



Cn1





CN1: CINNABAR

OF THE FIRST INTEGRAL FIELD

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Now we turn the discussion to cinnabar,
Which has the potential to be a source of energy
That can be complementary to human nature,
Which is tied to the first integral field.
The same field that determines the nature
and rhythm of a person.
And this cinnabar is called mother cinnabar, as
The formula of its creation was based
On the principle of a similar effort.
It can produce an ingredient
that is nutritious to our kidneys,
and can be compared
to the food of original vitality.
Its composition includes saffron,
bee pollen, ruby, topaz,
And also red jasper and ortilia secunda.
Each component is a cell,
all of which crystallize together.
The ruby is what sets the direction for crystallization.
This elixir, thanks
to the biologically active substances
the crystals strengthen, interacts with the body as well.
This cinnabar acts more than just magically on
our entire nature: it is able to assess
the body's condition as a whole.
And if necessary, it will correct any disruptions
in the respiratory, digestive and biliary
systems of the body it finds.
It is also capable of expressing
geometric properties.

That come into resonance with human nature.

*It can also strengthen itself and,
subsequently, human nature.*

*The vibration and frequency selected
for the first field holds the space*

*We can associate with
the nature of birth.*

*Cinnabar is also an activator of energy
contributing to the process of conception.*

*Ultimately, all elements
that are needed can be formed*

*Only when this elixir begins interacting with
the lower abdomen.*

*In the Taoist tradition, cinnabar perception
can begin with melting qi,*

*Which originates from the fusion of
what is already present.*

*All components together resemble a liquid
with a vibrant integrity*

As it is absorbed

*And a perceptible energy volume
that moves throughout the body.*

*This mass finishes its transformation into the cinnabar
structure only in the abdomen.*

*Its qualities are the prototype
of alchemical blood*

That must exist first for its intended action.

*The elixir itself and the regimen of its consumption
will form the lead and mercury
bodies in the elixir itself.*



ישוע הנצרי
מלך היהודים
Ἰησους οὐαίωρατος
ο βασιλευς των
ιουδαίων
Iesus Nazarenus Rex
ille Iudeorum.



CN1: CINNABAR of the First Integral Field

FORMULA

Crocus L. Bee pollen. Orthilia secunda (L.).

$Al_2O_3 \cdot SiO_2 \cdot Al_2O_3Fe_2O_3 \cdot CaO \cdot KAlSi_3O_8 \cdot Al_2[SiO_4](F,OH)_2$

*Saffron, bee pollen, ortilia secunda, ruby, red jasper,
moonstone, and topaz.*

Cinnabar of the first integral field, or mother cinnabar, is a complex compound forming a certain cinnabar class. This formation can be an additional source of energy for human nature, connected with the first integral field, which determines our nature and personal rhythm.

The formula of this elixir is created on the basis of generating mother strength and is capable of producing a nutritional ingredient for the kidneys, which is correlated with the idea of nourishing original vitality.

The formula creates an energy number of a constant vibration state important for establishing and nourishing prenatal energy.

Each ingredient represented in the formula is a kind of cell. In the process of making the elixir, cinnabar is matured after being laid in a cell similar to flower pollen collected by bees. In this cell, not just the process of transformation occurs, but also conservation, thanks to a connection between *ortilia secunda* and the crystals.

The elixir interacts with the human body via a variety of biologically active substances fixed by the crystals. Thanks to the ruby to which the entire essence is subordinated, the product has both an effective impact on our nature and self-organization in the impact process. When passing inwards, cinnabar can assess the state of the body and make adjustments related to disruptions in the respiratory, digestive and biliary systems.

Cinnabar of the first integral field expresses the basic geometric properties resonating with human nature. It is capable of strengthening itself, and at the same time, human nature. The vibration and frequency selected for the first integral field by the interaction of crystals with energetically active components, makes it possible to retain the space associated with the nature of birth.

Thus, Cn1 is an activator of the energy that characterizes the strength of conception and birth, based on the idea of „primary breathing” or energy breathing. Cinnabar of the first integral field „breathes” iron oxides, mutually nourishing and compensating for internal insufficiencies and merging with the person’s prenatality, represented on both physical and energy plains.

