

HEALTH & Healthy Nutrition

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INTRODUCTION

We greet you and whole-heartedly believe that you have come to this page not out of curiosity but to change your lifestyle, determined to achieve the goal of prolonging your life without illnesses and preferable without medicines and endless visits to doctors.

We would like to state immediately that we are not against traditional medicine and **our methods are based on the scientific view point.** However, we have discovered some false ideas concerning our modern diet.

We are against most people's reluctance to deal with their illnesses using the resources of their own bodies. We also do not think that a person should rely only on a doctor or a medicine. We are convinced that the person himself should get to know his own body because **each person's organism is unique and the same medicine may have different influence on different people.**

A lot of doctors do not take these facts into consideration and as a result, a person does not recover but acquire a lot of unknown illnesses instead.

Remember that any medicine has its own side effects.

It turns out to be a vicious circle.

An unreasonable consumption of medicines leads to the appearance of new diseases, further aggravating a person's physical condition. It does not contribute to the process of fast recovery but leads to a chronic illness. Thus, this person shortens his own life.

But there is a way out.

The main conditions for success:

Before you start studying, **we would like to draw your attention to the three things that you should know:**

- 1) Any knowledge should be put into practice;**
- 2) knowledge applied inconstantly, inconsistently and chaotically will not bring you any considerable result and will not help you to improve your health for the rest of your life;**

3) systematic knowledge, i.e. applied constantly and in strict succession, will surely bring the desired result. By doing that, you will really and successfully improve your health and live to a venerable age.

We offer you a system which allows any person to constantly achieve success in the improvement of his health.

This system will help you to lose much weight without difficulties, financial losses or outside help. Our complex consist of practical application of the following measures (to prevent illnesses):

1) breathe correctly, and if necessary, heal yourself with special breathing patterns;

2) drink pure and preferably hot water;

3) eat healthily in order to make your food heal you without any medicines and any other artificial chemical elements;

4) learn positive thinking and the correct expression of your feelings. It is important to control them to maintain your mental health. That is why you are given the information about spirituality and the main spiritual Laws.

You can find all these materials on our website.

Let us consider this problem from the scientific point of view:

Human body – is a huge chemical laboratory, generating all the necessary chemical elements.

We, as thinking creatures, should and must learn to run this laboratory.

Otherwise, we expose our body to artificial chemical medicines, which is completely unnatural. Sometimes such substances have not been thoroughly studied and can do a lot of harm even to the healthiest person. Thus, we break that natural chemical balance, break the laws of Nature and, as a result, spend a lot of time on different types of treatment, to no avail.

Our methods will help you to increase the level of your energy and the stamina of your body, to improve your health. And also to gradually get rid of waste products in your organism, which in its turn, **will lead to the**

cleansing of blood and loss of weight.

Moreover, the conscious adherence to at least the main principles of our methodology will allow you to improve your self-discipline, develop your will and patience, which, in its turn, will help you to do any work of more better.

The methodology will also help you to save time because you will spend less of it on your meals. You will have two meals a day plus an afternoon snack (tea, coffee, preferable juice with fruit or biscuits, not cakes).

In general, it is better to drink fruit juice, rosehip tea, barley water (which will reduce sugar levels in blood) and chicory. On the contrary, you should minimize your coffee consumption and gradually cut it out completely because it has a bad influence on our main engine – our heart.

We recommended you to consume fruit, as usual, in unlimited quantities during the day (before 4-5 pm).

We would also like to mention one more advantage of our method, especially during the current period of financial instability. That is the economic factor. **You will be able to considerably reduce your food expenses.**

We can add one more thing: your health will improve and it will not be necessary to spend money on medicines any more. As result, you will save money twice.

You will be able to create your own ideal diet based on our recommendations and food-combining rules (which you will be able to read below) and the needs your organism. This means that you will be able to experiment and select the necessary products according to the scheme below and your own needs and preferences.

You should create your diet with the help of our schemes because otherwise all your attempts may be to no avail. Thus, you will be disappointed. That is why we beg you to strictly follow the schemes that we offer you and the result will certainly be positive.

1) Main points of our methodology.

1.1) We strongly dissuade you from consuming any meat (including lard) if you want to recover faster and do not want to get ill in the future. It is very important even for young people because animal blood carries a lot of known and unknown to modern science and medicine illnesses.

Consider this!

