# Nutrition: You Are What You Eat!

# Introduction

We are individuals, and therefore nutrition can be personalized and vary according to taste and culture. However, there are some fundamental principles of metabolism that apply equally to everyone. Before we go into detail, certain aspects of modern nutrition must be mentioned, as they significantly deviate from a healthy diet. The latter corresponds to classic Italian or Mediterranean cuisine, which is colorful and rich in seasonal vegetables and fruits, good fats, proteins, and above all, low in refined carbohydrates (pizza, pasta, snacks, etc.).

Modern diets, promoted by various industries, consist almost exclusively of carbohydrates with low nutritional value (vitamins and minerals); even the fruits and vegetables we buy in the supermarket have lost between 50% and 90% of their nutritional content. Additionally, various pesticides and preservatives poison our bodies and minds (in small cumulative doses!) and impair our metabolism, both in carbohydrate metabolism, **which** makes us fat, and fat metabolism, which triggers a chronic inflammatory state (see also Inflammaging), leading over time to a range of chronic diseases. Many suffer from so-called civilization diseases, and it almost seems normal, but it is not!

We would like to draw the attention of our patients and clients to two main aspects: healthy nutrition and the activation of metabolism, aiming to avoid unwanted weight gain or to lose weight if necessary.

Aside from the elementary function of mitochondria, which are the cell's engine and a key element in energy production, the topic of detoxification and deacidification of our bodies comes into play; vital nutrients (supplements), specific diets or metabolic cures, and intestinal therapy, which will be treated separately, play an important role here. The aim of such cures is to strengthen our immune system, prevent chronic diseases, and increase vitality and psycho-mental and physical well-being (see also Longevity).

# The current socio-cultural situation: carbohydrate dependence

Thanks to the mechanized food industry, which offers us highly refined, preservative-laden, or pre-prepared foods, we have almost all become addicted to carbohydrates and sugar; industrialized nutrition is generally high in calories, full of carbohydrates, sugars, sweeteners, and preservatives. Coupled with little exercise and physical activity, this sugar addiction is the main cause of overweight and thus also of diabetes (= sugar disease) and many other chronic diseases or cardiovascular disorders. Furthermore, the nutritional value (vitamins, minerals) of modern diets is no longer sufficient to meet our body's daily needs, resulting in an inevitable state of nutrient deficiency that manifests in various physical symptoms. The body needs 47 essential micronutrients (vitamins, minerals, trace elements, and omega-3 fatty acids) daily, which are indispensable for it to function well and stay healthy!

# Returning to healthy nutrition

Every change must be gradual, and it takes perseverance and persistence! The first step is to break free from sugar addiction! As mentioned, we are almost all addicted to sugar and carbohydrates in the form of bread, croissants, cakes, sweets, pizza, spaghetti, fruit (fructose), or sugary drinks! Therefore, it is of utmost importance to reduce them and consume them in the right proportions. Those with a sedentary job and generally little movement should almost entirely eliminate carbohydrates from their plates. Those who find it difficult to give up carbohydrates can gradually reduce them and compensate with protein or oil. The second change concerns exercise: Get out of the chair and into nature! Physical activity stimulates metabolism, activates muscles, and thus has a healthy effect on body and mind. We recommend a minimum of 10,000 steps per day (about an hour of brisk walking) or physical activity (not excessive, i.e., aerobic and not anaerobic) of at least 30 minutes five times a week.

# The right proportions

Modern diets are unbalanced, so we need to rebalance them by gradually getting out of the carbohydrate trap and finding the right proportions: 40-50% vegetables and seasonal fruits, 20-30% protein, 10-20% carbohydrates, about 10-20% various high-quality fats. Fats not only provide essential fatty acids but also energy and can therefore be used to compensate for the resulting energy deficit due to reduced carbohydrates. Caloric needs logically depend on physical activity and should be particularly taken into account and monitored when one wants to lose weight.

# Vegetables and fruits

Vegetables and fruit are sources of important micronutrients (vitamins and minerals). The WHO (World Health Organization) recommends seven portions a day, but who sticks to this advice?

