



THE BANNED BLUEPRINT

HOW TO HEAL THE BODY WITH REAL FOOD

BY F. KOWALLIK

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"Discover the Secret to Genuine Health!"

Lost in the maze of diet fads, misleading ads and confusing food labels? Rediscover timeless wisdom with a guide that goes beyond trends.

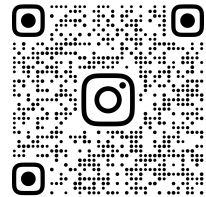
Unlock the Power of Real Food!

This isn't just another diet book; it's your roadmap to vibrant health. Cut through the noise with a scientifically-grounded approach that's both clear and transformative.

About the Author:

Fabian Kowallik stands out in the realm of modern nutrition. Combining deep research with personal insight, they offer a game-changing blueprint. Join countless others who've reignited their health.

**Dive in, transform, and thrive.
Your best self awaits.**



EXILED.MEDIC

ABOUT ME

I've spent over 1 1/2 decades immersed in the fields of health and nutrition and worked for several years in one of the largest food companies worldwide.

My story started with seven semesters of studying human medicine. While the field is critical for many reasons, I became disenchanted by its focus on treating symptoms rather than addressing the root

causes of illness. Even more disappointing was the lack of emphasis on preventive health; in fact, there were only two hours dedicated to nutrition in the entire curriculum.

This realization led me to shift gears. I embarked on a more comprehensive approach to health, completing a five-year diploma in Food and Health Science in Germany. To deepen my expertise, I earned multiple certifications in holistic nutrition. This wasn't just academic for me; I spent a considerable part of my life coaching individuals on how to improve their health through better nutrition and lifestyle choices.

I later worked as a manager in one of the largest food companies. That experience was eye-opening. I saw firsthand how the processed food industry prioritizes profits over public health. The use of subpar ingredients and unhealthy ingredients was

common practice, all in the name of maximizing revenue.

My passion has been and still is to advocate for a way of eating that can truly heal the body and prevent modern diseases. I firmly believe that unprocessed, real food from nature was the key in our past and will be for the future.

- *Fabian*

I want to thank my parents Peter and Lydia
for raising me with a critical and open
mind.

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INTRODUCTION

"Let food be your medicine and medicine be your food." This ancient wisdom, attributed to Hippocrates, serves as a timeless beacon illuminating the intrinsic relationship between nutrition and well-being. Hippocrates, whose teachings have influenced Western philosophy and ethics, understood something that we often overlook in our fast-paced, modern world: the profound impact of food on our health, mind, and soul.

***„LET FOOD BE YOUR MEDICINE
AND MEDICINE BE YOUR
FOOD“ – HIPPOCRATES***

The Modern Food Dilemma

While the basic premise of nourishment remains unchanged since the time of Hippocrates, our relationship with food has undeniably complicated. Once a simple,

unifying act, eating has devolved into a complicated affair fraught with misinformation, ill-advised trends, and harmful substances. The inconvenient truth is that in our modern landscape, grocery stores and food companies aren't our allies in health. They are businesses looking to maximize profits at the expense of consumer health.

It's no coincidence that sugar and seed oils find their way into a myriad of products on store shelves. These cheap ingredients not only reduce production costs but are also designed to tickle our taste buds just enough to keep us coming back for more. Marketing geniuses have crafted clever strategies, employing bright packaging, strategic product placement, and catchy slogans to lure us toward processed, nutrient-deficient food that promotes diseases and sickness.

The Remedy is Real Food

So, what's the remedy? It's simpler than you might think: a return to the basics, a rekindling of our relationship with real, unprocessed foods. This book serves as your guide, your blueprint, for making that shift. It's not just theory; it's a proven method embraced by millions of people who have discovered newfound health and vitality by following this blueprint of a real food diet.

If you've picked up this book, you're already ahead of the curve. You're questioning the status quo, and you're open to changing the way you think about food and health. Now, it's time to turn that openness into action. Over the next chapters, we'll peel away the layers of confusion surrounding food choices, demystify the concept of real food, and arm you with the knowledge to reclaim your health.

Welcome to "The Banned Blueprint: How to Heal the Body with Real Food." Your journey starts now.

TESTIMONIALS

SARAH'S TRANSFORMATION

Sarah, 45, Housekeeping Supervisor

"Switching to the Blueprint way of thinking literally gave me my life back. I never knew how sluggish and disconnected I felt until I found my new sense of normal."

I was constantly fatigued, mentally foggy, and struggled with recurring digestive issues. I had almost resigned to the idea that feeling 'less than great' was my destiny. It wasn't until I started following the Blueprint that I realized what I had been missing out on. Within weeks, my energy levels soared, my mind cleared up, and my digestive problems became a thing of the past. I feel like a completely different person now, more connected to my own body and the world around me.

MICHAEL'S NEW LEASE ON LIFE

Michael, 52, Retired Military Officer

„This is not just a game-changer; it's a life-changer. I've reclaimed my vitality and, in a way, rediscovered my youth.“

After retiring, I began to notice a steep decline in my physical capabilities. My joint pains increased, and my endurance took a nosedive. I was skeptical when I first heard about the Blueprint diet, but I decided to give it a shot. The results were beyond astonishing. My joint pains have drastically reduced, and I can now engage in physical activities that I thought I had left behind. This perspective has truly rolled back the years for me.

