HOW TO REACH TOTAL HEALTH

CONTENTS

Section 1

How to reach total Health

Section 2

My mealplan

Section 3

My workout plan

Introduction

It's a general consensus that being sick once a year is considered to be normal. That's what I and all my loved ones thought as well. Eating multiple times per day was a given. Doing sport and working out almost every day was a must. But even so, something felt off. The older I got, the more health related problems started appearing. It began with stomach issues. I started having nausea after eating. My energy levels were down all the time. I felt like an emotionless zombie walking through life. The doctors recommended me doing a gastroscopy and a colonoscopy. As expected, they found nothing besides a little inflammation. Then they gave me some medicine and told me all will soon be well. The more time passed, the more I felt "off", staying home sick became a monthly routine. I had four gastroscopies and colonoscopies by the time I was 18.

"Is this really happening? This just can't be!", I said to myself. At one point I just couldn't take it anymore, doctors saying the same thing over and over again, I reached my boiling point and took the matters into my own hands. I invested countless hours on the internet, started reading studies after studies and almost all recommended a one simple diet: a whole plant based food diet, getting rid of all animal products.

Back then, little was known about a whole plant based diet, but I gave it a try nonetheless, I mean, what do I have to lose right? I'm sick of being sick. I eliminated all animal products, processed foods and refined sugars from my diet. All I drank was water, coconut water or an unsweetened tea. I know it's hard to believe, but I felt so much better after just the first day of drastically changing my diet. Literally all my health related problems gradually went away, I feel amazing!
I have accumulated all my knowledge I have gathered from all the struggles and successes I had in these long years into my e-book, to show you how you can reach total health too.

Medical disclaimer

This info is based on my own personal experiences and knowledge that I accumulated over the past years. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.
Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this book.

Why a Plant-Based Diet?

Does it really matter what we eat every day? Yes. The good news is that we have tremendous power over our health destiny and longevity. Most of premature deaths are preventable with a healthy enough diet. According to the global disease study funded by Bill & Melinda Gates Foundation, the number one cause of death is our diet, which bumped smoking to second place. You should rephrase the question above and ask yourself, what are you putting inside your body every day?

A significant convergence of evidence suggests that plant-based diets may help prevent and even reverse some of the top killer diseases in the Western world, and can be more effective than medication and surgery.
Many of the scourges of modern living might be prevented with a plant-based diet, including: Alzheimer's disease, cancer, diabetes, heart disease, high cholesterol, high blood pressure and Parkinson's disease, age-related macular degeneration, cataracts, Crohn's disease, gallstones, kidney stones, diverticulosis, rheumatoid arthritis, ulcerative colitis and vaginal infections.
Additionally, plant-based eating may have a positive effect on abdominal fat, acne, aging, allergies, asthma, body odor, cellulite, childhood IQ, cognition, dysmenorrhea, eczema, gut flora, fibromyalgia, kidney stones, metabolic syndrome, menstrual breast pain, mood, multiple sclerosis, oral health, rheumatoid arthritis, waist circumference, and weight control.

Eating meat and other animal products, however, may be associated with a shortened life spans. Meat contains a high amount of saturated fat, trans fats, sulfur dioxide arachidonic acid, and heme iron. Meat, fish, dairy and eggs may also increase our exposure to dietary antibiotics, industrial toxins, mercury and other toxic heavy metals, advanced glycation end-products (AGE)s, cadmium, xeno-estrogens in fish, and estrogenic meat carcinogens. A plant-based diet can detoxify the body of these pollutants. Even just small steps toward eating more fruit and vegetables may lengthen life span.

What about the vegans nutritional needs? Contrary to popular myth, vegans have healthy bones and higher blood protein levels than omnivores. Most vegans get more than enough protein. In one study, within a matter of weeks, participants placed on a plant-based diet experienced improvements in blood pressure, cholesterol and insulin levels, insulin resistance, and C-reactive protein levels.

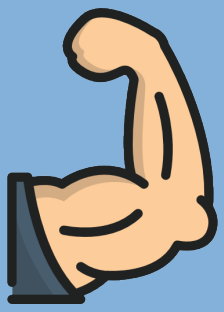
Vegans may have fewer nutrient deficiencies than average omnivores while maintaining a lower body weight without losing muscle mass. Those eating plant-based diets appear to experience enhanced athletic recovery without affecting the benefits of exercise. The arteries of vegans appear healthier than even long-distance endurance athletes and those on low-carb diets.
In fact, the Paleo Diet may increase the risk of toxin contamination, DNA damage and cancer. There are only two essential vitamins that are not available in plants, the vitamins D and B12. There is a serious risk of B12 deficiency if no supplements or B12-fortified foods are consumed. Two other nutrients to monitor are iodine and zinc. Yeast- or algae-based long chain omega 3 fatty acids may also be beneficial.

The Importance of Fiber

Fibers are only found in fruits and vegetables, an intake in plant based foods also means an increase in fiber intake; and an increase in fiber intake makes our gut bacteria happy.
The average daily fiber intake today is around 15 grams, only about half the minimum recommended intake. In populations where many of the deadliest diseases are unknown, for example in rural China and rural Africa, up to 100 grams of fiber or more are consumed each day. According to archeology, this is the estimated amount our ancestors consumed as well.

The impact of fiber intake on our digestion system is enormous. The complex microbial ecosystem in our intestines should be considered as a separate organ within the body, and it organ runs primarily on fiber.
Fiber is what our good gut bacteria thrive on. When we eat whole plant foods, we tell our gut bacteria to be fruitful and multiply. And from fiber, our gut flora produces short-chain fatty acids, which are an important energy source for the cells lining our colon. These short-chain fatty acids also function to suppress inflammation and cancer. If we eat a fiber poor diet, like a conventional diet primarily based on processed food, we are literally starving our microbial self. It results in dysbiosis, an imbalance where bad bacteria can take over, thus increasing the risk of inflammation, cancer, type 2 diabetes, and others. The short chain fatty acids can also activate the cell-surface receptors, releasing hormones, thus making us lose our appetite and feel less hungry. If we eat animal products, which have a fiber amount close to zero, we release less hormones, and we get hungry and start eating again.

Plant Protein



Vitamin D is created when our skin is exposed to the sun. All other nutrients come from the soil: Minerals from the earth, and vitamins from the plants.
The calcium in cow milk comes from the plants cows eat. So why not cut out the cow and get the calcium directly from plants?
Protein contains essential amino acids. Essential means our body cannot produce them on his own, and we need to get them from our diet.
This is the case for humans, as all other animals as well. All essential amino acids originate from plants, and all plant proteins contain all the essential amino acids.

Our body maintains pools of free amino acids that can be used to do all the complementing for us. It is like a recycling program: 90 grams of protein are dumped into the digestive tract every day from our own body, to get broken back down and reassembled, so our body can mix and match amino acids to whatever proportions we need. This makes it impossible to even design a diet of whole plant foods that is sufficient in kcal, but deficient in protein

The top killers are preventable

Vegetables and Fruit Prevent Diseases

Scientists from the imperial college in London analyzed 95 different studies on fruit and vegetables. The study included up to two million people, and assessed up to 43,000 cases of heart disease, 47,000 cases of stroke, 81,000 cases of cardiovascular disease, 112,000 cancer cases, and 94,000 deaths.

The team found that the best thing one can do to prevent those kind of diseases is to eat 800 grams of fruit and vegetables every day. „Fruit and vegetables have been shown to reduce cholesterol levels, blood pressure, and to boost the health of our blood vessels and immune system," one of the researchers said. „This may be due to the complex network of nutrients they hold. For instance, they contain many antioxidants, which may reduce DNA damage, and lead to a reduction in cancer risk." 800 grams may sound like a lot, but if you eat a banana and an apple, you have already reached 200 grams.

Heart Diseases

There are more than over 100 prospective studies, involving more than a million people, that have shown that people with higher LDL cholesterol, that clogs arteries, are at much higher risk of heart disease. Researchers followed a total of more than 11000 men, aged from 18 through 39, for 34 years.
Cholesterol levels, even at a young age, predicts long-term risk of heart disease and death. Men in their 20s and 30s who have a total cholesterol of even under 200, have a substantially longer life expectancy, around 4 to 9 years. And 200 is an enormous high level.

The optimal level of LDL cholesterol, according to science, is 50 to 70. That's the level we start out at birth with. We all have different genes, however, given from our mother and father, that may affect

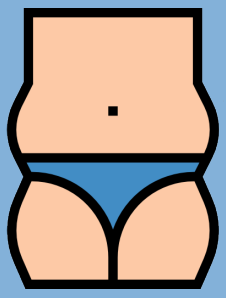
our cholesterol levels. One of every 40 black subjects in an ARIC study showed a gene mutation that drops LDL cholesterol from 130 down to the optimal health levels. These people smoked, didn't eat healthy, they had diabetes and high blood pressure, and yet still, even in the presence of all these other risk factors, they had a significant reduction in the incidence of coronary heart disease.
The astounding finding was that the heart disease risk in these individuals was reduced by more than 80%! But in general, low levels of LDL cholesterol are usually only obtainable with a healthy, fully plant-based food diet. A whole plant-based food diet does not just reduce the risk of heart disease, but it also reduces the risk for diabetes, Alzheimer, cancer, and a lot more.

Cancer

A study showed that a plant-based diet and lifestyle program can reverse the progression of prostate cancer, by making the bloodstream almost eight times better at suppressing cancer cell growth.

After a lot of reports suggesting similar results, researches decided to find out if this diet is really that miraculous. To do so, they put men on a whole plant based diet of whole grains, beans, seeds and fruit. All those men had gone through a radical prostatectomy and their primary tumor removed; all had subsequently increasing PSA (prostate-specific antigen) levels.
With the new diet, the growth slowed down in eight out of ten, and in three it did not just stop but appeared to reverse and shrink the prostate cancer. The man who had the best response was also the man with the largest fiber intake.

The Cause of Type 2 Diabetes



In a study, young, healthy male medical students were split into two groups. One half consumed a fat rich diet, and the other a carb rich diet. The glucose intolerance skyrocketed in the fat rich diet within just two days. As the amount of fat goes up, so does the blood sugar, as fat causes insulin resistance. Fat in the bloodstream can build up inside the muscle cell, creating toxic fatty breakdown products and free radicals that can block the signaling pathway process. No matter how much insulin we have in our blood, at one point it is not able to open the glucose gates anymore, and blood sugar levels build up. You can decrease insulin resistance, the cause of type 2 diabetes, by decreasing saturated fat intake. This applies just to saturated fat and trans-fat.

In a recent study, participants were randomized into two groups. One was told to eat at least two pieces of fruit a day, the other to eat at most two fruits a day. The group with reduced fruit intake saw no effect on the control of diabetes or their weight. The study suggested that the intake of fruit should not be restricted for patients with type 2 diabetes; growing literature indicates that low-dose fructose may benefit blood sugar control. According to this, having a piece of fruit with each meal is expected to lower, and not raise the blood sugar response. It is important to note that, according to the Harvard Health Letter, the nutritional problems of fructose and sugar come only when they are added to foods. Consuming fruits, on the other hand, is beneficial in almost any amount.

Suicide

Research shows that vegetarian diets are associated with healthy mood states. After regular meat eaters remove meat, fish, poultry, and eggs from their diet, they show a significant improvement in mood scores after just two weeks.
It would take drugs like Prozac, boosting the levels of the so-called happiness hormone serotonin, several months to have the same effect. But why take drugs when there is serotonin, dopamine, and all sorts of human neurotransmitters in a plant-based diet? They are mostly found in plantains, pineapples, bananas, kiwis, plums, and tomatoes.

A study at the University of Otago, for example, involved 171 young adults, aged between 18 and 25. Split into three groups, they either continued eating as normal (first group), or were encouraged by text reminders and pre-paid vouchers to eat more fruit and vegetables (second group), or were personally given two extra daily servings of fresh produce such as carrots, kiwifruit, apples, and oranges (third group). The third group reported significant improvements to their psychological well-being in just two weeks, the other groups did not show any significant improvements.

Other preventable diseases

Inflammation

One of the consequences of ageing is the decline immune function. A study published twenty years ago showed the partial decline of the immune system in elderly people. The decline of the immune system, in turn, leads to a higher risk of inflammation. The science refers to this as „inflammaging." How can we prevent this from happening?
The key to successful aging and longevity is to decrease chronic inflammation, without compromising an acute response when exposed to pathogens. The dietary patterns associated with inflammation almost all used to be meat-based, western diet patterns. It is fruit and vegetables, however that tend to be associated with lowering inflammation.

In an interventional study that separately evaluated the effect of plant-based protein and animal protein, it was found that it is animal protein that is associated with higher plasma levels of inflammatory markers in obese adults.

