



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

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Abstract:

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

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.

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.



Biography:

Hilde Demurie is an orthomolecular nutritional consultant, studied also Anatomy, Physiology, Pathology, Psychology, Psychopathology

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