Many people have proved that when you stop consuming meat, you start feeling lightness and a surge of energy in your whole body as well as a general sense of wellbeing and Joy of life.

If someone consumes huge amounts of meat or meat products, his process of transition should be gradual.

First, he should eat only fish and poultry, and stop consuming beef and pork completely, with no exception. It is no coincidence different sacred sources state that either a cow or a pig is a sacred animal.

When you do this good action for your health, you will notice that you will lose a few kilograms if you are slim.

Overweight people or those who are predisposed to it can lose much more weight (5-6 kg or even more).

But you should always remember that everything in this world is interconnected and if someone breaks the Laws of Nature, he will have to face the consequences which may manifest themselves through different illnesses including mental ones. A lot of reasonable people have noticed that the number of mentally ill people are constantly growing.

Most people are not aware of this interconnection because of their flippancy. And this is very serious!

The world of the XXI-st century has changed drastically. A lot of

serious and radical changes await us and the whole Earth. It will concern everybody without any exception because every human being is a small particle of a large organism which is called planet Earth.

Still, why should not we eat meat – ?

First of all, we become accomplices of a crime – slaughter of living beings. And we are ready to eat dead bodies of animals, birds and fish because of our selfish desire to use them as our food.

Second, a person receives different animal qualities depending on personal predisposition. Some people become more aggressive, other people become more faint-hearted. The fear that animals feel during the execution is transmitted through their blood into meat and fat.

No matter how people try to separate meat from blood, the information about the fear that the animal has experienced remains even after a very long process of purification.

And fear is the main enemy of our health.

It is the main cause of many illnesses including those that are still unknown to modern science and medicine. In addition to this, some diseases are transmitted from animals to humans directly through blood contained in meat.

Nowadays a man is not aware that those fears, phobias and depressions which he experiences in his daily life and which sometimes paralyze him in front of different difficulties, is actually the very fear experienced by an animal, helpless in front of the most terrible and bloodthirsty predator on Earth – human being.

Modern human is also not aware that **animal slaughter** and the following **consumption of their dead bodies** contribute to the increase in criminal activities and different wars on Earth. They also make the most aggressive and coward people become murderers, rapists, libertines or victims of such criminals, as strangely as it may sound.

Moreover, it is common practice for many meat products manufacturers to kill sick animals and poultry for sale. This information is not much talked about naturally.

As the result, a man gets a bunch of illnesses which do not manifest themselves the beginning. But then, all of a sudden, the man finds himself with different and often incurable illnesses.

So we should not risk our health only because of our desire to have a tasty meal.

You can prepare a tasty dish without meat and it will give you more positive and healthy energy.

1.2) We would not recommend adults to consume fresh milk , only sour (fermented) milk products. They help our digestion if drunk before meals.

It is difficult for adults to digest fresh milk. We need it only when we are children.

1.3) We would not recommend to consume any product that contains yeast (fresh bread, buns, pies, beer and so on) For many they are the main reason for being overweight.

To give you more information we can add that excess weight is created as a result of fermentation in our stomach (which is caused by yeast).

This leads to weight gain and increasing pressure on your heart.

The main danger of undigested food is that it becomes seat of the development of different hidden illnesses as it provides a good breeding ground for different bacteria.

Remember this!!!

There is only one way out is to consume rye bread or dried bread but the former is not suitable for everybody because it contains acid.

It is much better to consume products without yeast: - pasta, spaghetti, cookies, pancakes, bread with yeast or any products made with dough without yeast.

1.4) It is very important to consume sweet products (sugar, fructose, glucose, honey, fruit, chocolate, candies, any sweet drinks or juice) always separately and do not combine them with other products.

Sweet food provides our body with necessary energy during the day.

Why cannot we consume sweets with any other products – ? — you may ask.

The reason is that **sugar** (glucose, honey, fruit and so on) is usually digested by our body in 1.5 hours, while all other products require much more time for digestion. This concerns both **carbohydrates** (bread, cookies, pasta, potatoes, **grains**, etc.) and **proteins** (eggs, **cheese**, cottage cheese, **nuts**, meat, **beans**, etc).

Carbohydrates need 2-2,5 hours to be digested.

Proteins need 4-5 hours or even more for digestion.

1.5) It is not recommended (especially for overweight people) to combine fat (animal and vegetable) in a lot of quantity with protein products (only a few amount). **We prohibit categorically to combine fat with sweet products.**

The only exception is sour cream which (although considered to be a fat product) can be consumed with any products except sugar or any sweets.

