



Nutrition and lifestyle advices

Nutrition advices

A healthy diet is based on 3 pillars:

- 1. A balanced supply of carbohydrate sugars in which a rapid excessive supply must be avoided.*
- 2. A sufficient amount of protein.*
- 3. A sufficient supply of fats with attention to a good balance between omega-3-9 fats and omega-6 fats.*

1. A balanced supply of sugars.

Sugar molecules must be supplied in moderate quantities and slowly converted into energy. An overrun causes inflammation.

Sugar molecules are mainly supplied from carbohydrates. You have "fast" or "acellular" carbohydrates where the sugar molecules are stuck together between the cells. These sugars are released very quickly and to a large extent when eating. Excess sugars are quickly converted into fat. So you gain weight from it. In addition, the fats from sugars are rich in cholesterol! Your cholesterol rises more by an excess of sugars than by (healthy) fats!

Excess sugar molecules cause inflammatory reactions, and the immune system needs cholesterol. So that also increases your cholesterol. "Slow sugars" are found in "cellular" carbohydrates.

The sugar molecules must first come out of the cells and are therefore released slowly and gradually.

Advices.

- 1. Avoid fast carbohydrates and sugars:**
 - All cereal breads (whole wheat, wheat, spelt, oats, corn)
 - Pasta, potatoes, rice and all other pasta.
 - Pure sugars and soft drinks (also so-called sugar-free or "zero" soft drinks. They are filled with artificial sugars.
- 2. Get your slow cellular carbohydrates from plants, vegetables and fruits.**
 - Apples, berries, avocado, mango, banana, pineapple prefer orange, strawberries or other rather sweet fruits.
 - Root vegetables (sweet potato, celeriac, parsnip, turnips)
 - All other vegetables in all colors and sizes.
 - However, be careful with nightshades (tomato, potato, bell pepper, eggplant). Do not eat them too much and make sure they are well ripe.



2. A sufficient supply of protein.

Proteins are chains of amino acids. These are necessary for a strong muscular system. But also for good brain function because all neurotransmitters are made up of amino acids.

Proteins determine almost all processes of our cells.

Proteins are obtained from animal products (meat, fish, eggs, cheese).

Here too, certain rules apply to "healthy" proteins.

Advices.

1. Avoid meat and products of quadrupeds/mammals due to the presence of the NEU5Gc molecule (see text on low-grade inflammation). Only butter **does not** contain NEU5GC and can therefore be used to a limited extent.
2. All meat of everything that flies (chicken, turkey, guinea fowl, duck, ostrich). (Buy from animals you're sure are free moving or flying)
3. Eggs **briefly** raise your cholesterol levels but contain a lot of choline, vit. D, B12, E and many minerals. Choline is a basic substance for a strong nervous system. A daily egg is recommended.
4. In addition to proteins, fish and especially fatty fish also contain many good fats such as omega-3. So eat more fish than meat!
5. Shellfish (mussels, oysters, lobster, shrimps... in addition to proteins, they also have a high content of iodine and thus promote the functioning of your thyroid gland.
6. No milk or yoghurts from animal milk. Use coconut yogurt.

3. **Vetten.**

All our cells and also nerve cells are built with a cell wall made up of fats. Fats are therefore essential in our diet.

Fats are also the precursor of glucose, our unavoidable source of energy.

A distinction is often made between "saturated" and "unsaturated" fats. Saturated fats are hard at room temperature and unsaturated liquid.

Saturated fats such as butter, chocolate, coconut fat are all said to be bad because they raise cholesterol and all unsaturated fats (so all oils) are healthy. This is nonsense.

Butter from grass-eating cows contains "short chain" fatty acids that are ideal for the construction of your intestinal flora.



Coconut fat contains "medium long" fatty acids with additional antibacterial and antiviral properties.

Fats from cows, pigs and cheese have "long chain" fatty acids and are difficult to digest and stored more in belly fat and buttock fat. And they raise your cholesterol.

Saturated fatty acids are very stable and therefore preferable when baking.

Unsaturated fatty acids are made up of omega-3, 6 and 9 fatty acids. Omega-3 and 9 (fish, olive oil) are very healthy.

Omega-6 fatty acids are also needed. But with an excess of omega-6 compared to omega-3, these will transform into inflammation-inducing oils.

Heating oils can lead to trans fatty acids that also trigger inflammation.

Omega-6 fats are: sunflower, soy, corn, grape seed, hemp seed, rapeseed, linseed, peanut, palm oil.

They are essential for the body but make sure you combine them with an abundance of omega-3 fatty acids.

Advices.

- Eat a lot of fish and be **extremely moderate** with cow and pork and cheese.
- Bake with pure butter from grass-eating cows or coconut fat.
- If you bake with olive oil add a little butter .
- Nuts and seeds are a rich source of good fats and are high in fiber!!!
- Pay attention to the ratio between omega-3 and omega-6 fats. the ideal ratio is 3/1. So three times more omega than omega—6. If you cannot reach this take a daily supplement of omega-3
- If you eat a lot of good fats and little to no sugars, those fats are used as an energy source. So you lose weight!
- No milk or milk products such as yogurt. Prefer to eat coconut yogurt.



Lifestyle

The most important thing, besides adjusting your diet, is to train and maintain your stress as it was originally intended.

Namely: taxing and relieving the stress mechanism. Some examples.

1. Never sit still for too long but move regularly.
2. Come outside every day and walk or exercise outside.
3. Skip a meal or fasten for probably a day.
4. Surprise your body with an alternation of hot and cold (sauna, cold shower).

Finally, some recommendations.

1. Bread without cereals and glutes.
There are bread recipes based on nuts, seeds, eggs, tubers or banana without grains and gluten.
See my recipe under "useful information".
2. Look for websites where they sell cereal free bread and other mixes.
3. Looking for cooking books or sites with low carb recipes