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Amen Ra Diet

The Starter Guide To The Amen Ra Diet

A step-by-step guide for getting started on the Amen Regimen

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OVERVIEW

First off, thanks for grabbing your copy of this publication. It's great to be connected with you.

The reason we created this document (and the AmenRaDiet.com website) is because, although the Amen Regimen is spectacular in its benefits, and the results speak for themselves, the attainment of easily digestible information and directions for how to implement the Amen Regimen on a day-to-day basis, is extremely limited.

Reading the 600+ pages of dense academic research that is the Age Inhibition Regimen (AIR) provided and prepared by Dr Nun Amen Ra, is extremely time consuming. And frankly, a little hard to understand.

And although we strongly advise that you do take the time, eventually, to read through the detailed literature, at this point I think it's most important to give you a thorough overview of the regimen and helpful directions, to get you started.

This document was co-authored by Lily and I (Logan). Lily did the initial research, and I've turned it into a document that you can use.

We're both doing the Amen Regimen. And we have a friends-group of about 15-20 people who are also on the regimen. When we got started on this journey there was no way to find the right information. We read the AIR tractates (which are helpful although not very prescriptive) and we trialled-and-errored our way through it.

In this process we've learned a lot about what to do, and what not to do. And about how to make the various aspects of the regimen simple to apply. We draw from a large pool of people at various degrees of experience on the regimen, from 6 months to 24 months.

And what we've prepared in this publication is a guide that will take you through all the primary elements of the Amen Regimen, with tips and hacks that we've learned along the way, to make your transition easier and your journey on the Amen Regimen successful.

WHO SHOULD READ THIS DOCUMENT

Anyone with an interest in the Amen Ra Regimen should read this document.

If you're new to Amen Regimen then you'll be able to use this document to get fully up to speed with how the regimen works, you'll learn exactly what to do and how to do it, and you'll even get a shopping list with specific suppliers to buy from.

If you've been on the regimen for a while, then you'll learn new hacks that will make your journey easier. And you'll benefit from our list of suppliers (we've spent considerable time sourcing and testing products for quality, purity and potency).

HOW TO USE THIS DOCUMENT

The Amen Protocol is a very intricate and complete protocol. And with that said, it'll be hard to grasp and remember everything within the document on your first time reading it over.

Therefore we recommend that you read this document 2 times:

1. Read it now. Before you've committed to the Regimen. This document will adequately inform you of what the regimen entails. So you'll know by reading this if this protocol is something you want to do. It's not for everyone.
2. And read it again once you've ordered all your nutraceuticals (order list is at the back of this document). This will cement your understanding of the regimen.

SETTING EXPECTATIONS

Many of the interventions of this regimen, such as one meal a day, or daily exercise, are very challenging. So it's important to make sure you set healthy and realistic expectations.

Adopting a regimen of this nature can take months or even years. Some aspects of the regimen that you find unpalatable today may be easy for you to do next year. The main thing is to take your time with this.

Additionally, there are aspects of the regimen that may not fit with what you want in life or your current life circumstances. You'll just need to work around this and do what you can/want to do.

There's no pressure to be perfect, it's not a competition. You're doing this for you. And keep in mind; even adopting one or two of the interventions from this regimen will provide profound health benefits.

So take your time integrating it into your life. And by all means, enjoy it.

WHAT WE'RE GOING TO COVER IN THIS DOCUMENT

Chapter 1: The Basics

We'll give you a detailed overview of the various aspects of the regimen.

Chapter 2: Cyclic fasting

The parameters of the Amen Fast and how it works.

Chapter 3: Physical Exercise

What types of exercise is recommended, how to do it and when to do it.

Chapter 4: Feeding

What you should eat, how much you should eat, and when you should eat.

Chapter 5: Caloric restriction

How it works and why it works. We'll also show you how to do it safely, and when to start.

Chapter 6: The Aliksirs

We'll talk about the purpose of each Aliksir, how they work, their ingredients and the measurements of each, plus a few tips to help you navigate this aspect of the regimen.

Chapter 7: Transitioning onto the regimen

What to expect and how to overcome challenges.

Chapter 8: Troubleshooting

We'll discuss the various aspects of the regime that you may need to troubleshoot and how to do so.

Chapter 9: Meditation

We'll share a meditation that you can easily do, daily, to manage your emotions and resolve any old habits or uncomfortable feelings that may come up.

Chapter 10: Sourcing your ingredients & equipment

A shopping list of the ingredients you need for your Aliksirs, what quantities you need and where to get them from. Plus any additional equipment.

Chapter 11: Next steps & final words

We'll share how you can stay connected with us and our community, and how to get the support you need to make your journey on the Amen Regimen smoother.

The information in this document has been extracted from the original Age Inhibition Regimen (AIR) Volumes, as well as from our own independent research and experimentation on the Regimen.

Once you've started the regime we recommend that you make an effort to read the AIR Volumes to get a more complete understanding of how powerful the regime actually is. You can request the AIR volumes directly from Dr Nun Amen Ra and make a donation to him via his website <http://www.amentaeliteathlete.com>

Chapter 1: The Basics

OBJECTIVE

First and foremost...

There are many, many benefits of doing the Amen Ra Regimen. These include;

- Improved health and vitality
- More energy
- Muscular development
- Increase muscle density
- Weight loss
- Improved immune system
- Eradication of disease
- Clarity of thought
- Increased speed of recovery from ailments or injury
- And much more.

But, the primary objective of the Amen Regimen is longevity; extending your lifespan. How much longer? It's uncertain. But based on scientific research, the average person if strictly following the Amen Regimen, should be able to live to be anywhere between 120-150 years.

This of course depends on how old they are now and for how long they have been on the Regimen.