JOHN'S HEALTH TURNAROUND

John, 26, Software Developer

"The Blueprint opened my mind as much as it did my palate. I've never felt more aligned—physically, mentally, and emotionally."

I was a self-proclaimed junk food addict. My lifestyle was doing no favors for my stress and anxiety levels. Adopting the principles of the Blueprint was transformative. I started sleeping better, my anxiety levels dropped, and I had more mental clarity to tackle my day-to-day challenges at work. This real food diet changed not just what I ate, but how I approached life.

These stories are not anomalies; they are testaments to the potential for transformation that lies in making conscious food choices. Could you be the next success story? There's only one way to find out.

1. THE PROBLEM WITH PROCESSED FOODS

As Marion Nestle, a renowned nutritionist and author, defines it, processed foods are "anything that's been changed from its original form." In essence, if you plucked it from the ground or it had a mother, and it has since been altered in any way—whether through

additives, preservatives, packaging, or nutrient depletion—it's processed.

Examples of Processed Foods

- * Pre-packaged snacks like chips and cookies
- * Canned or boxed soups and meals
- * Frozen dinners and fast food
- * Breakfast cereals and energy bars
- * Sodas, energy drinks, and artificially flavored beverages
- * Processed meats like sausages and deli items
- * Store-bought bread and pastries

Why Do We Eat So Much Processed Food?

There are several reasons why processed foods have become a staple in modern diets:

- * *Convenience:* In a fast-paced world, ready-to-eat meals save time.
- * *Shelf Life:* Processed foods often have a longer shelf life, reducing the frequency of grocery shopping.
- * *Taste:* Artificial flavors and additives make these foods highly palatable.

* *Marketing:* Multimillion-dollar advertising campaigns make processed foods irresistible.

According to a study published in the BMJ Journal, processed foods make up about 60% of the calories in the average American diet. This high consumption is no coincidence. In 2023, the global processed food market was valued at approximately \$4.2 trillion and is expected to grow further.

Moreover, leading food corporations spend billions annually on advertising. For example, in 2022, Coca-Cola and PepsiCo had advertising budgets exceeding \$4 billion and \$3 billion, respectively. These massive expenditures aim to keep processed foods front and center in our minds and readily accessible in stores.

The bottom line? Processed foods are big business, and they're designed for consumption en masse, often at the expense of our health. In the following sections,

we'll delve deeper into the health consequences of this widespread consumption of processed foods.

1.1 THE HEALTH CONSEQUENCES

The consumption of processed foods has been linked to a host of health issues, ranging from immediate mild discomfort to long-term severe chronic conditions. These are not just anecdotal claims; the evidence is supported by numerous scientific studies and authorities.

The increase in Modern Disease can be linked to Processed Foods

**Obesity:* According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity was 42.4% among U.S. adults in 2017-2018. The rise in obesity rates has been directly correlated with increased processed food consumption.

** Diabetes:* A study published in the Journal of Nutrition reported that those who consumed high amounts of processed foods had

a 30% greater risk of developing Type 2 diabetes.

* *Cardiovascular Diseases:* High levels of sodium and trans fats in processed foods contribute to hypertension and heart diseases. The American Heart Association has often warned about the dangers of processed foods for heart health.

* *Gastrointestinal Issues:* Artificial additives and preservatives can disturb gut flora, leading to digestive problems like bloating, gas, and even Irritable Bowel Syndrome (IBS).

10 Common Ingredients and Their Side Effects

1. *Sugar:* Excessive sugar intake is strongly linked to obesity, diabetes, and even some cancers. The World Health Organization recommends that added sugars should make up less than 10% of total energy intake, but processed foods often contain far more.

2. *Seed Oils:* These oils are high in Omega-6 fatty acids, which cause inflammation. Inflammation is a root cause of many chronic diseases.

3. *Emulsifiers*: These additives cause gut inflammation and have been associated with metabolic syndrome in animal studies, as pointed out by research from Georgia State University.

4. *Artificial Aromas*: While they make foods more palatable, artificial aromas can trigger allergic reactions and have been linked to hyperactivity in children, according to the FDA.

5. *Palm Oil*: This ingredient is high in saturated fats and overprocessed, contributing to heart disease and high cholesterol levels.

6. *Refined White Flour*: Stripped of its nutrients and fiber, refined white flour leads to rapid spikes in blood sugar, contributing to insulin resistance and the development of Type 2 Diabetes.

7. *High Fructose Corn Syrup (HFCS)*: Often used as a cheaper alternative to sugar, HFCS has been linked to obesity, insulin resistance, and fatty liver disease. Its fructose component metabolizes differently than glucose, leading to rapid fat storage.

8. *Sodium Nitrite*: Commonly found in processed meats like sausages and deli items, sodium nitrite has been linked to an increased risk of certain types of cancer, particularly colorectal cancer.

9. *MSG (Monosodium Glutamate)*: While considered safe for some people, MSG is known to cause headaches and allergic reactions in sensitive individuals. Some studies have also suggested a link between MSG and metabolic disorders, although more research is needed.

