

Optimize Your Laser Sessions

Quelliv

We want you to get the absolute most out of your sessions at Quelliv. It's important to take proper care of your body to see the best results.

We won't let you figure it out alone! To further help you achieve your desired results, we recommend following a few tips & tricks:



Hydrate, Hydrate, Hydrate

Staying hydrated is essential for maintaining good health and overall well-being. Benefits of Water Consumption:

- Supports Hydration
- Boosts Energy Levels
- Improves Cognitive Function
- Promotes Healthy Skin
- Supports Weight Management



Fuel Your Body

Focus on real foods. Avoid foods that will create inflammation in the body. Avoid salt and sugar as much as possible!



Come See Us Again!

To achieve your best results, we recommend multiple sessions. Talk with your Quelliv team member about what membership plan is best for you. Book your next session at Quelliv.com as well as download the app and record your successes.

DOWNLOAD THE APP

Follow the health guide on the Quelliv app.



Introduction to Healthy Eating

Eating a healthy diet is crucial for maintaining overall well-being and promoting good health. A balanced diet provides essential nutrients that support our body's functions, boost our immune system, and help prevent chronic diseases. By making nutritious food choices, we can fuel our bodies with the energy and nutrients needed to thrive.

Making small, sustainable changes in your diet can lead to long-term benefits for your life and well-being. Remember, progress is progress, no matter how small - every positive change counts towards a healthier future!



Feed Yourself for Optimal Health

By making informed choices and staying away from certain foods that may not be beneficial for our bodies, we can support our health goals and feel our best.

Please note these specific recommendations for certain health issues:

- Diabetes:** Avoid high sugar fruit/carbs/ high fat in the booklet. If you have Type 1 or Type 2 diabetes or is insulin resistant, you must avoid all fruits/carb listed in booklet.
- Parkinson:** Avoid lard, butter, fried food, processed food, certain dairy/cheese and high sugar content. Minimize consumption of red meats.
- Candida:** Be aware of fruits that contain high sugar and high fat content.
- High BP / Cholesterol:** Avoid sodium and high fat content food. Chicken Liver only once a week.
- Cancer:** Follow Doctor guideline for eating habits.

SuperFoods:

Blueberries: *Help prevent heart disease, Lower blood pressure, Cholesterol support, Antioxidant*

Brazil nuts: *Thyroid support, Inflammation reduction, Heart health, Brain health*

Cabbage: *Antioxidant, Inflammation reduction, Digestion support*

Chicken liver: *Lower risk of anemia, Improve bone health, Improve energy, brain function & mood*

Brussel Sprouts: *Improve bone health, Manage insulin, Maintain vision, Skin health & appearance*

Golden berries: *Antioxidant, Inflammation reduction, Promote weight loss, Cholesterol support, Manage insulin, Improve vision, Improve liver & kidney health, Immune support*

Sweet potatoes: *Gastrointestinal health, Immune support, Heavy-Metal protection, Balance blood sugar*



Foods to Eat



Vegetables

- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Corn
- Lettuce/Spinach/Kale
- Mushrooms
- Onions
- Peppers
- Peas
- Salsa
- Sweet Potato
- Squash
- Tomato
- Zucchini



Fruits

- Apple
- Applesauce
- Avocado
- Berries, especially Blue berries & Golden berries
- Cherries
- Coconut
- Grapes
- Grapefruit
- Kiwi
- Lemon
- Lime
- Melon
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Watermelon



Meat / Proteins

- Roast Beef
- Canadian Style Bacon
- Chicken Breast
- Chicken Liver
- Corned Beef Top Round
- Turkey Breast
- Boca Burgers
- MorningStar Products
- Tofu



Seafood

- Crab
- White Fish
- Lobster, No Butter
- Salmon
- Scallops
- Shrimp
- Sashimi
- Tuna





Foods to Eat



Dairy / Other

- Cheese, Non-fat/Low-fat
- Cottage Cheese, Non-fat/
- Low-fat
- Greek Yogurt, Non-fat/Low-fat
- Cow's Milk, Non-fat
- Almond Milk
- Yogurt, Non-fat
- Rice & Soy Milk
- Coconut Milk
- Egg Whites
- Egg Beaters
- Eggs, Hardboiled, no yolks



Grains / Nuts

- Cereal, All Bran Buds
- Couscous
- Oatmeal/Grits
- Quinoa
- Wheat Bread
- Wheat Tortilla
- Brown Rice
- Wheat Pasta
- Brazil Nuts



