

Healthy Diet

Fluctuations in certain hormone levels may contribute to stubborn belly fat, weight gain, sluggishness, stress, a lagging libido, sugar cravings, and health problems. Lifestyle changes is needed, an adapted diet and supplements.

General Advice

5/7 days in a week are good
Chew: if insufficiently chewed and quickly swallowed, digestion is hard & it can results in bloating
Cooking: cook food at low T° in oven (60-85°C), boiled (100°C) or steamed (90°C)
Drink water: children should drink 0.5-1 L per day; adults around 1.5-2L
Fresh food: has higher levels of vitamins and a lower risk of contamination
Fruits & Vegetables: eat 400g per day. Raw until 17H, cooked after 17H
Proteins: eat sufficient plant and animal proteins
Vary food: as eating the same every day, ends up with food intolerance & allergies
Sleep: 7-8H per night
Sport: 2-5X per week cardio or muscle training

A Day Example

Breakfast: what to NOT eat

How a not healthy breakfast looks like:

Cereals	They contain mostly refined (not whole) grains and sugar
Pancake & Waffles	These are very high in refined flour which contribute to insulin resistance & obesity
Toast with margarine	The flour in bread is refined. It can spike blood sugar very fast leads to rebound hunger that causes to eat more at the next meal, which can make gain weight. Second, it contains trans fats, which are the most unhealthy type
Muffins	They are made from refined flour, vegetable oil, eggs & sugar
Fruit juice	Some fruit juices contain very little juice and are sweetened with sugar or high-fructose corn syrup. High sugar levels increase risk of obesity, metabolic syndrome and type 2 diabetes
Sweetened fruit yoghurt	Many flavored non-fat yogurts contain more sugar than a comparable serving of ice cream.
Granola bars	Although unprocessed oats are high in fiber, granola bars provide only 1–3 g of fiber.. However, they contain a lot of added sugar.
Gluten free breakfast food	A combination of flour made from rice, potatoes and tapioca replaces wheat flour in gluten-free bread and baked goods. These flours have a high glycemic index, so they raise blood sugar rapidly, leads to high insulin levels that can cause rebound hunger and weight gain

Breakfast: what to eat

A healthy breakfast includes fiber, mostly protein and healthy fat that gives energy & promotes **DOPAMINE** hormone production.

Proteins	Eggs	It increases feelings of fullness, reduces calorie intake at the next meal & helps maintain steady blood sugar and insulin levels.
	Greek Yoghurt	It is more concentrated in protein & probiotics. Adding a fruit is delicious
	Chia seeds	It is the best source of fiber & omega 3
	Nuts (Almonds, Cashew, Brazil nuts, Hazelnut..)	All types of nuts are also high in magnesium, potassium and heart-healthy monounsaturated fat. Should be soaked.
	Fish (Mackerel, Sardines, Tuna, Salmon, Anchovy) Chicken, Turkey	Fish is rich in omega-3 fatty acids. It is loaded with high-quality protein.
	Grains (Quinoa, Sarrasin, Millet)	The protein & fiber content may increase the feeling of fullness and help eat fewer calories Sprouted bread, Bread whole grain bread (gluten)
	Oatmeal	It is gluten free & contains fiber. You can add yoghurt & fruit, milk (almond)
Fat	Olive oil, Coconut oil, Colza oil	It is full of saturated fatty acids. People who ate breakfast with coconut oil, ate significantly fewer calories at lunch
Carbohydrate	Fruits: (Berries, Blueberries etc)	Packed with antioxidants, low glycemic index
	Vegetables	Vegetables are high-volume, low-calorie. They contain vitamins, minerals, fiber & water, which adds bulk to meals, & decreases constipation. Avocado has omega 3.
Drink	Green tea, Decaffeinated coffee	It contains caffeine ½ the amount as in coffee, which improves alertness and mood, along with raising metabolic rate
	Water	2L for adults

Lunch

Should be a **PROTEIN** mainly lunch to activate the **DOPAMINE** hormone.

Soup	Use chicken, meat, fish, sprouted grains & vegetable
Vegetables	Make lots of salads, rather raw or steamed
Plant protein	Lentils, Beans, Quinoa, Chickpeas, Rice, Peas,
Animal protein	Fish, chicken, meat, sardines, mackerel, tuna, seafood

Snack 15-17H

Should be from healthy sugar, low glycemic index if possible.

