

LET FOOD BE THY MEDICINE



**HOW TO GET RID OF CHRONIC DISEASES,
INFERTILITY AND OBESITY**

Would you like to get rid of and prevent chronic diseases, infertility, or obesity (without starvation and weight loss diets)? Keep reading because it can change your life... for the better.

Don't worry, I'm not trying to sell you any miracle cures or nutritional supplements, I just want to help you.

If you want to be truly healthy, you need to eliminate the cause of the chronic disease, otherwise it will recur sooner or later. The cause of most chronic diseases is an unhealthy diet and lifestyle.

Some people, thanks to good genes, live long and healthy lives, regardless of what they do and eat. But even if you are not one of those lucky few, you can significantly improve your health and extend your life with a healthy diet and lifestyle.

At any age, a healthy diet can extend your life by 10 years or even more (according to a study published in the New England Journal of Medicine). No matter how old you are, it's never too late to start undoing the damage caused by an unhealthy diet and lifestyle.

I'm not saying it's easy, but it's possible if you're ready to completely give up unhealthy foods and habits. If you can't (or don't want to) give them up, it's better to stop reading right away, because it would be a waste of your time.

You may even believe that you are living and eating healthy because you exercise and avoid meat and fatty foods. But it's not that simple.

There's a lot of healthy diet advice out there, but it's often contradictory or even misleading, so it's no wonder you're confused and don't know who to believe anymore. Besides, the facts about a healthy diet change all the time, and what used to be considered a healthy diet might no longer be healthy.

If you are eating processed foods, added sugar, refined carbohydrates, refined vegetable oils, gluten, dairy... you are not eating healthy. All of these foods cause inflammation in the body, obesity and chronic diseases. Besides, it's extremely harmful to gut and mitochondria.

The condition of your gut determines your health and even the length of your life. If you don't have a healthy gut, you probably won't be healthy. Mitochondria are also extremely important for health and longevity. I don't want to go into too much detail, I just want to emphasize that an unhealthy diet and lifestyle destroys your health and shortens your life.

Btw, no too extreme or restrictive diet is healthy in the long run, be it vegan, keto or raw food diet.

If you want to live long and healthy, you need to eliminate inflammation in the body and take care of a healthy gut. If you constantly harm your body with toxins, it cannot get rid of them anymore and they start to accumulate, causing inflammation and chronic diseases. The good news is that your body has an amazing ability to heal itself if you give it a chance. You will soon learn how.

I'm a nutritionist, not a doctor and I can't cure you, but I can teach you how to improve your health and extend your life with a healthy diet and lifestyle.

I can also teach you how to get rid of obesity once and for all, without starvation and weight loss diets. Weight loss diets only temporarily reduce body weight, but as soon as you go back to an unhealthy diet, you usually gain back all the lost weight, or even some more. If you want to get rid of excess weight once and for all, you need to change your diet once and for all. I'll tell you how later in the guide.

Btw, obesity also shortens life. There is a saying that we dig our own grave with a spoon.

ABOUT ME

I've been studying the impact of nutrition on health for more than 40 years. I've always been interested in how some people manage to live long and healthy lives and what makes them different from others. I was not only interested in how to live to old age, but how to live it as healthy as possible.

I'm a certified nutritionist from the Stanford Center for Health Education, where I studied nutrition science, gut health and the microbiome. I've helped many people get rid of excess weight and chronic diseases and I also practice what I teach.

I've read countless books, medical articles and scientific studies and listened to countless lectures. I know from personal experience what really works and what doesn't because I've tried every possible healthy diet, including veganism, which I don't recommend because vegans tend to replace meat with sugar and refined carbohydrates, which are even more harmful than meat and animal fats.

Besides, vegans eventually lack important nutrients that are not found in plant food, but are essential for the functioning of the body and brain. For example vitamin B12, (heme) iron and (DHA) omega 3 fatty acids. Some plant foods contain non-heme iron and ALA omega 3 fatty acids, but they are much more difficult for the body to absorb than heme iron and DHA omega 3 fatty acids, which are found only in animal source food. You may think that you can get all these nutrients from nutritional supplements, but as you will see, I'm not fond of synthetic vitamins and nutritional supplements, because I believe that nature cannot be packed into a pill.

I like naturopathy and functional medicine because they try to find and eliminate the causes of diseases, instead of just suppressing the symptoms with pharmaceuticals.

I didn't write this guide to make money, but to help you. I'm actually paying thousands of \$ to advertise my website because I would like it to reach as many people as possible. You probably also found it thanks to the ad.

If you strictly follow my advice, your health will significantly improve and your extra pounds will melt away in a few months, or even sooner. When that happens (which I have no doubt), you can return the favor by making a donation of your choice and ability. It's entirely up to you. I will be happy with any donation, no matter how small, that will help me at least partially cover the costs of advertising the website.

At the end of this guide (before the recipes) you will find out how to make a donation.

I would also appreciate it if you would share a link to my website with anyone who might find it useful.

LET FOOD BE THY MEDICINE

If you want to be healthy in the long term, you need to eliminate the cause of the disease. If you forgot to turn off the tap and the water is overflowing over the edge of the sink, wiping the water under the sink won't help... you have to turn off the tap.

I'm not diminishing the importance of doctors and pharmaceuticals and I'm not trying to convince you to give them up, I just want to encourage you not to rely just on them, but to start taking care of your health with a healthy lifestyle and diet, because I believe that prevention is better than cure.

This guide is not a substitute for medical treatment, but its support. Medical treatments will be more successful once you strengthen your immune system and get rid of the toxins and excess weight. You probably won't even need them anymore, or at least much less.

We usually get ill when our immune system is weakened and it cannot effectively protect us from diseases. As long as we have a strong immune system, we won't get ill (at least not seriously). How often and how badly we get ill depends on our immune system.

The most harmful to the immune system is constant inflammation in the body, which constantly weakens it because it has to deal with it all the time.

Immune system is also weakened by lack of exercise, not to mention harmful vices such as smoking, drinking alcohol and practically every intake of toxins into the body. Besides, the immune system weakens with age. It begins to decline after the age of 40 therefore, people over 40 should take even better care of their immune system. They say that we destroy our health in the first half of our lives and try to fix it in the second half.

Even infertility is often the result of an unhealthy diet and lifestyle. I know what I'm talking about because I've helped many women get rid of infertility with a healthy diet. One of them tried unsuccessfully to get pregnant for many years. Just a few months after she and her husband switched to a healthy diet and lifestyle on my advice, she got pregnant naturally. They now have two healthy children and are immensely grateful to me.

A healthy diet can even prevent or at least significantly alleviate depression, type 2 diabetes, dementia (already named type 3 diabetes), autism, skin diseases and many autoimmune diseases. A healthy diet has no unwanted side effects, so you don't risk anything with it. It can only benefit you.

Even Hippocrates (who is considered the father of modern medicine) said: let food be thy medicine. However, opinions are widely divided about which foods are healthy and which are harmful. There's a lot of information out there, but it's often contradictory, or even misleading, so it's no wonder people are confused and don't know who to believe anymore. All my advice is based on my personal experience. However, everyone is different and there are no universal solutions that apply to everyone. Everyone should find out for themselves what's good for them and what's not. Learn to listen to your body and it will tell you what benefits it

and what harms it.

It's not just what you eat, it's even more important what you don't eat. One of the most harmful foods is sugar (in all forms) and refined carbohydrates, because they cause many chronic diseases, including type 2 diabetes, cardiovascular disease, dementia and even cancer (cancer cells feed on sugar and carbs).

I know vegans who got cancer and had heart attacks because they ate sugar and refined carbohydrates, which are even more harmful than animal source foods (if organic). So veganism is not a miracle cure for chronic diseases.

You don't have to take my word for it. See for yourself. Give up all unhealthy food and vices for a few months and you will be surprised how your health will improve. But be consistent and stick to a healthy diet for at least a couple of months. Without exceptions. It shouldn't be too difficult, after all it's about your health. If your health doesn't improve significantly after a couple of months (which I doubt), you can still go back to your previous diet and lifestyle.