Fats can only be combined with carbohydrates.

1.6) Probably the most important point which reveal the greatest misconception of modern humanity - the consumption of water after meals (also in the form of different drinks, including juice and alcohol).

Remember, all reasonable people

- you should never drink water in any form (drinks, juice, tea, coffee and so on) immediately after your meal.

Only before your meal.

And if it is sweet (juice or soft drinks), you can consume it only 1,5 hour before the meal.

You may ask: Why is it so rigorous and strict – ?

The reason is the speed with which our organism digests different products. This is the main cause of the appearance of excess weight and health problems.

Food which we consume should be digested naturally by gastric juice, whose production is triggered by saliva. It is very important.

When we drink water after a meal, it does not contribute to digestion and just carries an undigested food away.

It leads to the accumulation waste products inside our body and excess weight. As a result, diseases appear.

So let us repeat the rule of healthy eating – water should be consumed only before meal.

NOTE: Allowed due to needs of the organism through 1-1.5 hours after eating to drink only a few sips of pure hot or warm unsweetened water.

When can we drink water after a meal – ?

See the time necessary for the digestion of each type of food in **p.p.1.4 and 1.5.**

We hope that everything is clear so far.

1.7) You should not combine proteins and carbohydrates.

If you ignore this rule, waste products will start to accumulate inside your body.

Carbohydrates which need 2-2,5 (sometimes more) hours for digestion pull proteins (which, as we already know, need 3,5-4 or even 5 hours for digestion) with them.

As a result, proteins that we should get from food are not digested properly and become waste products. Thus, it causes different illnesses and proliferation of unknown viruses. We should also add that different artificial preservatives also lead to the accumulation of waste products.

1.8) You can not fry any products using oil either it is olive or sunflower because when being heated, they emit a lot of carcinogenic substances (which cause the proliferation of cancerous cells in human body).

The use of any animal fat except butter should also be avoided.

The best way to prepare your food is stewing it with the use of butter or steaming.

Stewing with the use of **sour cream** and water is even more preferable.

1.9) It is not recommended eating hard-boiled eggs because the protein in such eggs is not digested by our organism. **In this case the egg protein is equal to rubber which cannot be assimilated naturally**, and remains in our body for a long time. It can become a breeding ground for different diseases.

1.10) Dairy products sour/ fermented / cultured milk products can be combined with any products except sweet ones.

Milk is necessary only for children.

1.11) Butter and any vegetable oil should not be consumed together (especially for overweight people).

1.12) Vegetables can be eaten with any kind of food.

1.13) Finally, one of the important components which can considerably improve your health is to never eat when you are carried away by negative emotions, such as irritation, impatience, anger, hate. And if you consume food in those moments that it will be equal to the poison.

Then never eat food or drink any liquid when you are in a hurry. It will not be assimilated.

It is necessary to calm down before your meal. There is a good idea to form a habit to wish Joy, tranquility, equilibrium and friendliness to all people and living creatures. By doing this daily action, you will help not only yourself but also to everybody around you.

Nature will reward you for this.

1.14) You may be surprised but the **consumption of alcohol**, even in small quantities will eventually lead to the increasing body weight. Therefore, if you want to lose weight and, even more importantly, to improve your health, take your ultimate decision to never consume alcohol again.

And remember that everything is in our hands!

2) The sequence of the consumption foods during the day.

Your daily food routine. It consists in having two meals a day, in the morning and in the evening. In the daytime the consumption only sweet products (sugar, fructose, glucose, honey, fruit, chocolate, sweets, any sweet drinks and juice).

— **What should we eat in the morning and in the evening — ?**

Since proteins take more time for digestion than carbohydrates, you need to consume them at the beginning of your day.

Our motion during the day will contribute to good assimilation of all the necessary elements that we can get from vegetable and animal proteins.