Dark chocolate	It is loaded with nutrients that can positively affect health & lower the risk of heart disease. Quality dark chocolate is rich in Fiber, Iron, Magnesium, Copper, Manganese and other minerals
Dry fruits	It is highly nutritious. It generally contains a lot of fiber and is a great source of antioxidants, especially polyphenols. However, they are also high in sugar and calories, and can cause problems when eaten in excess
Fruits	Fruits are real foods. They are highly nutritious and so fulfilling that eating them can help feel more satisfied with less food.
Nuts	Nuts are a highly nutritious and super tasty food that can fit into almost everyone's diet. they should be soaked.

Dinner

Should be a **CARBOHYDRATE** mainly dinner to activate the **SEROTONIN** hormone.

It's possible that eating foods high in tryptophan with a healthy serving of carbohydrates can have an effect on the serotonin levels.

The liste below contain high amounts of tryptophan. Your best chance at achieving a serotonin boost without using supplements is to eat them often, with a serving of healthy carbohydrates, like rice, oatmeal, or whole-grain bread.

Cereals	Rice, Sweet potatoes, Potatoes, Pasta complete
Vegetables	Any vegetables rather be cooked. Can be stir fry, steamed.
Soup	Any vegetables soup is great

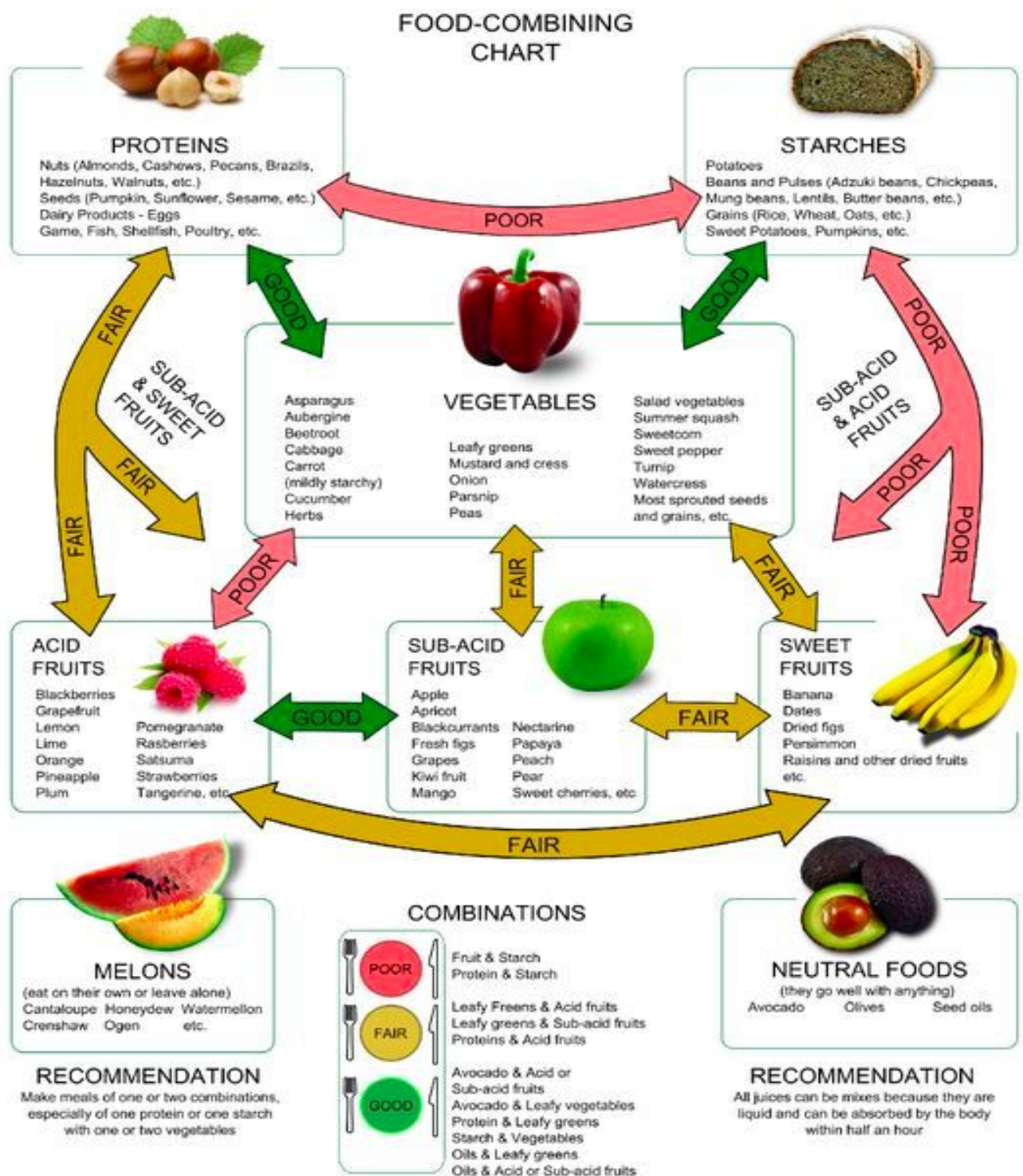
Food & Drink to Avoid

<u>Avoid</u>	<u>Alternative</u>
Carbs (bread, pasta, rice)	Sproute all before. Avoid if weight problem
Dairy (cow yogurt)	Organic yoghurt, Soy yoghurt, Coconut yoghurt Clarified ghee butter
Bad Fat (trans)	Coconut oil, Olive oil, Colza oil, Avocado
Fish, Meat, Poultry grilled, pan fry or barbecue	Boil, steam or oven on low T° 85°
Grains not sprouted (lentils, beans, rice, quinoa etc)	Sproute all before
Nuts not soaked	Soak the night before