And it goes without saying that the secondary objective of the Amen Regimen is to live in full health and vitality throughout the totality of your life. Which is a benefit that the Regimen certainly provides.

FOUR PHASES

To achieve this the regimen is broken up into four phases that occur each day:

1. Fasting
2. Exercise
3. Feeding (Caloric Restriction)
4. Rest

THE ALIKSIRS

There are three Alikirs. Alikir one is always taken daily, the other two are used before and after exercise when needed:

1. **The 'Amen Amino Alikir'**: taken prior to the evening meal to break the daily fast. It contains all essential nutrients in an easily assimilated form.
2. **The 'Amen Energetic Alikir'**: taken prior to cardio and exhaustive resistance training session to prevent any oxidative damage that can occur if exercise is excessive.
3. **The 'Amen Expurgatory Anti-Adipic Autophagic Alikir'**: taken after the morning cardio exercise session to help remove toxins from the body that have been activated during exercise. It will also stimulate fat oxidation (ketosis) and autophagy.

The ingredients of each of the Alikirs is detailed in Chapter 6: The Alikirs.

Further reading on Ketosis: [How To Get Into Ketosis Everyday](#)

PHYSIOLOGICAL MECHANISMS

There are four fundamental physiological mechanisms that cause aging. The key to longevity is therefore to minimize, suppress and reduce them.

Fortunately (and by design) the Amen Protocol includes all of these mechanisms in its intrinsic structure.

They are:

A. Glycation

The process whereby simple sugars combine with body proteins, rendering these proteins dysfunctional, damaged, and resistant to routine replacement. AGEs accumulate in the body and lead to disease.

Glycation is also caused by excessive cooking and consumption of foods inherently high in Advanced Glycation End-Products (AGEs). AGEs not only occur under cooking conditions but are produced internally in the body as a consequence of sugars and their by-products interacting with the body's protein tissues and lipoidal membranes.

Foods that are high in AGEs are;

- Processed sugars
- Meat
- Dairy
- Deep fried foods
- Fried foods
- Baked foods

Therefore it's recommended that you reduce these in your diet to increase the effectiveness of the protocol.

Further reading on Glycation: [What Glycation Is And How It Affects Your Body](#)

B. Autophagy

Also known as 'self eating' autophagy is the process whereby the body's old, damaged or impaired proteins, membranes, cells, and tissues are enzymatically renewed.

Autophagy is essentially a process of self- digestion and self-renewal.

Fasting and exercising *exclusively* in the fasted state, is the most potent means of magnifying autophagy.

The reduction of stored body fat enhances the autophagic renewal of body tissues. When body leanness is reached autophagy will be optimal.

Rapid renewal of body tissue is the most effective means of reducing the rate of ageing. Nutraceuticals in the Alikirs ingested before and after persistence exercise enhance the autophagic effect.

C. Adiposity

Is excessive body fat (energy stored as fat on the body).

It impairs longevity. The elimination of excessive adipose slows down aging. All aspects of the protocol serve to suppress adiposity.

D. Oxidative Damage

This occurs principally as an ordinary consequence of eating. The oxygen needed to extract energy from ingested food produces damaging by-products called free radicals. The more often food is ingested, the more free radicals are generated.

Specific substances (i.e. antioxidants) prevent oxidative damage.

Therefore the protocol's nutraceuticals contain several ingredients (e.g. tea, herbal extracts, and numerous nutrients) that are high in antioxidants.

Cyclic fasting and caloric restriction also reduce the occurrence of oxidative damage.

FOUR PRACTICAL INTERVENTIONS

All of these processes can be averted and influenced by the four practical interventions;

- Cyclic Fasting (CF)
- Physical Exercise (PE)
- Caloric Restriction(CR)
- Specific Nutraceutical Substances (Alkisir)

All of these are well and truly incorporated into the Amen Protocol and we'll go into more detail into each in this document.

YOUR AIMS

This guide will often refer to 'your aims'. For example when describing the types of exercise to do, or the amount of protein to take, etc.

'Your aims' refers simply to what *you* want to achieve.

With the ultimate aim of the Regimen being to extend the human lifespan (The Objective), the individuals who undertake the Regimen tend to have personal and individual alternative objectives, such as muscular development, weight loss, strength, flexibility, etc.

Your aims may change from time to time as what's important to you (or what you're interested in at the time) changes.

Whatever they may be, your aims are uniquely yours. And depending on what you want to achieve in terms of your physiology you will want to slightly adjust the Regimen to suit your own circumstances.

For example, if you want to build muscle you'll want to make sure you get regular rest (2-3 days per week) where you don't do weights resistance training. This is to allow your muscles to recover. During your workouts you may aim to incrementally increase your weights and focus primarily on compound exercises like squats and deadlifts, etc. You may also want to increase your caloric intake, especially in the beginning until your system adjusts. And you may also need to increase your protein consumption to suit.

And as a second example, if your aim is to lose weight, you'll likely want to increase the number of cardio workouts per week to emphasise the amount of time spent per day in the autophagic and ketogenic states, to maximise the elimination of excessive body fat. And you may still want to do 4-5 weights based resistance training sessions to burn more calories throughout the day as your body uses energy to rebuild muscle tissues. And you'll likely want to apply caloric restriction earlier in your adoption of the Amen Regimen.

BEFORE WE GET STARTED

So far you've learned a little bit about a lot of new concepts. And some of these concepts may not make a lot of sense just yet.

But don't worry. As we delve further into this you'll develop a broader understanding of each of these concepts. And as you begin to adopt the Amen Regimen you'll be able to achieve an experiential understanding of these concepts. The latter is by far the most important learning you will experience, and you won't fully grasp the intense benefits, bodily processes, and results of this regimen until you experience it for yourself.

