater degree of abundance for the body.”*



## Water

“Water is the source of your existence. It is the basis of your existence. You and all life forms on this planet are water-based. Every cell in every life form on this planet needs water for existence. It cannot happen without water; life does not occur without water.

*“The majority of you feel that you ingest sufficient amounts of water through drinking other forms of liquids — juices (a good form of liquid), coffees, teas, soda pop, liquefied substances. Not all of these have value. None of them have the value of water.”*



We suggest large amounts of water, the ingestion of 18, 20 or 22 glasses of water per day. Why? Because water has the ability to attach itself to certain chemical structures, to certain atomic structures that are of lesser value to the body and, in the process of ingesting this water, the body itself becomes a filter and flushes this water outwards.

At first the body will reject the water — you will urinate more than you normally would. Why? Because the body feels it hasn't got the ability to store the water molecules that it is being presented with. As a result, it rejects this supply of water. However, the more water you provide the body, the more the body will absorb.”

## Water Today

“What you drink is contaminated. How can you possibly feel well? Change your supply of nourishment — change your food source, change your water source — and you will recognize the benefit of health.



*“As you move through this process, the physicality will shift and change, we do assure you.”*

Why do we emphasize pure, clean spring water? Because the water source that is available for the majority of civilization — that which is viewed as civilized, such as your North American, European and other civilizations — has been contaminated by chemicals. Chemicals that have, in and of themselves, certain aspects that will destroy the functionality of the body. The water supply of your municipal systems — cities, towns, villages, megacities — is of the worst level possible.”



## Exercise



“The protocol that we give also eliminates a good portion of cellulite, which is an accumulation of toxins within the fat structure of the body. To that end, exercise also helps, which is why we usually suggest rebounding — bouncing up and down on a mini-trampoline.

It provides rejuvenation to the body, it is not destructive to the joints of the body, it loosens the toxins within the subdermal portion of the skin in the body, it clears the lymph glands, it provides aerobic exercise for the heart, it provides oxygen to the body, it allows the body to perspire, it even allows your hair to grow a little longer because when you go up and you come down, it pulls the hair out of your scalp. And it tones the muscles.”

## Supplementation

“If you are interested in extending your existence, in creating a greater, more productive and beneficial existence of your physicality, we would suggest you review your intake of vitamins and minerals from the perspective of the RDA (Recommended Dietary Allowance) and recognize that the RDA is about 1/100th of the amount necessary for the body.

*“True, the recommended daily allowance presently put together by your governments in regards to vitamin and mineral supplementation for the body would provide basic, minimum existence — but basic, minimum existence, dear friends, is providing you with 70 years of existence. Would you prefer basic, minimum existence or would you prefer something else?”*



“Let’s take Vitamin C as an example — RDA 50 milligrams per day. We would suggest 5,000 milligrams per day minimal for optimal health — quite the difference. Does one rush out to go get 5,000 milligrams of Vitamin C and expect that this 5,000 milligrams will, in effect, create optimal health for the individual? We would suggest that there are other factors

involved. If you ingest that 5,000 milligrams per day in your body and your body is unable to absorb it because of certain other factors — improper elimination, improper nutrition, too much toxicity within the body — then, dear friends, the body will not use the 5,000 milligrams.

As a result, even though you would ingest 5,000 milligrams, 4,250 milligrams would end up in the sewer down below. Of what value is that? That you could sit there and say, ‘I am using 5,000 milligrams?’ We assure you, you could. However, the body is not.”



## Suggested Vitamins & Supplements



### ***Vitamin C***

Vitamin C is one of the most effective antioxidants the body can have.

### ***Vitamin E***

We couple that with Vitamin E, which assists the body on a number of different levels including blood thinning, antioxidant activity and the building of the arterial walls.

### ***Calcium-Magnesium***

The calcium-magnesium supplementation is for the bone and muscular structure, which then also assists in the absorption of Vitamin E and Vitamin C.

### ***Ginkgo Biloba & Bilberry Extract***

In the case of ginkgo biloba and bilberry extract, both are great antioxidants which will help to clear out the arterial plaque in the body and increase the circulation. As antioxidants, these work to assist the body to ensure that cellular regeneration is maintained without any adverse reaction to the body.

They provide youth, they provide elasticity to the body, they build collagen, they build elasticity for the skin and the muscular structure. They are the most natural antioxidants the body can use.



## Additional Resources

“You wonder why it is that you suffer from so many diseases. Why it is that you have such bad digestion on a daily basis. Why it is that you have so many colds in a year. Why it is that you have such bad acne. Why it is that your hair is so lifeless?”

For the answers to these questions, insights on cleansing protocols, complete explorations of mental, emotional, and manifested spiritual health perspectives, read *Let's All Get Well Soon*.

**Visit [The Wonders on Amazon](#).**

### What People Are Saying:

"Simple, profound, and straightforward...a most common-sense, economical and thorough way to prevent illness and heal from diseases."

-- Scott Miners, *Well Being Journal*

“Enlightening perspectives on everything from disease and pain to aging and its implied limits...a marvelous, provocative and awakening book.”

-- Heidi Rain, *Spirit Of Change, New England's Holistic Magazine*

“*The Wonders: Let's All Get Well Soon* is a thought-provoking presentation of important ideas for cleaner living and better health.”

-- *Midwest Book Review*