When consuming the product, it is important to take into account the particularities of the intake regimen, as the cinnabar is formed in three stages: in the process of making it, passing through the body and staying inside the body. Ultimately, all necessary elements are formed when the elixir achieves interaction with the lower abdomen. The energy process, which is comparable to the idea of the cinnabar „smelting”, begins in the process of mixing the product and transforming the crystals in a high-tech process requiring laboratory conditions.

Cn1 is a given molecular mass that can be physically perceived and transformed throughout the body, forming into a molecular cinnabar structure. The binding oil qualities of the product, obtained thanks to the interconnection of its energy components, form the prototype of „alchemical blood,” which is considered a condition for conducting true alchemical work.

Cn1 creates the notion of „alchemical nutrition,” and actively influences the improvement of attention.

The basis and basic achievement of alchemical nutrition is the ability to not depend on the rough, reducing frequency of food, and direct those who are in search of truth or want to strengthen their vitality along the right path.

Cn1 is a specific type of tension, determined by the crystallization inherent in the product and endowed with the properties that must complete their formation through the art of its consumption. The

elixir and intake regimen form what is known as the „mercury” and „lead” body in the elixir itself. The lead body is defined by the work of the consciousness, which keeps the entire process under control. It is not so much the essence itself that has an effect on the brain, as we commit ourselves to developing strength in the brain based on its properties.

Effect

Cinnabar Essence Cn1 is designed to adjust the individual nature of an individual and accumulate the energy associated with it. The value of pre-heavenly energy is that in its activated state it blocks the destructive processes inherent in nature.

Interaction with Cinnabar Essence Cn1 is a process that results in a restructuring of the role of the stomach to perceive the fine connections of the product. Understanding the role of the stomach in the interaction with cinnabar essence (as, indeed, all other energy or crystalline formulas) is an important task in nutrition yoga.

Cn1 prepares the stomach for the proper reception of high-frequency products. The cinnabar essence, when ingested, provides an obvious tactile perception associated with the binding of the elixir's energy with the stomach glands. So in one sense it adjusts and educates the stomach's consciousness to react correctly to the intake process, and in another is itself enriched and shaped. This is an important process necessary to transfer the energy of the cinnabar into the lower abdomen, meaning to activate and properly absorb high-frequency nutrition.

Another process of interaction with the essence is connected to how our breathing is tuned. As a result of adjustments, breathing orientation is thus directed towards the deep process of consuming the breath intake energy necessary for the assimilation and formation of the cinnabar. Activation of the lungs is also a tactile sensation process leading to the activation of glands associated with prenatal consciousness determining our existence.

The elixir therefore maximizes breathing, changes the energy of the stomach, and as a result penetrates into the lower abdomen, and can reach all meridians in the human body, especially the meridian

of the kidneys. This process does not simply create an additional source of energy, but also has a directed effect, meaning its own consciousness. Changing the internal tension and tonality of the body, it tunes to a single sound. The only difficulty in taking the product can be the impossibility or inability of the consciousness of a particular person to carry out the intake process.

Taking cinnabar essence Cn1 can be considered an introduction to external alchemy, where it is important to achieve a state of „cinnabar constancy,” which means creating vibrations in the body that can absorb processes, and not just generate them. The task of assimilation is the first internal strength that must be known to practitioners of nutrition yoga. It teaches us to create basic resonance connections and improve consciousness. In other words, it is necessary to introduce a different form of consciousness into the body, designed to combat the lowering of physical and energy properties.

Nutrition with Cn1 teaches us to tune our inner space by translating it into the laws of regeneration, teaches us to accumulate, absorb energy and remove it from the zone of dependence on disrupted intercellular and energy bonds. The process of using Cn1 is based on obtaining tactile sensations, as it is not a high-vibration product, but a resonant form of nutrition, i.e. that maintains internal processes. The preservation of internal energy links is in this case the job of the essence itself, we must simply monitor this process.

THE ALCHEMICAL EFFECT ASPECT

The alchemical effect is the most important among the tasks of interacting with Cn1. In fact, everything that is associated with this essence is true alchemy, the evaluation of which, of course, is individual, as the prenatal nature of various individuals is different. Therefore, the only common indicator here is the generation of intake strength. Everything else cannot be generalized, as many indicators of both prenatal and postnatal effects on each consumer must be considered.

