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Deep nutrition pdf

This book is an amazing read about nutrition, genetics, anthropology, history, medicine, metabolism and traditional food preparation. It explains why what you eat changes your gene expression and that most diseases are caused by faulty gene expression, NOT permanent genetic changes, and that what you eat (or don't eat) can affect your family's genes for generations to come. The basic food advice is the same as on the Weston. A price website mostly, for those who can not afford the book. But this book offers so much more food for thought than just providing a simple list of good and bad foods. There's so much research and information here that I hadn't read before, although I'm a big fan of books about nutrition lately. This book covers some concepts that are not normally included in paleo books, and goes much deeper into more frequently discussed topics. This book has really changed the way I've thought about a few things. It was one of those books that, after reading it, I had this sudden bizarre urge to buy another copy of it, just in case it happens sometimes with books that really make me see the world in a different way. (Yes, I know that urge is bizarre! I haven't bought another copy, although I've only thought about it a little bit, so it just makes me a somewhat weird bibliophile I hope.) This book condenses an enormous amount of research into a small book. In short, eat real old-fashioned food. Eat high quality meat (not grain-fed) and do not remove the fat, eat good fats such as olive oil, butter, animal fats, palm oil and coconut oil, eat the usual meat, but also organ meat, eat bone broth (chicken broth etc.), eat fermented and germinated foods, eat lots of fresh vegetables and just go for the fruit. Avoid sugar in all its forms at all costs as well as unnatural fats; Trans fats. This book explains that: * The genetic lottery is not random and our genes are not set in stone. You exquisitely sensitive as we treat them. Genes make seemingly intelligent decisions, driven in part by chemical information in the foods we eat.* The idea that modern diseases are caused by traditional foods is simply nonsense, and: the merging of business and science into a body means that medical science can no longer accept advice that is incompatible with the interests of trade. * Beauty and health are linked. Voluptuous curves are a sign of health.* If a woman is pregnant and does not eat properly, this does not only affect the can mean that nutrients are taken from their own body and given to the baby. For some fatty acids, for example, this can cause the pregnant woman to have a smaller brain after pregnancy!* Many foods are no longer as nutritious as they used to be (e.g. produce is picked before it is ripe).* Eyes that are too close to each other, overcrowded teeth in a smaller jaw and a short nose are signs of a poor diet. Often, children show more of these traits the higher they are in the birth order. This book explains about nutrition that:* The four pillars of authentic cuisine that should be eaten daily are 1. Meat cooked on the bone, 2. Organ meat and innards, 3. Fresh fruit and vegetables and 4. Fermented and germinated foods.* It is not true that today's animals are thicker than before and we need to eat a lot of fat to be healthy - as our ancestors did.* Meat should be cooked slowly on the bone. Meat should be eaten with some meat fat. Organic pasture beef is worth the price.* Bone broths are a very healthy addition to the diet. The wonderful, complex taste in sauces and soups with supplies is also a sign that they are very nutritious.* Saturated fats are needed by the body and have many health benefits.* Raw dairy products have many advantages, especially traditionally produced/homemade yoghurts.* The most important foods to avoid are sugar, processed foods and vegetable oils/trans fats. Even small amounts of trans fats have serious effects on the body and how well it can function and withstand diseases.* Only small amounts of traditionally cultivated soy products should be eaten and all commercial soy products should be avoided. Protein powder and milk powder should be avoided.* Whether you eat sugar or starch from grains or legumes, etc. Advice to reduce sugar but eat a lot of grain sits makes no sense.* If you have insulin problems or are overweight, cut carbohydrates to 100 grams or less daily.* Drink only fresh vegetable juices if you drink juices, never tinned or bottled.* If you are sick, avoid junk food completely. You just can't afford to give the enemy new 'ammunition'. There were some parts of the book with which I disagreed.1. Especially the authors comments about vitamin C and other supplements were terrible and showed a real lack of basic research in this area. This book is wonderful about nutrition, but should not be used at all for information about supplements. The authors are not experts on this subject.2. I would also have appreciated it if we had said more strongly that we would of us, and especially for many of us who are sick, will do much better to avoid all dairy products and cereals (as the Primal Body book does) - and not just to minimize grain intake. Even raw dairy products and germinated grains are not for everyone. This book almost completely owe out the enormously important