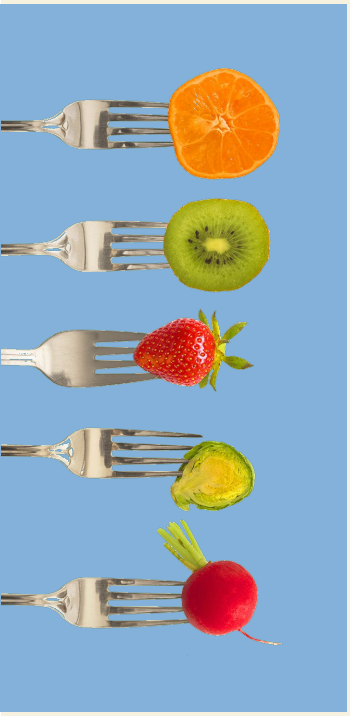
Angina

A recent case study reported a 77-year-old woman presented with unstable angina. Her past medical history included hypertension, hyperlipidemia, and remote tobacco use for which she had been treated with atenolol (50 mg daily) and simvastatin (20 mg daily). She chose not to proceed with surgery, and rather adopt a whole-food plant-based diet.
Within one month of lifestyle change, her symptoms had nearly resolved. Four to five months after the initial lifestyle change, her adherence to a whole food plant based diet ended. She returned to her prior eating habits, which included chicken, fish, low fat dairy and other animal products multiple times per day. Although her medical regimen had not changed, her anginal symptoms returned within four to six weeks.

This case study suggests that a whole-food plant-based diet can be associated with reversing angina symptoms in patients with severe coronary atherosclerotic disease. Her angina returned when she resumed consuming a „healthy“ Western diet. Generally, the blockage of coronary arteries is a direct result of buildup of LDL cholesterol, a result from a lack of fiber and consuming saturated and trans fats, meaning the cholesterol found in animal products and processed foods. A plant-based diet alone may prevent angina attacks and improve heart health.

Scientific facts about fruits and veggies

Why Organic?



Consumption of organic foods may reduce exposure to pesticide residues and antibiotic-resistant bacteria. However, no difference of contamination with food poisoning bacteria in general has been found. Both, organic and conventional animal products, were evenly contaminated. Most chicken samples, for example, were found to be contaminated; in Germany up to a mind-boggling 95%!

And what about pesticides? In 2006, researchers measured levels of two pesticides passing through children's bodies by measuring specific pesticide breakdown products in their urine. Some went on a conventional, others on an organic diet. The results made clear that eating organic products provides a dramatic and immediate protective effect against exposures to pesticides commonly used in agricultural production, sometimes up to 90%. The consumption of organic foods does provide protection against pesticides!

Avoid Fruit Because of Pesticides?

Should we avoid fruits and vegetables because of pesticides? There is a famous kind of computer modeling study on food and chemical toxicology, that suggests that if half of Americans ate just a single serving of fruits and vegetables every day, it could prevent 20000 cancer deaths per year. Not cancer cases, but cancer deaths!
That is how powerful fruits and vegetables are. But because they are modeling conventional fruits and vegetables, that additional pesticide load would cause, in their estimation, ten cancer deaths per year.

The overwhelming difference between benefit and risk estimates provides confidence that consumers should not be concerned about cancer risks from consuming conventionally-grown fruits and vegetables.

Are Gluten Healthy?

Until only a few years ago, the scientific world maintained that gluten would provoke negative effects only in people with celiac disease or wheat allergies. But in recent years, it has become widely accepted that some nonceliac patients could suffer from gluten or wheat sensitivity. Therefore, there are three gluten related conditions: Wheat allergy, celiac disease, and gluten sensitivity. Health professionals don't want to see people on gluten free diets, however, unless it is absolutely necessary.

Gluten in whole grains are health promoting and linked to the reduced risk of coronary heart disease, cancer, diabetes, and others. Just like people have a peanut allergy does not mean that everyone should avoid peanuts. A study put people on a gluten free diet for a month, and found that it may hurt our gut flora, as gluten might boost the immune functions, and might be good for good gut bacteria. Less than a week of added gluten protein significantly increases natural killer cell activity. As a result, unless you suffer from wheat allergy, celiac disease, or gluten sensitivity, do not avoid gluten. For most people, gluten are healthy!

How to wash your veggies

Buying organic produce is a safe way to reduce pesticides residues. But they are not affordable for everyone. Even if all we hat to eat were the most pesticide-laden of conventional produce, the health benefits from consuming fruits and vegetables would still outweigh any potential risk from pesticide residues. But we can easily reduce our risk by simply washing our fruits and vegetables under running water. Many companies claimed that their vegetables washer products are even 10 times more effective than water. A total of 196 samples of fruits and vegetables were tested and their claims don't appear to be right, because the test clearly shows that there was little to no difference between water and those products. Water is said to remove 50%. But there is something that works even better than water itself, salt water. Put one part salt to nine parts water in a bottle and there you have it, the most effective pesticide washing machine ever, and one of the cheapest ones too.

How to Get Rid of Lectins in Beans

How can we avoid lectin poisoning? Lectin proteins were first discovered in the 1800s in castor beans. Lectin proteins are a natural compound found throughout the food supply, but its concentrated in whole grains, beans and some fruits and vegetables.

How harmful are dietary lectins? Many lectins are non-toxic, such as those found in tomatoes, lentils, chickpeas and other common foods. But even if there are toxic lectins, like those in kidney beans, they get completely destroyed by proper cooking. You will need to eat kidney beans raw in order to feel sick.

But who eats kidney beans raw? They are as hard as a rock. Either soak the kidney beans first and cook it for at least 15 min or just cook them for 45 mins and you will get rid of all the lectins. Legumes are good for us.
Legumes are associated with a longer lifespan, lower risk of colorectal cancer and prevent type 2 diabetes.

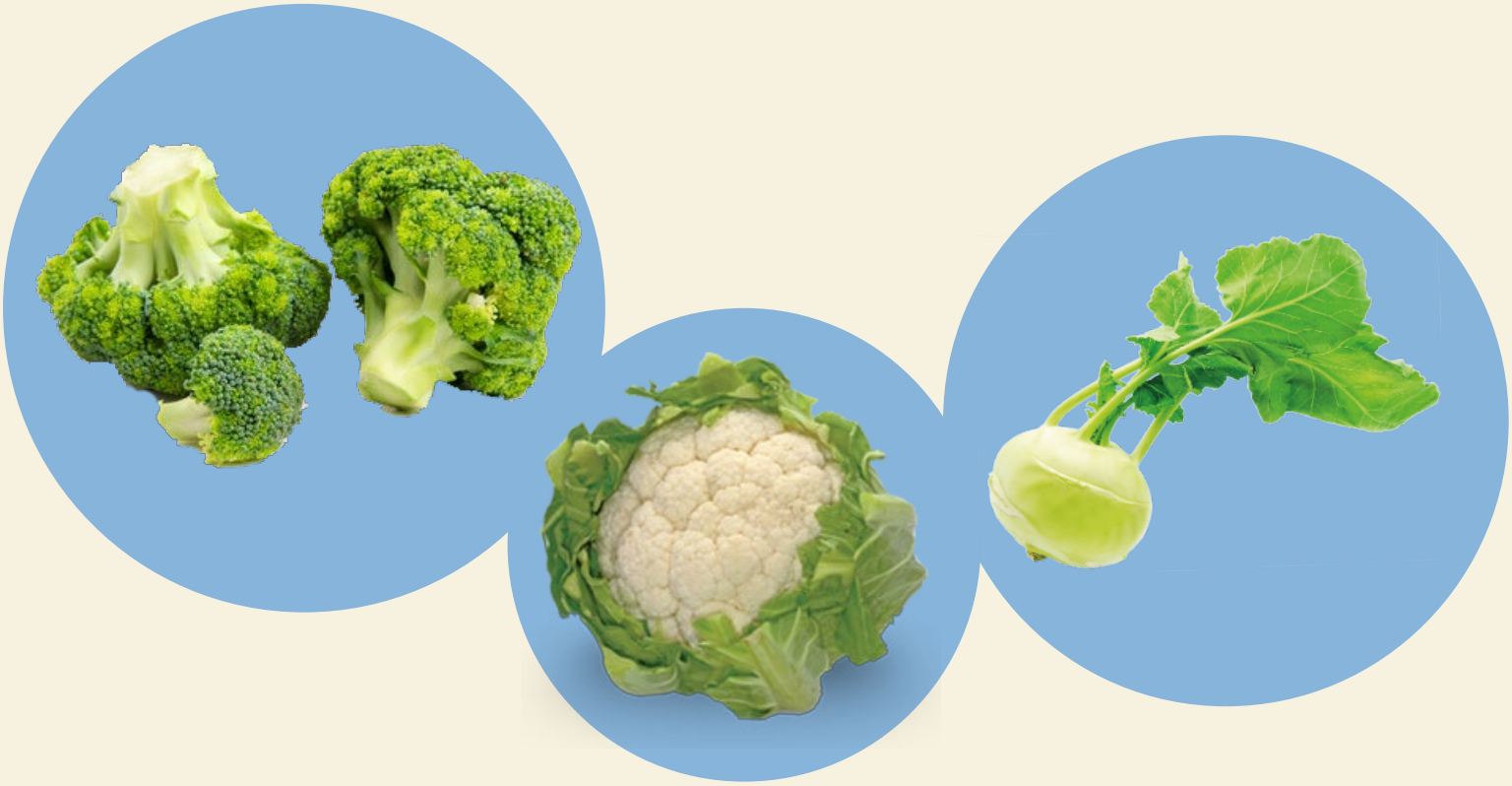
How to get rid of Arsenic in Rice

Recently, rice was reported to contain arsenic. Rice indeed can absorb and store arsenic, but how does it get in there? From the soil! And how does arsenic get into the soil? From chicken poop. Poultry is often fed with arsenic containing foods.

Long-term consumption of rice, white and brown, was not associated with risk of developing cancer in men and women, but what can additionally be done do to reduce the risk?
Some recommend to cut down the rice consumption to a minimum, and switch to alternatives like quinoa. But if you really cannot life without rice, try cooking it properly: Cook rice like pasta with a 6:1 water to rice ratio. Using this method can help reduce arsenic levels by 50%.

Plants for Detoxing

Why spend all the money for detoxing your body when our liver is doing it for free. The best way to detoxify is to boost the enzymes of our liver. Sulforaphane is the most known potent natural phase 2 enzyme inducer. Where do we find it? In Broccoli, which produces more than any other plant in the world. Other great sources are kohlrabi and cauliflower.



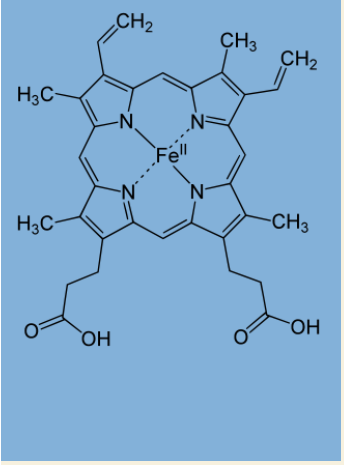
Why you should avoid animal products

Cow Milk

Is cow milk good for our bones? Our parents taught us that milk is good for building strong and healthy bones. However, research found a link between milk consumption and an increasing risk of hip fracture.
Studies from Harvard University have shown the same results in children and adolescents. It appears that the boost in total body bone mineral density you get from getting extra calcium is lost within a few years, even if you keep the calcium supplementation up. This might be a partial explanation for the fact that hip fracture rates are highest in populations with the highest milk consumption.

Swedish researchers, for example, looked at milk intake and mortality, as well as fracture risk. They followed 100000 men and women over 20 years. The result was astounding: Milk drinking Swedes had the highest rates of death, more heart diseases, and a significantly higher cancer risk. Three glasses of milk were associated with a nearly doubled death risk. And they had more bone and hip fractures too.

Heme Iron vs. Non-Heme Iron



Many plants contain the non-heme iron; the heme iron, on the other hand, can be found in blood and muscles, meaning meat. Generally, the total iron intake is associated with lower heart disease risk. The question is: Which iron is better for you? If we look at the iron intake from meat, it is associated with a significantly higher risk for stroke and heart disease. That is probably the case because iron can act as a pro-oxidant contributing to artherosclerosis, the clogging of arteries by oxidizing cholesterol with free radicals. Several studies also show that heme-iron from meat can increase the chance of getting type 2 diabetes and cancer. The healthier source of iron appears to be non-heme iron, found in abundance in whole grains, beans, fruits and vegetables.

Hormone levels in Meat and dairy

Japanese researchers were baffled by the dramatic increase in hormone-dependent cancers in their country. The cancer cases had increased over ten times just in the last 25 years. The suspicion is that the cause for the increase are found in the injected hormones in US-American meat. The hormones are injected in the ears of cattle, which get chopped off at the slaughter house.