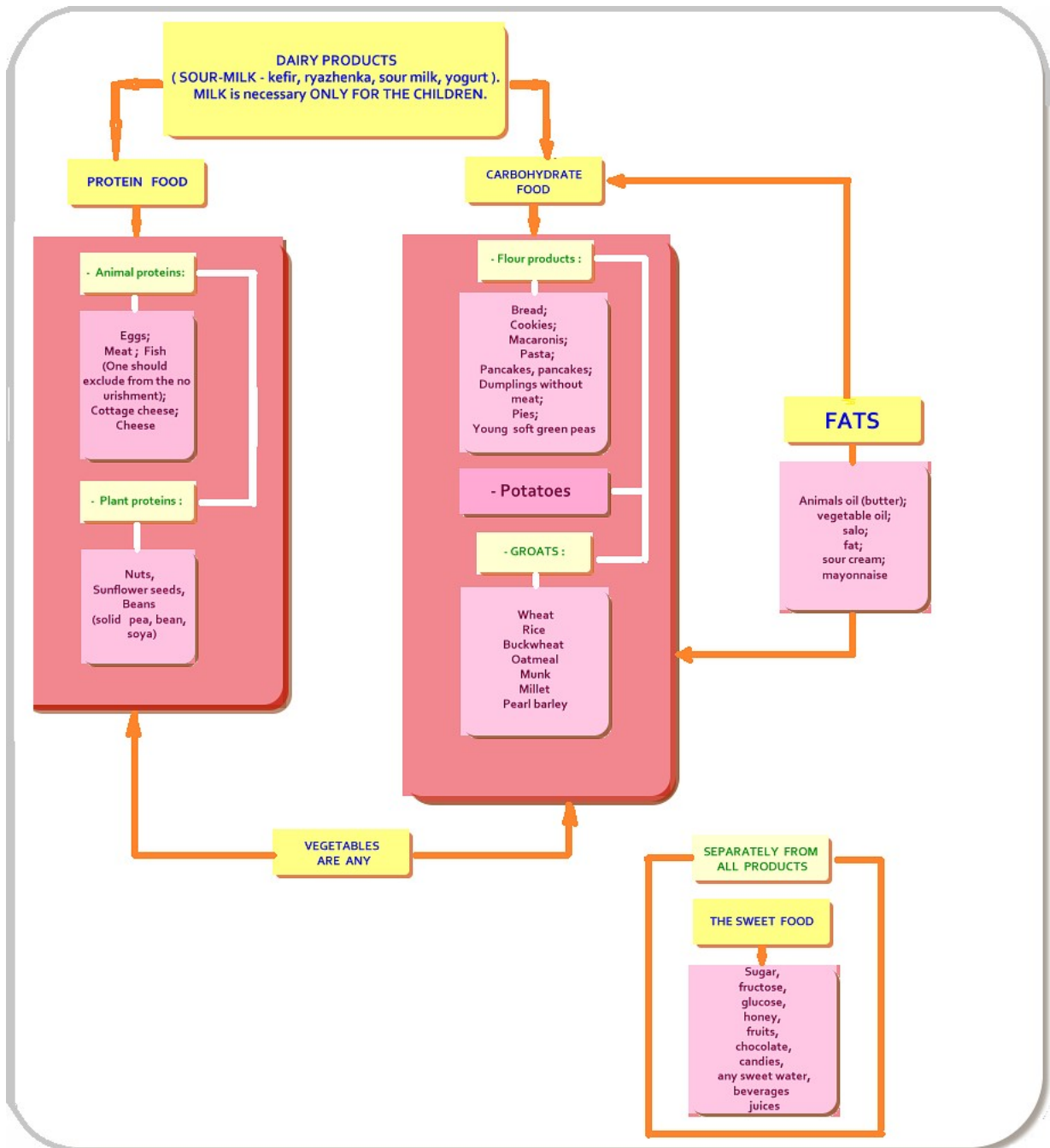
In the evening it is more reasonable to consume carbohydrates because they can be digested in less time. The best time to consume carbohydrates is 3 hours before sleep as a minimum.

As you know, you can combine carbohydrates with fats.

It is very convenient for your body because for the best and healthy sleep it is preferable that your stomach is not completely full.

One more important remark: since water is incompatible with solid food, you should prepare your soup only with vegetables without meat.

3) The scheme of food categorization according to the time necessary for its digestion.



4) Approximate food ration during the day.

Every person can create his or her own diet based on his or her individual preferences and needs, following our method.

4.1) First option:

— **In the morning :**

- water (soup) is necessary before your meal;
- vegetables (a salad);
- nuts (seeds) ;
- beans (peas);
- sour cream (mayonnaise is not advisable).

— **Break :** 3,5 — 4 hours (better 5 hours).

— **In the afternoon :**

- water (tea, coffee, juice);
- chocolate (sweets);
- any fruits.