Sugar	Carob Stevia Cinnamon Chocolate 90-100% of cacao Dried fruits moderately Fresh lemon juice Fruits, low sugar
Tap water	Filtered, purified water (charcoal with reverse osmosis filter)
Soft drinks	Plain or sparkling water Water with fresh lemon juice or a fruit
Fruit juice	Fruit Fresh fruit juices
Creamy vegetable soup	Vegetable soup without animal milk, rather add a soy sauce Miso soup
Dairy (milk)	Soy or almond milk
Coffee, Tea	Decaffeinated coffee Decaffeinated tea, Herbal tea
Alcohol	Sparkling fruit beverages without sugar. It can disturb sleep

Acid Base Food

Highly Alkalizing			Neutral or Almost Neutral			Highly Acid-Forming
Green vegetables and lettuce Most Vegetables Garlic, fennel, ginger Sea veggies Sweet potatoes Sprouted seeds, grains and beans Tomatoes, Avocado, Lemons, sea salt	Raw almonds, brazil nuts, burdock root, flax seed oil, raw sunflower seeds, fresh herbs, Stevia	Most fruit, cold pressed oils, raw carob	Raw honey, sprouted lentils, raw goat cheese (not pasteurized and from antibiotic and hormone free goats).	Agave, brown rice syrup, olives, pasteurized soft goat cheese, cream, dates, sprouted grains, Wild Salmon, oysters	Meat, bacon, chicken, white bread, eggs, pasta, pork, white rice, shrimp, turkey veal, peanuts	Alcohol (all types), Cola, cocoa, coffee, tea (un-herbal), pasteurized Milk (and dairy), Ice cream, Candy, sugar, artificial sweeteners Hydrogenated oils, fried and processed foods Chocolate Margarine, jelly STRESS Negativity Medication Hormone pills

Food Combinations



Vegetables and digestibility

14 of the best vegetables



arugula
1 cal/leaf

high in protein, fiber, calcium, iron, magnesium, potassium, and vitamins a, c, k, b6

eat it in salads or in sandwiches and wraps



spinach
2 cal/leaf

high in fiber, protein, calcium, iron, magnesium, potassium, and vitamins a, c, e, k, b6