Your body can heal itself if you give it a chance. As soon as you stop harming it and strengthen your immune system with a healthy diet and lifestyle, it will be able to cope with most diseases, including chronic ones.

There are many miracle cures and diets out there that offer quick fixes, but I don't believe in quick fixes and shortcuts. In order to be healthy in the long term, you need to completely give up an unhealthy diet and lifestyle. Forever. As soon as you return to unhealthy lifestyle, the disease will return (because the cause of it will return).

If you want to prevent chronic diseases, you need to stop harming your body with toxins and allow it to get rid of those that have accumulated in it over the years. The body gets rid of toxins through the excretory system: kidney, liver, intestines, lungs and skin (through sweating) as long as there are not too many of them.

Some people recommend fasting as an effective way of detoxifying the body, but fasting can actually slow down or even completely stop defecation and you don't want that, because you want to get rid of toxins. If you want to get rid of them, you have to drink enough water (at least 2 liters a day) and eat food that stimulates defecation (for example, lots of fresh raw vegetables). If you stop eating food, the excretion will also stop. Instead of long-term fasting, I recommend intermittent fasting. In the last chapter, I wrote what an intermittent fast is.

I'm going to tell you something that you probably didn't know and may surprise you. The gut and the immune system are connected.

As already mentioned, about 60% of your immune system is located in the gut, so your health is largely dependent on the state of your gut. If you want to live healthy and long, you should have a healthy gut (good bacteria must prevail in it). You should defecate at least once a day and the stool should float on water. If your gut is dominated by good bacteria, your stool will float on water (in the toilet bowl). If it sinks, your gut is probably dominated by bad bacteria. Good gut bacteria feed on prebiotics (dietary fiber in vegetables) while bad gut bacteria feed on sugar and carbohydrates. If you eat a lot of fresh raw vegetables, your gut will be dominated by good bacteria and you will defecate easily every day. If you eat added sugar, gluten and refined carbohydrates, your gut will be dominated by bad bacteria, and you will probably be constipated and unhealthy.

WHAT'S HARMING YOU

What to avoid, because it's bad for your health

Based on years of experience, I will tell you what you should avoid and why:

1. Processed food

Most processed food contains substances that are harmful to your health, so don't even bother reading ingredient labels, simply don't eat processed food. Instead of processed food, eat organic fruits and vegetables, caught fish and organic free range meat. If possible, buy fruits and vegetables directly from organic farmers or at organic farmers markets. I've been doing this for over 40 years, so I know it's possible. You can buy organic food almost anywhere in the world.

I can't remember the last time I bought food in a regular (non-organic) store. You can also buy organic fruits and vegetables online. For example here: www.crowdfarming.com

I realize that organic food is more expensive than unhealthy food, but look at it as an investment in your health. Besides, I'll teach you how to eat less healthy food instead of a lot of unhealthy food and you won't spend much more money on food. And you will also save money on pharmaceuticals and nutritional supplements, because you will no longer need them so many.

If you really can't afford organic food, buy non-organic, which is still better than processed.

2. Sugar

Also hidden sugar, including all sweet drinks, honey and sweet fruit. Sugar (in all forms) is extremely harmful, not only to your health, but also to your brain because it can cause dementia. More and more scientific studies indicate that sugar is the main cause of dementia. Are you really ready to destroy your brain because of your sweet tooth?

Sugar is the most fattening of all foods. As long as you consume sugar (in all forms) you will not be able to lose weight, no matter what you do. Sugar causes inflammation in the body, it is harmful to the pancreas, because it force it to produce insulin, which sooner or later damages it and leads to diabetes. Sugar is also harmful to blood vessels and organs because it turns into fat, which is stored in the body. Fat that accumulates around the stomach and in the liver is especially harmful. Sugar, or fat produced from sugar, causes non-alcoholic fatty liver disease and is one of the main causes of cardiovascular disease, as well as many other diseases. Sugar is at least as harmful to the heart and blood vessels, if not more so, than animal fats. That's why vegans who don't eat animal source food at all get cancer and have heart attacks, because sugar (that is, fat converted from sugar) clogs their arteries. Sugar can cause cancer because cancer cells feed on sugar and carbohydrates.

Bad gut bacteria also feed on sugar, so if you eat sugar (in any form) your gut will be

dominated by bad bacteria.

In short, you should avoid sugar at all costs if you want to stay healthy (also mentally). I know from my own experience that sugar addiction is hard to break, therefore a strong will is required. I completely gave up sugar, because my health is more important for me than the desire for sugar (which we all have in our genes).

3. Artificial sweeteners

Artificial sweeteners are even more harmful than sugar. Anything synthetic is not food and should not be eaten.

4. Chemical additives

Most chemical additives are harmful (if not immediately, then in the long term), so avoid them at all costs. The easiest way to avoid them is to avoid processed food and soft drinks. Drink only water, without added substances.

5. Refined carbohydrates

Refined (simple) carbohydrates are found in processed foods, such as flour, bread, pasta, white rice, sweets (which you should avoid because of the sugar), while complex carbohydrates are found in unprocessed foods that contain dietary fiber (for example zucchini, carrots, sweet potatoes, brown rice, quinoa, fruit...). But if you are overweight, you should avoid all carbohydrates because they are fattening. The body turns carbohydrates (and sugar) into fat and stores it for bad times. Think of a bear that eats fruit in the fall to store enough fat to survive the winter. Nature did not foresee that we would eat fruit all year round.

When you stop eating carbohydrates, your body begins to burn stored fat. The most effective way to reduce excess weight is therefore to avoid carbohydrates and sugar (which is also a carbohydrate).

In fact, insulin (which turns carbohydrates into fat) makes you fat. If you want to lose weight, you need to lower the level of insulin in your blood, so you need to avoid refined carbohydrates that increase the level of insulin in your blood, especially added sugar, flour (and all products made from it), white rice... If the pancreas has to constantly produce insulin, it will fail sooner or later, leading to type 2 diabetes. Besides, added sugar and refined carbohydrates cause metabolic syndrome, which can lead to cancer, cardiovascular disease, dementia and many other chronic diseases.

Carbohydrates in fruits and vegetables (complex carbohydrates) are less harmful because they are bound to fiber and raise insulin levels in the blood less than refined carbohydrates. But complex carbohydrates are also fattening, so anyone who wants to get rid of excess weight should avoid them. Foods that contain the most carbohydrates are: potatoes and all tubers, rice, corn, most grains and seeds, legumes, pasta, bread and all flour products, sugar (in all forms), honey, sweet fruit...

6. Gluten

Even if you don't have a celiac disease, you should avoid gluten, because it's hard to digest

and causes leaky gut. Gluten literally burns the villi in your gut and causes the lining of the gut to become leaky for substances that shouldn't pass through into the bloodstream. Gluten, or leaky gut, causes many diseases, including autoimmune ones. After sugar (and refined carbohydrates), gluten is the second most harmful food. Followed by dairy products. The biggest problem for vegetarians and vegans is that they replace animal source food with sugar, carbohydrates, gluten and dairy products.

If you have any of the chronic diseases, chances are that one (or all) of these foods (sugar, refined carbohydrates, gluten and dairy products) are causing it. You can find this out by giving them up for a while and seeing if your health improves.

7. Dairy products (except butter).

Most dairy products contain lactose, which most adults (myself included) can't digest because, unlike babies, they no longer have the enzyme to digest lactose. Cow's milk also contains casein, which stimulates cell growth, so cancer patients should especially avoid it. Women with breast cancer should avoid all dairy products.

Besides, milk and dairy products cause asthma, skin diseases, constipation and many other health problems.

Although many people (doctors included) convince us that milk and dairy products are healthy, it's not quite true. Milk is only healthy for babies, and even for them only their mother's milk.

There is more calcium in vegetables than in milk, and the body can use it better than calcium from milk. If you cannot give up dairy products, limit yourself to organic butter, goat and sheep cottage cheese and yogurt. But in small quantities.

8. Refined oil and margarine

Most refined vegetable oils oxidize very quickly and contain free radicals, which are extremely harmful to the body and health. Besides, they contain omega 6 fatty acids, which cause inflammation in the body (unlike omega 3 fatty acids, which are anti-inflammatory). The ratio of omega 6 fatty acids to omega 3 fatty acids in your diet should be between 1:1 and a maximum of 2:1.