The essence teaches everyone to be an actual alchemist, which in other words means to immerse oneself in conscious experience. The only objective indicators of alchemy are awareness, and with it, a strengthening of the consciousness and development of internal strength. Alchemy does not recognize any science as accurate if the „operating system,” that is, the brain, is not tuned to proper interactions with knowledge.

The art of alchemy assumes a resonant interaction where, for example, Cn1 solves the task of penetration into the container of a person's vitality. Only by using the strength of the essence and the strength of consciousness can we activate the stomach glands and achieve a penetration of the essence into the lower zone of the abdomen and resonance with the meridian of the kidneys. Thanks to this activation, energy penetrates into the kidneys and reproduces the vibration processes according to the individual nature of the individual.

The very process of Cn1 interaction with the body resembles the process of bearing a child, which, in fact, correlates with the idea of a „mother cinnabar elixir,” where the secretion of conception is saliva. The elixir intake should become a need for the constant state of growth of the unborn child, where the only thing necessary is to take the essence into consideration.

EFFECT ON THE PHYSICAL BODY

The effect of this product on the physical body manifests itself without delay. It is enough to correctly consume the product once, and you will immediately appreciate its power and capabilities. This is partly due to the chemical composition of the essence, and partly to the energy composition.

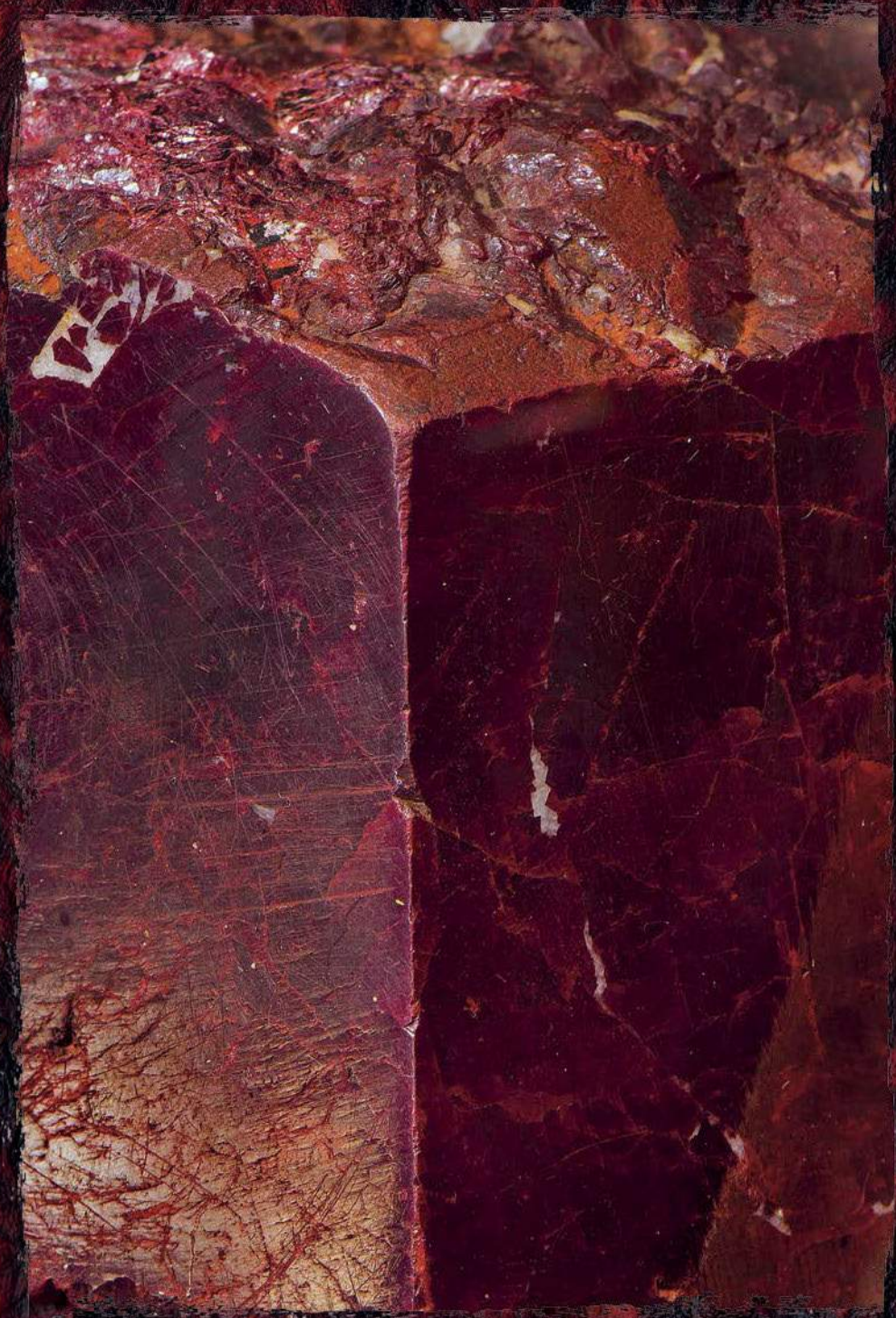
In addition to the chemically rich composition of the essence itself thanks to the biological nature of the ingredients, Cn1 has the ability to energetically generate and synthesize secretions and missing substances, micro-elements and enzymes. This process is closely related to the intake sequence, where it is necessary to