NOTE: It took me 2 solid months of doing and studying the Amen Regimen to fully get my head around it. What I learned was; go easy on yourself, and most of all, take your time. Especially during the transition process. It's better to take it slowly and ease into the new regimen bit by bit, over a few months.

Chapter 2: Cyclic Fasting

The Amen Regimen prescribes daily fasting. This is by far the most important and mission-critical aspect of the Amen Regimen. It also happens to be (for many) the most challenging aspect of the Regimen.

In this chapter you'll learn everything you need to know about the Amen Fast.

HOW FASTING HELPS TO EXTEND HUMAN LIFESPAN

Fasting inhibits glycation, increases autophagy, lessens oxidative damage and increases fat oxidation thereby reducing adiposity.

THE FASTING PERIOD

A fast of 23 hours each day is ideal. This is where you ultimately want to be.

The fasting-to-feasting ration should be 23:1 (23 hours fasting, 1 hour feasting).

But to begin with, allow a window of 1-3 hrs in which you eat in the evening. And over time reduce the window down to 1 hr of eating daily.

This is advisable because eating your full day's worth of calories in one sitting can be very hard when you first start out.

DRINKING FLUIDS

During the fast only non-caloric beverages are able to be consumed, e.g. black coffee, black tea, rooibos, honeybush tea, herbal teas, water, etc. You should aim to drink between 1-2 Ltr of tea during the day plus 0.5 - 1 Ltr during the workout sessions. Drinks can be sweetened with pure stevia.

HINT: I drink black coffee every day (in the morning) that I make using an [Aeropress Coffee Maker](#). I highly recommend the Aeropress because it's nimble, easy to use and great to travel with. Making coffee at home also means you can choose your own ingredients; your own purified water and organic coffee beans. Just remember, no milk/mylk or you'll break your fast.

The Importance of Drinking Teas

Tea contains compounds that inhibit the attachment of body proteins to sugars, it therefore reduces glycation and is very beneficial to the protocol.

Chapter 3: Physical Exercise

The Amen Regimen prescribes regular physical exercise. In this chapter you'll learn about the types of exercise that is recommended, how often you should do these exercises and what the ideal time of the day is to do these exercises.

PURPOSE OF EXERCISE

The primary reason for physical exercise in the Amen Regimen is to promote muscular development and eliminate superfluous body fat.

It's ideal to do two exercise sessions each day; one cardio session in the beginning of the day and one weights resistance session at the end of the day (exhaustive).

The intensity of the sessions should be increased gradually according to your capacity and aims.

You *should* have one true rest day a week without any exercise but with some stretching if you want to. Ideally the aim is to use up all of that days stored energy.

Keep in mind, whether you're new to training or not, transitioning to this Regimen will be taxing on your body. So you may not be able to complete 6 days of exercise per week right away. It can take months before your energy levels are at a stage where your body can comfortably (and safely) operate this way. The main thing is that you do what you can.

HINT: Typically I will do cardio 3-5 mornings of the week. And I'll do weights resistance training 5 evenings of the week. Sometimes I'll replace resistance training with some other form of exercise such as boxing, rock climbing or a long run (8km).
I don't feel that yoga is a strenuous enough exercise to do in the evening. And I can say that without bias as someone who has practiced yoga for many years.

CARDIO EXERCISE

The cardio exercise is an important aspect of the regimen.

The two main aims of the cardio exercise are; depletion of stored glycogen so that the body has to rely on stored body fat for energy during the remainder of the day, and to get the bowels moving.

When: The cardio workout should be undertaken in the morning.

Duration: 15 – 90 minutes depending on how you feel and what you're aiming to achieve

WEIGHT RESISTANCE TRAINING

The weight resistance training is an equally important part of the regimen.

The effects of weight training include the alteration of body composition so that muscle is preferentially preserved. The promotion of muscle over fat ensures optimal glucose levels (providing that overeating is avoided).

When: Undertaken prior to the evening meal (in the late afternoon/early evening).

Duration: 30 – 120 minutes

Depending on your capacity and aims you can workout up to 6 times a week. At a minimum work each major muscle group at least once a week

Each exercise is continued to failure or fatigue. Sets can be interspersed with weighted yoga poses if desired.

Further reading: [Fasted Workout - How To Workout While Fasting To Grow Muscle Mass](#)

Chapter 4: Feeding

The Amen Regimen prescribes a certain feeding routine for optimal results. In this chapter you'll learn about what to eat, when to eat, how much to eat, and what foods to ideally avoid.

THE DAILY FEEDING ROUTINE

Since the Amen Fast is 23 hours, the feeding time is 1 hour. During this hour you'll be consuming a rather large meal.

The daily meal is made up of three parts:

- The 'Amen Amino Aliksir'
- The main meal (dinner)
- The minor meal (dessert)

AMEN AMINO ALIKSIR

We've gone into a lot more detail on the Amen Amino Aliksir in [Chapter 5: Aliksirs](#). But for the sake of explaining the feasting process I've provided an overview here:

The Amen Amino Aliksir is taken at the start of the feeding interval (at the end of the day) on an empty stomach.

This is to ensure rapid and optimal assimilation of nutrients. The Aliksir contains all essential nutrients in an easily assimilated form.

It should ideally be consumed slowly over 2 – 5 minutes. In the early stages take up to 15 minutes to consume if need be. The taste of the Aliksir is...interesting.

THE MAIN MEAL

The *main* purpose of the main meal (dinner) is pleasure and enjoyment.

A vegan diet is ideal but the meal is 100% vegetarian. Do not consume any flesh. Meat is a far richer source of AGE's than vegetal food.

Dairy products are also known to be especially rich in AGEs. Therefore both dairy products and meat will create free radicals and neutralise any anti-glycation advantage the protocol offers.