Margarine is a hydrogenated fat, or trans fat, which is particularly harmful.

Use extra virgin olive oil and organic coconut oil. You can also use walnut and avocado oil if they are fresh and have not oxidized yet. But only cold, not heated, because heating causes oxidation.

9. Soy and flaxseed, because they contain phytoestrogens, which are harmful and can cause cancer (especially breast and uterine cancer in women, and prostate cancer and erectile dysfunction in men). Avoid also all soy and flaxseed products, including oils.

10. Synthetic nutritional supplements

Synthetic nutritional supplements are not an equivalent substitute for natural vitamins, antioxidants, enzymes and minerals in food and you should avoid them, although their producers and sellers try to convince you that they are identical.

I will tell you what synthetic vitamins are made of. Synthetic vitamin C is made from

hydrogenated and acetone-treated corn starch, synthetic vitamin B1 is made from coal tar, ammonia, acetone and hydrochloric acid, synthetic vitamin B3 is made from coal tar, ammonia and formaldehyde, synthetic vitamin B6 is made from naphtha, hydrochloric acid and formaldehyde, synthetic vitamin B12 (cyanocobalamin) is made from cobalt and cyanide (which is toxic), synthetic vitamin E is made from refined oils, trimethylhydroquinone and isophytol, synthetic vitamin K is made from hydrogenated soybean oil using hydrochloric acid and nickel... I could go on and on, but that was probably enough to give you an idea. As already said, nature cannot be packed into a pill.

As you can see, I am not a fan of synthetic nutritional supplements and I believe that we can get almost all the necessary vitamins, antioxidants, enzymes and minerals from food, if it's diverse enough, fresh and organic (with the exception of vitamin D, which we can't get enough just from food and we have to get it from sun, or with supplements). Btw, synthetic vitamin D is made from lanolin, which is obtained from sheep's wool, so it is not as harmful as some synthetic nutritional supplements that are made from harmful or even toxic substances. However, natural vitamin D, which we get from sun, is better than synthetic one. And we can't overdose with it, unlike the synthetic one. Too much (synthetic) vitamin D is harmful, so be careful not to overdose on it.

11. Painkillers, anabolic steroids to increase muscle mass and any pharmaceuticals not prescribed by the doctor

Avoid taking antibiotics when they are not absolutely necessary (for example, with viral infections, because antibiotics have no effect on viruses). Besides, antibiotics destroy the intestinal flora, which can take up to six months to recover after an antibiotic treatment. After each antibiotic treatment, you should take even more care of the intestinal flora (with a healthy diet). Therefore, you should also avoid meat from animals (including fish) that have been fed antibiotics.

Antibiotics are great medicine when we really need them, however, with their excessive and unnecessary use we can do more harm than good.

Also, avoid antacids because stomach acid protects you from harmful microbes that you have eaten, and if it's not acidic enough, it can't protect you from them. Instead of acid-lowering pharmaceuticals, you can successfully treat acid reflux with a healthy diet. Unlike a healthy diet, most pharmaceuticals have unwanted side effects, which is one more reason in favor of a healthy diet.

12. Women should avoid birth control pills because they can cause uterine and breast cancer. There are other forms of birth control that are less harmful. Hormonal pills during menopause should also be avoided.

13. Fluoride toothpaste because fluoride is harmful. And fluoridated water as well. Avoid all toxins in general including insecticides, herbicides, mold, chlorine, radon...

14. Non-stick cookware, because it contains toxins that migrate into the food during cooking.

Aluminum and copper cookware also contain toxins. Use stainless steel and glass cookware for cooking and food preparation.

15. Induction cookers, microwave ovens, power lines, cellular base stations (cell sites) and all other sources of electromagnetic radiation.

16. Tanning beds (for artificial tanning).

17. Excessive sunbathing, because it is not healthy

Moderate sun exposure is beneficial because it provides us with vitamin D, which is extremely important for a strong immune system. But never sunbathe excessively and be careful not to get sunburned. Not by using sunscreens, but by not being in the sun for too long. Most sunscreens contain harmful substances. If anything, apply extra virgin olive oil with a squeeze of lemon to your skin. In fact, you shouldn't even get a tan, because that would mean you've been sunbathing for too long. When you get a tan, your body produces less vitamin D for the same amount of sunlight because dark skin blocks the sun's rays. Therefore people with dark skin need to be exposed to sunlight for a longer time than light-skinned people in order to produce the same amount of vitamin D. Usually 20 minutes of sun exposure once a week is enough to ensure the necessary amount of vitamin D. Avoid sunbathing between 11 a.m. and 3 p.m. (daylight saving time) when the sun is at its strongest. Excessive sun exposure weakens the immune system, which is the exact opposite of what you want to achieve. No excess is healthy.

18. Stress and negative emotions

Stress (both mental and physical) causes the formation of free radicals in the body and weakens the immune system. Excessive exercise also generate free radicals and acidity in the body (because lactic acid is formed during excessive exertion). Excess of everything is bad.

You should also avoid negative emotions, negative news and negative people and keep a positive mindset. You can't have a healthy body without a healthy and positive mind. Start meditating and visualizing if you don't already. Visualization is extremely effective if you know how to do it. You can achieve almost any goal using visualization. For example to obtain health or an ideal weight, or to increase your earnings and wealth. But it's not enough just to visualize, you have to act and do whatever it takes to achieve your goal.

Visualization and goal setting can be learned. For example, from the book *The Secret* by Rhonda Byrne, or from the books of Brian Tracy.

19. And least but not last, harmful vices such as smoking, drinking alcohol and using drugs.

WHAT BENEFITS YOU

What's good for you

By now you are probably wondering what to eat at all. I will tell you:

1. As much raw organic vegetables as possible, preferably organic

Raw vegetables should represent more than half of your diet. Raw vegetables (and also fruits) contain vitamins, antioxidants, enzymes and minerals essential for health and a strong immune system, as well as dietary fiber or prebiotics, which are extremely beneficial for the intestines. Prebiotics (which are not the same as probiotics) are substances in vegetables (dietary fiber) that are beneficial for the growth and activity of good gut bacteria.

As already mentioned, the gut and the immune system are connected. Anyone with a healthy gut usually also has a strong immune system and good health. And vice versa.

Good gut bacteria love prebiotics (dietary fiber), while bad gut bacteria love sugar and carbohydrates. If you eat added sugar and refined carbohydrates, you will feed bad bacteria.

I don't recommend taking probiotics in the form of pills or powders, because most bacteria do not survive contact with stomach acid, and those that do, don't survive long in the gut if the environment in it is not favorable to them (even your own good bacteria couldn't thrive in your gut because you didn't feed them properly). If you want good bacteria to prevail in your gut, you should feed them properly (with enough dietary fiber or prebiotics).

Btw, if you don't feed the good bacteria, they will feed on you. They will feed on your gut lining and cause leaky gut.

Raw vegetables are best eaten in the form of salads. For example:

- endive and green radicchio
- dandelion, especially in early spring, when it's the first healthy vegetable full of vitamins and minerals
- cruciferous vegetables (kale, Brussels sprouts, cabbage, broccoli, cauliflower, watercress, rocket...). Btw, cruciferous vegetables also protect against cancer.
- spring onions and garlic, which, in addition to essential micronutrients, contain a lot of prebiotics
- avocado, which contains healthy fats

Vegetables lose most of their vitamins during cooking, so try to eat as many raw vegetables as possible, especially green leafy vegetables, which, among other things, contains a lot of magnesium, a mineral that is necessary for your health. Vegetables also contain calcium, which body absorb better than calcium from milk. Vegetables that grows outdoors and receive more sunlight contain more essential nutrients than vegetables from greenhouses, which contain less essential nutrients (as well as taste), even though they are organic.

Fruits and vegetables should be eaten as soon as possible after harvesting, because the amount of essential nutrients in fruits and vegetables decreases rapidly after harvesting. After a few days, there are just half of essential nutrients left and after a few weeks, most of them

are almost gone. Most of the fruits and vegetables that are sold in supermarkets come from cold storage where they can be stored for several months.

