



Scholars Research Library

European Journal of Sports & Exercise Science, 2020  
Volume 8 issue S3

## **Problems with the intestinal absorption, inflammation and detoxification are the biggest causes of modern diseases and lack of energy.**

Hilde Demurie<sup>1\*</sup><sup>1</sup>Orthomolecular nutritional consultant, Author of healthy books, Belgium

---

### **ABSTRACT:**

*BY RESPECTING THE FUNCTION OF YOUR BODY YOU CAN DO MIRACLES FOR YOUR HEALTH & ENERGY.*

*With healthy food and a good life attitude, you can boost your health preventively and curatively. Problems with the intestinal absorption, inflammation and detoxification are the biggest causes of diseases and lack of energy. There are 3 topics I pay attention to so that the body can function properly. All 3 are equally important. First of all, the acid-basic balance plays a significant role in our health. It means that you better eat and drink 80% basic-forming food, every day and consume a maximum of 20% acid-forming food. Basic-forming food consists mainly of vegetables, ripe fresh or dried fruit, herbs (tea) and spring water with a pH of at least 7 and a dry residue lower than 500. All the rest is acid-forming food, with a few exceptions. My second advice is applying correct food-combinations. For an optimal digestion, we must pay attention to the combination of food. Explained briefly: do not combine protein-rich food with carbohydrate-rich food, with a few exceptions. As a 3rd important advice, the choice of food according to your blood type plays a critical role for your general well-being. In addition to these 3 advices, I also recommend not to drink, just before the meal or until 2 hours after a meal, with exception of wine. Do not eat if you are not hungry, fast regularly for one or several days, chew more than you bite, ... In addition, a good mental conversation how people deal with their concerns is just as important as a healthy diet. Both must be applied. I seek and treat the cause of the disease. In brief: health is a combination of healthy food and how you live your life.*

### **RESULTS WITH MY FOOD-ADVICE & MENTAL-ADVICE**

to cure diabetes (Type II), heartproblems, lung problems, joint problems (rheumatism, arthrosis), cancers, Parkinson, weight problems, thyroid problems, prostate problems, depression, lack of energy.....In fact, the degenerative modern diseases.

### **METHOD:**

I have at least a 3 hours conversation with the client (about food, their problems, attitude) and I use a HIPPA blood analysis where you can determine the immunity (hyper or deficiency), intestinal zone, lipids in the blood, degree of inflammation, allergic peak (cancer). Then I draw up a 'diet' (like I explained) according to the intense conversation and blood result. Usually there is the problem that the nutritional absorption is too low and the degree of inflammation

is too high. In the 2nd consultation we discuss the dietary pattern and I teach them the 5 Tibetan exercises that give you a lot of muscle strength and energy. I don't work with nutritional supplements, with exception of a good pre- & probiotic and Stamarand for cancer patients in particular, who are guided by the company Healingplants. Amazing how people feel better pretty quickly with my simple but efficient nutritional advice. It's not a diet with calories, but it's advice that pays attention to the functioning of the human body. Especially restore intestinal absorption and reduce acidification.

#### **BIOGRAPHY**

Hilde Demurie is an orthomolecular nutritional consultant, studied also Anatomy, Physiology, Pathology, Psychology, Psychopathology. Profession : independent nutrition consultant for diseases & more energy, lectures, author of 7 healthy books ([www.vrolijkgezond.eu](http://www.vrolijkgezond.eu))

#### **TESTIMONIALS**

I contacted Hilde Demurie because I had a lot of joint pain from rheumatoid arthritis. Due to the medication (including cortisone) my liver was not working properly, so I also had to take medication. I slept badly and could be exhausted from one moment to the next. I also had constipation. The HIIPP blood test that I had done on the advice of Hilde showed that my intestinal absorption was not good, also had acidification and a high allergic peak. I followed the diet that Hilde proposed to me, that's easy to follow because of the clear explanation that you get from Hilde and even on paper. After nine months I had my blood tested again and the values had improved a lot. I have a lot more energy, I sleep much better, the sudden bouts of fatigue have disappeared and I have even lost 12 kg in the meantime. I am tapering off the cortisone and the medication for my liver has also decreased. Not everything has been resolved yet, but I am convinced that if I continue to follow Hilde's nutritional advice and the helpful tips, that everything will be fine.

