

Centrum voor Homeopathie

Gezondheid in beweging

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How to eat healthily

- Eat pure and natural foods, preferably organic and bring variation in your meals
- Eat at regular times; 3 meals per day, don't skip breakfast, lunch or dinner

Food

- In the morning whole yogurt with:
 - tablespoon safflower oil (cold pressed)
 - 2 tablespoons of flaxseed oil (cold pressed)
 - tablespoon wheat germ + tablespoon of oat bran
 - 3 Brazil nuts
 - 5 almonds

These products are sold in health food stores

- Fruit in the morning (no bananas)
- 1 soft-boiled or soft fried egg daily (this is the best multivitamin there is!)
- Fry in coconut oil
- Stir-fry in olive oil
- Use coconut oil and butter on the bread alternately
- Eat seasonal vegetables
- Eat raw and lightly cooked or stir-fried vegetables
- Dairy products such as yoghurt, quark, kefir; always after dinner or for breakfast as it supports the digestive process
- Supplements only on personal advice, not year after year

Beverages

- Drink at least 2 litres of water, mineral water or filtered water (e.g. Brita filter) if possible
- Drink (freshly squeezed) vegetable juice
- Drink freshly squeezed fruit juice regularly, but without sugar, diluted with water
- In addition, drink herbal tea, but vary, do not drink the same tea all the time

Avoid

- Pork; all types of raw meat
- Aged cheese

Unfavourable for intestinal health

- Alcohol
- Smoking
- Sugar