There are also two other problems: The first concerns nutritional value, which has fallen to an alarmingly low level. The apple, for example, has lost 80% of its vitamin C content, so that the saying “an apple a day, keeps the doctor away” (loosely translated: if you eat an apple a day, you don't have to go to the doctor) needs to be updated: You would have to eat five apples a day to reach your original vitamin C content. Unfortunately, the same applies to all other types of fruit and vegetables.

Caution: If you eat too much fruit, this can have a negative effect on your metabolism. This is because fructose can lead to a fatty liver and increase the risk of diabetes! Fructose can also lead to a sugar addiction (see above). In addition, all fruit from major distributors is treated with pesticides and toxins which, even in officially approved doses, are harmful to our bodies and can be the cause of various chronic diseases. Paracelsus used to say that the dose makes the poison. Today, however, the main problem is not the individual dose, but the combination and accumulation of many individual toxins in small doses. Since 1950, there have been almost half a million new artificial or toxic substances produced by industry that are released into our environment every day.

# Proteins

Proteins or protein structures are the building blocks of our bodies and form the basis for many metabolic processes. The daily amount required in grams is calculated based on body weight and multiplied by a factor of about 1.5 - 2.0 depending on physical activity. Adolescents, athletes, pregnant women, and also older people who are at risk of losing muscle mass require more protein.

# Fats and Carbohydrates

For years, (especially animal) fats were classified as bad and blamed for causing overweight. But we need fats for proper cell function. The body is made up of 10-15% fats, the brain, for example, is 55% fat (cholesterol and fatty acids). It's not the fats (when consumed in the right ratio) that make us fat, but the refined carbohydrates and hidden sugar! These are offered to us by the food industry in numerous tempting forms and are the cause of countless problems, not only for our individual health but also for our society and the environment. After digestion, carbohydrates enter the bloodstream to provide energy to the organs. The problem is that metabolism has only two ways to deal with the sugar (carbohydrate) supplied: either it burns it immediately through movement or stores it in reserves. If the sugar reserves, found in the liver and muscles, are full, the body is forced to store the reserves in fat tissue (comparable to a car tank; when it’s full, it has to fill up canisters). This wouldn't be a problem if the body needed the reserves in the event of prolonged fasting or food scarcity (see native peoples) to maintain the necessary energy; however, the problem arises due to the combination of lack of exercise (especially in sedentary jobs) and regular consumption of foods with refined sugar and carbohydrates, which prompt the body several times a day to accumulate reserves that are not burned. This continuous accumulation of reserves gradually leads to an imperceptible inflammatory state (silent inflammation), which chronically burdens the metabolism. Constant stress negatively affects our immune system, and protective detoxification processes risk gradually failing to function properly. Moreover, the body finds it increasingly difficult to produce the energy necessary for our performance; as a result, concentration problems, depression, muscle and joint pain, etc. can occur. The chronic inflammatory situation and energy deficiency over time lead to various chronic diseases such as high blood pressure, hypercholesterolemia, diabetes, or cardiovascular problems, discopathy, rheumatic problems, fibromyalgia, etc. To avoid or alleviate such problems, one must eat healthily, even if it takes more time and is associated with higher costs (natural products and high-quality nutritional supplements).

# Eating Rhythm

When and what we eat depends on our activity and should align with it. It is advisable to eat carbohydrates before or after physical or sports activity. Carbohydrate intake in the evening should be avoided or consumed at least three hours before going to bed. Eating carbohydrates in the morning, such as coffee and croissants or a sugary cappuccino before or during the walk to the office, activates metabolism and stimulates hunger within 2-3 hours! Those who avoid carbohydrates in the morning stimulate the metabolism to burn its reserves; this could also be used as the beginning of a diet with the aim of losing weight (see Fact Sheet 2: LOGI Diet).

# Pay attention to what you eat!

It is worth not only checking the energy value (calories) but also the composition of individual foods in terms of carbohydrate, fat, or protein content. Anyone who wants to lose weight knows that the calorie intake must be reduced; however, it’s not just the (unhealthy) fats but above all the carbohydrates and (visible and hidden) sugar that should be reduced. Since the nutritional content of fruits and vegetables is not enough to meet the daily needs, it is recommended to supplement with sufficiently high-dosed natural-based supplements containing all micronutrients.

Our team is available for further information on this topic.