10. *Trans Fats*: Perhaps one of the most harmful ingredients, trans fats have been shown to raise bad cholesterol levels while lowering good cholesterol, leading to a heightened risk of heart disease. In fact, the FDA has taken steps to remove artificial trans fats from the U.S. food supply, but they can still be found in some processed foods.

These harmful ingredients are frequently used in processed foods for their taste-enhancing, preservative, or cost-saving properties, but the health costs often outweigh these benefits.

Dr. Robert Lustig, a renowned pediatric endocrinologist, encapsulates the issue succinctly: "Processed foods are high in sugar and low in fiber, which wreaks havoc on our metabolic health." His statement is not merely an opinion; it's backed by a growing body of scientific evidence.

**„PROCESSED FOODS ARE HIGH IN SUGAR
AND LOW IN FIBER, WHICH WREAKS
HAVOC ON OUR METABOLIC HEALTH“ -
DR. ROBERT LUSTIG**

Moreover, alarming data from Public Health England shows that children are consuming more than twice the recommended limit of sugar, primarily due to processed foods and beverages. This sets up an entire generation for a lifetime struggle with health issues.

To make matters even more concerning, a study published in the journal Obesity Reviews reveals that the food industry spends approximately \$1.8 billion annually on marketing junk food to children. With such enormous financial resources funneled into making processed foods more appealing, the odds are systematically stacked against the average consumer.

In summary, the consumption of processed foods poses serious health risks, substantiated by scientific evidence, alarming statistics, and expert opinions. The good news is that these risks are largely preventable. In the upcoming chapters, we will explore how to escape this dangerous cycle by embracing the Real Food diet.

1.2 HOW TO SPOT PROCESSED FOODS

Given the health risks associated with processed foods, it's crucial to identify them effectively to make more conscious eating choices. Here are some simple yet effective guidelines to help you determine if a food item is processed.

The Grandma Test

Think about whether your grandma would have eaten the food when she was young. If the answer is no, it's likely a modern, processed item. Michael Pollan, author of

"In Defense of Food," often advocates for this common-sense approach, saying, "Don't eat anything your great-grandmother wouldn't recognize as food."

"DON'T EAT ANYTHING YOUR GREAT-GRANDMOTHER WOULDN'T RECOGNIZE AS FOOD." - MICHAEL POLLAN

Visual Cues

If the food looks unnaturally colorful or has a texture that doesn't resemble anything found in nature, be wary. A study from the University of Calgary revealed that brightly colored foods often contain artificial dyes, posing potential health risks.

Nutrition Labels

While they might seem like a good thing, nutrition labels can often be a red flag. Food writer and expert Mark Bittman points out, "Real food doesn't have, need, or want a 'Nutrition Facts' label; it is, itself, the facts." Unprocessed foods typically don't require a list of ingredients because they are the ingredient.

The Nature Rule

„If Nature didn't make it, don't take it.“
If it doesn't grow from the ground, come from an animal, or exist naturally in our environment, it's probably processed. A review in the journal *Nutrients* emphasizes that foods closest to their natural state provide the most nutritional benefits.

By incorporating these guidelines into your daily life, you're taking a significant step toward better health. The less you find yourself reading labels or questioning what's on your plate, the closer you are to the Real Food diet.

In the following chapters, we'll delve deeper into the life-affirming philosophy of real food and how it can serve as a powerful weapon against modern diseases. Your path to a healthier future is paved with better choices, starting today.

2. THE PHILOSOPHY OF REAL FOOD

Before we delve into the concept of "Real Food," it's important to clarify what we mean by "food" and "dieting" in general.

Food: Simply put, food is any substance consumed to provide nutritional support for the body. However, in the modern context, many items labeled as "food" barely meet this criterion.

Dieting: Dieting usually refers to the deliberate selection of food to control body weight or nutrient intake. The focus is often on restriction—limiting calories, carbohydrates, or fats—rather than the quality of the food consumed.

Why Diets Often Fail

The market is flooded with a myriad of diets—Mediterranean, Vegan, Carnivore, Keto, Animal-based, Plant-based with many more to come. While some people find success with these diets, many others do not. One of the fundamental reasons diets fail is because they are often seen as temporary changes. Another reason is the quality of food; not all calories are created equal. A study published in JAMA Internal Medicine found that individuals on high-quality diets lost more weight over the long term compared to those who were focused solely on calorie restriction.

One Diet Doesn't Fit All

The Mediterranean diet might work wonders for one person but lead another to gain weight. A Vegan diet might make one individual feel energetic and healthy, while another feels sluggish and nutrient-deprived. The reason for these discrepancies often boils down to the quality of food consumed. A vegan diet filled with potato chips, soda, and sugary snacks will ruin your health just as a Keto diet laden with bacon fried in seed oils will.

The Key: Real Food

The one common denominator that determines the success or failure of any diet is the quality of the food you consume. Regardless of the dietary framework you choose, the focus should be on real, unprocessed food. That means fruits, vegetables, lean meats, fish, whole grains, and nuts—foods that are as close to their natural state as possible. The American Journal of Clinical Nutrition notes that whole foods not only provide

essential nutrients but also substances that improve gut health and metabolism.

