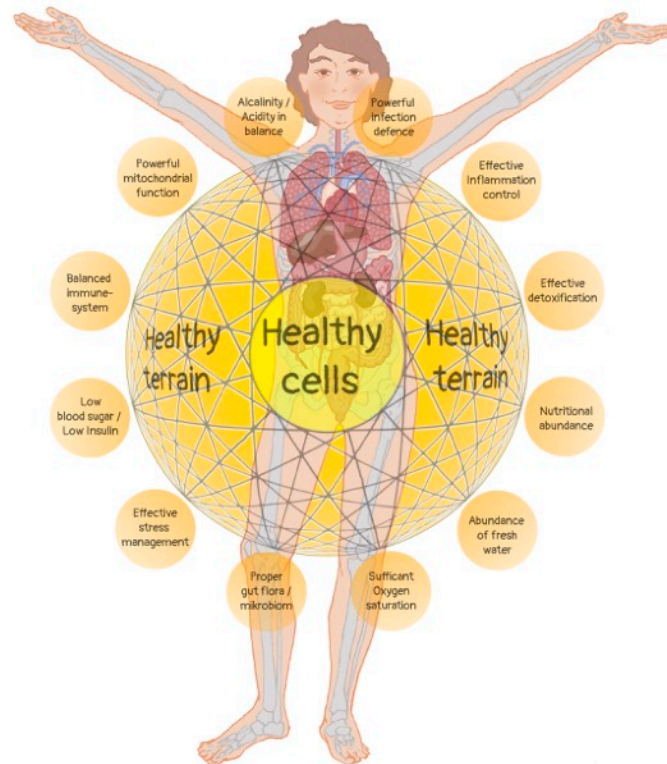


Our 40-page guide explains the importance of nutrition especially for the reestablishment of a healthy environment in your organism to cancer prevention and cancer therapy. With numerous examples the focus is directed among other things to anti-inflammatory food, the Mitochondria strengthening food, the blood sugar lowering low-carb diet, the oxygen saturation in the cells with the help of valuable fats and fatty acids or the acid/base balancing food. The complementary and supportive interactions of the individual food aspects and topics become clear in an easy to understand and comprehensive way.



### 01 - Anti-inflammatory diet

Inflammation not only helps us fight infections and expels unwanted substances from the body. Unfortunately, inflammation can also become chronically established in our organism if we live an „inflammatory lifestyle“. Diseases such as Crohn's disease, rheumatism, arthritis, gastritis, depression, asthma and cancer have something in common: they can be caused by inflammation. The anti-inflammatory diet is explained as a varied mixed diet with a clear emphasis on plant based foods. Particularly effective plant species and fatty acids are presented in this chapter.

### 02 - Detoxifying substances in food

Toxins in our body are substances that are present in too high a concentration or quantity. They can not only challenge the organism, but also overtax it and prepare a breeding ground on which chronic diseases and cancer thrive. Proper nutrition helps with detoxification.

### 03 - Balanced and nutrient-rich diet

We advocate a diet rich in vitamins, minerals, antioxidants, healthy fatty acids, etc., which, in addition, should be based on seasonally typical offerings and as varied as possible.

### 04 - Water, an elixir of life

In order to stay healthy and to relieve and vitalize the organism, it is shown that water has an important meaning not only in the big (planet earth), but also in the small (cell of the human organism).

### 05 - Oxygen in the cells | Fats and their importance for our nutrition

We explain why our body cells need fats. Above all, we explain which fats you should avoid and which fats you can use to make your diet the healthiest.

## 06 - Healthy microbiome | The intestine and its microorganisms

In order to maintain a healthy intestinal flora or to rebalance an intestinal flora that has been disturbed by stress, poor diet, medication, etc., we are best advised to eat the foods explained in this section and to nourish the "good" intestinal bacteria.

## 07 - Stress-free eating

Good eating habits are not only part of our intestinal health, but also the basis of the health of our entire organism. Meal times should not be taken "in between" and while standing or walking, but should be given the time they deserve.

## 08 - Diet that lowers blood sugar

It is not only advisable in diabetes to strive for healthy blood sugar levels with little fluctuation. The diet that aims to keep blood sugar within a healthy range as much as possible is the so-called low carb diet, which is significantly reduced in carbohydrates. Here we rank a wide range of foods on their so-called "glycemic index" and give many tips on how to use them.

## 09 - Immune system strengthening diet

Everything that has already been presented under the aspects of anti-inflammatory, detoxifying, oxygenating, beneficial to intestinal health, etc., also strengthens the immune system. In this chapter, therefore, we focus on vitamins and appropriate nutritional supplements.

## 10 - Mitochondria strengthening diet

The intake of vital nutrients through fresh and varied vegetables and fruits, the supply of healthy fats through vegetable oils, but also through dairy products and fish, "embedded" in a diet rich in fiber, is the best way to ensure an optimal supply of energy and oxygen to the mitochondria, the „engines of life“ inside our cells. In addition, we will give you further special nutritional advice to strengthen the mitochondria optimally.

## 11 - Acid-base-balancing diet

A healthy body is capable of regulating excess acidity. Kidneys, lungs, blood, liver, bones and muscles represent a sophisticated buffer system in the body to achieve the optimum pH level in the blood. We show the connections and give advice on how to use especially alkaline-forming fruits and vegetables for your optimal health.

## 12 - Nutrition for a strong defense against infections.

This twelfth section is to be the final plea that each individual section can be complemented by or related to each other. Speaking with the image of a mobilé, this means that initially we only need to "nudge" one or two fields in order to perceive a movement toward improvement in the overall structure, which we can keep working to develop toward healthy living.

Would you like to order our 40-page guide "Healthy nutrition and health-promoting dietary supplements" for a nominal fee of 10 euros? To do so, fill out the contact form or use our online contact form via this link: <https://www.arcadia-praxisklinik.de/en/contact/>

First Name\*

Last Name\*

E-mail\*

Phone

Country

Message

\*mandatory data

I have taken note of the privacy policy. I agree that my details and data will be collected and stored electronically in order to answer my inquiry. (We will use your data exclusively for communication with you and delete them immediately afterwards. There will be no further or longer-term storage. Your data will not be passed on to third parties. For further information, please see our privacy policy.)