track the passage of the elixir, its activation and fixation in various ter zones. The stages of activation in the order of activated zones: lungs, throat, cervico-occipital areas of the brain, stomach, spleen, pancreas, lower abdomen and kidneys.

Although the effect of the elixir is complex (one can experience many sensations at one time), it is important to build this sequence precisely, as by the time it reaches the abdomen, the cinnabar is energetically formed in its entirety. This allows the energy to penetrate into the necessary zone and consolidate the strength in it. Thus, the essence intake enhances the general tonality of the organism by strengthening the physical body.

EFFECT ON THE BRAIN

The effects of cinnabar essence Cn1 on the brain occur due to a stepwise chain reaction associated with the activation of a deep state of consciousness. Of course, here the experience is more interesting, where during the intake process one can learn to feel the tactile influence of the essence and, subsequently, its interaction with the brain. On the other hand, it is the conscious tracking of the essence's intake that provides positive results, forming the power of our consciousness connected primarily with the brain.





Purpose

*Cn1 is a product of the future,
unique in its alchemical action goals.
It is intended for seekers who practice
and are on the path of perfecting themselves,
and requires a responsible approach
to their development.*

The product is designed for the tasks of Taoist alchemy and the special The Perfect One program, and is an important elixir for the internal adjustment of the body. In addition, it is a training product for anyone also interested in the process of external alchemy.

The key feature of Cn1 lies in a formula capable of penetrating and restoring the nature of vitality, in the process of which the alchemical effort of the first cinnabar field is created.

With proper intake, it does not just resonate with the body, but also creates a resonance condition in the lower abdomen, thereby producing an energy ingredient related directly to the nature of the consumer's vitality.

Cn1 helps adapt the body for different seasons, and does not allow temporal fluctuations to suppress the physical state and mentality of the body.

One special energy property of the elixir is a lowering and retention of energy, which is later absorbed by the vessels in favor of prenatal energy, first of all in the bones and kidneys.

The essence allows to not only retain the formula established during production, but also improve it upon intake. It should be remembered that the process of making cinnabar continues until it reaches the necessary point in the lower cinnabar field.

It is a product designed not only to save energy during consumption, but also grow it. The ability to store and transform energy directly in the process of intake is a unique alchemical principle. It contains

the alchemical process of preservation, accumulation and smelting, where the necessary fusion of three energies is achieved: prenatal, postnatal and transformed.

As a result of Cn1 intake, the energy is gradually led to the correct flow of existence, as the elixir produces an external amalgamation and purification of our essence.

To speak in the language of alchemy, it is natural mercury that purifies the energy to bind it to cinnabar. Thus, Cn1 trains the ways of energy advancement before the cinnabar of the first integral field is formed.

Consistent and proper consumption of the elixir should lead to its full fixation in the body, which in turn creates a non-decomposable and non-combustible energy that forms the basic cinnabar and master crystal lattice capable of growth and also endowed with the properties of consciousness.

WORK WITH CONSCIOUSNESS

The most important feature of cinnabar essence Cn1 is the opening of the consciousness of our organs. First and foremost, this concerns the lungs and stomach. The fact is that each of our organs has a consciousness, but as a rule, it is not activated, as organs often lack feedback from the brain.