Beans

- Black Beans
- Green Beans
- Lentils
- Navy Beans
- Wax Beans
- Chickpeas
- Kidney Beans
- Lima Beans
- Pinto/White Beans
- Soybeans



Condiments

- AI Sauce
- Cocktail Sauce
- Garlic
- Ketchup
- Mustard
- Salsa
- Spices
- Tabasco
- Mrs. Dash
- Lite Soy Sauce
- BBQ Sauce
- Lime & Lemon Juice
- Low Cal Dressings
- Vinegar

Foods to Eat in Moderation



Meat / Proteins

- Egg Yolks
- Beef, Sirloin
- Cottage Cheese, 2% or greater
- Chicken, Dark meat
- Turkey, Dark meat
- Veal



Other

- Almond or Cashew Butter
- Chinese Food
- Italian Food
- Mexican Food
- Milk, 2%
- Olives
- Peanut Butter, Natural
- Soy Chips
- Nuts & Seeds



Carbohydrates

- Apricot
- Bagels
- Banana
- Cereals, most
- English Muffin
- Figs
- Fruit Cocktail
- Fruit Jelly
- Ice Cream, Diet
- Mango
- Papaya
- Pasta, White
- Pretzels
- Potato, White
- Popcorn, Air popped
- Rice Cakes
- Sushi
- V8 Juice
- Yogurt, fruit flavored
- Yogurt, Silk Soy, Fruit



Condiments

- Honey
- Low fat Cream Cheese
- Low fat Mayonnaise/Dressings
- Oils (Olive, Canola, Sunflower, etc.)
- Soy Sauce, Regular
- Sugar





Foods to Avoid (or limit)

- Alcohol
- Bacon
- Bakery items
- Battered/Breaded Foods
- Beer
- Biscuits
- Bologna
- Bread Sticks
- Brownie
- Butter
- Cake
- Candy
- Chex Mix
- Cheese, regular fat
- Chocolate
- Chocolate Milk
- Chicken Nuggets
- Cream
- Cream Cheese
- Croutons
- Colas (Diet/Regular)
- Cookies
- Cool Whip
- Corn Bread
- Croissant
- Custard
- Danish
- Donuts
- Dried Fruit
- Eggnog
- Enchilada
- French Fries
- French Toast
- French Bread
- Fried Foods
- Frozen Yogurt
- Gatorade
- Granola Cereal
- Granola Bars
- Grape Nuts
- Ham
- Hot Dog
- Ice Cream
- Juices
- Mayonnaise, Regular
- McDonalds/ Fast Food
- Milk, Whole
- Milk Shake
- Muffins
- Pancakes
- Pastrami
- Peanut, Butter, commercial
- Pies
- Popcorn, movie theater
- Pork
- Pizza, commercial
- Potato Chips
- Protein bars
- Protein powder
- Ranch Dressing, regular
- Raisins
- Ribs
- Table Salt
- Sour Cream, regular
- Sausage
- Salami
- Snapple Drink
- Smoothie, commercial type
- Stuffing
- Tortilla Chips
- Waffles, from a restaurant
- Yogurt, regular



Eat Well & Feel Better



Why does Quelliv use Genesis One lasers?

Genesis One lasers were built with the knowledge of how our organs and nerves benefit from different wavelengths and speeds. Our inventor has created lasers that provide the right wavelength, abundant power, and an extremely large coverage area. Genesis One is the only laser in the world with ionized oxygen. The combination of laser and ionized oxygen improves a standard laser treatment by 100%.

Genesis One laser treatments to increase blood flow to the nervous system and assist the flow and bonding of minerals in the bloodstream. Our goal is to get oxygenated blood flowing, washing out the blood stream of toxins to improve cell activity, in turn reducing inflammation which leads to our bodies healing!





Preventative Maintenance

Our technology isn't just about treating injuries; it's about rewriting the playbook on Health care. Imagine faster healing, enhanced performance, and a competitive edge that sets you and your health apart. That's the promise of Genesis One Laser.

Maintaining our health through preventative maintenance is just as important as maintaining our cars and homes. Making time to maintain a healthy lifestyle is key to preventing disease. Continuing laser treatments on a routine basis with Quelliv even after you have reached your goal can help you maintain your health. Ask our team about our membership options to help keep your body in good health!

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