high in sodium

eat it raw in salads, stir-fried, or cooked



mushrooms
2 cal/mushroom

high in fiber, protein, iron, potassium, and vitamins d and b6

eat them stir-fried, sautéed, or roasted



broccoli
3 cal/floret

high in protein, calcium, iron, magnesium, potassium, and vitamins a, c, b6

eat it steamed, roasted, and in salads



cauliflower
3 cal/floret

high in protein, magnesium, fiber, potassium, and vitamins c, k, b6

high in sugars

eat it steamed, roasted, or in salads



tomatoes
22 cal/tomato

high in magnesium, fiber, potassium, and vitamins a, c, k

high in sugars

eat them raw, in salads, or in sandwiches



cucumbers
24 cal/cucumber

high in magnesium, potassium, and vitamins a, c, k

high in sugars

eat it raw or in salads



red bell pepper
30 cal/pepper

high in fiber, potassium, and vitamins a, c, k, e, b6

high in sugars

eat it raw, in salads, roasted, or stir-fried



zucchini
31 cal/zucchini

high in fiber, protein, iron, magnesium, potassium, and vitamins a, c, b6

eat it roasted, sautéed, stir-fried, or in salads



yellow pepper
40 cal/pepper

high in fiber, magnesium, potassium, and vitamins a, c, b6

eat them raw, stir-fried, in salads, or roasted



red onions
44 cal/onion

high in fiber, potassium, and vitamins c and b6

high in sugars

eat it roasted, sautéed, stir-fried, or in salads



bean sprouts
54 cal/12 oz

high in fiber

high in sugars

eat them in sandwiches, in salads, or stir-fried



eggplant
110 cal/eggplant

high in magnesium, fiber, potassium, and vitamins c, k, b6

high in sugars

eat them roasted, in salads, or stir-fried



bok choy
2 cal/leaf

high in fiber, protein, iron, calcium, and vitamins a and c

eat it in soups, in salads, or stir-fried

Conditions & Diet

Condition	AVOID	TAKE
Abdominal pain	<ul style="list-style-type: none"> • High fiber fruits & vegetables • Food allergies due to monotonous diet • Stress (retention of anxiety (upper belly) or anger (lower belly)) 	<ul style="list-style-type: none"> • Boiled foods for 2-4 days • Meat, fish, poultry • Low fiber vegetables • Drink more water
Acne	<ul style="list-style-type: none"> • Sugar & sweets • Dairy: Milk, yoghurt, milk, cheese • Baked fats 	<ul style="list-style-type: none"> • Fresh foods as low sugar-containing fruits (berries, grapefruit) & vegetables • Probiotics
Bloated upper belly	<ul style="list-style-type: none"> • Eating too quickly, not chewing • Lack of gastric acid (HCL), undigested meat, poultry (hard to digest protein) • Alcohol • Anti acid medication 	<ul style="list-style-type: none"> • Eating slowly, relaxed, chewing well • Hydrochloric acid at the beginning of a protein-rich meal
Bloated middle belly	<ul style="list-style-type: none"> • Lack of pancreatic enzymes (bloated middle belly), hard to digest fat, carbs • Fruits, high in fiber (pineapple) • Mixing of fruits & other foods, especially protein-rich food as meat especially if taken after protein-rich foods • High fiber vegetables: cauliflower, cabbages, Brussels sprouts, broccoli 	<ul style="list-style-type: none"> • Pancreatic enzymes • Eat foods separately
Bloated lower belly	<ul style="list-style-type: none"> • Unsprouted cereals (bread, pasta, rice, pizza, cake) • Dairy: yoghurt, milk & cheese • High fiber vegetables: cauliflower, cabbages, Brussels sprouts, broccoli • Constipation 	<ul style="list-style-type: none"> • Boiled foods: meat, poultry, fish, low fiber vegetables • Pancreatic enzyme
Breast cysts	<ul style="list-style-type: none"> • Caffeinated coffee, cola, black tea • Alcohol especially > 1 glass/day • Meat, fish, poultry cooked at high T°, grilled, smoked or cooked in oil • Sugar & sweets 	<ul style="list-style-type: none"> • Drink more water • Consume seafood, sea fish (iodine)
Cancer	<ul style="list-style-type: none"> • Lack of water intake • Coffee, black tea (caffeine & dehydration) • Alcohol 	<ul style="list-style-type: none"> • Drink more water • Organic fruits, low sugar content but not ripe melons