Focus on calorie-dense foods with the bulk of the food being carbohydrates.

Try not to ingest high water content vegetables and fruits because they take up a lot of space in the stomach and will limit your ability to consume your daily caloric requirement.

In general, not only are whole grains and beans benign (not harmful) in terms of glycative potential, but many actually inhibit glycation.

Whilst the range of foods consumed can be quite liberal, staples should include:

- Whole grains
- Beans & legumes
- Root vegetables and tubers
- Quinoa
- Brown rice
- Tempeh
- Miso
- Nuts
- Cocoa
- Dried fruit
- Whole grain bread
- Sprouts
- Berries

The following foods are said to increase the capacity of the body to mobilise defences against pathogens:

- Oats
- Coconut
- Tea
- Garlic
- Onion

Depending on what time you go to bed, ideally the best time to eat is late in the evening, allowing one hour for digestion at the end of the meal before retiring to sleep.

When you first begin the regime, you can eat earlier if you find it difficult to wait until later in the day due to hunger. So then gradually move your eating time to later in the day as you can.

You should consume all of your calories in one meal. You may experience bloating and discomfort and it will take a few months for your body to adapt. Your stomach will grow in size to increase the surface area for more rapid absorption and your intestine will also lengthen to assure maximum nutrition is assimilated with a lower caloric intake. Once this happens eating all of your calories in one sitting is a lot more comfortable.

HINT: In the beginning it can be very difficult to consume sufficient calories in the one meal so your calorie deficit may well be more than you initially intended. Don't worry too much about this, just go on how you feel. Provided you are maintaining a healthy diet you will likely feel more nourished and less hungry than you used to, but over time you will have to make sure that you reach the intended caloric intake.

THE MINOR MEAL

The minor meal is consumed after the main meal and would be considered 'dessert'.

Foods that are beneficial include: royal jelly and crushed peanuts or natural peanut butter on whole grain bread or toast; nuts and dried fruit; homemade chocolate spread; raw chocolate; chia; honey; berries.

CALCULATING YOUR CALORIC INTAKE

To calculate your daily caloric intake you first need to work out your daily energetic output at rest called your Body Mass Index (BMI). And then multiply your BMI by 1.5x to get your daily calorie requirement. See the two steps below:

Step 1 - Calculating BMI

The BMI calculation that we use is simple and varies depending on whether you're a female or male.

Females: $BMI = 14.7 \times \text{body weight(kg)} + 496$

Males: $BMI = 15.3 \times \text{body weight(kg)} + 679$

EXAMPLE: The BMI of a 70 kg female would be; $(14.7 \times 70) + 476 = 1505$.

Step 2 - Calculating Calorie Requirement

And then to arrive at your daily calorie requirement you need to multiply your BMI with a conservative factor of 1.5 to account for voluntary activity (exercise). Now you have your total Daily Energy Expenditure (DEE) in calories.

$BMI \times 1.5 = DEE$

EXAMPLE: If by using the calculation above I discovered that my BMI is 2100 calories, then I multiply this by 1.5 to get 3150 calories. This is the maximum amount of calories I can consume at meal time.

TRACKING CALORIC INTAKE

In the beginning, in order to ensure you're getting your daily caloric intake it's recommended that you track the calories from the foods that you consume.

HINT: I use [MyFitnessPal](#) to log and track my calorie intake. They have a database of millions of food items that range from Macro Mike's Chocolate Chip Protein Cookies, to a homemade lentil soup. So you can (1) search for what you've just eaten, (2) log it under 'dinner', and (3) it automatically records calories, macro/micro nutrients and more.

Chapter 5: Caloric Restriction

In this chapter we'll discuss the concept of Caloric Restriction and how it pertains to the Amen Regimen. We'll show you how to calculate your necessary caloric intake and how to calculate a caloric deficit.

OVERVIEW OF CALORIC RESTRICTION

Once you are accustomed to the regimen (3-6 months) the aim is to create a calorie deficit through restricting calories in the main meal. The eventual 'target' is based on your DEE at a 30-50% deficit of calories.

THE INTENT OF CALORIC RESTRICTION

- Reduce and inhibit glycation – the process by which sugars and proteins are combined which inhibits cell renewal
- Increase the capacity of the immune system
- Protect genomes
- Suppress secretion of insulin like Growth Factor-I (IGF-I) which is implicated in accelerated aging and disease
- Increase the body's capacity for detoxification

Once you're ready to begin restricting your caloric intake you'll want to reduce your calories in increments of 5-15% at a time with about a month between each reduction. This is to ensure that your body settles into the reduced dietary intake without any issues.

NOTE: Settling into the regimen can take 6-12 months, and rarely less than 3 months. There's no practical reason for rushing into caloric restriction, and in fact adopting a calorically restricted diet too early in the process can have very negative side-effects.

Further reading: [How Caloric Restriction Leads To Better Quality Sleep](#)

Chapter 6: The Aliksirs

The Amen Regimen prescribes specific nutraceuticals mixed into 3 specific shakes, taken at different times. Each Aliksir serves a different purpose. You're already familiar with the Amen Amino Aliksir.

In this chapter we'll delve into each of these Aliksirs, discuss when each should be taken and their respective ingredients.

1. AMEN AMINO ALIKSIR (PRE-MAIN MEAL)

Consumed 10-15 minutes before the evening main meal.

Amino acids (1 – 3 grams of each depending on your aims – weight loss, power promotion, muscle maintenance, etc). See notes below.