The US beef industry argues that the hormones don't get into the meat. The Japanese researchers compared their beef to US beef, and found up to 600 times more estrogens in American beef. But cows are not only getting injected with estrogen, but anabolic male steroids. The levels of anabolic steroids can be so high that athletes who eat certain kinds of meat occasionally are falsely accused of intentionally abusing steroids. The presence of hormones is also considered critical in dairy products.

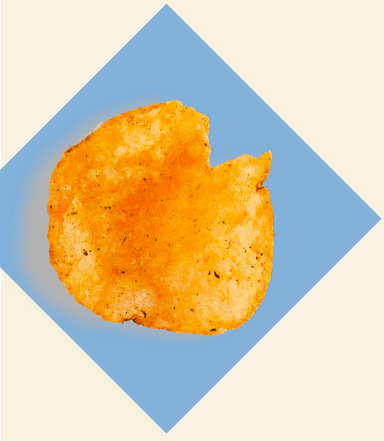
Other unhealthy Products to avoid

Is Oil Good or Bad?

In the largest prospective study ever explored a possible connection between olive oil consumption and cardiac events such as heart diseases. The study suggested that virgin olive oil may be better than regular olive oil. Neither, however, was found to significantly reduce heart disease rates, which it does with healthy dietary behaviors such as vegetable intake, often hand in hand with olive oil intake.

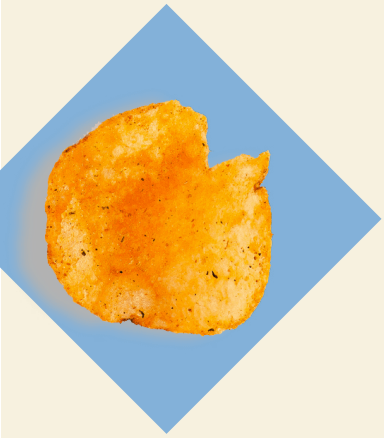
There are some studies which show that a Mediterranean diet reduces the risk of heart diseases. Mediterranean diet is usually rich in olive oil, nuts, vegetables, and whole grains. So in the end, improvements in health may be in spite of, rather than because of, oil.

Processed Food and Addiction



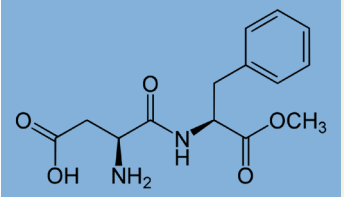
What have a bag of nacho chips and cocaine in common? Many scientific studies, of which a large number was conducted within the past year, have found that junk food addiction is essentially the same as cocaine addiction, at least as far as the brain is concerned. Even Bloomberg Businessweek recently reported on a plethora of data that identified junk food addiction as being just as serious as drug addiction.

A 2010 study, for instance, conducted by scientists at Scripps Research Institute (SRI) in Florida, found that rats given free access to Hormel Foods Corp. bacon, Sara Lee Corp. pound cake, The Cheesecake Factory Inc. cheesecake, and Pillsbury Co. Creamy Supreme cake frosting, experienced significant changes in brain activity and function: The same changes occur in the brains of drug addicts. High-fructose corn syrup (HFCS), monosodium glutamate (MSG), hydrogenated oils, refined salt, and various other chemical preservatives found in processed junk food does the same thing to a person‘s brain as cocaine does!



Another study, conducted by researchers at both, the University of Texas in Austin (UT) and the Oregon Research Institute, found that prolonged consumption of junk foods results in reduced activity in the striatum, a section of the forebrain that registers reward. In other words, the more you eat, the more you get addicted to it. Just like with illicit drugs, those addicted to junk food require ever-increasing amounts to get the same „high." Since processed foods are loaded with synthetic chemical additives, they are technically drugs themselves. Not a surprise at all, in the end, that millions of people around the world are addicted to them.

Aspartame



Many products claim to be sugar free. That may be true, but they are often sweetened with artificial sweeteners used instead. Artificial sweeteners may have 0 kcals, but they affect your health badly.

A recent study with 3000 participants showed that the consumption of artificial sweeteners, particularly aspartame, may have worse glucose management than those who don't take sugar substitutes. In short, artificial sweeteners elevate the risk of diabetes more than sugar!
Quite a surprise, since sugar is one of the main reason, along with animal fat for diabetes and other diseases. Healthy sugar substitutes are coconut sugar, palm sugar, Manuka honey, maple syrup, xyilit, or stevia.

Sweeteners

Consuming a can of a low- or no-sugar soft drink a day is associated with a much higher risk of having a stroke or developing dementia, researchers claim. „Drinking at least one artificially sweetened beverage daily was associated with almost three times the risk of developing stroke or dementia, compared to those who drank artificially sweetened beverages less than once a week," according to researchers in Stroke, the Journal of the American Heart Association.

Statistics compiled by the Framingham Heart Study, a long-term medical research project in the United States, reveal that those consuming at least a can of so-called diet drinks every day were more likely to suffer an ischaemic stroke and to develop Alzheimer's disease. Better stick to water or unsweetened tea!

Best and healthiest way to lose weight

Obesity

Obesity can only be caused by the lack of movement and a poor diet. Right? Not quite. Scientists are now identifying industrial chemical pollutants released into the environment over the past few decades, chemicals that can disrupt our metabolism and predispose us to obesity.
These pollutants are called obesogens. The existence of chemical obesogens suggests that the prevailing paradigm, which hold that diet and decreased physical activity alone are the causative triggers for the burgeoning epidemic of obesity, should be reassessed. The focus now is also on organotin compounds, which basically turn pre-fat cells into fat cells. How are we exposed? Through our diet. Where are these obesogens found the most? In fish. The seas have become humanity‘s sewers, where everything eventually ends up.

But, of course, food stays a major factor. If you take a closer look at the BMI of meat eaters, vegetarians and vegans, you will notice that the BMI approaches the normal range of 20 to 25 the less people consume animal products. Meat eaters statistically have the highest BMI, while vegans are the only ones with a BMI under 24. The National Health and Nutrition Examination Survey collected data of over 17000 people between 1999 and 2004, and it came to the conclusion that meat eaters simply ate more. Why is that? Animal products do not contain fiber. Fibers keep our gut bacteria satiated, and you do not feel the need to eat more and more.

Nuts and Weight Gain

Scientists tried everything, such as adding three handfuls of peanuts to people's daily diets for a few weeks, with no significant weight gain. Scientists fed people a handful of walnuts a day for 6 months, again no significant weight gain. Almost twenty studies came to the same conclusion.
But what happens to all the extra kcal? They cannot just disappear, can they? A study in Japan suggested that increasing dietary hardness, meaning difficulty of chewing, was associated with lower waist circumference. Additionally, many of the cell walls of chewed almonds remain intact in the digestive tract and therefore have no impact on weight gain at all.

Soy and Weight Loss

A study revealed that when people were fed the exact same diet, but just had the dairy protein replaced with soy, a significant drop in abdominal fat appeared. Same kcal, but the abdominal fat seemed to melt away! As the Journal of Nutritional Biochemistry published in 2011, soy helps to prevent human fat cells from taking up fat. Scientists put a layer of human fat cells in a petri dish, and as the concentration of soy isoflavone increased, the fat accumulation dropped.

But how much soy is too much soy? Studies have repeatedly shown that soy decreases risks of getting cancer, and that it increases the chances of surviving cancer.
The bottom-line is that legumes are one of the healthiest things we can eat, and that they should be a part of everyone's daily diet. This means lentils, peas, and beans every day. In fact, ideally every meal! Soy is an excellent choice, but we should probably stick to no more than 3-5 servings a day. Everything above may end up increasing IGF-1 levels, a growth hormone that triggers and spreads metastatic cancer.

Potatoes and Weight Gain

Do potatoes make us fat, and are they bad for our health? A 2014 study, published in Journal of the American College of Nutrition, put it to the test. 90 overweight men and women got randomly assigned to one of three groups for twelve weeks.
Two groups were counseled to reduce their energy intake by 500 kcal per day, and consume diets that were predominantly composed of either low-, or high-glycemic foods. The third group received no energy restriction or nutritional counseling at all. All groups were instructed to consume five to seven servings of potatoes per week. The surprising result: All groups lost weight.

Not only sweet, but also white potatoes are a very healthy source of vitamins, minerals, and phytochemical contributions. But again, the preparation makes the difference! Every negative study found that linked potatoes with obesity and type 2 diabetes was conducted including French fries, mashed potatoes, and potato chips. The problem here was not potatoes, but over-processed potatoes.

Eat More, Weigh Less

What happens if you add three apples, three pears, or three oat cookies a day to the daily intake of overweight, middle-aged women? Will they gain weight from this kcal surplus? No, they actually lose weight!
The result suggests that energy densities of fruits, independent of their fiber amount, can reduce energy consumption and body weight over time. Energy density is a relatively new concept that has been identified as an important factor in bodyweight control in both, adults and adolescents. Energy density is defined as the amount of energy per unit weight of food or beverage. The greater the decrease in energy density, the greater the weight loss.
There are various ways to reduce energy density, such as adding more fruits and vegetables to recipes, or lowering their fat and sugar content. Participants of a study in Hawaii dropped 17 pounds in just 21 days on average, and had better cholesterol, blood sugar, and blood pressure levels. Their kcal-intake dropped by 40%, but not by eating less food, but four pounds more!

Animal Cruelty

A healthy body is nothing without a healthy conscience. Did you know, more than 150 Billion animals are slaughtered every year for the sole purpose of our taste? These are just two examples out of many of their lives:

A Cow‘s Life

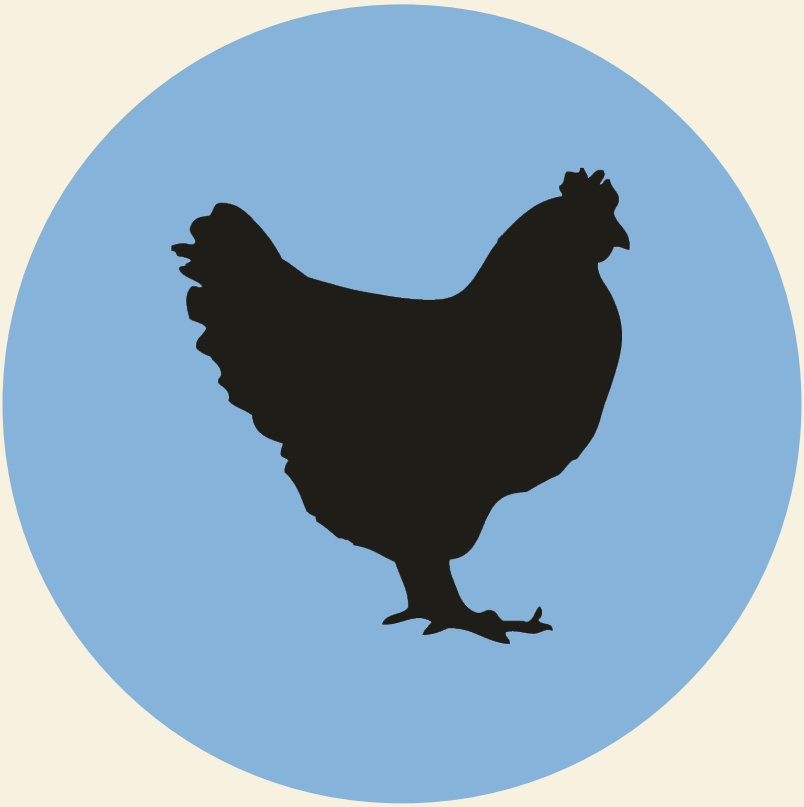
It does not matter if the cow‘s life on the perfect dairy farm or not, the farmers are all limited by the basic rules of biology. And the farmers need a cow to produce a certain amount of milk in order to pay the bills. A cow needs to be impregnated and give birth every year.

From the point of giving birth, milk production peaks at about a month and a half, and then slowly declines during the following months. At most dairy farms, cows are sent to slaughter after five years. A cow has a lifespan of twenty years, if the cow gives birth every year, then the herd population will nearly double at the end of the first year. And whatever herd size you have, you do not have infinite pasture, which means you do not have room for most of the female calves that are born, and you definitely do not have room for most of the male calves. 97% of the calves are forcibly removed from their mothers within the first 24 hours of life.

A Chicken‘s Life

The reality on conventional chicken farms is cruel: Chicken have been genetically manipulated to lay 200-300 eggs per year. The side effects of this unnaturally fast reproduction for hen are fatty liver diseases, cage layer fatigue (the hen becomes too weak and fragile to stand), egg yolk peritonitis (the hens get to weak and the eggs are stuck and break in the reproductive tract), as well as cancer.