	<ul style="list-style-type: none"> • Unsprouted cereals (bread, pasta, rice, pizza, cake) • Sugar & sweets • Meat, fish, poultry, eggs, vegetables cooked at high T° (> 100), in oil or butter: grilled, baked, pan fried, barbecue 	<ul style="list-style-type: none"> • Organic vegetables, richest in water as cucumbers • Manage stress
Constipation	<ul style="list-style-type: none"> • Lack of water intake • Iron supplements • Milk products • Banana • Lack of high fiber fruits & vegetable • Lack of gastric acid (HCL) • Sedentarily • Thyroid deficiency 	<ul style="list-style-type: none"> • Drink more water • Fruits rich in water (melons) • Dry prunes • Vegetables rich in water (cucumbers)
Diarrhea	<ul style="list-style-type: none"> • Excessive amounts of fruits • Milk products • Whole grain bread, high fiber cereals • Lack of bacterial flora 	<ul style="list-style-type: none"> • Probiotics
Eczema	<ul style="list-style-type: none"> • Sugar & sweets • Unsprouted cereals (bread, pasta, rice, pizza, cake) • Milk products, cheese, milk, buttermilk & yogurt • High sugar containing dry fruits: mango, pineapple, dates • Alcohol • Thyroid and cortisol deficiency 	<ul style="list-style-type: none"> • Fresh food (vegetables) • Meat, fish, poultry
Gallbladder & Liver problems	<ul style="list-style-type: none"> • Baked fat • Eggs • Pork meat • Onions • Chocolate & other sweets • Milk products 	<ul style="list-style-type: none"> • Boiled vegetables • Boiled meat
Muscle wasting	<ul style="list-style-type: none"> • Unsprouted cereals (bread, pasta, rice, pizza, cakes) • Sugar and sweets • Male hormone (testosterone and growth hormone) deficiencies 	<ul style="list-style-type: none"> • Meat: red and white • Egg white, poultry • Organ meat • Fish, seafood • Amino acid mixtures, creatine powder, carnitine
Prostate hypertrophy	<ul style="list-style-type: none"> • Caffeinated coffee, cola, black tea • Alcohol • Low fat milk products • Cooking in oil 	<ul style="list-style-type: none"> • Drink more water • Fruits • Vegetables
Rheumatoid arthritis	<ul style="list-style-type: none"> • Lack of water intake • Coffee, caffeinated coffee, black 	<ul style="list-style-type: none"> • Fresh food • Raw vegetables

	<ul style="list-style-type: none"> tea Unsprouted cereals (bread, pasta, rice, pizza, cake) Sugar and sweets, soft drinks Acid fruits (oranges, grapefruit, apples, pears) 	<ul style="list-style-type: none"> Boiled or steamed vegetables Low sugar-containing fruits
Thyroid nodules	<ul style="list-style-type: none"> Cauliflower, Cabbage, Brussels sprouts (anti thyroid substances) Nitrates in preserved meats (dry hams, smoked hams, (saltpetre is sodium nitrate), especially when meat rich in nitrates is cooked at high T°: formation of nitrosamines => thyroid nodules Thyroid deficiency 	<ul style="list-style-type: none"> Foods rich in iodine: seafood, sea fish
Weight gain, overweight	<ul style="list-style-type: none"> Sugar and sweets Unsprouted cereals (bread, pasta, rice, pizza, cake) Milk products: milk, buttermilk, yoghurt, cheese (contain growth factors; Furthermore milk protein reduces the level of active thyroid hormone T3, by reducing the conversion of T4 to T3) 	<ul style="list-style-type: none"> Vegetables rich in water: cucumbers, radishes, etc. Vegetables easily digested raw (lettuce)
Yeast infections	<ul style="list-style-type: none"> Sugar & sweets Unsprouted cereals (bread, pasta, rice, pizza, cake) Milk products, cheese, milk, buttermilk & yogurt High sugar containing dry fruits: mango, pineapple, dates Alcohol Vinegar (preserved wine) Preserved foods (cans, packages) 	<ul style="list-style-type: none"> Fresh food; vegetables Meat, fish, poultry

Glycemic Index (GI)

The glycemic index or glycemic index is a number associated with a particular type of food that indicates the food's effect on a person's blood glucose (blood sugar) level.