The crux of the matter is simple: the key to a healthy body and mind is the consumption of real, good food. As we move on, we'll discuss how to eat real food to maintain good health and ward off disease. Your ticket to a better life isn't a fad diet; it's a lifestyle rich in real food.

2.1 HOW TO CHOOSE REAL FOOD

General Advice: Embrace Quality and Wholesomeness.

When it comes to eating real food, the principle is straightforward—consume as much unprocessed and real food as you can. When your focus is on unprocessed foods, you're already setting yourself up for success.

Local, Organic, and Raw: The Gold Standard

Local: Buying local produce ensures that the food is fresher and retains more of its nutrients. The shorter the time between the farm and your table, the less likely it is that nutrients will be lost. According to a study in the Journal of Agricultural and Food Chemistry, some vegetables can lose up to 50% of their vitamin C within a week of harvesting. Most apples on the shelf in grocery stores are way past the 2-year-mark. You vote with your dollar, so vote for your local community of fresh farmers and producers instead of big food corporations.

Organic: Organic food is produced without synthetic pesticides and fertilizers, meaning it's better for both you and the environment. The Journal of Environmental

Research published a study demonstrating that organic diets significantly reduce the levels of synthetic pesticides in the body.

Raw: Many foods are more nutrient-dense when uncooked. For example, a study in Food Chemistry showed that raw vegetables have higher levels of antioxidants compared to cooked ones. Similar, animal products like milk and honey lose most of their beneficial compounds during pasteurization. Opt for their raw counterparts.

Cave: Some outlier foods have a higher bioavailability of some nutrients when cooked, e.g. Carrots.

Diverse Nutrients for a Balanced Diet

Now that you're aiming for local, organic, and raw foods whenever possible, let's turn our attention to the macronutrients—protein, fats, and carbohydrates. A simple rule of thumb is to decrease carbs when trying to lose weight and increase them when trying to gain weight. Find your balance with a normal eating rhythm and then change the amounts from there.

You don't need to obsess over specific nutrients and don't need to count calories, as real foods are naturally nutrient-dense. If you have particular health issues or

concerns, be sure to consult the "Remedies" section of this book.

In the following sections, we will delve into the intricacies of these three vital nutrient groups, helping you make informed choices that align with the philosophy of the Real Food diet.

2.2 THE BEST REAL FOODS

1. Proteins: Building Blocks for Your Body

Beans, Lentils: These are excellent sources of plant-based protein and are rich in fiber, which aids in digestion.

Pasture-raised Meat: Animals raised on pasture diets produce meat that is leaner and contains higher levels of beneficial nutrients like Omega-3 fatty acids compared to conventional meat.

Eggs: Rich in protein and essential amino acids, eggs are one of the most nutrient rich and digestible foods for the human body. A great daily staple.

Quark/Yogurt (Raw, not Pasteurized): These contain beneficial probiotics and are easier to digest than milk, offering a good protein source.

(Raw) Milk: A nutrient-rich source of protein. It contains more beneficial

bacteria and enzymes if it's not pasteurized.

Fish: Particularly fatty fish like salmon are rich in protein and Omega-3 fatty acids, beneficial for heart health.

Cheese: Stick to organic or locally-produced cheese to get the maximum protein without the additives found in processed versions. High in good bacteria and a great source of protein.

2. Carbohydrates: Your Body's Fuel

Sweet Carbs

Organic Fruits (like Kiwi, Blueberry, Apples): Full of essential vitamins and minerals, fruits provide quick, natural sugar for energy.

Dried Fruits (like dates, apricots): While higher in sugar, they offer an excellent source of energy and nutrients when consumed

in moderation.

(Raw) Honey: Full of great nutrients.
Compared to processed honey, raw honey contains even more antioxidants and beneficial enzymes.

Savory Carbs

Vegetables (like broccoli, spinach):
Packed with vitamins, minerals, and fiber, every vegetable has something to offer.

Whole Grains and Ancient Grains (like Quinoa, Buckwheat, Amaranth, Millet): These are whole grains that provide a protein source along with complex carbohydrates.

Sourdough Bread: Easier to digest than regular bread and contains beneficial bacteria.

Sweet Potato, Potatoes: Full of micronutrients and starchy carbohydrates to keep your blood sugar stable.

3. Fats: Essential for Hormone Production and Brain Function

For eating cold/salads

Olive Oil, Avocado-oil: Great nutrient rich foods. Consume olive oil as often as possible. Great for cholesterol.

For cooking

Organic Butter, Beef Tallow, Ghee, Coconut Oil: Heat stable and less processed with lots of beneficial nutrients. Absolutely avoid seed oils, which are highly processed and inflammatory.

In general

Avocado: Rich in monounsaturated fats, avocados are heart-healthy and also contain various essential nutrients.

Nuts and Seeds: Excellent sources of healthy fats, powerhouses packed of vitamins, minerals and fiber.

Each of these foods provides a bounty of nutrients necessary for optimal health. By incorporating them into your diet, you embrace the philosophy of real, wholesome food. The key is to find balance and enjoy the vast array of nutrients that these foods offer.

There is more real food. Trust your gut and look what comes from your local environment. Find a great health store and local farmers market around you to go shopping, as this is where you will get the best quality products.

If you want to avoid meat or other foods because of ethical or other personal reasons, you can still be healthy. In this case, you need to put thoughts into collecting all micronutrients that you might be missing out, especially Vitamin B12.