Ingredient	Dose
BCAA (Branch chain amino acids, contain the following aminos) <ul style="list-style-type: none">- Leucine- Isoleucine- Valine	3-9g*
Glutamine	1-3g*
Lysine	1-3g*
Glycine	1-3g*
Citrulline	1-3g*
Histidine	1-3g*
Arginine	1-3g*
Beta Alanine	1-3g*
Proline	1-3g*
Phenylalanine	1-3g*

Carnosine	1-3g*
Multivitamin / Multimineral	1 tablet (ground to powder)
Protein powder	<i>See note below*</i>
Brewers yeast	5-15g (start small)*
Spirulina	1-5g*
Pure cacao	5-10g*
Pure stevia powder	To taste
Bromelain powder or vegetal enzyme	1 capsule (or more - helps with digestion)
Psyllium	5g
Creatine monohydrate	5g
Mix with water, soy or nut mylk	250-300ml

Add all ingredients together and shake or blend (I use a protein shaker).

Drink *slowly* over 2 – 5 minutes

The caloric total if made with water and 35g protein powder is approximately 250 calories.

*The total protein content including all the individual aminos, protein powder, spirulina, cacao, and brewers yeast, should add up to no more than 0.5g per kg of your body weight. This is important. Ignoring this can cause health issues. See the exact formula for calculating your intake of each of the aforementioned ingredients in the 'Calculating Protein Intake' section below.

Optional extras (these are discussed in the next section below - Notes on Amino Aliksir)

Optional extras	Dose
Magnesium	One dose as per product label
Potassium	One dose as per product label
Vitamin B (B1, B2 & B6)	One dose as per product label

Vitamin C	One dose as per product label
Vitamin E	One dose as per product label
Super greens	One dose as per product label
Ionic Minerals	One dose as per product label

Notes on Amino Aliksir

In regards to quantities for the Amino Aliksir, the best guide is to start at 1g - 1.5g of each of the 12 amino's and the minimum approximate quantity of the other ingredients. If you start to get consistently hungry, tired, lacking in energy or clarity over several days then you may need to adjust the quantities of single ingredients. Increase the quantities of each as you feel you need to. From our experience you should generally feel good and have plenty of energy on the Amen regime so adjust your amino's or protein powder if you feel like you're lacking in something.

To get the most out of your Aliksir at the time of breaking your fast grind up all vitamins tablets into powder and open all capsules. Empty them into the Aliksir as opposed to taking them whole. The breaking of the fast is an important time when the body is at its most receptive to taking in nutrients that are ingested. Making it easier in any way for the body to absorb these nutrients is of great benefit.

Use a Multimineral/Multivitamin supplement – sufficient to contain 50 – 100% of the daily allowance of each essential micronutrient.

Because Vitamin B leaves the liver in liberal amounts over the daily fast it is important to replenish them. It is beneficial to add an extra 250mg each of B1, B3, B6 to your Aliksir.

It is also of benefit to add 2ml of ionic zinc, chromium and selenium to the Aliksir as all of these have anti-glycative properties.

Using soy products may not work for some. It can cause hormonal issues in many. Therefore use an alternative such as brown rice protein or nut milk. If you don't use a soy protein powder then add more bromelain to the Aliksir to maintain maximum absorption of the proteins.

Be sure to also keep an eye on your Vitamin C, Magnesium and Potassium levels.

To start with we suggest you saturate your body with amino's. There may come a time when you will want to reduce them and when that time comes you can refer to the 'How much protein' section below.

Probiotics during the morning and one in your elixir or last thing at night is good for gut health, digestion and the immune system.

Notes on Probiotics and digestive enzymes

If your digestive system isn't functioning optimally, it may help to add digestive enzymes and/or probiotics into your Amino Aliksir each day to help your body absorb all the nutrients.

Notes on Brewers Yeast

Brewer's yeast may cause **candida** overgrowth in some people so pay attention to how your body responds and omit if candida symptoms occur adding it back in when your symptoms have subsided. Over time candida symptoms will reduce.

CALCULATING PROTEIN INTAKE - AMINO ALIKSIR

This section is important. If you ignore this and consume too little protein you may find your recovery from your workouts to be slow and you may experience severe lethargy. Or if you take too much you may experience a range of discomforts and health issues, including overheating, flatulence and bloating (that can develop into painful gut health issues), just to name a few.

To start with you should use 0.5g of protein per kilogram of body weight: (body weight in KGs) x 0.5g = # of grams of daily protein requirement).

So if you weigh 70kg you will consume a total of 35g of protein in your Amino Aliksir, per day.

The protein rich ingredients in the Amino Aliksir include;

- All the individual aminos - BCAA, Glutamine, Lysine, Glycine, Histidine, Arginine, Beta Alanine, Citrulline, Proline, and Phenylalanine (100% protein)
- Spirulina (70% protein)
- Cacao (20% protein)
- Protein powder (80% protein)
- Brewers yeast (50% protein)

Note: The protein percentages are rough estimates only. Some will be less and some will be more, but they are relatively accurate.

This means you need to adjust your protein powder, aminos, spirulina, cacao and brewers yeast ratio to reach your calculated protein total. I'll demonstrate how to do this below.

Here is the formula for calculating your aminos, spirulina, cacao, brewers yeast and protein powder ratio:

STEP 1: Work out your protein requirement. For instance, if you weigh 70kg you will need 35g of protein (as shown above).

STEP 2: 50% of your total protein intake should be made up of the 13 individual aminos (BCAA, lysine, glycine, etc.). So if you need 35g of protein per day, then roughly 17.5g of that protein should be made up by the individual aminos. That is 1.3g of each amino.

STEP 3: Then you add 5g of spirulina, 5g of cacao and 5g of brewers yeast. The protein total of this is 7g. Your protein subtotal is now 24.5g including the aminos.

STEP 4: Lastly add your protein powder to make up the remaining 10.5g of protein (35g - 24.5g = 10.5g). Because protein powder is usually 80% protein you will need to add more than 10.5g to make up the difference. We multiply 10.5g by 1.21 to arrive at the amount of protein powder that you will need.