Most nutrition experts are telling us that we need to take nutritional supplements because today's fruits and vegetables don't contain enough nutrients. Of course not, because they lost them during storage. The solution is not nutritional supplements, but fresher fruits and vegetables. That's why you should buy fruit and vegetables directly from farmers. In winter, when there is not enough fresh fruit and vegetables in most of Europe, you can order them online from southern Spain and Italy (for example at: www.crowdfarming.com). You can buy avocados, passion fruit, citrus fruits and even mangoes. Yes, thanks to climate change avocados and mangoes now grow in southern Spain. You can get them from there in a few days. Thank God for the European Union and the free movement of goods.

Fruits and vegetables that darken quickly when cut (for example apples and bananas) contain less antioxidants than fruits and vegetables that don't darken for a long time (for example citrus fruits). Vitamin C is also an antioxidant. A cut apple darkens because it oxidizes in the air. If you sprinkle it with lemon juice, it will not darken (oxidize) so fast.

Aging is basically oxidation (we literally rust) and antioxidants protect us from oxidation, so you should eat a lot of food rich in antioxidants to prevent oxidation. Antioxidants are substances that inhibit oxidation processes in which harmful free radicals are produced as a by-product. Free radicals are molecules that contain oxygen and have an odd number of electrons. Due to the lack of one electron, they are highly reactive and cause many unwanted chemical reactions in the body, damaging cells. Antioxidants "donate" electrons to free radicals, preventing free radicals from damaging cells and causing disease. The most antioxidants are in (again) green leafy vegetables, fresh spices and herbs (for example cinnamon, turmeric, garlic, onion, basil, mint, oregano, rosemary...), walnuts, rose hips, berries, citrus fruits, pomegranate...

Beside vitamins, antioxidants and enzymes, fruit and vegetables also contain minerals. The most important minerals for your health and strong immune system are: magnesium, calcium, potassium, zinc, iodine, selenium... Iodine is especially important, so use iodized sea salt and dried seaweed, to get it enough. But be careful not to overdose on iodine, because too much iodine can cause an overactive thyroid.

Besides, minerals and vitamins are interconnected, so eating tons of calcium for example doesn't help you if you don't have enough magnesium, vitamin D and vitamin K2 (which ensures that calcium is deposited where it should be and not where it shouldn't be). The best source of magnesium is green leafy vegetables and the best source of vitamin K2 is animal-sourced foods and fermented foods. The best combination of micronutrients is in (whole) food. And your body can use micronutrients from food much better than synthetic ones. Check out which foods are rich in which micronutrients. You can easily find this information online, so I won't write everything here

The most important micronutrients for a strong immune system are:

- Vitamin D
- Vitamin C
- Vitamin E
- Zinc

- Iodine

But these are not the only micronutrients you need for a strong immune system. Healthy, organic food contains countless vitamins, antioxidants, enzymes and minerals (even in trace amounts), all of which are important for your health.

2. Extra virgin olive oil and coconut oil, preferably organic

Coconut oil does not oxidize even when heated, so you can use it for cooking and baking. If you don't like the smell of coconut in food, you can buy unscented coconut oil (organic, where the smell is not removed with chemicals, but with steam). Olive oil does not oxidize as quickly as most refined oils, but it does oxidize (especially when heated), so you should avoid using olive oil for cooking and baking. Keep it in dark bottles and use it no later than one year after pressing.

You can also use walnut and avocado oil if they are fresh and have not oxidized yet. But only cold, not heated, because heating causes oxidation.

3. Nuts and seeds (gluten-free and preferably organic), which contain healthy fats, vitamins and minerals

But the healthy fats in nuts and seeds turn unhealthy when the oils are squeezed out of them because they oxidize quickly.

If you are prone to kidney stones, avoid nuts that are high in oxalates, because they cause kidney stones. For example almonds and cashewnuts. Also avoid rhubarb, spinach, swiss chard and beetroot, that contain high levels of oxalate. Check online for foods high in oxalates if you are prone to kidney stones.

Pumpkin seeds are very healthy because they contain zinc (which strengthens the immune system) and Brazil nuts contain selenium (which also strengthens the immune system and protects against cancer). But even selenium can be harmful in excessive amounts, so you shouldn't eat more than 10 Brazil nuts a day. Btw, avoid peanuts because they can contain molds that are harmful.

4. Fresh fish and seafood (preferably caught, not farmed)

Buy only fresh fish and seafood and, if possible, caught, not farmed, because farmed fish are fed unhealthy food and treated with antibiotics to prevent infections (which are caused by overcrowding in cages). Fish (especially blue fish) contain a lot of omega 3 fatty acids, which are anti-inflammatory and extremely beneficial for your brain and blood vessels. The fat from fish and seafood is in a liquid state at human body temperature, unlike the fat from meat (including poultry), which is in a solid state at human body temperature and clogs blood vessels.

Omega 3 fatty acids are also in some plant food (for example in flaxseed), but they are short-chain (unlike omega-3 fatty acids in fish, that are long-chain) and our body needs to convert them into long-chain ones, which for some people (especially the elderly) can be a problem.

Fish and seafood are also excellent source of vitamin B12. Only liver contains more vitamin B12. Calf liver contains 60 µg/100g, shrimps 11 µg/100g, mussels 8 µg/100g, sardines 8

µg/100g, tuna 4 µg/100g, and pork and beef only 2 µg/100g. Vitamin B12 is a very important vitamin. Its deficiency can affect fertility and heart function, cause neurological problems such as reduced muscle function and memory problems, and in children it can affect their brain development. A vegan diet is particularly unsuitable for children, because their brains are still developing. Plants don't contain vitamin B12, so vegans cannot get it from food. Those who prefer synthetic vitamin 12 over natural one should read again what synthetic vitamin B12 is made of in the part about synthetic nutritional supplements (in chapter 2).

You will probably ask me, what about mercury and heavy metals in fish? I try to lower the intake of mercury and heavy metals by avoiding big fish. I prefer to eat smaller ones instead (for example sardines) because the bigger the fish, the more mercury and heavy metals it contains.

The Japanese eat a lot of fish and seafood and are one of the longest-lived people in the world. Most of the blue zones are located by the sea. Blue zones are areas where people live the longest.

Prepare the fish on a grill (even small fish such as sardines). If you don't have one, you can get an electric or gas grill that doesn't produce ash. Grilling is the easiest, and also healthier, than frying in oil, which oxidizes at high temperatures.

5. Meat, preferably organic and from free range and grass fed animals (in moderate quantity)

You don't have to give up meat, but you shouldn't eat too much of it either. Once a week, or even less, will be enough. Meat is acid-forming food and causes inflammation (as well as added sugar, dairy products, refined carbohydrates and most processed foods), unlike vegetables and most fruits, which are alkaline-forming food. An acidified body is less resistant to pathogens.

All those suffering from a chronic disease should avoid meat and meat products, or at least limit its consumption until they get better.

6. Eggs, preferably organic and from free range hens

I know what you're going to ask... what about cholesterol? Cholesterol is essential for the body (especially for the brain) and if you don't get enough of it from food, your body will make it on its own. The brain is made up of 60% fat and cholesterol is necessary for its functioning. Besides, dietary fiber in vegetables and the omega 3 fatty acids in fish naturally lower blood cholesterol levels and have no unwanted side effects, unlike cholesterol-lowering drugs (statins). Statins can even be harmful to the brain, while omega 3 fatty acids are extremely beneficial for it.

7. Butter, preferably organic and from free range and grass fed animals

Butter is a much healthier fat than refined oils and margarine. Besides, it contains very little lactose and is easier to digest than other dairy products.

8. Non-sweet fruits and berries, preferably organic

The problem with fruit is that it contains sugar (fructose), which is the most harmful form of sugar. Fortunately, the sugar in fruit is bound to fiber and is not as harmful as refined sugar, but it is still sugar and you should limit your sugar intake as much as possible. You don't have to give up fruit completely, but I suggest you limit your fruit consumption and choose fruits that contain less sugar.