4. „Superfoods“: Add these spices and snacks to your meals

While no single food holds the magic key to good health or disease prevention,

integrating a variety of these nutrient-dense foods into your daily diet can ensure you're receiving a range of beneficial compounds.

Cacao Nibs: Cacao is rich in antioxidants, especially flavonoids, which can help reduce inflammation and improve heart health. It's also a great source of magnesium.

Chia Seeds: A great source of omega-3 fatty acids, which help reduce inflammation and promote brain health. They also provide fiber, which aids in digestion and keeps you feeling full longer.

Goji Berries: Rich in antioxidants, particularly carotenoids like beta-carotene and zeaxanthin, which support vision and skin health.

Spirulina: This blue-green algae is packed with protein, vitamins, minerals, and antioxidants. It's been linked to various health benefits, including reduced blood

pressure and improved blood sugar levels. Often used together with chlorella, and ginger to detox.

Turmeric: Known for its bright yellow hue and a staple in Indian cuisine, turmeric contains a compound called curcumin, which has potent anti-inflammatory properties.

Kale: This leafy green vegetable is loaded with vitamins A, C, and K. It's also a great plant-based source of calcium and can aid in bone health.

Ginger: Medicinal properties. Packed with antioxidants and can reduce muscle pain, soothe digestive problems, and even fight off colds and flu due to its anti-inflammatory properties.

Garlic: Loaded with vitamins C and B6, manganese, selenium, and other antioxidants. Regular consumption can combat the common cold, reduce blood pressure, and is known to have beneficial effects on heart health.

Onions: Source of vitamins C and B6, potassium, and folate. They contain quercetin, an antioxidant that fights off free radicals, and have anti-inflammatory and antimicrobial properties.

Coffee: Primary source of antioxidants. Regular coffee consumption has been linked with a reduced risk of numerous diseases, including Parkinson's, Alzheimer's, type 2 diabetes, and even certain types of cancers. Potentially aiding in weight loss. But Moderation is key; overconsumption can lead to disrupted sleep, jitters, and high blood pressure.

Bee Pollen: Nature's most complete food, a treasure trove of essential nutrients. Renowned for its anti-inflammatory and antioxidant properties.

Black Seed Oil: Has been a natural remedy for many diseases for centuries. Use unfiltered, cold pressed daily.

2.3 CRAVINGS AND DEFICIENCIES

Many people often mistake cravings for a lack of willpower, but emerging research suggests that cravings might be our body's way of telling us what it needs. According to Dr. Julia Ross, author of "The Diet Cure," our cravings for specific foods could be an indicator of a certain nutrient we're lacking. Ross and other nutrition experts believe that understanding the nutrients we're missing can help us make healthier food choices. For example, a study published in the "International Journal of Eating Disorders" indicates that up to 97% of women and 68% of men experience some form of food cravings. By knowing what our body truly needs, we can better navigate these cravings.

Let's delve into the 10 most common food cravings, the vitamins or minerals you might be lacking if you have them, and the healthier food options you could opt for.

1. Chocolate

Missing: Magnesium

Alternative: Raw cacao nibs, avocados, nuts, seeds, and whole grains.

2. Sweets

Missing: Chromium, phosphorus, sulfur, tryptophan

Alternative: Fresh fruits, broccoli, cheese, chicken, turkey, beef, eggs, sweet potatoes, spinach.

3. Bread or Toast

Missing: Nitrogen

Alternative: High protein foods such as fish, meat, nuts, and beans.

4. Salty Foods

Missing: Chloride

Alternative: Fish, nuts, seeds.

5. Oily/Fatty Foods

Missing: Calcium

Alternative: Organic milk, cheese, yogurt, or sesame seeds, almonds, and kale.

6. Soda or Carbonated Drinks

Missing: Calcium

Alternative: Mustard, turnip greens, broccoli, kale, or legumes.

7. Spicy Food

Missing: Zinc

Alternative: Beef, lamb, or legumes.

8. Acidic Foods (like pickles or citrus)

Missing: Magnesium

Alternative: Dark leafy greens, nuts, seeds.

9. Ice cubes

Missing: Iron or B-vitamin deficiency

Alternative: Meat, fish, poultry, seaweed, greens, or black cherries.

10. Coffee

Missing: Phosphorus, sulfur, iron

Alternative: Chicken, beef, fish, eggs, nuts, legumes.

11. Alcohol, Recreational Drugs:

Missing: Protein, glutamine, potassium

Alternatives: Meat, poultry, dairy, whole grains, oatmeal, and nuts.

(*Side-note:* The addiction issues behind these drugs is not illustrated here. This is an own book by itself.)

By better understanding what our cravings signify, we empower ourselves to make smarter food choices that not only satisfy our cravings but also provide our bodies with the nutrients they need. This way, we align more closely with the principles of eating real, unprocessed food for better health and well-being.

Remember though: You don't have to always eat right. Life's a struggle, and sometimes you want to enjoy something with a group of friends. Try to use the Pareto principle: 80 % great food choices, 20 % explore and enjoy the world.