Here's what your protein ratio will look like:

13 aminos x 1.3g	= 17g protein (13 aminos at 1:1 ratio)
5g spirulina	= 3.5g protein
5g cacao	= 1g protein
5g brewers yeast	= 2.5g protein
18g protein powder	= 15g protein
Total:	= 35g protein

Some helpful notes:

- Always add all the 13 individual aminos on a 1:1 ratio.
- Do not use more than 3g of each of the amino's (not including creatine, creatine is not a protein). One 34g scoop of protein powder (the typical serving size) equals approximately 1g of each of the 13 aminos as a guesstimate. Keep this in mind.
- If your workout recovery time is slow you can increase incrementally over time.
- This is a low protein regimen. Your total protein intake in any 24 hour period should never surpass 50g.

PRODUCTIVITY HACK: It's easier and less time consuming to make your Amen Amino Aliksir in bulk. This will literally save you tons of time. Simply measure up 30 days worth of your ingredients in a bucket or into separate zip-lock bags. This makes travel a lot easier too.

2. AMEN ENERGETIC ALIKSIR (PRE-WORKOUT)

The Amen Energetic Aliksir can be taken directly before the cardio workout or the weights resistance workout. It is taken to stimulate the metabolism, protect the body from excess exercise and prevent oxidative damage.

The following quantities are a guide only. It's an eclectic mix and can be varied to suit your own tastes or needs.

Ingredient	Dose
Green Coffee Extract (or espresso)	¼ - ½ tsp
Green Tea Extract (matcha tea)	¼ - ½ tsp
Cacao powder	1 - 2 tsps
Stevia	To taste
Mix with water	250-300ml

Add all ingredients together and shake or blend.

Notes on the Amen Energetic Aliksir

Be aware that nearly all of the ingredients in this Aliksir are stimulants. If you find that you get too acidic or jittery you may have to reduce the amount of one or more of the ingredients.

Once you're used to the stimulants this Aliksir can also be taken at night like hot cocoa

3. AMEN EXPERGATORY ANTI-ADIPIC AUTOPHAGIC ALIKSIR (POST-CARDIO TRAINING)

It's a mouthful. So for the sake of simplicity, we call it The Autophagy Alik sir. This Alik sir is taken immediately after the morning cardio or other exercise session. It helps to put the body into fat-burning mode and has the effect of balancing and soothing feelings of hunger.

Similar to the Energetic Alik sir, the following quantities are a guide only. It's an eclectic mix and can be varied to suit your own tastes or needs. The ingredients can be infused in warm water or tea or taken in capsule form.

Ingredient	Dose
Glucosamine	1-3g
Carnitine	1-3g
Resveratrol	One dose as per the product label
Astragalus	½ - 1 tsp
Chromium	2ml or one dose as per the product label
Curcumin/turmeric	One dose as per the product label
Ginseng	One dose as per the product label
Broccoli extract	2-3 caps or 1 tsp
Ginger (fresh or ground)	¼ tsp
Black pepper (oil or ground)	1-4 drops of oil or ⅛ tsp ground
Stevia	To taste
Mix with water	250-300ml

Add all ingredients together and shake or blend (I use a protein shaker).

Notes on the Autophagy Alik sir

If when you take this you have loose bowels, there are a number of ingredients that could be causing this. Black pepper can be an irritant to the bowel, Carnitine is a stimulant, Astragalus can be a stimulant if taken long term.

Exercise releases toxins and this Alik sir works to get them out of the body. If you are ok with the effect of removing them then there is no need to adjust the Alik sir. If it begins to drain or deplete you then you should stop taking the Autophagy Alik sir until your bowels return to

normal. When you return to taking this Aliksir, halve the quantities of all of the ingredients and omit the 3 ingredients listed. Keep taking this way for 3-5 days. If your bowels are not affected then reintroduce the 3 ingredients, one each time at a half dose. Start with the Astragalus, then Carnitine, then black pepper.

Notes on black pepper oil

Black Pepper essential oil can be added as 2, 3 or 4 or more drops of pure food grade essential oil put into veggie caps (use the ones from the enzymes that you empty into the Amino Aliksir).

Personally I just add it straight into the Aliksir.

FINAL NOTES ON THE ALIKSIRS

Everything included in this Aliksir and the diet are there for a specific purpose. Nothing is added for no reason or as an excess. Therefore it is important not to deviate from the stipulated approximations and formulations and try not omit any of it.

If you have to remove or reduce any of the ingredients in the beginning test it again a little later to see if your system has adapted and whether it still affects you.

Further reading: [How Each Aliksir Ingredient Affects Your Body](#)

Chapter 7: Transitioning onto the Regimen; what to Expect

In this chapter we'll discuss what you can expect as you transition onto the Amen Regimen.

GENETICAL CHANGES

This is a powerful protocol. It will change your body at the cellular level. Your DNA will change from burning recently ingested fuel to ingesting and storing energy and then releasing it on demand throughout the fasting cycle.

Your body will also change to extract the maximum amount of energy and nutrition from the minimum amount of fuel.

FEELINGS OF AGITATION

In the beginning these changes can be felt as agitation and distress in the body. Old feelings and habits can come to the surface and can feel intense at times. This is normal. If you let them purge without reaction it will make the changes easier.

Expect this and let it occur. Because your body is healing and renewing at a level it hasn't been able to before due to a lack of nutrition and from constant eating which directs the body's energies to the digestive system at the expense of other systems. This occurs simply through the consumption of three meals a day, even if overeating is not a factor.

In chapter 9 we'll discuss a helpful meditation that you can adopt that will help you resolve any feelings that you may find uncomfortable.