Watermelons, dates, bananas, pineapples, apricots, mangoes, kiwis contain a lot of sugar... Most berries, grapefruit, lemons, tangerines contain less sugar. But you shouldn't eat more than a handful of berries and one small fruit a day. If it's organic and freshly picked, it will provide you with enough vitamins. Picked fruits quickly lose vitamins, so eat freshly picked fruit that was picked a couple of days ago, or at the most a week ago. Avoid fruit that has been in the cold storage for a long time, because it contains almost no more vitamins and enzymes, only sugar.

9. Fermented food, such as yogurt and kefir (preferably organic sheep's or goat's), sauerkraut, kimchi, kombucha...

But opinions on whether probiotics (bacteria) from fermented food can survive contact with stomach acid (which is intended to kill almost all bacteria that enter it) are divided. Some (myself included) believe that it is better to cultivate good gut bacteria (by eating enough dietary fiber or prebiotics) instead of eating them.

If you have problems with fungus, you should avoid fermented foods, yeast and vinegar.

10. Cook and prepare food yourself. It is healthier and cheaper than eating in restaurants. You can also take a meal prepared the previous day to work. Even if you don't like or don't know how to cook, learn and start. You'll find that you'll grow to like it over time. I used to hate cooking, but now I really enjoy it.

11. Drink only clean water that doesn't contain chlorine or any added substances

Avoid all drinks containing sugar (even freshly squeezed fruit juices), artificial sweeteners, or any added substances. Also avoid water in plastic bottles as they may contain harmful substances that could migrate into the water. If possible, buy bottled water in glass bottles instead. Or even better drink tap water, if you are lucky enough that it doesn't contain chlorine or added substances.

12. Use only natural cosmetics, personal care products and cleaning products that don't contain harmful substances.

13. Breathe through your nose

If you happen to breathe through your mouth, quit it because it's not good for you. Especially in winter, when cold air penetrates directly into your throat and lungs, where it cools and dries the mucous membranes, which becomes less resistant to viruses and bacteria. When you

breath through your nose, the air in the nasal cavity is heated and enters the lungs warmer, besides there is nitric oxide (NO) in the nasal cavity, which acts as an antiseptic against viruses and bacteria. If you have trouble breathing through your nose, read the book *Breath* by James Nestor, which explains in more detail why mouth breathing is harmful and how to get rid of it.

14. Exercise regularly (but not excessively) at least half an hour every day

Even a short half-hour walk is better than nothing. Movement stimulates blood and lymph circulation and helps remove toxins from the body.

Lymphatic drainage also stimulates lymph circulation and helps remove toxins from the body.

15. Get enough sleep (at least 7 hours a day). Not by using sleeping pills, but with healthy sleep hygiene. Sufficient sleep is essential for a strong immune system, normal functioning of the nervous system and regeneration of the body.

16. Regular ejaculation (at least once a week) prevents prostate cancer in men.

17. If you are overweight and want to be healthy, get rid of excess weight. Excessive weight is not only unhealthy, it also shortens life.

Calculate your Body Mass Index (BMI). The formula is: body weight (in kg) divided by your height squared (in meters).

If you weigh 70kg and are 175cm tall, your BMI is 22.86 ($70/3.0625$), which is great.

BMI from 20 to 24.9 is the ideal weight

BMI from 25 to 29.9 is overweight

BMI above 30 is obesity

BMI above 40 is severe obesity

Since the fat accumulated around the stomach is the most harmful, waist-to-height ratio is also important. Your waist circumference shouldn't exceed half your height.

Most weight loss diets only help you lose weight in the short term, but as soon as you go back to your old eating habits, you usually gain all the weight back, or even some more. If you want to lose weight once and for all, you need to change your eating habits. Forever.

As already mentioned, you should avoid sugar, carbohydrates, processed foods and snacks between meals. When you stop eating sugar (in all forms, including sweet drinks and sweet fruit), your body starts to burn stored fat. Most of your diet should consist of vegetables and healthy fats.

Eat no more than three meals a day and never eat between meals. Eat slowly and chew each bite at least twenty times before swallowing. The satiety reflex occurs with a delay, so stop eating before you feel completely full. If you eat slowly, you will feel full sooner. As soon as you feel full, you should stop eating. You should never overeat, even if you only have one bite left on your plate. If there is any food left on your plate, you can eat it at the next meal.

Stop eating at least three hours before bedtime and don't eat for at least the next fourteen hours. This is called intermittent fasting, or time-limited eating. After fourteen hours of fasting, the body begins to burn its own reserves, so more than fourteen hours should pass between the last meal of the previous day and the first meal of the next day. If, for example, you stop eating at seven o'clock in the evening, then don't eat your first meal before nine o'clock in the morning the next day. Or even better, not before eleven o'clock in the morning the next day. In this way, the intermittent fast will last sixteen hours, which is even better than fourteen. I suggest that you start with twelve hours of intermittent fasting and slowly increase it to a maximum of eighteen hours, but there is no point in fasting longer. Even a fourteen to sixteen hour fast will be extremely beneficial to your health and weight loss.

CONCLUSION

I suggest you to educate yourself about health and healthy diet as much as possible and find as much information as possible, but you should know that the information is often contradictory, inaccurate and misleading (usually given by people who benefit from them). What once used to be considered a healthy diet may no longer be the case today, and vice versa.

I recommend you to read the books Grain Brain by Dr. David Perlmutter, Get Off Your Sugar by Dr. Daryl Gioffre and The Pegan Diet by Dr. Mark Hyman. You will find delicious and healthy recipes in all of them.

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You can also contact me on [WhatsApp](#)

You can pay the contribution to my [PayPal account](#) or to my bank account:

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Wishing you good health

Brane

RECIPES:

Stone Age bread

Seeds and nuts do not need to be ground or chopped, just use them whole (raw).

Ingredients:

100g of pumpkin seeds
100g of sunflower seeds
100g of hazelnuts
100g of walnuts
5 beaten eggs
half a cup of olive oil
2 teaspoons of salt

If desired, you can add 100g of sesame seeds and 100g of almonds.

Heat the oven to 160 degrees. Grease the baking tray with butter or coconut oil, or line it with baking paper.

Mix all the seeds in a bowl, add the eggs, olive oil and salt and mix into a smooth mixture. Put the pan in the oven for an hour, or until the bread hardens, then take it out of the oven and let it rest for 15 minutes. Then turn the pan upside down and tap the bottom a few times to make the bread fall out.

Store the bread in an airtight container in the refrigerator, where it will last for a week or even longer.

Vegetable soup base

Ingredients:

3 medium onions, peeled and chopped
3 large leeks, cleaned, washed and chopped
2 carrots, peeled and chopped
2 cloves of garlic, peeled and chopped
1 fennel, cleaned and chopped
2 cups chopped fresh mushrooms
a bunch of parsley
2 bay leaves
a piece of ginger
1 teaspoon peppercorns
salt to taste

Put the onion, leek, carrot, garlic, fennel and mushrooms in the pot. Add a liter of water and stir, then add the parsley, bay leaf, ginger, leek and salt. Cover the pot, bring to a boil and cook over moderate heat for about 30 minutes, or until the liquid takes on the flavor of the vegetables.

Cool and strain through a fine sieve into a clean bowl. Use immediately, or store up to three days in the refrigerator, or up to three months in the freezer.

Zucchini soup with basil

Ingredients:

1 tablespoon of olive oil or coconut oil
1 cup thinly sliced leeks (white part only)
3 cloves of garlic, roughly chopped
4 large zucchini, diced
1 liter of water
salt to taste
freshly squeezed lemon juice to taste
10 leaves of fresh basil
2 tablespoons of pine nuts for side dish

Heat the oil in a medium-sized saucepan over high heat, add the leeks and simmer for three minutes. Add the garlic, lower the heat and simmer for another two minutes. Add the diced zucchini and water, cover the pot, lower the heat, and cook slowly for fifteen minutes, or until the zucchini is translucent and soft.

Add salt to taste and basil, mix with a stick blender until the soup becomes smooth and add lemon juice.