3. FOOD IS MEDICINE

In this chapter, you will learn how different foods and food-based supplements can be used as remedies for modern diseases. First, you will find remedies for the body, afterwards, for the mind. By incorporating these foods and supplements into your diet, you can take a holistic approach to managing health conditions. For every problem, there is different foods and food based supplements you can use. If you

have a certain problem, I recommend trying out different of the mentioned approaches and finding out what works best for your own body.

3.1 HEALING THE BODY

The human body thrives when fueled with proper nutrition. However, a shift towards processed and artificial foods has resulted in a slew of physical ailments. Our dietary choices directly impact our overall health, from digestion to cardiovascular function. In this section, we'll unravel common physical challenges many face today, highlighting their relation to dietary deficiencies. Through the lens of real food, we'll present natural solutions that can counteract these issues, aiming for a healthier, more balanced life.

Bloating and Indigestion

The sensation of a full stomach, flatulence, and an uncomfortable, heavy feeling can be both embarrassing and distressing.

Physiological Explanation:

This often happens due to poor digestion where the food isn't properly broken down, leading to fermentation and gas production in the stomach.

Natural Remedies:

1. *Fermented Foods (Sauerkraut, Kimchi, Sourdough):* These introduce beneficial bacteria to the gut, aiding in digestion.

2. *Fiber (Whole Grains, Vegetables):* Help move food through the digestive system, relieving bloating.

3. *Peppermint Tea:* Known for its ability to relieve indigestion and relax the muscles of the gastrointestinal tract.

4. *Ginger:* Acts as a natural anti-inflammatory and can help improve digestion.

5. *Digestive Enzymes:* Supplements like Bromelain (Pineapple) and Papain (Papaya) can aid in the breakdown of protein, improving digestion. Lactase tablets can aid in the breakdown of milk sugar.

Heart Disease

Symptoms can range from chest pains to shortness of breath, deeply affecting one's quality of life.

Physiological Explanation:

Often linked to plaque build-up in arterial walls, affecting blood flow.

Natural Remedies:

1. *Garlic:* Known for its cardiovascular benefits, including lowering blood pressure.

2. *OPC (Oligomeric Proanthocyanidins)*: Powerful antioxidants found in grapes and berries that improve blood circulation.

3. *Omega-3 Fatty Acids (Salmon, Chia Seed)*: Help to reduce inflammation and improve cholesterol levels.

4. *Coenzyme Q10 (Pistacchios, Sardines)*: Acts as an antioxidant and is thought to improve heart health by reducing blood clot formation.

5. *Green Tea*: Contains catechins, which have been shown to lower cholesterol and improve heart health.

Lung Disease

Shortness of breath, fatigue, and a decreased ability to perform physical activities.

Physiological Explanation:

Inflammation and obstruction in the airways can lead to reduced lung function.

Natural Remedies:

1. *Bromelain (Pineapple)*: An enzyme found in pineapple that has anti-inflammatory properties.

2. *NAC (N-Acetylcysteine)*: Acts as an antioxidant and also breaks down mucus, which can improve lung function.

3. *Cordyceps Mushrooms*: Traditionally used in Chinese medicine to support lung health.

4. *Omega-3 Fatty Acids (Fatty fish, chia seeds)*: Known to reduce inflammation, which could benefit those with lung diseases.

5. *Quercetin (Apples):* Acutely relaxes airways and improves asthmatic symptoms by reducing inflammation in the lungs.

Cough and Flu

Persistent coughing, fever, and a runny nose can make it difficult to go about your daily routine.

Physiological Explanation:

Infections and the body's subsequent inflammatory response often cause these symptoms.

Natural Remedies:

1. *Zinc (Seeds, Meat):* Known to boost the immune system and may shorten the duration of a cold.

2. *Raw Honey:* Its antibacterial properties can help soothe a sore throat and reduce cough.

3. *Ginger:* It has powerful anti-inflammatory and antioxidative properties.

Gingerol, the main bioactive compound in ginger, can help lower the risk of infections.

4. *Vitamin C (Bell Peppers, Kiwi)*: It can help with symptom relief and duration. Strong antioxidant.

5. *Elderberry*: Some studies suggest it can shorten the duration of flu symptoms.

6. *Bromelain (Pineapple)* : It has anti-inflammatory properties and can reduce cough and nasal mucus associated with sinusitis, Relieves the swelling and inflammation caused by hay fever.

Weight Loss and Diabetes

Excess weight can lead to a slew of health problems, and diabetes severely restricts your diet and lifestyle.

Physiological Explanation:

High sugar levels and insulin resistance are often the culprits.

Natural Remedies:

1. *Fiber (Grains, Vegetables):* Slows sugar absorption and improves blood sugar levels.

2. *Chromium (Grapes):* A trace mineral that can improve insulin sensitivity.

3. *Apple Cider Vinegar:* Known to lower post-meal and fasting blood sugar levels if drank in water before meals.

4. *Cinnamon:* Can improve insulin sensitivity and lower blood sugar levels.

5. *Berberine*: An herbal supplement shown to help regulate blood sugar and improve insulin sensitivity.

6. Capsaicin (Chilies): Stimulates the metabolism to burn more fat.

Detoxing:

In a world saturated with pollutants, processed foods, and chemicals, our bodies often bear the brunt of these invaders. Feeling sluggish, foggy-minded, bloated, or even experiencing skin breakouts can be signals from our bodies, indicating the need for a detox.