C.M. (woman), 60 years old

Years ago, I was told by my doctor that I had become diabetic and should be on medication every day. Eight years later my blood values were not as good and I had to intervene: either inject insulin or adjust my diet. That is why I ended up with Hilde. After a very pleasant and calm conversation, a diet was drawn up. After a few days I was able to get started. After six weeks a blood test followed. To my surprise my blood counts had improved enormously. Another six weeks later my blood had improved even more so the medication could be reduced. Hilde's approach, courage and of course professional knowledge are of a high level.

G.S. (male), 55 years old

My doctor, to whom I complained of a bloating feeling, took blood samples for a HIPP examination, and recommends Hilde Demurie's book "Happy Healthy!" When I call for the results of my blood test, he says it is best to make an appointment with Hilde. The time had come at the end of March, the conversation was interesting. In the end I was even moved when asked "What goals" do you still have for you "? I, 60 years old, retired, 1.72 cm tall, 94 kg and single. The second conversation was about food combinations for blood group O and simple things like drinking healthy water with the right pH. I immediately felt that the diet was good for

me, my bowel movements improved. The advice brochure also stated: “In case of weight loss, avoid bread, potatoes and pasta”. At first sight that seemed difficult, but eating differently went without saying. I like it, I don’t miss anything and wouldn’t even want to eat anything else. I gradually felt better and the pounds disappeared without realizing it. Hilde advised me to have another blood test after six months. The result was so good that my doctor said that I could leave out the medication I was taking daily. With 15 kg less and one pill less I continue on the same path. Hilde, your care, your knowledge and your belief in natural healthy nutrition make me happy every meal.

R.R. (male), 61 years old

I visited Hilde 3 times for a consultation and was very pleasantly surprised by her approach. Her enthusiasm is infectious. With her fresh, cheerful appearance she radiates what she stands for: being in balance through the right nutrition, both physically and mentally. Hilde works in depth, realizes that every person is different and therefore guides you in a personal way. What I found positive is that Hilde does not focus on weight loss. Her starting point is that if you eat right, you will get the appropriate weight anyway. Often, the result is that you become slimmer, but especially your ailments fade away. But if you are too skinny, a change in diet can have just the opposite effect, so her nutritional advice is adapted to what someone needs.

I.D. (woman), 41 years old

I am delighted to have been able to get to know you and your approach to food and eating at the time. After the conversation I had with you, I gradually realized that nowadays, a big distinction has to be made between food and filling. At the time, I was “seriously” busy with “filling” myself and thus becoming “fat”). When I go to buy food now, I regularly ask myself the question: is this nutrition or filling? The result is that I now eat much healthier and in addition, the bill is even cheaper. So Hilde, thanks again for shaking me up. There should be more like you, then we would all be a lot healthier.

P.C. (male), 61 years old

Nothing in life is a coincidence: meeting the right person at the right time. With positive changes as a result: health, state of mind, quality of life. After the lecture “happy healthy!” (from Hilde Demurie), I requested a consultation with Hilde. During the lecture, the principle of eating according to your blood group, balancing the acid-base balance and not combining carbohydrate-rich food with protein-rich food in the same meal was also discussed. When my husband became seriously ill, I went through a difficult period. My environment thought that I should take some medication for prevention when it became too much for me, but because of my state of mind and my changed diet, I had the strength to make the best of it every day. It is incredible how I got through that period and I am sure that the right nutrition has helped me with this. Almost eighteen months after my 1st consultation with Hilde I have achieved a good quality of life. I certainly owe that to the positive energy that I get from healthy food every day. Hilde’s vegetable cookbooks in particular gives useful support in this regard. Thank you Hilde for coming on my path of life.

L.J. (woman), 59 years old.

After being confronted with a chronic illness (Parkinson), I started looking for a way to stay healthy as long as possible. Previously I was not so concerned with that. However, I have experienced that exercise, healthy nutrition, mental well-being and stress management are extremely important. Today I have been able to cut my medication by half, after 3 months following the advice of Hilde! I'm convinced that as a person you are capable of much more than you sometimes think and I know that I have taken the right path.

P.I. (woman), 42 years old