Heat a small frying pan over medium heat and toast the pine nuts for about two to three minutes until fragrant and lightly browned.

Pour the soup into deep plates or soup cups and sprinkle with roasted pine nuts.

Hokkaido Pumpkin Soup

Ingredients:

3 tablespoons of olive oil
1 medium onion
1 Hokkaido pumpkin (about 1 kg)
1 bay leaf
1L vegetable soup base (can also be water)
salt
ground pepper
nutmeg
pumpkin oil and pumpkin seeds as desired

Wash and dry the pumpkin, cut it into quarters and remove the seeds. Then cut it into approximately 5x5 cm pieces. Peel the onion and cut it into small pieces. Place a large pot on the stove, pour olive oil into it and heat it up. Quickly fry the onion in the heated olive oil until it turns translucent and softens a little. Stir in the pumpkin cut into pieces and fry it a little while mixing. Add a bay leaf and cover with water or soup stock. There should be just enough of it so that the vegetables are completely covered with liquid. Season with salt and pepper, and add a little grated nutmeg for flavor and aroma. Cover the pot and cook the soup at a

moderate temperature for 20-30 minutes until the pumpkin is completely soft. When the soup is cooked, put the pot aside, remove the bay leaf and blend everything together with a stick blender to get a thick soup. Boil and set aside.

Before serving, you can drizzle a little pumpkin oil and/or sprinkle pumpkin seeds over the soup.

Lentil soup

Ingredients:

2 tablespoons of olive oil
1 medium onion
2 carrots
1 stalk of celery
2 cloves of garlic
1 teaspoon ground cumin
1 teaspoon of thyme (you can also use thyme or oregano)
1 teaspoon ground sweet pepper
400g of pureed tomatoes or tomatoes in pieces
350g of dry lentils
1.5-2 l of water
a few sprigs of fresh parsley
2 tablespoons of lemon juice
salt and ground pepper to taste

Peel the garlic and onion and finely chop them separately. Wash the green stalks and carrots and cut them into pieces. Drain the lentils in a colander and rinse well under running water. Drain the washed lentils.

Heat the oil in a large pot and add the chopped onion. Stir in the carrots and celery and stir-fry the vegetables for 4-5 minutes.

Add garlic, cumin, thyme and ground pepper. Stir-fry for 1 minute, then stir in pureed tomatoes (chopped tomatoes) and washed lentils. Fry everything while stirring for another 1-2 minutes, then pour water and add a bay leaf. Season with pepper and salt, bring the contents to a boil, then reduce the temperature, cover the pot and cook the soup at a gentle boil for 30-45 minutes (enough for the lentils to soften completely).

Rinse the parsley under running water and roughly chop it. Mix it together with the lemon juice into the soup, which we taste and, if necessary, additionally season with pepper and/or salt. It is served in deep plates or soup cups.

Potato salad

Ingredients:

5 medium-sized potatoes
1 medium-sized onion

salt
apple cider vinegar or lemon juice
olive oil

Whole and unpeeled potatoes are cooked, peeled, cut into thin slices and poured with olive oil while still warm. If you season it cold, the salad will not be as good. Then (generously) add salt, pour some warm water, apple cider vinegar or lemon juice, add sliced onion and mix. Potato salad goes very well with sardines and fish in general.

Warning: potatoes are high in carbohydrates and should be avoided by anyone trying to lose weight.

Bean salad

Ingredients:

300g of dry beans
1 medium-sized onion
salt
apple cider vinegar or lemon juice
olive oil

Wash the beans and soak overnight. The next day, wash it and boil it in enough water. When the water boils, salt it. Boil the beans for 30-40 minutes at a gentle boil (until they soften completely). When it is cooked, drain it, pour over it with olive oil and apple cider vinegar (or lemon juice), add chopped onion and add salt if necessary.

Lentil salad

Ingredients:

350g of dry lentils
1 medium-sized onion
salt
apple cider vinegar or lemon juice
olive oil

Drain the lentils on a colander and rinse them well under running water and boil them in enough water. When the water boils, add salt. Cook the lentils at a gentle boil for 30-40 minutes (until they soften completely). When it is cooked, drain it, pour olive oil and apple cider vinegar (or lemon juice), add chopped onion and add salt if necessary.

Mediterranean salad

Ingredients:

1 fresh cucumber

200g of chickpeas
a handful of pickled black olives
100g of cherry tomatoes
1 medium onion
salt

Wash the chickpeas and soak overnight. The next day, wash it and boil it in enough water. When the water boils, add salt. Cook the chickpeas at a gentle boil for 30-40 minutes (so much so that they soften completely). When it is cooked, drain it, cool it, cover it with olive oil and apple cider vinegar (or lemon juice), add chopped onion, diced cucumber, cherry tomatoes and olives and add salt if necessary.

Dandelion, or green radicchio salad

Dandelion and young green radicchio are the first fresh vegetables in the spring that supply us with much-needed vitamins.

Ingredients:

dandelion, or young green radicchio
salt
apple cider vinegar or lemon juice
olive oil
chopped fresh garlic
cooked beans, boiled potato, hard-boiled egg, or pieces of fried bacon

Clean and wash the dandelion or radicchio, cut into a bowl and season with salt, apple cider vinegar (or lemon juice) and olive oil, add chopped garlic and mix. You can also add warm (but not hot) cooked beans, peeled and sliced boiled potato, peeled and sliced hard-boiled egg, or pieces of fried bacon. If the beans, potato, egg, or bacon are too hot, they will scald the dandelion or radicchio.

Arugula, tomato and pickled olive salad

Arugula is also a very healthy vegetable that grows all year round in many coastal areas, even in winter, and is one of the few fresh vegetables that can be eaten all year round

Ingredients:

arugula
salt
lemon juice
olive oil
tomatoes
pickled black olives
buffalo mozzarella if desired

Clean and wash the arugula, place in a bowl and season with salt, lemon juice) and olive oil,

add sliced tomatoes and pickled olives. If desired, we can also add sliced buffalo mozzarella, but not too much, because dairy products are not very healthy.

Arugula with prosciutto, buffalo mozzarella and fresh figs (or peaches)

Ingredients:

arugula
salt
lemon juice
olive oil
slices of prosciutto
buffalo mozzarella
fresh figs or (ripe) peaches

Clean and wash the arugula, put it in a bowl and season it with salt (not too much, because the prosciutto is already salty), lemon juice and olive oil, add sliced figs or peaches, sliced buffalo mozzarella and slices of prosciutto and mix. This salad is very tasty, but the same warning applies as with the previous salad, that it is not healthy to eat mozzarella too often.

Cucumber salad

Ingredients:

3 fresh cucumbers
salt
ground pepper
apple cider vinegar or lemon juice
olive oil
small onion cut into pieces

Wash the cucumbers, peel them and grate them into thin slices. Salt, pepper, pour over oil and vinegar or lemon juice, add onion and mix. If desired, you can add a little water to make it juicier.

Carrot salad

Ingredients:

300g of fresh carrots
salt
apple cider vinegar or lemon juice
olive oil

Wash the carrots, clean them (peel them if necessary) and grate them into pieces. Add salt, pour over oil, vinegar or lemon juice and mix. If desired, you can add a little water to make it juicier.

Endive with potatoes or beans

Ingredients:

300g of endive
salt
apple cider vinegar or lemon juice
olive oil
chopped fresh garlic
boiled potatoes or beans

Clean and wash the endive well, cut into a bowl and season with salt, apple cider vinegar (or lemon juice) and olive oil, add chopped garlic, warm boiled beans, or peeled and sliced boiled potatoes and mix.

Fresh cabbage salad with beans or potatoes

Ingredients:

300g of fresh cabbage
salt
apple cider vinegar or lemon juice
olive oil
boiled potatoes or beans

Wash the cabbage and grate it into thin slices. Salt, acidify, cover with oil, add warm boiled beans or sliced peeled boiled potatoes and mix.

Sauerkraut salad

Ingredients:

300g grated sauerkraut
salt
ground pepper
olive oil
chopped fresh garlic

Put the unwashed sauerkraut in a bowl, add a little salt, pepper, chopped garlic and pour oil over it.