If you want to compare hens to female humans, it would be like having your period almost every single day of the year. Nearly all egg-laying hens spend their life in windowless sheds and battery cages. And what happens to the male chicken? Since they cannot lay eggs, they get minced alive on their first day of life. The hens will be kept alive for max eight years, for the sole purpose of laying eggs. After the hens fulfilled their purpose, they get slaughtered too.



Nice to know

What‘s in...

...a Burger

Besides hormones, what else is in a burger? Anatomic pathologists at the Cleveland Clinic recently dissected burgers to see what was inside the fast food hamburgers. Five billion burgers are consumed every year in America alone.

Most of the consumers presume that the hamburger they eat are composed primarily of meat. The scientists analyzed burgers from eight different fast food joints, and found the same tissues observed in hot dogs, such as blood vessels, nerves, cartilage, and parasites. The amount of actual meat in those hamburgers varied between 2 and 15%. Part of the other percentages contained ammonia, which is injected in beef to kill fecal bacteria.

...McDonald‘s Fries?

The fries are made from 19 different ingredients. Furthermore, McDonalds uses a pesticide for their potatoes that is so toxic that the farmers will not access their fields for five days after their spray. And on top of that, the fries need to gas off the pesticide in the atmosphere controlled sheds for six weeks.

Whole fruits vs juice Blueberry juice

A study published in early 2017 shows that drinking blueberry juice every day boosts your brain function, especially with growing age.

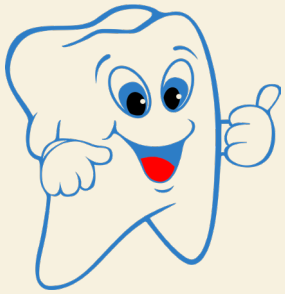
Researchers from the University of Exeter found that „with just 12 weeks of consuming 30ml of concentrated blueberry juice every day, brain blood flow, brain activation and some aspects of working memory were improved in this group of healthy older adults." Eating at least 800 grams of fruits and vegetables every day has very similar effects; it is not necessary to drink juices. Whatever you prefer!

Whole Beets vs. Beet Juice

Whole beets vs. beet juice. What is better? Nitrate can be found in beets, celery, lettuce, radishes, and spinach. They have profound effects on the power plants within our cells, reducing the oxygen usage during exercise, meaning that it is possible to perform the same amount of work with less oxygen. But does this effect only occur with beet juice? It does not seem like that.

New studies show that whole beetroot consumption improves workout performances just as well. In one instance, researches separated two runner groups: One received a cup of whole beetroots, and the other berries. The second group was the placebo group. They started out the same, but during the last mile of the 5000-meter race, the whole beetroot group pulled ahead. But even though they were running faster, their heart rate was not any higher. That suggests: You will have the same effects while just consuming whole beetroots, which are also cheaper.

How I clean my teeth



A big factor for being healthy are healthy teeth. But conventional toothpaste often contains fluoride. Fluoride, along with treated animal foods or poor nutrition, is the most prevalent danger for damaging the pineal gland. The pineal gland, in turn, produces melatonin. The quality and duration of your sleep relies on how well it produces this hormone.
Use sodium bicarbonate instead for cleaning your teeth: Most clinical studies have not found significant differences in periodontal response to sodium bicarbonate, as compared with other commercial dentifrices.

Recommendations:

Watch the speeches or interviews of

-Dr. Melanie Joy
-Dr. Michael Greger
-Dr. Neal Barnard
-Dr. John McDougall

Site I recommend to follow -> https://nutritionfacts.org/

Not an actual representation of the doctors mentioned above.

Foods I eat daily or weekly

Tofu or Tempeh? Which is Healthier?

If you take a closer look at the rates of prostate cancer, you realize that the highest rates are found in countries like the USA or Switzerland, and the lowest in countries like Thailand, India, or Japan. But it is generally expected that the rates in Asia are about to rise.

The largest increase in recent decades has been in South Korea, with a 13-fold increase in prostate cancer deaths nationwide. The biggest change in their diet was the animal product consumption, with an almost 850% increase.
This is consistent with what we know about foods, and the prevention and management of prostate cancer. Soy and vegetables decrease, while foods like meat and dairy products increase the risk. This may be linked to the factor that whole plant foods effectively reduce inflammation in the body.
But back to the question, which soy is more protective? Researches sifted through the studies, and it turns out that only the unfermented soy seemed to help, like tofu and soy milk. No link to fermented soy foods appeared.

Avocado

There are many different fats, good ones and bad ones. And you will not find any bad ones in an avocado. As Dr. Frank Lipman says: “Don’t be afraid of an avocado because you think it’s fattening!“

The often-overlooked avocado is a delicious, creamy superfood that’s simply too health-boosting to skip. The myriad of healthy fats and nutrients found in avocados—oleic acid, lutein, folate, vitamin E, monounsaturated fats, and glutathione among them—can help protect your body from heart disease, cancer, degenerative eye and brain diseases.” Several studies have shown that eating avocado can reduce belly fat and help suppress ravenous appetite.

Pomegranate Seeds

Pomegranate seeds have a very interesting nutrient profile. 100 grams contain four grams of fiber, two grams of protein, 17% of the recommended daily vitamin C intake (according to RDA), 20% of the daily vitamin K intake (RDA), 9% of folate (RDA), and 7% of potassium (RDA).

Pomegranate seeds contain a very powerful antioxidant, called punicalagins. The antioxidant content is three times higher than in red wine or green tea. Studies show that punicalagin is anti-inflammatory, can reduce inflammatory activity in the digestive tract, and lower the blood sugar after only two weeks of consumption.

Chili

Do you love spicy food? Good! Recent studies show that frequent consumption of chili pepper can reduce the risk of heart and circulatory diseases.
Chili pepper contains a strong antioxidant called capsaicin. Capsaicin decreases your appetite and has an aphrodisiac effect (increase in potency and libido). It also helps to regulate the intestinal flora.

Lupin flour

Lupin flour consists of at least 40 grams of proteins, 25 grams dietary fibers, and boasts with a low glycemic index.
Testing the bioavailability of the proteins in lupin, researchers gave nine healthy men a meal containing lupin flour, every day during the postprandial phase.
The study showed that lupin protein indeed is highly bioavailable: It can be used with the same efficiency as soybean protein, but without being genetically modified. Lupin flour is also high in iron and contains the essential amino acids Lysine and Tryptophan.

Whole grain oats

Oats are one of the cheapest, yet healthiest food you can get. Oats are loaded with antioxidants, minerals and fibers. Just 100 grams of oats contain: 26% zinc, 31% copper, 246% manganese, 44% magnesium, 52% phosphorus, 12% potassium, 26% iron, 51% thiamine, 6% vitamin B6and 14% folate. They have to be on your daily menu.

Chickpeas

In Asia, chickpeas have been cultivated for more than 8000 years. Chickpeas contain high amounts of natural antioxidants such as quercetin and kaempferol, which fight free radicals and strengthen the immune system.

If you are not convinced to put chickpeas on your weekly diet quite yet, have a quick look at its nutrional values. 100 grams of chickpeas contain 40% of the recommended daily intake of folic acid, 30% of fiber, 15% of iron, and 12% of zinc. Especially fiber is one of the reasons you may want to add chickpeas to your menu:
According to the 2015 Dietary Guidelines for Americans, most Americans fall way short of meeting their recommended daily fiber needs. Depending on your age and gender, fiber needs range from 21 to 38 grams a day; one cup of chickpeas provides about a third of your daily fiber needs.

Sweet Potato

Sweet potatoes, a very health promoting food, are an inexpensive source of nutrients. The traditional diet in Okinawa, for example, an area in Japan known for longevity, revolves around purple sweet potatoes. The predominant protein in sweet potatoes may even have cancer fighting properties. To preserve all the nutrients, boiling may be the best way to prepare them. Also microwaving a sweet potato and adding some cinnamon and cloves is a cheap, simple, and easy snack, loaded with antioxidants.

Potatoes

Normal white potatoes are one of the best sources of starch, vitamins, minerals and dietary fiber. They carry little fat (just 0.1 g per 100 g) and no cholesterol. They are excellent natural sources of both soluble and insoluble fiber.

The dietary fiber in them increases the bulk of the bowel motions. Thus, it helps prevent constipation, decrease absorption of dietary cholesterol and thereby, lower plasma LDL cholesterol. Prepare your potato with its skin and no added oil or salt to benefit the most from the health effects.

Quinoa

Quinoa is gluten-free and usually grown organically. Even though technically not a grain, it still counts as whole grain food. 100 grams of cooked quinoa contains four grams of protein, three grams of fiber, 30% of the recommended daily intake of manganese (all according to RDA), 16% of magnesium, 14 % of phosphorus, 11% of folate, 10% of copper, 8% of iron, 6% of zinc, 5% of potassium, and over 6% of the RDA for the vitamins B1, B2 and B6.
Additionally, quinoa also contains small amounts of calcium, B3 (niacin), and vitamin E.

100 grams have a total amount of 120 calories, 21 grams of carbs, 2 grams of fat, and small amounts of omega-3 fatty acids. Quinoa is high in anti-inflammatory phytonutrients, which make it potentially beneficial for human health in the prevention and treatment of disease.
As a complete protein, quinoa contains all nine essential amino acids, including the elusive lysine and isoleucine acids, which most other grains lack. Naturally high in dietary fiber, quinoa is a slowly digested carbohydrate.

Buckwheat

Energizing and nutritious, buckwheat is available throughout the year. It can be served as an alternative to rice, or made into porridge.
While many people think that buckwheat is a cereal grain, it is a fruit seed that is related to rhubarb and sorrel. It is a suitable grain substitute for people sensitive to wheat or other grains that contain protein glutens, making it an excellent meat substitute.

High protein buckwheat flour is being studied for possible use in foods to reduce plasma cholesterol, body fat, and cholesterol gallstones. According to Canadian researchers in the Journal of Agricultural and Food Chemistry, buckwheat may be helpful in the management of diabetes. With a glycemic index of 54, it lowers blood sugars more slowly than rice or wheat products. Buckwheat grows so quickly that it does not usually require a lot of pesticides or other chemicals to grow well.

Broccoli

Broccoli can be considered a dark green leafy vegetable, and its sprouts are probably the most affordable health food there is. But as with all vegetables, the preparation is decisive:
It is most nutritious when steamed, raw, or microwaved, but less when baked, boiled, pressure-cooked, or fried. Even microwaving broccoli for more than two minutes will significantly decrease its nutritional quality.

It may help lower the risk of cancer, including mouth, throat, lung, breast, ovarian, endometrial, cervical, prostate, and bladder cancer. It may even protect against DNA damage, affect gene expression, and boost liver function. Broccoli is a good source of antioxidants, although adding some additional herbs and spices, such as mustard seed, to it can dramatically increase the antioxidant level; it is probably the best food to eat to “detox.” Broccoli may also promote iron absorption, due to its high vitamin C content.

New research shows that broccoli may help block absorption of toxins in the gut, boost detoxifying enzymes in the liver, and play a role in gut immunity.
Researchers can now measure broccoli consumption through a urine test, something which will help improve the accuracy of further studying its impact.

Considering its exceptional nutritional quality of broccoli, it is hard to eat too much: Only more than 100 cups a day might probably not be a good idea, and consuming it without chewing after gastric bypass surgery is not recommended as well. However, the vegetable is considered safer to consume than, for example, alfalfa sprouts.

Spinach

Spinach contains an antioxidant known as alpha-lipoic acid, which has been shown to lower glucose levels, increase insulin sensitivity, and prevent oxidative stress-induced changes in patients with diabetes.
Spinach, like other green vegetables, contains chlorophyll, which has been shown to be effective at blocking the carcinogenic effects of heterocyclic amines, generated, for example, when grilling foods at a high temperature.
Spinach is high in fiber and water, both of which help to prevent constipation and promote a healthy digestive tract. It is also high in vitamin A, which is necessary for sebum production to keep hair moisturized, and as well for the growth of all bodily tissues, including skin and hair. The high vitamin C content of Spinach helps with the building and maintenance of collagen, which provides structure to, again, skin and hair. As iron-rich food, spinach additionally prevents hair loss, for which iron deficiency is a common cause. In all, spinach is a super food, loaded with tons of nutrients in a low-calorie package. It has been used by various cultures throughout history, notably Mediterranean, Middle-Eastern, and South East Asian cuisines. It can be quite easily incorporated into many diets because it is cheap and easy to prepare.

Kale

A study published in 2010 showed the boosting effects of kale for our immune system and concluded that the intake of kale might provide a beneficial effect on humans, to enhance the defense against such pathogens as viruses, bacteria and toxins.

The immuno-stimulating effect will provide an additional advantage of kale, as well as its antioxidative capacity and other effects.