— **Break :** 1,5 - 2 hours.

— **In the evening :** (3 hours before sleep)

- water (soup), sour milk products is necessary before your meal;
- vegetables (a salad);
- potatoes or porridge (the best source of energy), pasta;
- butter or oil;
- bread, biscuits (optional).

4.2) Second option:**— In the morning :**

- water (soup) is necessary before your meal;
- vegetables (a salad);
- eggs (meat, fish);
- sour cream (mayonnaise is not advisable).

— Break : 3,5 — 4 hours (better 5 hours).

— In the afternoon :

- water (tea, coffee, juice);
- chocolate (sweets);
- any fruits.

— Break : 1,5 — 2 hours.

— In the evening : (3 hours before sleep) — See option 1

4.3) Third option:**— In the morning :**

- water (soup) is necessary before your meal;
- vegetables (a salad);
- cottage cheese;
- cheese ;
- sour cream (mayonnaise is not advisable).

— Break : 3,5 — 4 hours (better 5 hours).

— In the afternoon :

- water (tea, coffee, juice);

— chocolate (sweets);

— any fruits.

— **Break** : 1,5 — 2 hours.

— **In the evening** : (3 hours before sleep) — See option 1.

As you see the afternoon and evening remain the same.

As you also have probably noticed, our diet may change mainly in the morning when we consume proteins.

This happens because of the incompatibility of vegetable and animal proteins, especially it concerns people who are overweight or have problems related to it.

It is also necessary to take into consideration the incompatibility of animal and vegetable fats if you consume them together with carbohydrates in the evening.

You can modify all the other components, as you like.

5) Conclusion.

To conclude the proposed method of healthy nutrition, we would like to emphasize the following points:

5.1) please, do not exaggerate with mayonnaise because it is too fat and leads to excess weight. It also contains artificial vinegar that is not useful except for natural apple vinegar.

This precaution is valid for any food containing vinegar (for example, pickled vegetables).

Therefore, **you should** gradually get rid of them and **get used to consuming only fresh vegetables after having rinsed them with hot water.** It is suitable for cabbage, carrots, beetroot, pumpkin, courgettes, tomatoes, cucumbers, aubergines.

But we would like to draw your special attention to such a healthy natural product as laminaria or dried seaweed which contains a lot of vitamins and, which is particularly important, **iodine. It is indispensable**

for the normal functioning of our thyroid gland, responsible for our immune protection.

Iodine is also an extremely important element for our brain.

If you remove even a drop iodine from our thyroid gland, we will go mad.

Iodine can also be found in nuts, peas and cheese.

We would like to add that sauerkraut is very healthy because of the large amounts of vitamin C which it contains and can easily replace pickled vegetables.

5.2) Nuts you should not consume more than 100 g during one meal.

5.3) If you want to lose weight faster you need to reduce the amount of **fats** that you consume and in the evening eat 3-4 hours before sleep (better 5 hours).

5.4) Peas are useful not only as a source of protein but also as a source of iodine. Please, note that it is not valid for canned green peas (which should be regarded as source of carbohydrates).

5.5) — if you are lacking in calcium and you have problems with your ligaments, muscles or backbone, you need to consume daily **hard cheese**.

They contain a huge amount of calcium plus such an important **vitamin as B12** , responsible for your stamina and working capacity.

— **If you need more iron** add to your daily diet **mustard powder** (it is important to use the powder not the mustard itself), **turmeric, fenugreek.**

— **If you have a lack of vitamins group B,** eat **porridge** (prepare them yourself) and **cereals (groats)** daily, **millet , buckwheat, rice.** There are also different types of bran : **wheat, rye, oatmeal,** which very useful.

— **If you have a lack of iodine,** add to your daily diet see **dried seaweed, laminaria,** fish and different sea food. You can also prepare and consume **dry peas.**

— **If you want to increase the consumption of vitamin B6**

responsible for our nervous system, you should eat **millet** as often as possible. It contains the highest amount of this vitamin among all the other products.

You can find other elements that your body may require in other products if you study their ingredients / chemical composition.

5.6) In case you have **unpleasant sensations in your stomach**, it is very healthy to give it some rest from excessive processing of new food. You should give it an opportunity to digest the food that has not been digested earlier and restore the normal functioning of the whole digestive system. In this period you should drink only warm boiled or reliable (controlled) fresh unboiled water.