Cucumbers in sauce

Ingredients:

4 cucumbers
2 onions
olive oil
salt
ground pepper
2 tablespoons of apple cider vinegar

Wash the cucumbers, peel them and grate them into thin slices. Peel the onion and cut it into small pieces. Heat the olive oil in a pan and fry the onion in it until it turns slightly yellow, but be careful not to burn it. Then add the grated cucumbers and simmer until the cucumbers soften, add salt, pepper and apple cider vinegar.

Baked beans

Ingredients:

1 kg of dry beans
1.3 kg of onions
olive oil
salt
ground black pepper
2 tablespoons of sweet red paprika powder
1 bay leaf

Wash the beans and soak overnight. The next day, wash it and boil it in enough water. When the water boils, salt it and add a bay leaf. Boil the beans for 30-40 minutes at a gentle boil (until they soften completely).

Peel and finely chop the onion. Heat the olive oil in a pan and add the chopped onion. In the middle of roasting, sprinkle the onion with salt. Set the fried onion aside, add the paprika powder and mix well.

Heat the oven to 200 °C. Set the beans aside, drain and remove the bay leaf. Grease an ovenproof dish with olive oil, then place drained beans and fried onions in it alternately. Season each layer with ground black pepper and salt as needed, and put the beans on top. Place the container in a heated oven for 30 minutes. The beans are served in the container in which they were baked.

Stew with lentils and avocado

Ingredients:

2 tablespoons of olive oil or coconut oil
1 small onion
350g of cooked lentils
1 medium red bell pepper
1 avocado
100g of cherry tomatoes
a pinch of chili powder (if you don't like spicy food, add less or none at all)
fresh coriander

salt and ground pepper to taste

Heat the oil in a large pan and add the chopped onion. Add chili powder, salt, and cooked and drained lentils. Mix well and fry for about 5 minutes, or until fragrant. When the lentils have cooled a little, add the peeled and diced avocado, sliced cherry tomatoes, peeled and sliced peppers, chopped cilantro and pepper to taste.

Curry with pumpkin and vegetables

Ingredients:

2 tablespoons of coconut oil
1 onion
3 cloves of garlic
1 tablespoon of green curry paste
300g diced pumpkin or squash
100g of cooked and drained split peas
350g cooked and drained chickpeas
300g of coconut milk
2 bunches of washed, sliced kale or other leafy greens
salt and ground pepper to taste
cooked quinoa, or brown rice for a side dish
fresh basil or coriander for decoration

Heat the coconut oil in a large saucepan and fry the chopped onion until soft and translucent. Add the garlic and green curry paste and fry for another 2 to 3 minutes. Add diced pumpkin or zucchini, chickpeas and coconut milk. Wait for it to boil and add more if necessary

some more water. Cook until squash and zucchini are tender (10 minutes or less). Add the chopped leafy vegetables and cook a little more until wilted, and season with salt and pepper to taste.

Add boiled and salted quinoa, or brown rice, and fresh basil or coriander for garnish.

Crispy chickpeas

Ingredients:

400g of cooked and drained chickpeas
2 tablespoons of olive oil or coconut oil

Drain the cooked chickpeas and dry them with a paper towel or cloth. Heat the oil in a large pan over medium heat. Add the chickpeas and stand back because they will sizzle. Fry for 10 minutes, stirring to fry evenly.

Remove the chickpeas from the pan and place them on a paper towel to drain the excess oil. Add salt while still hot and, to taste, add slices of fresh pepper or other vegetables and grated (organic) lemon peel.

Hummus

Ingredients:

300g of chilled cooked chickpeas
120ml of chilled water from cooking the chickpeas
4 tablespoons of fresh lemon juice
2 tablespoons of good quality olive oil, and you will add some when serving
salt to taste
4 tablespoons tahini (sesame paste)
240ml of cold water

Place chickpeas, cooking water, lemon juice, olive oil and salt in a blender and blend until smooth, which takes about 3 minutes.

Add half (2 tablespoons) tahini and half (120 ml) cold water and mix for another 2 minutes.

Then add the other half of tahini and cold water and mix again for 2 to 3 minutes. Taste and add salt and lemon juice if necessary.

The hummus should be a little thinner, then let it sit in an airtight container in the refrigerator for 6 to 10 hours to thicken, develop a creamy texture and acquire flavor. Before serving, it is drizzled with high-quality olive oil.

Important: The chickpeas and the cooking water must be well cooled.

Guacamole

Ingredients:

1 ripe good quality avocado
1 tablespoon finely chopped onion (regular, young or red)
1 small clove of garlic, finely chopped
1 small tomato cut into small pieces
1 tablespoon of chopped fresh coriander or parsley
1 tablespoon of olive oil
1 tablespoon of lemon or lime juice
salt
ground pepper (preferably white)
chili to taste

Wash the tomatoes and cut them into small pieces. Peel the onion and garlic and chop them very finely. Peel the avocado, cut it in half, remove the stone from the middle and cut it into small pieces. You can also cut it in half and scoop out the inside with a spoon, there are many choices. Put all the ingredients in a bowl and mash them with a fork or mix them with a stick blender. Add lemon juice and olive oil, and season to taste (salt, pepper, chili).

Vegetables baked in the oven

Ingredients:

Seasonal vegetables (eg zucchini, eggplants, asparagus, peppers, onions, leeks, Brussels sprouts...)

4 tablespoons of olive oil

salt and pepper to taste

a handful of chopped fresh herbs (say rosemary, oregano, thyme, coriander, parsley...)

fresh lemon juice as desired

Heat the oven to 220 degrees. Cut the vegetables into small pieces. Pour half of the olive oil on the bottom of the baking pan, sprinkle the chopped vegetables into it, pour the rest of the olive oil and mix so that the vegetables are nicely oiled. Sprinkle with salt, pepper and herbs and bake for 30-40 minutes, or until the vegetables are nicely browned but not burnt. Before serving, you can sprinkle it with lemon juice if you like.

Roasted spring onions, leeks and olives

Ingredients:

300g of spring onions

200g of leeks

a handful of pickled black olives

a handful of sliced sun-dried tomatoes

olive oil

salt

Clean, wash and cut the spring onions and leeks. Heat enough olive oil in a pan and add sliced spring onions and leeks, pickled black olives and sliced sun-dried tomatoes. Add salt and stir-fry until the onion and leek are slightly golden.

Roasted zucchini with garlic

Ingredients:

300g zucchini

3 cloves of garlic

olive oil

salt

Wash the zucchini, cut off the stem and cut them into thin rings. Heat the olive oil in a pan and add the sliced courgettes and stir-fry them until they soften. Then add salt, add chopped garlic and fry for another minute until the garlic smells fragrant.

Roasted potatoes

Ingredients:

500g of potatoes
3 large onions
olive oil
salt

Boil whole and unpeeled potatoes (they are cooked when a knife or fork can easily be inserted into them). While the potatoes are cooking, peel the onion and cut it into small pieces. Heat the olive oil in a pan and fry the onion in it until it turns slightly yellow, but be careful not to burn it. When the potatoes are cooked, peel them and cut them into thin slices and add them while still warm to the pan with the fried onions, add salt and fry them for a few more minutes, stirring constantly.

Warning: potatoes are high in carbohydrates and should be avoided by anyone trying to lose weight.

Roasted potatoes with rosemary

Ingredients:

500g of unpeeled baby potatoes (use yellow potatoes as they are tastier than white)
olive oil
salt
fresh rosemary (if you don't have fresh, use dried)

Wash and wipe the potatoes (to prevent the oil from sizzling) and slice them. Heat enough olive oil in a pan and add the sliced potatoes. Roast it over moderate heat so it doesn't burn and become bitter. When the potatoes are nicely browned, sprinkle the rosemary on them and roast for another minute, stirring, so that the rosemary is also roasted.

Warning: potatoes are high in carbohydrates and should be avoided by anyone trying to lose weight.

Zucchini on the grill

Wash the zucchini, cut off the stems and cut into thin slices. Grill them, add salt and drizzle with olive oil.