They only accept commands, and since the fields in which our organs develop do not correspond to the field of the brain in their resonance, it is very difficult for a non-practitioner to read the signals from their organs.

Cinnabar is a substance designed to process the signals from organs and manage them. Of course, this all depends on the level of the cinnabar, but it is Cn1 that shapes its own consciousness when taken, and is the best teacher of consciousness to our organs.

Cinnabar relies on the resonance of various groups, of which there are seven in the body according to the conscious basis. Nutrition yoga as a whole is developed precisely on this scheme. Cinnabar Cn1 acts on prenatal consciousness.

After the activation of pulmonary consciousness, prenatal consciousness located in the throat zone is activated. Then, through resonance with the consciousness of the lungs, prenatal energy and the brain, Cn1 acquires its own consciousness and descends first into the stomach, then to the lower abdomen (lower cinnabar field), and finally to the kidneys.



Magnum Opus

*Obtaining cinnabar itself is of special value
in alchemical art. It is no easy task,
and even close to impossible to reproduce
natural cinnabar.*

*This is an ultimate alchemical art
requiring the active work
of the consciousness.*

The magnum opus of cinnabar of the first integral field is its interaction with the matrix nature of our existence. Cinnabar of the first integral field in the alchemical art is what our saliva, and then the first cinnabar field (the area in the lower abdomen) should resonate with.

In the art of external alchemy, the creation of alchemical cinnabar is one of the most complex products, as there are special requirements for the elixir. Alchemical cinnabar is an essence with a special body, conductivity and energy intensity. The power of the elixir is expressed in the tension manifested in the cinnabar geometry, which materializes in the intake process.

Its art relies on an understanding of the formula that reproduces the connection strength. With this strength, a deep purification of vitality occurs, resulting in the accumulation of an additional source of energy.

The entire process of making this product takes a period of nine months. Cn1 realizes the possibilities of natural cinnabar, taking into account human nature and physiology. The essence is attuned to the processes of energy purification and accumulation. Its work and energy tonality lead beyond the limits of vegetative dependence and form a force in the temporal processes where qi energy predominates. This work has a frequency equivalent slightly above the parameters of the fourth integral field, around 450 Hz.

The assimilation of cinnabar energy is not an independent process. To do this, it is necessary to apply additional force, resulting in the creation of the necessary tension. Therefore, during the product creation process, a special calculation was made of the conditions for its refinement during the intake process. To this end, it is necessary to combine a variety of resonance efforts in a single chain of actions, aimed both at creating the essence and its intake.

Cinnabar's physical, biochemical and energy impact strengths are quite complex, and it is important to direct the product to a specific task in its Magnum Opus. Therefore, in the process of making the product, the alchemist's adjustments and knowledge of the task being solved is of great importance. Twenty-five percent of the creation cannot be explained in common terms and accepted dimensions, as they are associated with timeless processes that official science has not yet learned, or rather has not accepted, just as the ancient Greek metaphysics spoke of them.

One distinctive feature in working with Cn1 is a reproduction of the principles of the effect of mercury and lead without their actual presence in the product. In this compound, it is necessary to work with the nature of the tension of these elements, or rather, to reproduce this nature, as it is necessary to separate the finer energy from the rough, and to strengthen or even build the connecting bonds needed for the formation of the cinnabar field. By creating the necessary vibration in the essence in this process, we can talk about the special art of creation that generates an additional source of energy.