EASE INTO IT

Don't be too hard on yourself. Allow at least 6-12 months for your stomach and intestines to adjust to this new lifestyle. You may find that you are bloated to start with and it's difficult to eat your daily caloric intake.

That's OK. Eat slowly and if you can't eat it all don't.

Taking enzymes 2-3 times a day and probiotics morning and night helps a lot with bloating and food digestion.

If you need to eat something during the day, and you probably will on some days, high fat foods such as peanuts, coconut, peanut butter are better than sugary or high carbohydrate foods because they won't interfere so much with glycation.

Notice if what you think is hunger is actually hunger, it is usually stress or fear or some other feeling that you assume is hunger.

FURTHER READING: [How To Transition Onto The Amen Ra Diet](#)

Chapter 8: Troubleshooting

In this chapter we'll discuss the various aspects of the Regimen that you may need to troubleshoot and exactly how to do so.

ACIDIC OR CONSTIPATION

If you find that you get too **acidic or constipated** make sure you have a small salad at each meal, grated beetroot, carrot, cabbage or the like.

PROLONGED MUSCLE SORENESS

If you have prolonged **muscle soreness** (lasting 3 days or more) you will most likely need to increase the amount of amino acids you are taking.

SLEEP

Although your need for **sleep** will typically decrease, if you are not sleeping well take notice of how you structure your evening exercise and eating.

You can also take your B vitamins earlier in the day (since vitamin B can tend to give you an energy boost).

It's important to make the evening exercise session intense enough to use up all of your stored energy.

Also notice when you take the stimulants throughout the day, you may need to take them earlier in the day so that you are not so wired.

STIMULANTS

Eating makes free-radicals and toxins. Eating three meals a day makes a lot of free-radicals and toxins. The intention of this protocol is to reduce free-radicals and increase the ingestion of anti-oxidants, some of which are also very stimulating – **Green Tea, Green Coffee Extract, Cocoa, Coffee, Black Tea, Astragalus, Ginseng, Carnitine, Pepper, Ginger.**

This can cause problems in some people such as insomnia, jitters, anxiety etc.

However if your exercise is sufficiently intense most or all of these stimulants will be utilized without any ill effect.

FEMALE DIFFERENCES

It is sometimes more difficult for women to achieve the ideal leanness for this protocol. A woman's genetic makeup is different to men's. A woman's metabolism is generally slower than a man's and to achieve leanness it will generally take longer for a woman than a man.

This is perfectly normal.

Women may have to add in one extra cardio session during the day or prior to weight training in the evening to stimulate the body into releasing the extra adipose. This will need to be done until the desired leanness is achieved.

A slower metabolism may seem a disadvantage but in fact it is an advantage and a primary reason why women generally live longer than men.

Chapter 9: Meditation

In this chapter we're going to explore the meditation recommended by us for those who are doing the Amen Regimen. You'll learn about the type of meditation that we recommend as well as how to do it.

WHY MEDITATION IS IMPORTANT

Meditation is part of the protocol and you should expect old feeling and habits to surface.

By feeling the sensation or stresses in your body without reacting mentally or thinking about or trying to change or fix things they will purge and pass in their own time.

These sensations are old memories stored in the body, that now have the opportunity to be processed and resolved. They can come in many forms ranging from a feelings of sadness, anger, irritation, fear, or as specific pains in your body or guts.

But in any case, the feelings are completely normal.

HOW TO MEDITATE

The protocol will enhance both your mental and physical health. Meditation on the felt sense of this in your body is highly advantageous.

We recommend you spend a accumulated 30-60 minutes a day in silent meditation. This is optimal. But you can start with a shorter time, minimum of 15 minutes.

Simply sit cross-legged in a quiet place where you won't be disturbed. Turn your phone to airplane mode or leave it out of the room.

In this position, sit quietly and pay attention to the felt sense in your body. The easiest way to do this is to focus on the sensation of your skin. You can feel the sensation of your clothes against your skin, or a slight draft in the room, the temperature of the air, any vibrations coming through from outside. This is the most basic and fundamental essence of you - the felt sense of your body.

By staying with this feeling for prolonged periods of time you will not only resolve old feelings and possible trauma that surfaces from the Regimen, but you will also re-sensitise the senses of your body. And from this you will be able to more easily deal with old sensations, as well as gain access to the full intelligence of your body, often referred to as intuition.

HINT: There are a few apps available to help with your meditation. I use [UNDO](#) and highly recommend it because it's the only meditation app that gives you a complete understanding of why you feel the way you do. This understanding will help you resolve any underlying issues so that you can get on with the regimen and your life uninhibited.

Chapter 10: Sourcing Your Ingredients

The supplier details are provided here for the ingredients of each of the three Aliksirs.

We're extremely conscious of ensuring that the foods that we consume have the lowest possible level of toxins/heavy metals, etc. As such we've taken a lot of care in sourcing the products and have tested for heavy metals wherever possible to make sure that the products we find are of high quality, potency and purity.

All sources listed below are for vegan products.

Please be aware that we don't have any pre-established commercial relationships of any kind with any of the suppliers. There's absolutely no financial gain for us to recommend these products. If that was to change in the future we would be completely transparent about that. Our integrity to the quality of the regimen is our utmost priority.

Note: The 'Recommended Qty' column is the recommended quantity for you to purchase to last for at least 30 days.