Grilled aubergines

Wash the eggplants, cut off the stalks and cut into thin slices. Grill them, add salt and drizzle with olive oil.

Tuna tartar with avocado

Ingredients:

300g of fresh tuna (for the tartar, buy the less fatty part of the tuna)
1 spring onion
1 tablespoon coarse-grained Dijon mustard
a teaspoon of chopped capers in salt
juice of one lemon
1 tablespoon of olive oil
salt and freshly ground pepper
1 nicely ripe avocado
a little green part of the spring onion
1 red chili
juice of half a lemon
2 tablespoons of olive oil

Clean the tuna of any strings and cut it into really small pieces. Do this by hand, with a knife. Drizzle the tuna with lemon juice, add finely chopped spring onions, chopped capers, salt and freshly ground pepper. Mix everything together, then add mustard and olive oil and mix well.

Peel or pit the avocado and cut it into small pieces – similar to tuna. Drip it mix it with lemon juice carefully, then add chopped spring onion, chopped chili and olive oil, salt and pepper to taste. Mix everything carefully.

Put the avocado tartare in the mold you placed in the middle of the plate, press it down, put the tuna tartare on it, smooth it out, remove the mold and drizzle with a little olive oil.

Tuna carpaccio

Ingredients:

500g of fresh tuna
1/2 red onion cut into small pieces
1 bunch of scallion leaves, finely chopped
3 tablespoons of olive oil
fresh lemon juice
salt and ground pepper to taste

Thinly slice the tuna and place it on a plate. Sprinkle finely chopped onion, parsley and pepper on it. Pour over lemon juice and olive oil, and finally add salt.

If you don't like onion and parsley, you can leave them out.

Zucchini spaghetti with prawns

Ingredients:

4 medium zucchinis

250g of peeled prawns
2 tablespoons of olive oil
5 peeled garlic cloves
3 tablespoons of butter
juice of half an organic lemon
50 ml of white wine
1 bunch of fresh parsley
chili pepper
salt and pepper

Wash the zucchini, cut off the top and bottom, if you want you can also peel them. Then cut them into spaghetti using a spiral cutter.

Heat the olive oil in a pan and fry the prawns, salt, pepper and add the chopped garlic until fragrant. Do not roast the garlic for too long as it will become bitter.

Remove the prawns from the pan to a plate and add the butter, lemon juice, white wine and chilli to the pan. Stir for 2-3 minutes to heat but not boil. Then add zucchini spaghetti and finely chopped parsley to the pan and simmer for about 2 minutes. Finally, add the prawns to the pan and simmer while stirring until almost all the liquid boils. Put the spaghetti on a plate while still warm and drizzle with olive oil.

Gambas Pil Pil

Ingredients:

500g of peeled fresh prawns (tails)
olive oil
red chilli – with seeds if you like the heat
sweet paprika powder
chopped fresh garlic
salt
finely chopped fresh parsley

Heat the olive oil in a small frying pan until it's hot. Add the cleaned prawns and fry them until they are pink all over. Then add garlic, parsley and sweet paprika powder to the pan with the prawns, moving the pan around so the garlic doesn't burn. At the end, sprinkle with salt and parsley. Goes well with hummus (see recipe above).

Mussels

Ingredients:

1 kg of mussels (completely fresh)
juice of 1 lemon
4 tablespoons of olive oil

Wash the mussels under running water and remove the pieces of rope on which they grew. Discard the opened mussels. Shake them in a large bowl, cover and cook for 15 minutes, or until they all open. Remove from heat, drizzle with lemon juice and olive oil.

Grilled sardines

Ingredients:

500g of fresh cleaned sardines
salt
fresh lemon juice
2 tablespoons of olive oil

Cleaned sardines are grilled, salted, sprinkled with lemon juice and olive oil. Goes very well with potato salad (see recipe above).

Gilled whole large squids

Ingredients:

500g of fresh cleaned whole large squids
salt
ground pepper
fresh lemon juice
2 tablespoons of olive oil

Cleaned whole large squids (including tentacles) are grilled, salted, peppered, sprinkled with lemon juice and olive oil.

Grilled octopus

Ingredients:

500g cleaned octopus tentacles
salt
ground pepper
fresh lemon juice
2 tablespoons of olive oil

Boil the tentacles of the octopus until soft (the octopus must be so soft that you can easily stick a knife or fork into it), then grill it, season with salt and pepper, sprinkle with lemon juice and olive oil.

Octopus salad

Ingredients:

one cleaned octopus (1 - 2kg)
2 bay leaves
1 teaspoon whole pepper
1/4 onion
1 lemon
8 pitted olives
1 small onion
1 clove of garlic
1 tablespoon of finely chopped parsley
1/4 chili, finely chopped
4 tablespoons of olive oil
3 tablespoons of lemon juice
salt and ground pepper to taste

Before you cook the octopus, it should be frozen, or you should buy it already frozen. If you buy it fresh, you should freeze it first so that it cooks earlier and is more tender and juicy, instead of tough and hard.

Never add salt to the water in which you cook the octopus, because the octopus is salty enough by itself and because it would become tough under the influence of salt.

Pour water into a large pot, add 2 bay leaves, 1 teaspoon whole pepper, 1/4 onion and 1 sliced lemon, and bring to a boil. When the water boils, use a long handle to quickly dip the octopus into the boiling water three times for 5 seconds. This prevents the octopus from shrinking too much. Cook the octopus for 60 minutes for each kg of its weight (for example, two hours for a 2 kg octopus). You can shorten the cooking time in a pressure cooker. The octopus should be so soft that you can easily stick a knife or fork into it. When the octopus is cooked, wait for it to cool in the water, then drain it, peel it, cut it into small rings, put it in a bowl and pour olive oil while it is still warm.

Cut the olives in half. Finely chop the onion, garlic, parsley and chili and add everything to the octopus, then add salt and pepper to taste and sprinkle with lemon juice. The octopus can be served as an appetizer or as a main course.

Fish fillet baked in the oven

Ingredients:

4 fillets of fresh white fish (for example, sea bass or sea bream, but you can also use any other white fish. It is important that it is fresh).
1 bunch of fresh dill, finely chopped
2 tablespoons Dijon mustard
juice of 1 lemon
2 tablespoons of olive oil
salt and ground pepper to taste

Preheat the oven to 200 degrees C. Mix all the ingredients (except the fish) well to get a liquid mixture.

Pour olive oil into a roasting pan and place the fish fillets skin side down. Pour the dill sauce over the fillets and place in the heated baking tray. Bake for about 20 minutes, or until the fish

is completely cooked.

You can use parsley instead of dill.

Sea bass baked in the oven

Ingredients:

Whole fresh cleaned sea bass

1 unpeeled lemon (unpeeled), washed and sliced

1 tuber of fennel, sliced

1 onion cut into small pieces

a bunch of tarragon

a bunch of parsley

4 tablespoons of olive oil

juice of 1 lemon

1/2 cup dry white wine

salt and ground pepper to taste

Heat the oven to 230 degrees C. Rinse the fish and dry it with a paper towel (outside and inside). Place slices of lemon, tarragon and parsley inside the fish. Mix the lemon juice, salt, pepper and olive oil in a small bowl and coat the fish liberally (outside and inside).

Drizzle the baking pan with olive oil and mix the fennel and onion in it. Season with salt and pepper and pour in the wine, then place the fish on top, place in the oven and bake for about 25 minutes.

Roasted liver

(liver is the best source of vitamin B12)

Ingredients:

300g of calf or beef liver

3 onions cut into small pieces

olive oil

salt and ground pepper

Cut the liver into thin pieces. Heat the olive oil in a pan and fry the sliced onion until golden. Then add the thinly sliced liver, fry it, add salt and pepper.

Strawberries with goat or sheep curd and walnut oil

Ingredients:

250g of fresh strawberries

250g of goat or sheep curd

50g of crushed walnut kernels

2 tablespoons of walnut oil

Wash and cut fresh strawberries, sprinkle on cottage cheese, sprinkle with chopped walnuts and cover with walnut oil.

You can find more healthy recipes online if you know what's good for you and what's not.

You may only share this guide in its entirety and unmodified.

DISCLAIMER

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