Other effects like improving coronary artery diseases risk factors. 32 men with high cholesterol consumed 3 or 4 shots of kale juice a day for 3 months. That's the equivalent of eating 30 pounds of kale the amount the average American consumes in a century! And what happened at the end of the 3 months? The bad cholesterol dropped dramatically. This applies to both cooked and raw kale.

Cauliflower

Cauliflower is one of the vegetables especially suited for boosting intestinal defenses, which may lower the risk of inflammatory bowel diseases such as ulcerative colitis or leaky gut.
Cauliflower also contains a phytonutrient that acts through the Ah receptors, leads to frontline immune function against intestinal pathogens, and helps boosting immune function. Bile binding, a predictor of how well a food lowers cholesterol, is another of its powers.

Like other cruciferous vegetables, cauliflower provides sulforaphane, which boosts the liver's detoxifying enzymes.
The enzymatic action from eating cauliflower may also protect brain, eyesight, fight against free radicals, induce detoxification enzymes, and help prevent and treat cancer. Cauliflower was found to be protective in people suffering with gout, possibly because of the fiber, folate, and vitamin C.

To assure that the enzyme sulforaphane is created, eat cauliflower raw or utilize the following technique: chop the cauliflower and wait 40 minutes, enough time to produce the enzyme, which will then be heat stable. If there is no time, all is not lost! Just sprinkle your frozen or cooked cauliflower with a little dry mustard powder which also encourages the formation of sulforaphane. Steaming of cauliflower significantly improves the bile acid binding.

Nuts

A recent study conducted at the Friedrich Schiller University in Jena shows that nuts activate our body's own defenses for detoxifying reactive oxygen species.
Such substances, which are created, for example, by ultraviolet radiation, various chemicals, or distinct food metabolites, can cause DNA damage that leads to cancer development. The positive effect was shown by all varieties of nuts studied (macadamia nuts, hazelnuts, walnuts, almonds, and pistachios).

Peanuts

Eat peanuts raw! A study from the University of Oxford shows that dry roasted peanuts are more likely to trigger an allergy than raw peanuts. The researchers purified proteins from dry roasted and from raw peanuts and gave them to mice. The results suggested that dry roasting causes a chemical modification of peanut proteins that appears to activate the immune system against future exposure to peanuts. This may explain why the peanut allergy is much more common in Western countries than in Asia.

Almonds

Almonds contain vitamin E and a high amount of magnesium plus and potassium. They also contain a high amount of monounsaturated fats, the same type of health-promoting fats as are found in olive oil, associated with reduced risk of heart disease. Large scale human epidemiological studies found that nut consumption is linked to a lower risk for heart disease. Researchers estimate that substituting nuts for an equivalent amount of carbohydrate in an average diet resulted in a 30% reduction in heart disease risk; an even more impressive risk reduction of 45% can be reached when fat from nuts was substituted for saturated fats, found primarily found in meat and dairy products.

A study published in the British Journal of Nutrition indicates that when foods independently known to lower cholesterol, such as almonds, are combined in a healthy way of eating, the beneficial effects are additive.
In this study of twelve patients with elevated LDL cholesterol levels, a diet containing almonds and other nuts, plant sterols (also found in nuts), soy protein, and soluble fiber (in high amounts in beans, oats, pears) reduced blood levels of all LDL fractions including small dense LDL (the type that most increases risk for cardiovascular disease) with near maximal reductions seen after only two weeks.

Pine nuts

Pine nuts have been enjoyed since ancient times: They were mentioned by Greek authors as early as in 300 BCE, and Roman soldiers reportedly enjoyed them too.
Nutritionally speaking, pine nuts contain many of the same healthy nutrients as other nuts, including monounsaturated fats and antioxidants.

Eating a handful of pine nuts can help in weight management, as pine nuts are very effective in suppressing appetite. Pinolenic acid stimulates CCK (cholecystokinin), a hormone that signals the brain that the stomach is full. This curbs the appetite, keeping you full for a longer time.

Brazil nuts

Researchers gave ten healthy men and women a single meal containing none, one, four, or eight brazil nuts, and found that just the ingestion of a single serving almost immediately improved cholesterol levels.

The LDL levels of cholesterol dropped significantly just after nine hours of ingestion. Even drugs don't work that fast, it would take statins four days to have a similar effect. The researchers measured their cholesterol five and 30 days later. The participants weren't eating brazil nuts during this time, they just had the single serving a month before.
The cholesterol was still down 30 days later. This is just too good to be true, we also must keep in mind that it was only done on ten people. But even if it wasn't true, eating four nuts a month is cheap, harmless and healthy. So why not give it a try?

Goji Berries

Goji berries are a good source of vitamins and minerals including vitamin C and A, iron, zinc, fiber and antioxidants. They have a surprisingly high amount of proteins, and they contain all eight essential amino acids.
Goji berries can boost your immune system and flu protection, help you maintain a low blood sugar, and increase your testosterone. Different studies also show that the antioxidants in goji berries can keep your skin younger. Beware: Consult a doctor if you are using blood thinners.

Physalis, Golden Berries

Resembling a golden raisin, but with a flavor that is sweeter and more tart, golden berries are extremely nutrient dense superfoods with easily absorbable bioavailable compounds.

Golden berries contain linoleic and oleic acid, two essential fatty acids that aid in insulin sensitivity and fat oxidation, and generally promote good health. Compared to other small berries, golden berries are higher in protein and vitamin A, and they are much lower in sugar. Additionally, they are loaded with antioxidants. Phytochemical screening has revealed an abundance of flavonoids, specific antioxidants that promote cardiovascular health and other benefits.

Mulberries

Mulberries are delicious and nutritious, people all over the world enjoy them. They are a great source of protein, vitamin C and K, fiber, and iron. Mulberries also contain one very interesting antioxidant: Resveratrol.
This antioxidant has gotten much attention, research published by the University of Texas credits resveratrol for positive effects on age and longevity. Mulberries also contain high amounts of alkaloids that activate macrophages: white blood cells that stimulate the immune system, putting it on high active alert against health threats.

Cranberries

Cranberries are known to prevent cardiovascular diseases and slowing down tumor progression. A study published in the American Journal of Obstetrics and Gynecology reported that while cranberry capsules also have shown to help urinary tract infections, cranberry juice is far less effective.
The reason for this is that it takes an extremely large concentration of cranberry to prevent bacterial adhesion; this amount of concentration is not found in the juices we drink.
As a result, cranberry juice, especially the juice concentrates you find at the grocery store, do not treat a UTI or bladder infection, while it still can offer more hydration and possibly wash bacteria from your body more effectively.

Hemp seeds

There is something special in the little village named Bama Yao located in China. Most of the villagers are getting older than 100 years, and they stay healthy too. The first thing to be noticed is that they eat hemp seeds every single day.
Why is hemp beneficial for your health? Hemp contains the vitamins A, B, C, D and E, calcium, potassium, iron, omega 3 and 6 fatty acids, as well as a lot of antioxidants. Hemp seeds are said to prevent diseases and oxidative stress.

Pumpkin seeds

100 grams of pumpkin seeds contain 37 grams of protein with high biological value.
Biological value is a measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the organism‘s body, and pumpkin seeds have one of the best value.

Pumpkin seeds also have high amounts of fibers, zinc, iron, magnesium and healthy fats. Eating only 30 grams daily can be a huge positive difference for your health.

Chia seeds

The chia plant is named after the Mayan word for strength. Chia seeds were staple food of the Mayan, Aztec and Incan cultures. It is said that one spoon of chia seeds in water was used to supply sustenance for an entire day of hard labor.

Chia seeds are being labelled as superfood: No surprise if you take a closer look at the nutritional values. They contain the vitamins A, B, D, E, and K, soluble fiber, a lot of proteins, iron, zinc and is the richest plant-based source for omega-3 fatty acids. You can add chia seed to almost every dish; there is really no reason not to eat them

Cocoa

Cocoa has been known for centuries not only for its good taste, but also for its health benefits.
The Aztec drank liquid cocoa thousands of years ago and called it chocolatl; the Aztec emperor called it a divine drink, convinced that cocoa builds up resistance and fights fatigue.

Up to today, several supposed health effects of cocoa have been considered, including improved heart function and relief of angina pectoris, stimulation of the nervous system, facilitated digestion, and improved kidney and bowel function.
In addition, cocoa has been used to treat anemia, mental fatigue, tuberculosis, fever, gout, kidney stones, and even poor sexual appetite. Cocoa contains polyphenols, which are considered to be good for health and well-being. But beware! Studies showed that the bioavailability of the polyphenols in cocoa, especially commercial chocolate products, is relatively low. Better to consume raw cocoa powder to fully embrace its health benefits.

Barley Grass

Barley contains eleven times more calcium than milk, seven times more vitamin C than oranges, five times more iron than spinach and broccoli, and four times more Vitamin B1 than whole grain products.
More than that, barley grass is filled with the strongest antioxidants that fight free radicals and toxic degradation products that can cause cancer, heart diseases, arthritis an diabetes.

Curcuma/Turmeric

For more than 4000 years, healers from India and China have used curcuma for its anti-inflammatory and wound healing effects.

A study, published in the Journal of Alternative and Complementary Medicine in 2009, examined patients with knee arthritis taking either curcuma or ibuprofen for six weeks on a daily basis. Researchers found that curcuma worked just as well as ibuprofen, without any side effects.
Furthermore, the polyphenol curcumin has also been acknowledged for having beneficial effects on cardiovascular health.

Stinging Nettle

Yes, once you touch this garden weed it will deliver you a painful bite. But the appearance is deceiving. The stinging nettle has been examined by some of the world's leading research institutions and found to have many powerful, positive benefits to offer the human body.

The wide range of health beneficial nutrients you found in stinging nettle helps you detoxify your body; it acts as diuretic substance, it will ensure that toxins in your body are neutralized and eliminated quickly.

Studies also show that applying nettle leaf topically at the site of pain decreases joint pain. Another study, published in the Journal of Rheumatology, shows stinging nettle's anti-inflammatory power against other autoimmune diseases like rheumatoid arthritis.

Coconut water

The drink comes from young, green coconuts, and is rich in potassium and antioxidants. And, compared with sodas or even sports drinks, coconut water is relatively low in calories and sugar.
It is a natural drink that has everything your average sports drink has and more, such as five times more potassium than Gatorade or Powerade, for example, which helps to get rid of cramps in your muscles.
It's also a healthy drink that replenishes the nutrients that your body has lost during a moderate workout.

Recipes and Meal Plan

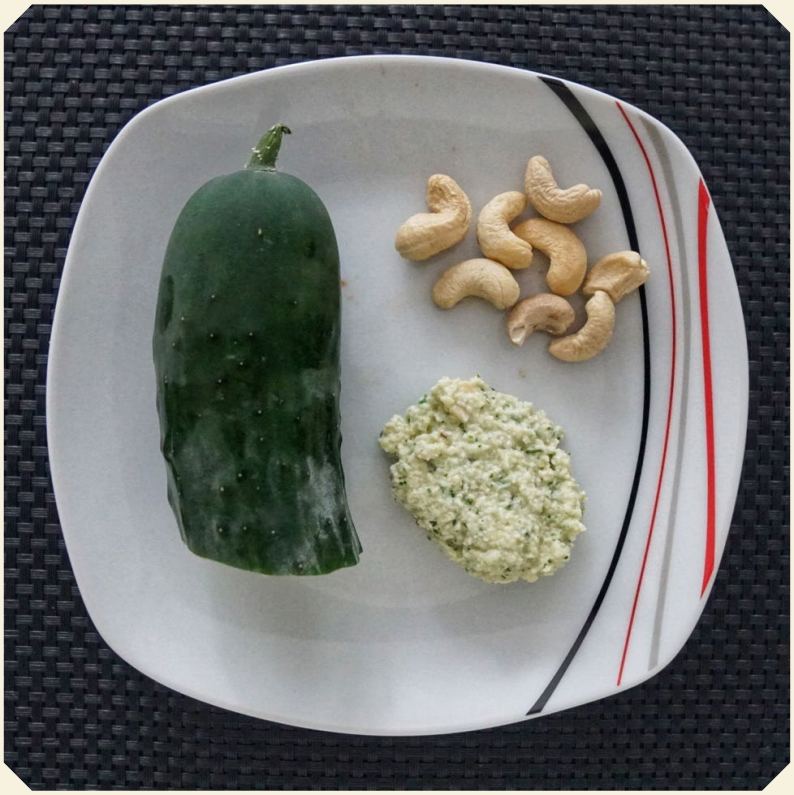
Water Frying

As a processed food, oil is basically devoid of nutrients, except Vitamin E and Vitamin K. According to a study in JAMA (Journal of the American Medical Association), all oils —saturated, monounsaturated (olive oil), and polyunsaturated (flax oil)—were associated with an increase of the plaque build-up that clogs our arteries and leads to heart attacks. A simple method to avoid oil is by frying with water. Just put a quarter to an inch or close to a centimeter of water in the pan, a little less works fine too. Add your veggies and start cooking it through. The water will evaporate over time and that will start to brown the veggies. It is as simple as that.