Physiological Explanation:

Every day, our bodies naturally detoxify themselves. Organs such as the liver, kidneys, and skin work tirelessly to filter and expel toxins. However, our modern lifestyles can sometimes overwhelm these natural processes. Pollutants in the air,

chemicals in our food and water, and even harmful ingredients in personal care products can accumulate, taxing our body's detoxification system.

Natural Remedies:

Chlorella: This algae binds to heavy metals, aiding their elimination from the body.

Shilajit: Shilajit contains fulvic acid, which assists in toxin elimination and amplifies nutrient absorption.

Dandelion: The leaves act as a diuretic, helping the body shed toxins through urine, while the roots bolster liver health and function.

Milk Thistle: Silymarin, an active compound in milk thistle, shields the liver from toxins and supports its function.

Lemon Water: A daily glass of warm water with fresh lemon juice can kickstart the

digestive system, promote an alkaline body state, and assist in the gentle removal of toxins.

Sauna: Sweating facilitates the expulsion of toxins, and improved circulation ensures oxygen-rich blood nourishes organs.

Muscle and Joint Pain

Affects mobility and can significantly reduce the quality of life.

Physiological Explanation:

Often a result of inflammation in the affected areas.

Natural Remedies:

1. *Turmeric and Ginger:* Both known to have potent anti-inflammatory effects.

2. *Black Pepper:* Contains piperine, which has anti-inflammatory properties. Increases the potency of turmeric by allowing better bioavailability.

3. *Omega-3 Fatty Acids (Salmon, Chia Seeds)*: Help to reduce inflammation in the body.

Teeth Problems

Oral health issues can make eating painful and lead to self-consciousness about one's smile.

Physiological Explanation:

Usually stems from bacteria buildup and lack of essential minerals in the teeth.

Natural Remedies:

1. *Warm salt water rinsing*: Reduces gum inflammation and cleans teeth naturally.

2. *Hydroxyapatite (Toothpaste)*: Used by astronauts since the 1970's. Regenerates tooth enamel.

3. *Strawberries*: Contain malic acid, which is a natural enamel whitener.

4. *Xylitol*: A sugar substitute that can help prevent tooth decay.

5. *Vitamin D+K2+Magnesium*: Essential for bone and teeth health; deficiency can lead to weak teeth and gums.

Headache

Headaches can range from annoying to debilitating, affecting concentration, mood, and general well-being.

Physiological Explanation:

Several factors contribute to headaches, including tension, dehydration, and inflammation.

Natural Remedies:

1. *Magnesium (Bananas, Almonds, Cacao)*: Can help to prevent headaches.

2. *Ginger*: Known for its anti-inflammatory properties, it can help reduce headache symptoms.

3. *Peppermint Oil*: Can be applied topically and may help relieve tension headaches.

4. *Caffeine (Coffee, tea, matcha)*: In small amounts, it can enhance the pain-reducing effects of other remedies.

5. *Hydration*: Dehydration is a common cause of headaches, and simple rehydration can relieve symptoms. Drink enough water and add Himalayan sea salt to improve hydration.

Impotence, Erection Issues

The inability to maintain an erection can have devastating emotional effects, impacting self-esteem and relationships.

Physiological Explanation:

Poor blood flow and psychological factors like stress can contribute to impotence.

Natural Remedies:

1. *Watermelon*: Contains l-citrulline, which can improve blood flow, including to

the penis.

2. *Ginkgo Biloba*: Often recommended for improving circulation, which can help with erectile function.

3. *Ginseng*: Known for its potential effects on improving erectile dysfunction.

4. *L-Arginine (Pumpkin seeds)*: An amino acid that can improve blood flow and may help alleviate impotence.

5. *Zinc (Meat, Seeds)*: Deficiency has been linked to erectile dysfunction, and supplementation can improve sexual function.

Skin Health

Itchiness, dryness, breakouts, redness, premature wrinkles, and skin discoloration can not only be uncomfortable but also affect one's self-esteem and confidence.

Physiological Explanation: The skin issues often result from inflammation, hormonal imbalances, oxidative stress, dehydration, and nutritional deficiencies.

Natural Remedies

1. *Omega-3 Fatty Acids* (Fish, Walnuts, Chia Seeds): These essential fats reduce inflammation and can help counteract the effects of UV damage.

2. *Vitamin E* (Almonds, Sunflower Seeds, Spinach): A potent antioxidant, it helps fight off free radicals and reduce UV damage to the skin.

3. *Vitamin C* (Oranges, Strawberries, Kiwi): Essential for collagen production,

this vitamin helps keep skin firm and youthful.

4. *Zinc* (Pumpkin Seeds, Lentils, Beef): This mineral plays a vital role in skin development, inflammation control, and production of new cells.

5. *Beta Carotene* (Carrots, Sweet Potatoes, Spinach): Once ingested, the body converts it into vitamin A, an essential nutrient for skin repair and maintenance.

6. *Hydration* (Water, Cucumber, Watermelon): Keeping hydrated ensures the skin remains supple and aids in detoxification.