AMEN AMINO ALIKSIR			
Ingredient	AUS/USA/CAN/Asia Suppliers	EU/UK/Other Suppliers	Recommended qty.
BCAA	ATP Science's BCAA (2:1:1) BCAA (Branched-Chain Amino Acids) contains Leucine Isoleucine and Valine.	ATP Science's Vegan BCAA (2:1:1) BCAA (Branched-Chain Amino Acids) contains Leucine Isoleucine and Valine.	500g
Leucine			
Isoleucine			
Valine			
Glutamine	Healthwise	Bulkpowders	150g
Lysine	Healthwise	Bulkpowders	150g
Glycine	Healthwise	Bulkpowders	150g
Histidine	- Bulkpowders - PureBulk - Swanson Health	Bulkpowders This product is hard to get so it's ideal to buy in bulk.	1kg

	This product is hard to get so it's ideal to buy in bulk.		
Arginine	Healthwise	Bulkpowders	150g
Beta Alanine	Bulkpowders	Bulkpowders	100g
Citrulline	Healthwise	PureBulk	150g
Proline	Healthwise	PureBulk	150g
Phenylalanine	Healthwise	PureBulk	150g
Carnosine	Purebulk	PureBulk	100g
Multivitamin/ Multimineral	Health Food Shop: Multi Essentials (Bioceuticals) or BioTress (BioMedica)	iHerb: - BlueBonnet - Doctor's Best	30 tablets or caps
Protein powder	- Swanson (Soy) - Ezy Protein (Rice)	Red23 (Ezy Protein)	2x 21.7oz tubs
Brewers yeast	Health Food Shop: Look for non-GMO	- WholefoodsOnline - iHerb	500g
Spirulina	Health Food Shop: Hawaiian Pacifica	- WholefoodsOnline - Aspermuehle	450g
Pure Cacao	Health Food Shop: Not cocoa.	WholefoodsOnline	500g
Pure Stevia	Health Food Shop: Powder	- Bulkpowders - WholefoodsOnline	Lasts a long time.
Bromelain	Health Food Shop.	Holistic Herbal Solutions	Lasts a long time.
Psyllium	Health Food Shop.	- WholefoodsOnline - Aspermuehle	250g
Creatine	ATP Science	BulkPowders	500g

Other add-ons for Amen Amino Aliksir:

Ingredient	AUS/USA/CAN/Asia Suppliers	EU/UK/Other Suppliers	Recommended qty.
Vitamin B	Health Food Shop: - Healthy Essentials Super B - Herbs of Gold	- Ergo Max - iHerb	30 tablets or caps
Vitamin C	Health Food Shop. Powder is ideal.	Bulkpowders	150 g
Vitamin E	iHerb	- iHerb - Dr Mercola - Ergo Max	30 doses
Ionic Minerals	iHerb	iHerb	1x 533ml (36 days)
Magnesium	Health Food Shop.	Bulkpowders (includes; Magnesium, Potassium, Calcium and Sodium)	One parcel
Potassium	Health Food Shop.	Included in the above.	N/A
Super Greens	Health Food Shop.	Bulkpowders	30 doses
Probiotic	Health Food Shop.	Ergo Max	60 doses

AMEN ENERGETIC ALIKSIR			
Ingredient	AUS/USA/CAN/Asia Suppliers	EU/UK/Other Suppliers	Recommended qty.
Green Coffee Extract	Purebulk	Bulkpowders	100g
Matcha powder	Health Food Shop. Choose organic.	WholefoodsOnline	100g
Pure cacao	You will have ordered this with the Amino Aliksir.	You will have ordered this with the Amino Aliksir.	
Pure stevia	You will have ordered this with the Amino Aliksir.	You will have ordered this with the Amino Aliksir.	

AMEN EXPURGATORY ANTI-ADIPIC AUTOPHAGIC ALIKSIR			
Ingredient	AUS/USA/CAN/Asia Suppliers	EU/UK/Other Suppliers	Recommended qty.
Glucosamine	Healthwise	PureBulk	150g
Carnitine	Healthwise	Bulkpowders	150g
Resveratrol	Purebulk	Bulkpowders	100g
Astralagus	Teelixir	- IndogoHerbs - Holistic Herbal Solutions	100g
Chromium	Health Food Shop	- Vitamin Shoppe - iHerb	30 doses
Curcumin/ turmeric	iHerb	WholefoodsOnline	60 caps
Ginseng	iHerb	IndigoHerbs	75 caps
Broccoli extract	Supersprout	Holistic Herbal Solutions	135g
Black pepper	Health Food Shop: Oil or ground	- BulkPowders - WholefoodsOnline	1x pack
Ginger	Health Food Shop: Ground	WholefoodsOnline	1 pack
Stevia	You will have ordered this with the Amino Alik sir.	You will have ordered this with the Amino Alik sir.	

EQUIPMENT

- Mortar and Pestle: For crushing tablets into powder.
- Scales for measuring small portions of aminos ([PocketScale](#)).
- Protein shaker.

HINT: If you can, order 2-3 months worth of ingredients to save on shipping costs and take advantage of bulk deals. Also try to order from as few suppliers as possible to minimise the number of shipments.

Chapter 11: Next Steps & Final Words

This is the beginning of an exciting and very interesting journey.

You're going to experience something that very, very few people ever get to experience in life: Vitality.

And it can be hard at times. I think the most important thing is that you go easy on yourself. By undertaking the Amen Regimen you're already an exceptionally strong human being. That's a given. And the Regimen can be challenging at times. And during these times just give yourself a break.

Everyone breaks the routine every now and again ;) it's ok, and it's all part of it.

What's great is that there are others out there who are on the same journey. And at AmenRaDiet.com we hope to provide support to you on your journey to keep you informed, up to date and connected.

So where to from here?

1. Well, for starters, we're working on creating products and services that will make the Amen Regimen journey easier. We'll be launching these products soon and we'll keep you up to date.
2. Secondly, you'll receive an email from us from time to time with news, hints, tips and hacks to help you on your Amen Regimen journey. Feel free to respond, we would love to hear from you.
3. And lastly, visit the [Q&A forum to ask questions](#) site or our [Facebook group](#) to connect with the community.

Speak soon!

Best,
Logan & Lily