Make Your Own Flour

Just put, for example, sunflower or pumpkin seeds into a coffee grinder and grind them until finished! Can also be done on a very good blender. I like to use coffee grinders because they are a lot more reasonable in price than a flour grinder.

Tzatziki Sauce



- 100 grams of cashew nuts (soaked in water for min. 3 hours)
- 2 garlic gloves
- 2 tablespoons of hemp seeds (or seeds of your choice)
- 1 cucumber
- 3 tablespoons of parsley
- Salt and pepper to taste
- 0.1 l water (can be more or less)

Blend all the ingredients. Put the sauce in refrigerator.

Vegan Cheese

- 100 grams of cashew (soaked in water for at least 3 hours)
- 1 tablespoon Nutritional yeast or ½ tablespoon of bicarbonate of soda
- 1 garlic glove
- Lime juice from 1 fresh lime
- 1 tablespoon of apple vinegar & 2 tablespoons of water
- ½ tablespoon salt
- ½ tablespoon thyme
- ½ tablespoon oregano
- ½ tablespoon basil
- Pinch of pepper

Blend all the ingredients and put the vegan cheese in the refrigerator.

Easy Pesto Sauce

- 50 grams sun-dried tomatoes
- 20 grams of nuts (I prefer pine nuts)
- Bunch of basil leaves

Blend all the ingredients. Put the sauce in refrigerator.

Easy Fresh and Dried Tomato Sauce

- 2 fresh tomatoes & 50 grams dried tomatoes
- 1/3 cup of basil leaves & 2 tablespoons apple vinegar
- 4 walnuts

Blend all the ingredients. Put the sauce in refrigerator.

Whole plant based Ketchup

- 5 cherry tomatoes
- 80 grams dried tomatoes
- 5 dates & ½ onion
- Pinch of garlic powder
- 3 tablespoons apple vinegar

Blend all the ingredients. Put the sauce in refrigerator.

Vegan Parmesan

- 90 grams raw cashew
- 2 tablespoons of nutritional yeast
- 1 garlic glove or 3 tablespoons of garlic powder

Blend all the ingredients. Put the “cheese” in refrigerator.

Whole grain spelt falafel

- 100 grams whole grain spelt flour
- 1 pepperoni
- 1/2 zucchini
- 1 small onion
- 1 pinch of garlic powder & 1 pinch of dried oregano & marjoram
- 1/2 teaspoon salt & Little bit of water
- Optional: i also like to add some pumpkin and sunflower seeds

Pour the flour into a bowl. Blend all of other ingredients along with the seeds in the blender and add them to the flour. Add just a little bit of water until you get a homogenous mass. You can form the mass into small balls or how I like to form it into a small “cookie”-like form. Bake at 180° C for 20 mins in the oven. Serve with spinach leaves, leaf lettuce, pasta, rice or quinoa.

Almond Milk

- 2 L of natural spring water & 150 g ground almonds

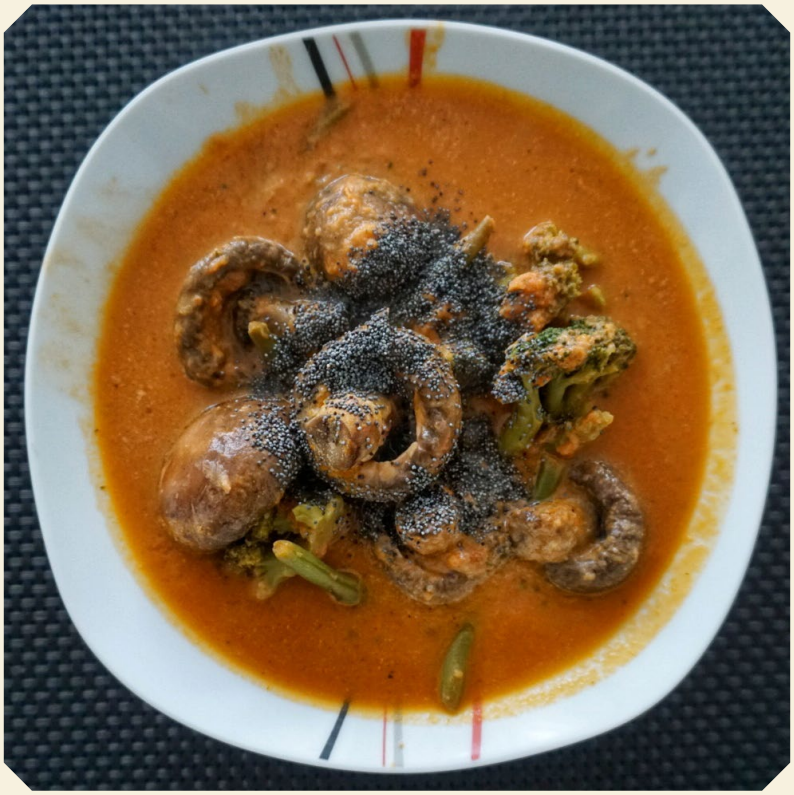
Pour all the ingredients into a bowl and then puree with a wand mixer for about 1 min. Finished! You can add a dash of salt, vanilla pod, frozen banana or a date if you like.

Chickpea Nuggets

- 200 g cooked chickpeas
- 40 g chickpea flour
- 20 g sesame seeds
- Small portions of vegetables of your own personal choice
- 1 pinch of salt and black pepper
- 1 tablespoon yellow curry powder & 1 tabelspoon paprika
- 1 garlic cloves & 1 medium onion

Pour all the ingredients into a bowl except for the sesame seeds then puree with a wand mixer. Form the mass into several nugget-like forms. Place the sesame seeds into a small bowl and roll each of the nuggets in them until they are fully coated with sesame seeds. Bake at 180° C for 20 mins in the oven. Serve with spinach leaves, leaf lettuce, pasta, rice or quinoa.

Coconut Tomato Soup



- 200 ml of organic coconut milk
- 200 ml chopped tomatoes (tinned)
- 200 g mushrooms & 200g vegetables of your choice
- 20 g poppy seeds
- 1 medium onion
- 1 pinch of salt and black pepper
- Bunch of coconut flakes

Heat the coconut milk and the chopped tomatoes in a saucepan, add onions and then puree with a wand mixer for about 1 min. Add all the other ingredients to the sauce and cook for about 15 min. Serve with coconut flakes.

Tofu and Cashew

- 150 grams of tofu
- 100 grams of pepperoni
- 150 grams of white potatoes
- 150 grams of sweet potatoes
- 50 grams broccoli
- 150 grams zucchini
- 1 garlic glove
- handfull of raw cashew nuts
- You can also add sprouts and other veggies

Use the water frying technique to fry or steam the veggies. Add salt and pepper, cooked mushrooms, raw nuts and sprouts along with tzatziki sauce or pesto and mix it well.

Power Bowl

- 80 grams quinoa or rice
- 200 grams beans of your choice (I use cooked kidney beans)
- 250 grams potatoes
- 50 grams cherry tomatoes
- 50 grams peas
- 150 grams tofu
- 50 grams broccoli
- Handful arugula or other green vegetables
- Handful sprouts and seeds (I liked to use pumpkin and sunflower seeds)
- Handful cashew nuts

I preferably eat it with whole grain spelt falafel, tzatziki Sauce, vegan Ketchup and with the pesto sauce.
Cook the quinoa, rice and beans. Cook or steam all the other ingredients separately (besides arugula, seeds and nuts). Put all the ingredients in a bowl and enjoy.

Lentil Salad

- 200 grams lentil cooked
- 100 grams beetroot
- 100 grams pepperoni
- 50 grams radishes
- 50 grams spinach leaves
- 50 gams leaf lettuce
- 50 grams carrots
- 100 grams fresh tomato
- Add 5-8 tablespoon of apple vinegar (no oil!) and enjoy

Pasta

- 200 grams whole wheat, buckwheat or lentil pasta
- Fresh cherry tomatoes
- 400 ml chopped tomatoes (tinned)
- 1 garlic glove
- Basil leaves
- Salt/pepper
- Handful nuts
- Best served with broccoli and vegan parmesan

Heat the chopped tomatoes, broccoli, chopped fresh cherry tomatoes and the garlic in a saucepan. Add salt, pepper and the basil leaves after 15 min. Boil the pasta separately. Pour the sauce along with the pasta and nuts onto a plate.

Vegan Bolognese

- 200 grams whole grain, buckwheat or lentil pasta
- 50 grams of lupines
- 15-ounce peeled tomato sauce
- 1 onion & 1 garlic gloves & 1 carrot
- Tomato paste
- 4 tablespoons Italian herbs (rosemary, marjoram, oregano)
- 1 tablespoon thyme
- 1 pinch of salt and pepper
- I personally like to add around 100 grams of potatoes and 100 grams of tofu

Blend the onion, garlic, the Italian herb, carrot and thyme. Put them in a saucepan and heat them with the chopped tomatoes. Add a little bit of tomato paste, the lupines and water. Add a pinch of salt and pepper. Be careful, the pan will get dry. Try adding more water if needed. Cook for 40 mins. Cook your paste in a separate saucepan. Drain the pasta in a large serving bowl and top with the Bolognese sauce.

Vegan Pizza

- 150-200 grams of buckwheat flour or whole grain flour
- 20 grams of grounded chia seeds (optional)
- 20 grounded hemp seeds (optional)
- 1 tablespoon Nutritional yeast
- Your favorite veggies (steam or water fry separately. My favs are broccoli, mushrooms, peperoni and sprouts)
- 1 pinch of salt and pepper
- 0.1 l water
- Vegan parmesan

Attention!!! Pizza sauce on the following page!!!

Pizza Sauce

- 2 tablespoons of fresh or dried oregano
- 15-ounce peeled tomato sauce
- Pinch of salt

Mix the flour, spices and baking powder. Then, add the water, but be careful, maybe you need less water. Just add as much as it needs until it is not dry anymore and it sticks together when kneading. Add some flour onto the counter top, take the dough and knead it for 3 minutes. Form a ball with the dough, roll it out until it gets a little thinner and form a pizza-like form. Prepare sauce by adding tomato sauce to a mixing bowl and adding oregano and salt to taste. Adjust seasonings as needed. Set aside. Top the dough with desired amount of tomato sauce. Bake at 200° C for 25-30 mins in the oven. Serve with veggies, sprouts and parmesan.

Whole Plant-Based Burger

Pita Burger Buns (4 pieces)

- 250 grams of whole wheat flour or your flour of choice (Note: use only whole grain flour)
- 1 tablesp. Nutritional yeast or ½ tablesp. of bicarbonate of soda
- 1 cup of water

Mix all the ingredients and knead the dough until you can form a pita like form with the dough. You may need to add some additional water or flour until the dough isn't sticky anymore. Bake at 200° C for 25-30 mins in the oven.

Whole Plant-Based Burger Patty

- 1 can baked kidney beans (no sugar & no additives), ca. 150 g
- 1 cup of oats
- 4 dates
- ½ pepperoni & ½ onion
- 1 garlic glove
- 1 tablespoon of paprika
- 1 pinch of chili powder & 1 pinch of pepper

Blend all the ingredients until you have a burger-like dough. Shape the dough to burger-like patties and fry the dough in the pan with water. Fry or bake for 25 mins till the patties start getting brown. Serve with spinach leaves, sprouts and the vegan cheese.

Vegan lasagna

- 1 onion & 4 garlic gloves
- One pinch of pepper and oregano
- 1 teaspoon salt
- 500 grams of your favorite veggies (mine are lupines, mushrooms and zucchini)
- 15-ounce peeled tomato sauce & 2-3 Whole grain lasagna sheets
- Vegan parmesan (optional)

Steam all the veggies except for the lupines or use the water fry technique. Start cooking the tomato sauce for 10 mins by adding the garlic gloves, oregano, salt and pepper to taste along with the lupines. Place the whole grain lasagna sheets in a baking pan and start making layers by putting the veggies and tomato sauce on top of the sheets. Cover with thin foil and bake at 200° C for 30-35 mins in the oven. Let the lasagna rest for 15 mins after baking. Best served with vegan parmesan.

Vegan curry

- 2-3 tablespoons curcuma or curry powder
- 2 tablespoons chili powder
- 1 onion (chopped)
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 tablespoon 100% organic peanut butter
- 300 grams of your favorite veggies (I use lentils, chickpeas (pre-cooked), carrots and broccoli)
- 0.1 l water
- 150 gram organic brown rice

Cook the brown rice separately. Add all the ingredients in a pan except for the brown rice and the precooked chickpeas. Cook for 15-20 minutes.