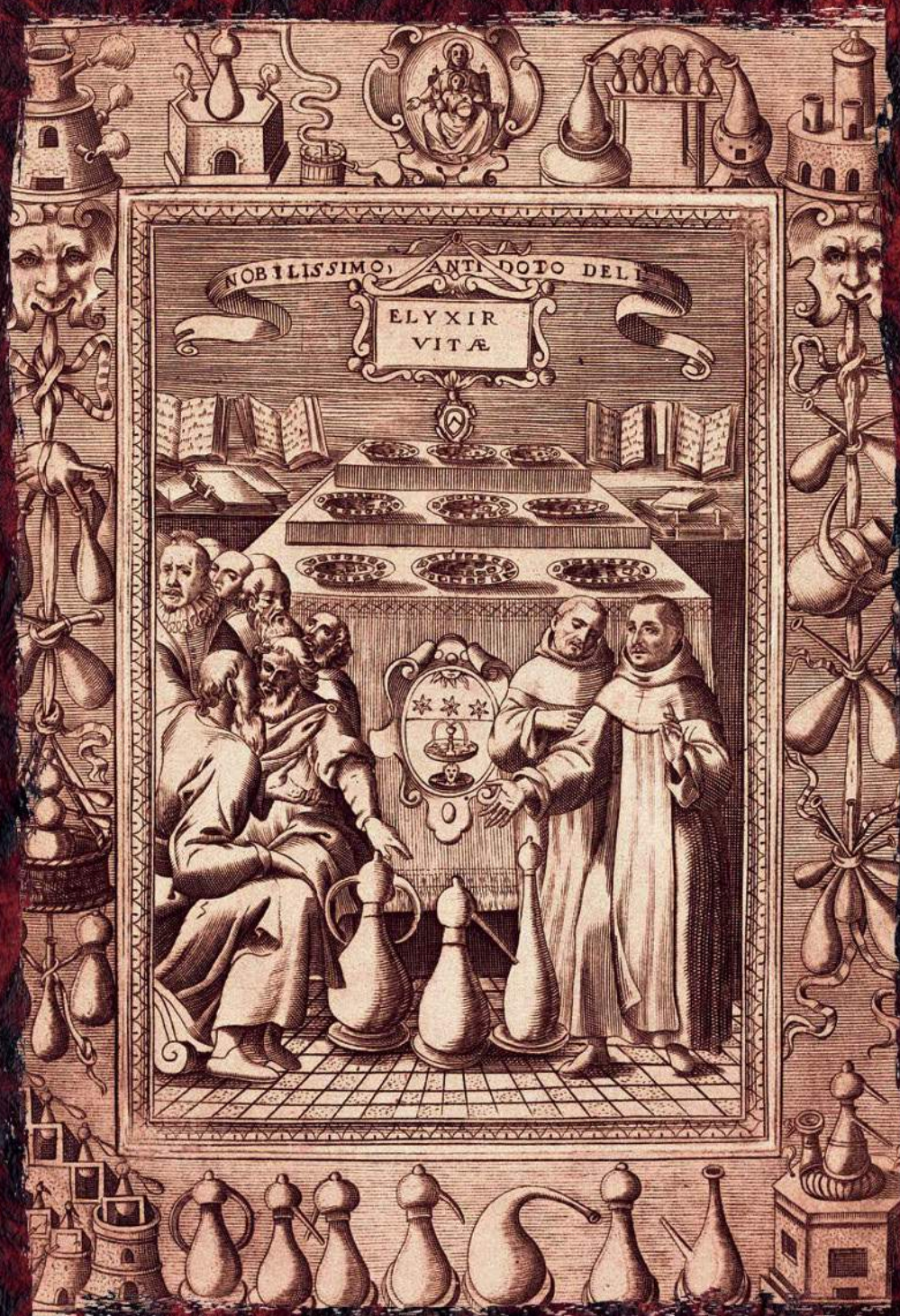
The product has a crystalline liquid base, which reproduces the structure and geometry of natural cinnabar. It is important to remember that the essence formula is such that it continues to be perfected in the human body throughout the intake process.

THE PRODUCTION PROCESS

Cn1 is produced in a specialized laboratory. In its creation, a stepwise process of preparation and processing takes place that includes several stages:

- Selection of ingredients for the task of the formula
- Maturation, distillation and tuning of organic compounds
- Selection of crystals and their distillation
- Production of cinnabarinic acid
- Transfer of the formula into a cinnabar body
- Nourishment and crystallization of the essence body
- Creation of the cinnabar crystal geometry
- Derivation of the integral strength
- Five-time treatment
- Creation of the resonance tension
- Substance fixation

After being subject to these processes, the essence emerges as a ready-to-use liquid substance.



Intake

This product is not intended for anyone who is not prepared to stop the consumption of products that harm the body.

Adherence to the correct principles of consumption will make it indispensable not only for understanding external alchemy, but also to increase the efficiency of the nutrition yoga process.

In other words, the product is intended for individuals who can follow a nutritionary discipline.

Cn1 is a matrix formula in the alchemical nutrition system and an ideal product for strengthening prenatal human nature.

Intake of Cn1 is first and foremost associated with increased saliva production. In addition, the essence also performs certain psychological tasks by doing away with indulgence, phobias and bad dreams.