This way you will allow your organism to get rid of all harmful waste products (undigested food which leads to the increase of your body weight and the formation of breeding grounds for the reproduction bacteria and appearance different illnesses).

Later will be able to do without this method of cleansing if you constantly follow the rules of healthy nutrition. The choice is yours.

5.7) This method will teach you to listen to your organism which never makes mistakes if you do not interfere with its normal functioning.

You should **not consume different artificial chemical substances**, such as medicines, junk food with different preservatives (artificial flavours, stabilizers, coloring agents and so on).

Unfortunately, a lot of food manufacturers (and pharmaceutical companies whose services they use) do not think of the population's health, trying to make as much profit as they can.

However, we consider it very important to add that there are certain diseases that make obligatory the consumption of medicines. In the first place, it concerns heart diseases and different chronic illnesses.

But our method will help you to defeat even your chronic illnesses if you maintain discipline and follow all the recommendations mentioned here.

This method is not an abstract, it is a very precise and time proven instruction which works effectively if you apply it in your real life. It is also important to emphasize that the method should be tailored to the needs of each person and **only you can create your own method of healthy nutrition based on the needs and preferences of your body and principles of healthy eating proposed here.**

Remember the main rule:

you are main the main healer of your body because it is unique and nobody knows better than you how to manage it.

Be the Master of your body and do not entrust your body to anyone — be the manager of your organism.

So dare, dare, dare !!!

So create, create, create !!!

In 4-5 years time this practice of healthy lifestyle will help you find yourself on the bright side of life.

We wish you every success, strong willpower a lot of patience and, finally, health and positive improvement in your life.

Somebody may have doubts and say that he knows everything. But why cannot he reaches success.

Let us remind you of three things:

- 1) Any knowledge should be put into practice;**
- 2) The knowledge applied inconstantly, inconsistently and chaotically will not bring you any significant results that would help you to improve your health for the rest of your life.**

The cause of it is only your laziness and reluctance to do it on a daily basis;

3) Knowledge should be systematized. That means it should be applied constantly and in strict succession. In this case it will necessarily bring you the desired result. By doing this, you will truly and successfully improve your health till a very venerable age.

P.S.: As promised, now we will share with you a simple way to get rid of flu without medicines.

The most important thing is that if you already have a fever and feel shivery, you should stop consuming any food during that period of time.

We start our main phase of our fight against the virus - its annihilation by rising the temperature.

You can do that if you consume great amounts of hot water. It can be tea. Rosehip tea is the best option as it contains a lot of vitamin C.

If you can drink just hot water, combined with berry soup made from raspberry, currants, sugar or honey, it will be even better.

This should be accompanied by warming your feet in very hot water.

People with any kind of heart diseases should be extremely careful in order to avoid overstraining their heart.

Immediately after you have drunk a cup of tea or hot water(better two cups) and warmed your feet, you should go to bed and try to sweat profusely in order to raise the temperature of your body.

This high temperature will kill the virus and help your organism to get rid of all harmful substances through sweat and urine.

Repeat the whole procedure till you feel better.

And no medicines ! Only natural ways !

Our fight against the virus has usually lasted for 1-2 days as maximum depending on the type of the virus. On the third day we felt relief accompanied by natural weakness due to the high body temperature, experienced on the previous days. But the most important thing is that we felt Joy of our victory and ineffable sense of renewal because our body has got rid of all its waste products and harmful substances during its illness.

The same you will feel Joy of your victory and ineffable sense of renewal from this reasonable actions offering here.

An important note:

It is very useful healthy to warm your feet in hot water duration for about 10-15 minutes (before going to sleep) not only for people suffering from hypertension, insomnia, headaches or predisposed to thrombophlebitis, but for everybody.

Now we will explain why.

First of all, if somebody is not aware of that, our soles have a lot of biologically active points which connect them with all the internal organs of our organism.

When we warm our feet before going to bed, hot water makes all the blood vessels of all our organs expand. It means that hot water heightens or lowers the pressure in different organs to balance it.

As the result, your blood pressure comes to normal.

Moreover, your headaches (which have the causes) are reduced.

Secondly, this procedure significantly alleviates your fatigue and calms your nervous system.

Thus, we can fall asleep faster and recuperate our forces more effectively. And in the morning we will feel full of energy for the whole day.

We wish a lot of health to everybody!!!

More useful information you can see on website <https://health-spiritual.com/>