Smoothies

Number One

- 2 dates
- 1 banana
- 1 fresh kale
- 20 grams frozen berries and frozen apricots
- 4 walnuts (whole fats are important for nutrient absorption!)
- 1 tablespoon Raw cocoa powder
- Add 0.2 l water

Number Two

- 1 apple
- 100 grams raspberries
- freshly squeezed lemon juice from ½ of lemon
- 100 gram frozen berries and apricots
- Add 0.2 l coconut water (normal water is fine too)

Muesli

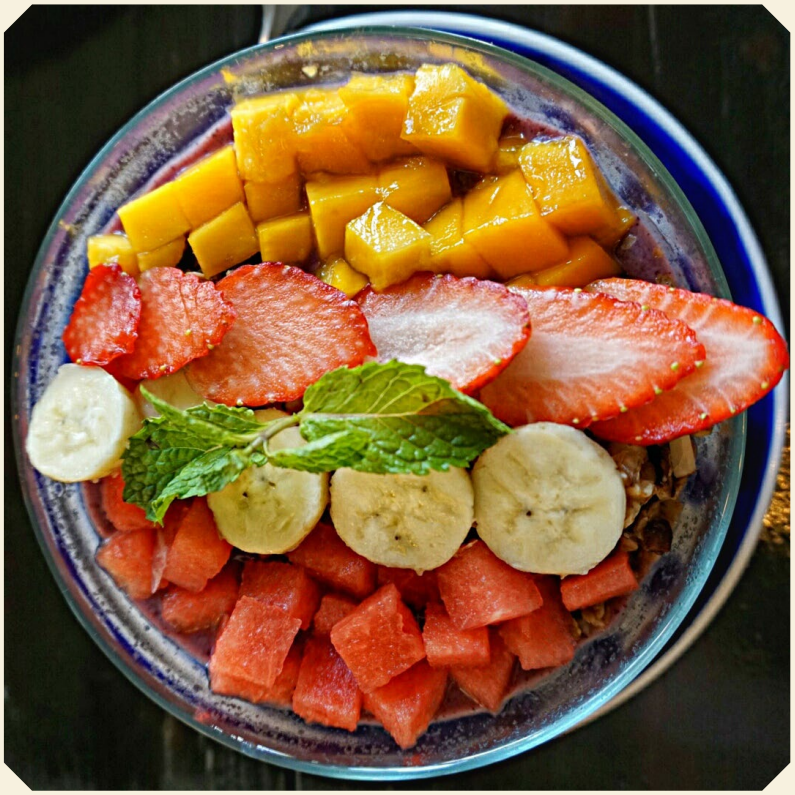
Breakfast Muesli

- 1 fresh chopped apple
- 10 grams of grounded flax seeds
- ½ cup of almonds
- 50 grams of quinoa flakes
- Add almond milk or plant based milk of your choice

Power Muesli

- 1 banana
- 100 grams frozen berries
- 20 grams walnuts & 20 grams dried inca berries aka physalis
- 50 grams lupin flour
- 20 grams hemp seeds & 20 grams chia seeds
- 5 grams grounded flax seeds
- 20 grams goji berries & 40 grams of puffed quinoa
- 10 grams of quinoa flakes
- 3 tablespoons raw cocoa powder
- Add plant based milk or coconut water

Smoothie Bowls



Chocolate Smoothie Bowls

- 2 dates
- 1 frozen banana
- 1 frozen kiwi
- 0.1 l water or plant based milk
- 2 tablespoons of cocoa powder

Blend all the ingredients and serve with raisins, amaranth or sliced banana pieces.

Make your own Smoothie Bowls

Fruits of your own choice (At least one fruit needs to be frozen)
Add some water or plant based milk to it and blend all the ingredients, done.

Deserts

Sweet Potato Brownies

- 500 grams sweet potato
- 130 grams dates
- 100 grams ground almonds
- 80 grams chestnut flour
- 1 Dash of salt
- ½ of vanilla pod

Peel and dice the sweet potatoes and boil them 20 mins in water. Pour the sweet potatoes with the rest of the ingredients into a bowl and then puree with a wand mixer. Bake at 180° C for 20 mins in the oven.

Dried Fruit Muffins

- 1 cup of dried apricots or your dried fruit of choice
- 1 handful of dates
- Cup of oatmeal
- 1 vanilla pod
- 1 cup of water
- ½ cup of raw cocoa powder
- 1 tablespoon baking powder
- ¼ cup of plant based milk or coconut water

Put the all the ingredients in a blender or puree with a wand mixer. Bake at 180° C for 20 mins in the oven.

Meal Plan

I like to cook my lunch in advance. That's why I cook always a little more for dinner to take it with me for the other day. I eat snacks (100% natural, no added sugar, salt or emulsifiers) dried fruits after lunch and dinner. Note: if you do intermittent fasting like me (from 8 pm till lunch), just skip breakfast. This is just an example. Feel free to change dinner on the different week-days as you please.

Monday

- Breakfast: Breakfast muesli
- Lunch: Tofu and cashew precooked from Sunday
- Before dinner: Power muesli
- Dinner: Lentil salad
- Snack: 100% natural dried fruits

Tuesday

- Breakfast: Breakfast muesli
- Lunch: Lentil salad (precooked from Monday)
- Before dinner: Power muesli
- Dinner: Tasty falafel with easy pesto or the
- Snack: 100% natural dried fruits

Wednesday

- Breakfast: Breakfast muesli
- Lunch: Tasty falafel with easy pesto (precooked from Tuesday
- Before dinner: Power muesli
- Dinner: Vegan Bolognese with pasta, quinoa or brown rice
- Snack: 100% natural dried fruits

Thursday

- Breakfast: Breakfast muesli
- Lunch: Vegan Bolognese with pasta, quinoa or rice
- Before dinner: Power muesli
- Dinner: Power bowl
- Snack: 100% natural dried fruits

Friday

- Breakfast: Breakfast muesli
- Lunch: Power bowl
- Before dinner: Power muesli
- Dinner: Coconut tomato soup (optional with quinoa or brown rice)
- Snack: 100% natural dried fruits

Saturday

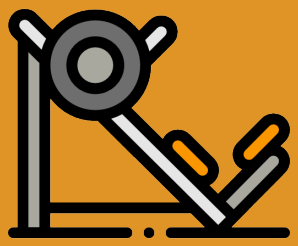
- Breakfast: Breakfast muesli
- Lunch: Coconut tomato soup
- Before dinner: Power muesli
- Dinner: Vegan pizza
- Snack: 100% natural dried fruits

Sunday

- Breakfast: Breakfast muesli
- Lunch: Vegan pizza
- Before dinner: Power muesli
- Dinner: Tofu and cashew
- Snack: 100% natural dried fruits

The real science behind working out

Importance of workouts



Physical inactivity is sometimes considered „the biggest public health problem of the 21st century." But it actually ranks down at number ten behind dietary risks, tobacco smoking, and others. The real problem is diet followed by smoking. Even though diets are crucial for help, we still need to move our butts because exercise can help with mental health, sleep quality, cancer prevention, life-span extension and many other things.

2 million cases of diabetes, 1.5 million cases of heart diseases and stroke and 100'000 cases of cancer could be prevented if the Americans would just burn of 1% of the national body mass index.

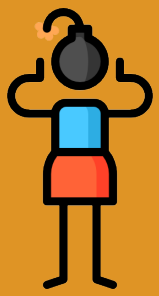
How much should we exercise? The recommendation is to exercise 20 mins a day, but is that really true? Science says: Actually, no. In a study of more than 415,000 people, researchers concluded that the more you exercise (the max was 90 mins per day), the better it is for reducing the risk of all-cause mortality.
These benefits were applicable to all ages and both sexes. By exercising they mean physical activity like gardening, walking. What about exercising more than 90 mins? Well none of the participants exercised more, so its not clear if exercising more than 90 mins is even more beneficial.

Importance of cardio

A new study published in Science Advances shows that cardio may help keep our telomeres intact. A research team had ten healthy and young volunteers cycle for 45 minutes. They found that the amount of telomere transcripts (which control telomeres) increased in volunteers post-workout.

Telomeres are the caps at the end of each strand of DNA that protect our chromosomes, like the plastic tips at the end of shoelaces. In short, they keep us young. The experiment results also support recent theories that exercise and diet could delay or reduce the effects of aging.

Working out Produces Oxidative Stress



Regular physical exercise is a key component to a healthy lifestyle, but it can create oxidative stress. It creates free radicals that can be very bad for our overall health, are associated with nearly every disease we know, and can even damage the DNA.

Does that mean that physical activity can damage our DNA by creating free radicals? Yes, it can. After just five minutes of moderate or intense cycling, for example, you can get an uptick in DNA damage. That indeed is a cause for concern. A way to counteract the damage is to consume as many antioxidant-rich foods as possible. In a study, researchers split participants into two groups: One ate antioxidants-rich foods before exercising, and the other ate their usual pre-workout meals. The oxidative stress levels went up, as expected, in the group that did not have any antioxidant-rich foods before working out. The other group, in contrast, ended up even better than it started, the oxidative stress levels were even lower after exercising.

In short: If you exercise without any antioxidant-rich foods in your system, your DNA damage shoots up; no significant damage has shown. however, with just a single daily serving of antioxidant-rich foods. And remember, plant foods average 64 times more antioxidants than animal products.

Reduce Muscle Soreness with Berries

Can berries reduce muscles soreness? Yes, they can. The burn we feel during a hard exercise may be related to lactic acid in our muscles, different from the delayed muscle soreness that occurs days after exercising, caused by inflammation due to muscle cell damage.

Can anti-inflammatory phytonutrients help against it? A closer look to some studies reveals that indeed, berries can help reduce the inflammation. From doing fitness exercises to long distance running, it does not really matter to the berries: They show the same effect in different studies: The reduction of inflammation and muscle soreness.

My recommended workout routines

Beginner workout

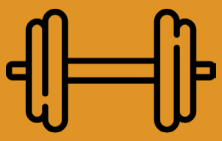
If you are new to the fitness game, then the most important thing to consider is: never get too hasty with your training. Forming a good, well-balanced and healthy physique takes time, and that's exactly the best about it! Enjoy your journey and the results and progresses that will come your way.

I recommend to train 3-4 times per week.

For example:

Monday:	Legs + Shoulders
Tuesday:	Cardio
Wednesday:	Back + Chest
Friday:	Cardio + Tabata

Rest on weekends



Legs

- Legpress (8-12 reps)
- Lunges (Bodyweight) total of 50 reps
- Squats (Total of 50-100 reps)
- Jumping squats (total of 20 reps)

Chest

- Benchpress (10-12 reps)
- Push ups (10-12 reps)
  (on Knees or if you can don't use your knees)
- Burpees (Total of 20 reps)
  (this is an exercise who targets the whole body)

Back

- Assisted pull ups (5 reps)
- Bent over Barbell row (8-12 reps)
- Seated cable rows (8-12 reps)
- Wide-Grip pulldown (8-12reps)

Shoulders

- Military press (5 reps)
- Side lateral Raise (8-12 reps)
- Reverse machine flyes (8-12 reps)
- Hindu push ups

HIIT

Tabata

Pick 4 exercises (for example: squats, lunges, push ups, burpees) and perform each exercise like this:

20 seconds squats

10 seconds pause

20 seconds lunges

10 seconds pause

20 seconds push ups

10 seconds pause

20 seconds burpees

10 seconds pause

20 Second squats

10 seconds pause

20 seconds lunges

10 seconds pause

20 seconds push ups

10 seconds pause

20 seconds burpees

You are free to choose your own exercises. Make sure that you perform every exercise as fast as you can.

Cardio

Jogging (20-60 min)

Treadmill (20-60 min)

Stepper (20-60 min)

My actual training routine

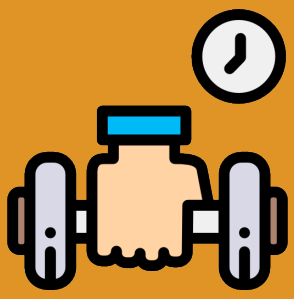
“The best way to grow your muscles is too shock them every time you train.”

“I want to be a complete athlete. I want my body to be able to perform difficult bodyweight exercises, to have great muscle endurance, to lift heavy weights, and all that while still being able to run a couple of miles easily.”

I have created my 5 week training program with these two philosophies in the back of my mind.

Note:

How I perform 55 reps:



I personally don’t like to train too complex, that’s why I train with pyramid sets.

Start with a high amount of reps (for ex. 10 reps for each exercise).