This is important, as various naturally developed deviations or distractions in attention often do not allow us to follow the rhythm necessary for high-frequency food intake.

It is recommended to start learning high-frequency nutrition by taking this product, as it simultaneously builds the necessary attitude and mentality towards nutrition.

In external alchemy, not just the presence of the necessary elixir is important, but also an understanding of how to interact with it. Otherwise, the result may be insufficient, and obtaining the integral cinnabar of the first alchemical field – even impossible.

External alchemy is a stepwise process, where each elixir has its own regimen.

THERAPEUTIC INDICATIONS

The nature of the first integral field is such that it does not just define the possible processes of development in our body and consciousness, but also lays the algorithm for the development of primordial energy. The essence is tasked not so much with causing a change in us, as consolidating the powers first given, as more often than not people violate them first, and they require strength to reform the original.

Violations related to nutrition, breathing, sexual activity and movement are especially dangerous in this case, as they simply do not allow our body to function normally, let alone achieve any development. Sooner or later, this leads a person's life to dependence on death, which comes with very pronounced forms, such as persistent inflammation, ulcers, infections, uncontrolled agitations and weakness. This is expressed particularly well in women in the form of bleeding, menstrual irregularities or fibroids.

Expressed in an esoteric language, Cn1 will help fight these dark forces. Learning to understand consciousness in your nutrition means to understand the flows of the false and the true. The elixir is not a pill designed to be a panacea, but rather the most concentrated possible mental work, which requires a clear understanding of the characteristics of the product and its application.

INSTRUCTIONS FOR USE

Cn1 is designed for people who understand the nature and properties of not just natural, but also high-frequency nutrition. It is more correct to say that the product is not designed to be taken, but to work.

Its capabilities are very important for people in the process of the studying themselves, and are aimed at realizing the highest alchemical principles.

Interaction with Cn1 should be accompanied by the proper attitude and focus on the power of the cinnabar essence. After

taking the essence, it must be mixed with saliva for 20 seconds. This activates the stomach, and from there the lower abdomen.

Then the energy must penetrate into the kidneys, which requires additional mental effort from the user. As a result, the intake process should last at least 5 minutes. In other words, interaction with and consumption of Cn1 should be considered practice.

In the scheme of alchemical nutrition, it is important not to eat anything for four hours before taking Cn1, as the main feature of the product is its ability to shape itself throughout the entire intake process. The essence fully forms only inside the lower abdomen and, as already mentioned, the elixir continues its formation in the process of its consumption.

For this reason brain effort is important and must support the process, or a lead strength that helps develop a pattern or shape. That is, the very intake of the elixir up until its containment and preservation, along with the formation of cinnabar, is an additional mental process also useful for the brain.

NNUTRITION IN THE NUTRI O SYSTEM

The time of intake should correspond to the tasks of strengthening vitality. It should be taken no more than twice a day as needed, as a single dose of three drops. However, even when using the essence for simple nutrition, it is important to show respect and responsibility for its consumption.

This essence is good for blood and muscles, and covers the daily energy needs of the body. Here you can eat two hours prior to intake, and not four as in alchemical nutrition, and you can limit yourself to twice weekly consumption (for example, Tuesday and Thursday).

ALCHEMICAL NUTRITION

Alchemical intake is a type of nutrition for people who set goals of a different order for themselves. This type of nutrition is designed to strengthen its prenatal nature by maintaining its energy level. This attitude considers the acceptance of the essence as a practice, requires attention and tracking of changes, and assumes a greater volume of the essence to be taken, up to 5–8 drops per dosage. The larger volume activates the body's internal processes.

In addition to the general conditions described above, any intake should be accompanied by a maximum level of internal peace. For four hours before and two hours after intake, it is necessary to refrain from eating food.

THE INTAKE PROCESS

When consuming the essence, saliva is the most important factor in the formation of cinnabar of the first integral field.

Although here it is not important for assimilation, the formation of saliva is still being trained, which is an important process not only for the assimilation of other high-frequency types of nutrition, but also for the production of a more perfect secretion when salivating. This in particular is an important element in the nutrition yoga system.

This way, the nature of pre-heavenly saliva is replaced by the nature of post-heavenly saliva. That is, a different nature of saliva production must be created, which in the typical individual is subordinated to the nature of time.