topic of food allergies and intolerances, which is a real pity.3. Raw nuts and seeds, as the author recommends, are not ideal for some and we do it better if these foods are soaked and dried or germinated. Even if eating raw nuts does not affect your stomach and affect your digestion, soaking and drying neutralizes the phytic acid it contains, which blocks the absorption of minerals.4. Marquardt insists that his mask crosses all cultures and fits every beautiful face, but I'm not as convinced of that as the author. I think this is a questionable claim and that beauty can indeed be much more diverse. All the pictures in the sibling book and how diverse their faces were were still fascinating, although I was a little sorry that some of them were discussed and evaluated so genetically in a public forum. Apart from these small questions, the advice and views of the authors are very good with my own and my reading. I have a severe neurological condition with some similarities to MS and I have found that I have felt so much better to stay at the 50-75 gram mark and eat the foods she suggests. This diet also helps a lot with my hypoglycemia symptoms, makes me happier after meals (and doesn't starve right after every meal due to blood sugar spikes) and has also treated my PCOS. I can also do much better to do without cereals, legumes and dairy products. I needed this diet style, along with other complementary nutrients and detoxification methods, to slowly improve my severe neurological disease - which has been slowly worsening for more than a decade. This advice works and many of the dishes are also very tasty (except for organ meat!). This book is so much more than just another paleo diet book. Even with its imperfections, it's still a five-star book. At first I couldn't decide whether to get this book or the equally highly regarded Primal Body Primal Mind book by Nora Gedgaudes. I'm so glad I splashed out and bought both. While dietary advice is very similar in both, they cover very different reasons in the discussion about the damage that modern foods can cause and why traditional foods are so important. If possible at all, I would really recommend reading these two books together. Together they are more than the sum of their parts and cover almost everything you could know about nutrition, with little duplication between the two. Both books are, in my opinion, real masterpieces. Pine traps, paradigm shifts read so dense with fascinating facts that I took pages of notes on each while I read. Both are in my top 10 health book list - along with Detoxify Die plus The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders von Dr. Sherry Rogers, Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins by Dr Levy, The GAPS Diet book, books on orthomolecular medicine by Abram Hoffer, and others. Gute Kalorien, schlechte Kalorien war auch sehr gut, obwohl die endgültigen Schlussfolgerungen und Ratschläge zur Reduzierung von Zucker n.C. in diesem Buch abgedeckt sind, meistens. Der Urkörper Primal Primal Book by Nora Gedgaudes would be the book I would choose if I had to choose between this book and Deep Nutrition, because of the great information about avoiding cereals and dairy products, food allergies and the good basic information about dietary supplements and detoxification, but I really recommended not to make such a choice and buy both. It is a small price to pay for such valuable and life-changing health information. This book is so important for everyone to read, but especially those who are sick or think they are pregnant (or already have children, to a slightly lesser extent). It explains how positive or negative genetic changes can happen over generations, based on the food we eat, and how important it is to eat well before we get pregnant. This book tells how what we eat changes the next generation in a powerful way that I have never seen replicated in any other book. This book is also very much focused on the prevention of diseases, a topic that is mostly ignored by the main media and medicine today. Prevention is of course always much easier than healing! The book is also very composed and written in a captivating and even funny way. Many thanks to the author for the works shown here. I hope that this book and its practical summary of food rules are very successful. If you are sick, you may also want to read all the books I have listed above, all of which add something essential to the puzzle of how to start healing the disease you have. Diet alone is not enough if you are already very ill, but it is the VITAL first step, always, along with improving your gut health. (I use a milk- and grain-free version of this diet to slowly cure a severe neurological condition that I have had for over a decade, along with additional nutritional and detoxification supports, etc. I just wish So much that I had found this real dietary advice earlier, along with information about real cure vs only symptom suppression. The sooner you start treatment, the more effective it will be and the less permanent/irreversible damage there will be. Treating the root causes of diseases just makes so much sense. Those of us who are sick are not as powerless as we have been made to improve our conditions. We have more power than we think.) Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) ... More... More