First of all... I believe it is possible.
In theory you should be able to hit the reset button, direct the cells to start using the proper DNA template again, supply all the nutrients needed in the DNA recipe and presto... You should have a perfect body again. Here are some of the reasons why it does not work so easy as that.

1. The physical cells are controlled by an energy matrix called a “spirit”. Some call it an energy body. This energy body is the master of the operations in the cells. It is not the brain, not the nervous system. The energy science that allows us to change this spirit, this energy, is far more complex and difficult than physical sciences such as chemistry, biology and medicine. This energy body is composed of the chakras, the auric field, the psychic centers, the core (or Tower), the meridians known in acupuncture, and etc.

2. There is never a time when the cells in any person’s body are being made exactly according to the original DNA blueprint. This is because mothers do not supply the growing fetus with proper nutrients. To do this the expecting mother would need to know the key archetypes of the person before it was born. So even the newborn baby starts with some level of faulty cell construction. Then over the months and years we are making copies of already bad copies of cells. And because in most cases mothers do not know the proper methods to feed her baby the cells continue to be deficit in certain nutrients, which guarantee sub-optimal construction. The cells tend to replicate a copy of what is there. Over time the generic material itself is degraded. Perhaps there have been a few humans born with perfect cells at birth. Jesus, Imhotep, Buddha and Okomfo Anokye come to mind. Only because it is said they were very special, and performed extraordinary feats even in their youth. In truth I do not know.

3. The process of changing the cell replication pattern is complex. It is like trying to build the perfect car in an old factory, the wiring is bad, the dies and molds are out of date, the engineers are using the wrong blueprints and the tools are worn and broken. You need to clean and remodel the factory itself, in our case the body systems and organs. You need to change the wiring in the plant. In our case this equates to changing the water inside the cells, and the ion streams and minerals that allow electricity to flow inside the cells. Things move in and out of the cells based on a difference in negative electrical potential. The current acts like a magnet to repel or attract the thing you wish to move. You need to upgrade the power supply. In the cell this is the process within the mitochondria. You must select the original blueprints and get these to the engineers. This means repair the DNA, activate it, and change the programming in the subconscious mind. In other words to change the brain dendrite patterns. Then you must upgrade and repair your tools used on the assembly line. The equal to
construction tools for the cells, are the hundreds of catalysts used by the body on the molecular level to cause chemical changes in cytoplasm, nucleus, amino acids, membranes, and RNA, etc. Then finally you need a good supply of the CORRECT raw materials to build your cars. In the cells this equals the amino acids, proteins, catalysts, minerals and other molecular building materials. Each of these steps is a regimen. There would be seven or eight of these regimens. After the completion of each regimen your cells would be formed better. A master regimen would consist of all 8 of the sub-routines running in a series. The final regimen would run for 80 days. Every 80 days all cells in the body are replaced with new. In other words they divide to make new cells.

4. The above analogy is crude at best. After you have changed the process of cell replication, and replaced the old corrupt templates with the original ones, then you align the cell body so that it is in sync with the spirit/energy body. The system in charge of this is the endocrine system of the seven endocrine glands. (gonads, adrenal glands, pancreas, thymus, thyroid, pituitary and pineal. The glands use hormones to tell the molecules how to perform the various tasks. The hormones control the brain dendrites, minerals, enzymes, vitamins, catalysts, membranes, blood, neural-chemicals and prostaglandins. Cancer results when a division of the cell body remains out of alignment with the spirit body for seven years. We all have a small degree of cancer in our body all the time. If it is just a few hundred thousand cells we do not notice. When it becomes a few hundred million cancer cells we develop a tumor.

5. There should exist a state called homeostasis between certain key body systems. It means balance. This balance must be restored. It is to balance the operation of the five major organs, a balance between acid and alkaline, between anabolic and catabolic, between yin and yang, between nutrition (supply of raw materials) and elimination (waste disposal) and etc.

6. The condition of enzyme deficiency must be cleared every 28 days. Any enzyme that falls below the minimal level must be resupplied before the 28 day window closes.

7. The level of toxins in the body must be reduced to a level at which the immune system can establish an up-spiraling curve. In other words the immune system can handle not only all existing toxins, but can also prevent new toxins from causing any system to crash. This is important for any inorganic toxins such as metals or artificial drugs. It is absolutely critical for organic toxins such as viruses, harmful bacteria and parasites. These organisms grow and reproduce.

8. The obstructions to energy production should be eliminated. For the most part this equates to sugar distribution in the form of glucose and triglycerides. Sugar spikes and circulation issues may be addressed. The portions of the intestines, liver and adrenals involved with sugar maintenance and distribution have to function at a minimal level.

9. Negative cell memories must be purged. These memories are normally stored in fat cells that contain alien substances that the body does not know what to do with them.

10. Finally, all of the steps and all of the science involved in returning the cells to their original form and function is not known to this author ..... and I doubt to anyone else.

It is self-evident that the above process is not an easy one. And no doubt the complete and thorough master regimen would be a process so rigorous, demanding and expensive that the typical man or woman would cringe at the mere thought of attempting it. The scope of it is big. You would need to quit working and devote all your time to health. But I believe two short-cuts can be employed that would change the time and effort involved considerably. The results would not be perfect health, but vastly improved health. The first is stem cell migration. The second is the science of kundalini. When the kundalini energy is raised in the body it produces a
higher output of human growth hormone from the pituitary. Human Growth Hormone (HGH) coupled with stem cell migration is the “secret sauce”. This is not magic or mumbo jumbo but science. This is the recipe for orthomolecular nutrition we are promoting in this book.