With alchemical nutrition, it is necessary to produce saliva that is not subject to temporal laws, where the „nurturing” of saliva becomes the fundamental factor that forms from the very beginning of the elixir's intake. Until the saliva „catches” the elixir, it must not be swallowed. As a rule, this process should last not less than 20 seconds. Thus, there is a gradual disconnection of the feeding process from the limitations of earthly laws.

DIET OF CINNABAR ESSENCE OF THE FIRST INTEGRAL FIELD

The essence is designed to support the life patterns given to a person from birth. It should be understood that its task is to bring energy levels to their natural maximum. Therefore, in case of a disruption of personal vital energy, it is possible to consume the essence as a diet for its restoration.

This is especially useful for people who are often exposed to stress, have an uncontrolled or overly active sex life, or are recovering from illness. In this case, the course of taking the essence lasts three days. Intake occurs according to the regimen at three drops every six hours, and is accompanied by abstinence from food and sexual activity. At the same time, it is important to drink liquids in the form of herbal teas at no less than two liters per day.

This diet is also recommended when removing the body from a possible program of destruction. Such a course also lasts three days. It is important to refrain from the intake of animal protein, sweets, chocolate, fatty foods, bread, sugar and salt throughout the course of the day. Such a diet regimen should be followed once a month.

Warning

This product is not a medicine and is aimed at a systematic change of the body's properties requiring co-tuning and understanding of the goals at work.

The use of Cn1 is recommended both as part of the Nutri-Q nutrition yoga system, and for anyone interested in external alchemy. It is recommended to only take the crystalline essence starting from the age of 21, when the body is fully formed. When taking the product, it is necessary to follow a complete nutrition program, rhythm and consumption discipline. For children and pregnant women, as well as for people with congenital or chronic diseases, consumption is permitted only on the advice of specialists.

It should be borne in mind that as a medicinal product it has not been fully studied, and is primarily a product of high-frequency nutrition. Intake proportions should be verified by a specialist.





About the Creator

*Oleg Cherne is a modern day alchemist
more widely known*

by his Taoist name Jie Kong.

*For more than 35 years he has been
researching various systems of development,
among which Taoism
is considered his main focus.*

*He has authored more than 50 books
related to human development and recovery issues,
which have been released in Russian, English,
Spanish and Bulgarian.*

Oleg Cherne received his name from a Taoist hermit, the immortal Wu Bei. He works to both develop and systematize knowledge in external alchemy associated with bodily change and improvement. After practicing the Art of the Yellow and White (another name for Taoist alchemy) for over 35 years, he has studied and tested a range of nutritional systems, and has formulated a firm position that food should develop the body, and not just fill you up.

Using Taoist medicine and the teachings of Taoist alchemy about body crystallization as a basis, he has created the Nutri-Q Yoga system, aimed at a transformation of the body from a lower state to a higher one through integral nutrition. The system is based on using products that do not decay the body, and are founded on the principles of crystal nutrition.

By combining all his accumulated knowledge of Taoist alchemy with the newest possibilities in modern technology, he has created a unique model of human development. During his study of the different ways to extend and transform life, he was able to put his knowledge to practice after meeting with Swiss alchemists, the successors of Paracelsus, who possess the knowledge of how to

transform the crystal into a product fit for nutrition. This helped Oleg create a high-vibration nutritional system based on nutrition yoga with its fundamental principle as a lack of dependence on bulky food. Although Oleg Cherne indeed puts forth the idea of highvibration, high-molecular nutrition, he defines his objective as not to wean a person from eating, but to teach them how to be independent from food: „I see a way to perfection in the Nutri-Q Yoga system, not just taking some particular food as the narrow focus of a limited diet.”

After trying out various nutrition systems on himself, researching, experimenting with a large quantity of existing high-energy plants and herbs, and testing dozens of crystalline extracts from crystals, Oleg has created a structural system of nutrition based on nourishing, strengthening and developing the brain: „In any development, everything depends on the quality, strength, and most importantly, the adequacy of the brain,” says Oleg.

Although the teachings of Oleg Cherne are unique, he relies in his research and achievements on his mentors and, most importantly, on those, as he says so himself, „who have been able to successfully apply nutrition yoga in their daily lives.”