The next round you start with 9 reps, then 8 reps down until you reach 1 (10+9+8+7+6+5+4+3+2+1=55)

How I do 100 reps:

Start with 14 reps of each exercise. Do 13 reps on the next round work your way down until I reach 5 reps. Repeat 5 reps one more time then you have a total of 100 reps. (14+13+12+11+10+9+8+7+6+5+5 =100)

Important note: Pick a weight that lets you perform all reps and exercises in perfect full range of motion form. Don’t shy away to perform less reps, If the amount of reps is too high for you. Feel Free to switch out certain exercises you may not feel comfortable with, with bodyweight exercises that target the same muscle groups, but it’s easier for you to perform. Results matter, not the weight you are lifting.

My training week consists of:

Monday strength

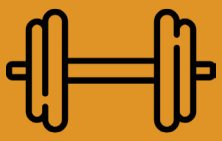
Tuesday cardio

Wednesday strength

Thursday cardio

Friday strength

Saturday strength/cardio



My workout plan

This is actually the workout plan that I like to use. I constructed it in a way that you will shock your muscles every week because it changes your workout plan weekly.

Week 1, Bodyweight

Monday

100 Pull ups
100 dips
100 push ups
100 abs exercises
100 squats
100 jumping lunges
100 inverted pull ups
100 burpees

Tuesday

Cardio: HIIT 20 mins Stepper
1 hour treadmill walk

Wednesday

100 lightly weighted chin ups
100 dips
100 push ups
100 hike push ups
100 abs exercises
100 jumping squats
100 squats
100 crunches

Thursday

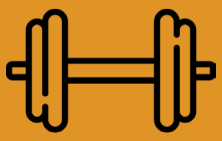
Cardio: HIIT 20 mins Stepper
1 hour treadmill walk

Friday

55 assisted one arm pull ups
55 tucked planche push ups
55 pistol squats
55 front lever raises
55 one arm push ups
55 abs roller exercises
55 parallel dips
55 hand stand push ups (on wall)

Saturday

55 hike push ups
55 TRX clock press pull
55 TRX push ups
20 min stepper
1 hour treadmill walk



Week 2, Fitness

Monday

55 biceps curls
55 weighted pull ups
55 bent over barbell rows
55 deadlifts
100 abs exercises

Tuesday

Cardio: HIIT 20 mins Stepper
1 hour treadmill walk

Wednesday

55 weighted chin ups
55 squats
55 deadlifts
55 dumbbell lounges
55 Romanian deadlift
55 reverse biceps curls
55 chin ups

Thursday

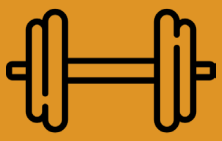
Cardio: HIIT 20 mins Stepper
1 hour treadmill walk

Friday

55 weighted dips
55 bench press
55 decline bench press
55 incline bench press
55 ring push ups
55 dumbbell bench press
55 skullcrusher
55 triceps overhead extension with dumbbell
55 abs roller exercises

Saturday

55 hike push ups
55 TRX clock press pull
55 military press
55 one-arm side laterals
55 front plate raises
20 min stepper
1 hour treadmill walk



Week 3, Powerlifting

Monday

25 biceps curls
(5x5 = 25 reps, increase your weight compared to last week)
25 weighted pull ups
25 bent over barbell rows
25 deadlifts
100 abs exercises

Tuesday

Cardio: HIIT 20 mins Stepper
1 hour treadmill walk

Wednesday

25 weighted chin ups
25 squats
55 deadlift
100 Ab exercises
(with weight verse biceps curls)

Thursday

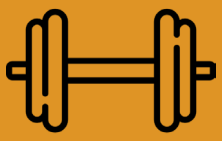
Cardio: HIIT 20 mins Stepper
1 hour treadmill walk

Friday

25 weighted dips
25 bench press
25 decline bench press
25 incline bench press
55 abs roller exercises

Saturday

25 handstand push ups
25 military press
25 front plate raises
20 min stepper
1 hour treadmill walk



Week 4, Slow reps

I want you to go slow with the reps in this week. Use full range of motion, less weight and go 3 seconds up and 3 seconds down on each rep.

Monday

55 Pull ups

55 dips

55 push ups

55 abs exercises

Tuesday

Cardio: HIIT 20 mins Stepper

1 hour treadmill walk

Wednesday

55 squats

55 lunges

55 ab exercises

55 chin ups

55 skull crushers

Thursday

Cardio: HIIT 20 mins Stepper

1 hour treadmill walk

Friday

55 bench press

55 incline bench press

55 bicep curls

55 abs roller exercises

55 parallel dips

Saturday

55 hike push ups

55 TRX clock press pull

55 TRX push ups

20 min stepper

1 hour treadmill walk

Week 5, Deload

Use whatever exercises you like on the strength days. Be flexible. Just keep in mind that your body needs this weeks to recover. Just use 60% of your usual training. For example: if you do 10 reps on the benchpresss with 100 kgs / 225 lbs just do either only 6 reps with 100 kgs or 10 reps with 60 kgs / 132 lbs. Note: the cardio remains the same as the previous weeks.

Note: this is just an example, you can adapt the rep amount to your liking. You don't need to do cardio just on the treadmill or stepper. Take your bike, go hiking or just do a 25 min. walk, just do something!

Sources

Is a whole plant based food diet the healthiest diet there is?

https://www.ncbi.nlm.nih.gov/books/NBK396513/

https://www.ncbi.nlm.nih.gov/pubmed/26707634

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4073139/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3967195/?utm_content=bufferc6069&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

https://www.ncbi.nlm.nih.gov/pubmed/27880062

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466942/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5380896/

Vegan diet and Heart disease:

https://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2017-07-18-some-types-of-vegetarian-diet-can-raise-heart-disease-risk/ n

https://www.ncbi.nlm.nih.gov/pubmed/26853923

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4315380/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466936/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/

https://www.ncbi.nlm.nih.gov/pubmed/25198208

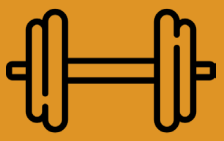
Vegan diet and lower blood pressure:

https://www.ncbi.nlm.nih.gov/pubmed/24566947

Vegan diet and weight reduction:

https://www.ncbi.nlm.nih.gov/pubmed/26138004

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466943/



Vegan diet and diabetes:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5490582/

Vegan diet and reducing stroke risk:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466937/

Vegan diets are not nutritionally deficient

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3854817/

Vegetables and Fruit Prevent Diseases

https://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2017-02-23-five-a-day-of-fruit-and-veg-is-good-but-10-is-better/

Cancer

https://www.ncbi.nlm.nih.gov/pubmed/16094059

The Cause of Type 2 Diabetes

https://www.riseofthevegan.com/blog/diabetes-reversal-with-plant-based-diet

Suicide

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3293760/

http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0171206

Inflammation

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3582124/

https://www.ncbi.nlm.nih.gov/pubmed/8370415

https://www.ncbi.nlm.nih.gov/pubmed/23132168

https://www.ncbi.nlm.nih.gov/pubmed/23865797

https://www.ncbi.nlm.nih.gov/pubmed/24607301

https://www.ncbi.nlm.nih.gov/pubmed/3036460

Angina (Case study)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4921549/

Why Organic

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1367841/

Avoid Fruit Because of Pesticides?

https://www.ncbi.nlm.nih.gov/pubmed/22981907

Are gluten healthy?

https://www.ncbi.nlm.nih.gov/pubmed/24533607

https://www.ncbi.nlm.nih.gov/pubmed/21181303

https://www.ncbi.nlm.nih.gov/pubmed/24740495
http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61389-0/fulltext

How to wash your veggies

https://link.springer.com/article/10.1007%2Fs00128-002-0179-2

How to Get Rid of Lectins in Beans

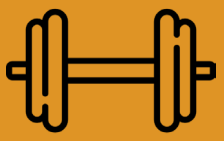
https://books.google.ch/books?id=14VPAwAAQBAJ&pg=PT514&lpg=PT514&dq=however,+many+lectins+are+non-toxic+such+as+those+from+tomatoes,+lentils,+peas,+chickpeas,+faba+bneas,+and+other+common+foods&source=bl&ots=199KA32_Lp&sig=DAEINEttgBn3v42H4eEoCZQkZpo&hl=de&sa=X&ved=0ahUKEwizvbum6ODYAhXEBywKHeyTAO0Q6AEILjAA#v=onepage&q=however%2C%20many%20lectins%20are%20non-toxic%20such%20as%20those%20from%20tomatoes%2C%20lentils%2C%20peas%2C%20chickpeas%2C%20faba%20bneas%2C%20and%20other%20common%20foods&f=false

http://onlinelibrary.wiley.com/doi/10.1111/j.1745-4549.1991.tb00156.x/abstract

http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2621.1983.tb14831.x/full

https://www.ncbi.nlm.nih.gov/pubmed/15228991

https://www.ncbi.nlm.nih.gov/pubmed/25739376



How to get rid of Arsenic in Rice

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1892142/

https://www.ncbi.nlm.nih.gov/pubmed/25536328

Cow Milk

http://www.bmj.com/content/349/bmj.g6015

Heme Iron vs. Non-Heme Iron

https://www.ncbi.nlm.nih.gov/pubmed/24401818

https://www.ncbi.nlm.nih.gov/pubmed/23708150

https://www.ncbi.nlm.nih.gov/pubmed/23306319

https://www.ncbi.nlm.nih.gov/pubmed/23046549

Hormone levels in Meat and dairy

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4524299/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3834504/

https://www.ncbi.nlm.nih.gov/pubmed/16125328

Is Oil Good or Bad?

https://www.ncbi.nlm.nih.gov/pubmed/23006416

https://www.ncbi.nlm.nih.gov/pubmed/12499333

Processed Food and Addiction

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2947358/

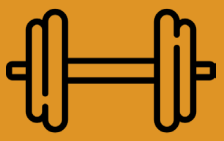
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2734415/

Aspartame

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2951976/

Sweeteners

https://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2017-04-21-reported-link-between-diet-drinks-and-dementia-and-stroke-is-weak/



Obesity

https://www.ncbi.nlm.nih.gov/pubmed/19433244

https://www.ncbi.nlm.nih.gov/pubmed/16690801

https://www.ncbi.nlm.nih.gov/pubmed/16807202

Nuts and Weight Gain

https://www.ncbi.nlm.nih.gov/pubmed/18042516

https://www.ncbi.nlm.nih.gov/pubmed/12119580

https://www.ncbi.nlm.nih.gov/pubmed/16277792

https://www.ncbi.nlm.nih.gov/pubmed/12074256

https://www.ncbi.nlm.nih.gov/pubmed/11451720

https://www.ncbi.nlm.nih.gov/pubmed/10719404

https://www.ncbi.nlm.nih.gov/pubmed/21216574

https://www.ncbi.nlm.nih.gov/pubmed/17616782

Soy and Weight Loss

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2200634/

https://www.ncbi.nlm.nih.gov/pubmed/16176606

https://www.ncbi.nlm.nih.gov/pubmed/12881012

Potatoes and Weight Gain

https://www.ncbi.nlm.nih.gov/pubmed/25302575

Kale

https://www.ncbi.nlm.nih.gov/pubmed/21228486

https://www.ncbi.nlm.nih.gov/pubmed/18548846

Eat More, Weigh Less

https://www.ncbi.nlm.nih.gov/pubmed/18439712

https://www.ncbi.nlm.nih.gov/pubmed/22480489

https://www.ncbi.nlm.nih.gov/pubmed/19303887

Whats in...

...a Burger?

https://www.ncbi.nlm.nih.gov/pubmed/18995204

...McDonald's Fries?

http://www.huffingtonpost.ca/2015/01/22/mcdonalds-french-fries-ingredients_n_6528848.html

Whole Beets vs. Beet Juice

https://www.ncbi.nlm.nih.gov/pubmed/22709704

How I clean my teeth

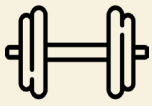
https://www.ncbi.nlm.nih.gov/pubmed/17097768

https://www.ncbi.nlm.nih.gov/pubmed/12017930

Credits

Icon made by Nikita Golubev from www.flaticon.com

Icon made by Freepik from www.flaticon.com



Icon made by Freepik from www.flaticon.com

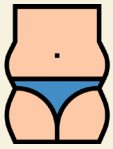
Icon made by Freepik from www.flaticon.com

Icon made by Freepik from www.flaticon.com

Icon made by Nikita Golubev from www.flaticon.com

Icon made by Freepik from www.flaticon.com

Icon made by Freepik from www.flaticon.com



Icon made by photo3idea_studio from www.flaticon.com

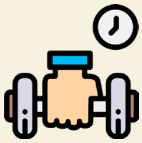
Icon made by Eucalyp from www.flaticon.com

Icon made by Freepik from www.flaticon.com

Icon made by Freepik from www.flaticon.com

Icon made by Freepik from www.flaticon.com

Icon made by mynamepong from www.flaticon.com



Icon made by Freepik from www.flaticon.com

Layout E-Book: Marc Friedmann / 8ArmsAintEnough Design / marc.friedmann@yahoo.com