Low Glycemic Foods List 0 - 55	Medium Glycemic Foods List 56 - 70	High Glycemic Foods List 70+
<p>Most non starchy vegetable <15</p> <p>Peanuts <15</p> <p>Low-fat yogurt, no sugar<15</p> <p>Tomatoes 15</p> <p>Cherries 22</p> <p>Peas 22</p> <p>Plum 24</p> <p>Grapefruit 25</p> <p>Pearled barley 25</p> <p>Peach 28</p> <p>Can peaches, natural juice 30</p> <p>Soy milk 30</p> <p>Baby lima beans 32</p> <p>Fat-free milk 32</p> <p>Low-fat yogurt, with sugar 33</p> <p>Apple 36</p> <p>Pear 36</p> <p>Whole wheat spaghetti 37</p> <p>Tomato soup 38</p> <p>Carrots, cooked 39</p> <p>Apple juice 41</p> <p>All-Bran 42</p> <p>Canned chickpeas 42</p> <p>Custard 43</p> <p>Grapes 43</p> <p>Orange 43</p> <p>Canned lentil soup 44</p> <p>Macaroni 45</p> <p>Pineapple juice 46</p> <p>Banana bread 47</p> <p>Long-grain rice 47</p> <p>Bulgur 48</p> <p>Canned baked beans 48</p> <p>Grapefruit juice 48</p> <p>Green peas 48</p> <p>Oat bran bread 48</p> <p>Old-fashioned porridge 49</p>	<p>Canned kidney beans 52</p> <p>Kiwifruit 52</p> <p>Orange juice 52</p> <p>Banana 53</p> <p>Potato chips 54</p> <p>Special K 54</p> <p>Sweet potato 54</p> <p>Brown Rice 54</p> <p>Linguine 55</p> <p>Oatmeal cookies 55</p> <p>Popcorn 55</p> <p>Sweet corn 55</p> <p>Muesli 5</p> <p>White rice 56</p> <p>Pita bread 57</p> <p>Blueberry muffin 59</p> <p>Bran muffin 60</p> <p>Hamburger bun 61</p> <p>Ice cream 61</p> <p>Canned apricots, light syrup 64</p> <p>Macaroni and cheese 64</p> <p>Raisins 64</p> <p>Couscous 65</p> <p>Quick-cooking porridge 65</p> <p>Rye crisp-bread 65</p> <p>Table sugar (sucrose) 65</p> <p>Instant porridge 66</p> <p>Pineapple 66</p> <p>Taco shells 68</p> <p>Whole wheat bread 68</p>	<p>Bagel 72</p> <p>Corn chips 72</p> <p>Watermelon 72</p> <p>Honey 73</p> <p>Mashed potatoes 73</p> <p>Cheerios 74</p> <p>Puffed wheat 74</p> <p>Doughnuts 75</p> <p>French fries 76</p> <p>Vanilla wafers 77</p> <p>White bread 79</p> <p>Jelly beans 80</p> <p>Pretzels 81</p> <p>Rice cakes 82</p> <p>Mashed potatoes, instant 83</p> <p>Cornflakes 84</p> <p>Baked potato 85</p> <p>Rice, instant 91</p> <p>French bread 95</p> <p>Parsnips 97</p> <p>Dates 100</p> <p>Compiled by: www.LowGIHealth.com.au from various sources</p>

Soaking & Sprouting

Soaking and sprouting is a simple practice that has huge nutritional benefits.

You can do this with any *grains, seeds, legumes, or nuts*.

This removes a lot of the phytic acid, lectins, and other enzyme inhibitors or anti nutrients. These are what cause health and digestive problems as bloating, stomach or intestinal pain & gas.

Soaking partially breaks down gluten, making it easier to digest. Phytic acid, also blocks the absorption of vitamins and minerals, and for these reason it is linked to tooth decay and bone weakening.

It also lowers metabolism, and even contributes to anemia.

Soaking and sprouting also adds many more enzymes, vitamins, and minerals that were locked up inside of the seed, bean, or grain. It also adds Phytase, a natural enzyme that helps to break down phytic acid.

Essentially all you have to do is put the grains/nuts/seeds in a jar, add pure water, an acid medium, then let sit overnight. Then rinse, let sit for a day or two, and cook normally. The acid medium serves as a catalyst to initiate the culturing/ fermenting process that enables phytase to be released.