7. *Collagen* (Bone Broth, Sea Moss): Collagen is an essential structure protein and improves hydration of the skin

Cancer

The very word 'cancer' evokes a deep-seated fear in many. It's an unpredictable

intruder that can disrupt lives, causing emotional and physical turmoil. The silver lining? Nature offers us several substances that might aid in cancer prevention and complement conventional treatments.

Natural Remedies:

Medicinal Mushrooms:

Shiitake: Contains lentinan, which might bolster the immune system and has been studied for its potential anti-cancer properties.

Reishi: Known for its potential immune-boosting capabilities, it may inhibit tumor growth.

Maitake: Studies suggest that it could slow down tumor growth and boost immune function.

Chaga: Often referred to as the "King of Medicinal Mushrooms," Chaga contains antioxidants that might combat cancer.

Turmeric & Curcumin: Curcumin, the main active ingredient in turmeric, has powerful anti-inflammatory effects and is a strong antioxidant. It may prevent cancer initiation, tumor growth, and metastasis.

Green Tea: Packed with antioxidants, specifically epigallocatechin gallate (EGCG), which has been shown to inhibit tumor cell proliferation.

Flaxseed: Rich in omega-3 fatty acids and lignans, both of which may have protective effects against certain types of cancer.

Berries: Blueberries, strawberries, raspberries, and other varieties are rich in vitamins, minerals, and antioxidants that could inhibit tumor growth.

While these natural remedies and foods can provide support, you should still consult a medical professional for this complex of diseases.

3.2 HEALING THE MIND

Mental well-being is deeply connected to our dietary habits. While external factors play their role, the foods we consume influence our emotional and cognitive states. Here, we'll delve into prevalent mental conditions, examining how certain dietary lapses can exacerbate them. With the core philosophy of real food as our guide, we'll discuss nature's remedies that can potentially alleviate symptoms and foster mental resilience.

Anxiety

Anxiety disorders can significantly impact daily life, causing excessive worry, fear, and a constant sense of dread.

Physiological Explanation:

Imbalances in neurotransmitters and heightened stress responses as well as too high cortisol levels often contribute to anxiety.

Natural Remedies:

1. *Lavender Tea:* Known for its calming properties.
2. *Ashwagandha:* An adaptogen known for reducing cortisol levels.
3. *Valerian Root:* Used traditionally to treat anxiety.
4. *Passionflower:* Known for its calming effects.

5. *CBD*: Shown in some studies to have anti-anxiety effects.

6. L-Theanine (Green Tea): A non-proteinogenic Amino Acid shown to reduce anxiety by itself. Can also be used in isolated form and added to Coffee to reduce jitters/anxiety caused by coffee.

Depression

A persistent feeling of sadness or lack of interest that can lead to a variety of emotional and physical problems.

Physiological Explanation:

Often related to imbalances in brain chemicals like serotonin.

Natural Remedies:

1. *Saffron*: May be as effective as certain antidepressants for mild to moderate depression.

2. *Omega-3 Fatty Acids* (Fish, Flaxseeds): Found in fish and flaxseeds, these may help regulate mood.

3. *St. John's Wort*: A commonly used herbal remedy for depression.

4. *Vitamin D*: Deficiency is often linked to depression. Take together with K2 and Magnesium.

Sleep Disorders

Insomnia or disrupted sleep can lead to poor performance at work, mood swings, and long-term health issues.

Physiological Explanation:

Various factors like stress, hormonal imbalance, and lifestyle choices contribute to sleep disorders.

Natural Remedies:

1. *Melatonin* (Cherries, Pistachios): The hormone that regulates sleep.

2. *Valerian Root*: Known for its sleep-enhancing properties.

3. *Warm Milk*: A traditional remedy and good ritual for sleeplessness. Contains small amounts of melatonin.

4. *Chamomile Tea*: Known for its mild sedative effects.

ADHD

Issues with attention, hyperactivity, and impulsiveness can affect school performance and relationships.

Physiological Explanation:

While the exact cause is unknown, brain structure and function, as well as neurotransmitter imbalances, are believed to play roles.

Natural Remedies:

1. *Nuts (Macadamia, Pistachios)*: Rich in essential fatty acids that may help improve focus in some individuals.

2. *Magnesium (Cocoa, Cashews, Banana):*
Deficiency can exacerbate symptoms.

3. *Zinc (Meat, Seeds) :* Helps regulate neurotransmitter activity and may alleviate symptoms.

4. *Lion's Mane:* Used in traditional Chinese medicine for its brain boosting properties.

5. *Ginkgo Biloba:* Sometimes recommended for enhancing focus and concentration.

Stress

Chronic stress can lead to severe health issues, including mental health disorders, cardiovascular diseases, and immune system dysfunction.

Physiological Explanation:

Constant activation of the "fight or flight" system can lead to wear and tear on the body.

Natural Remedies:

1. *Passionflower*: Known for its calming effects.

2. *Valerian*: Often used as a herbal remedy to reduce stress and promote relaxation.

3. *Rhodiola Rosea*: An adaptogen that can help the body adapt to stress.

4. *Green Tea*: Contains L-theanine, which has a calming effect. Don't overdo it, as the contained teain works like caffeine.

5. *Ashwagandha*: An adaptogen known for reducing cortisol levels, which is the body's stress hormone

4 . LIFESTYLE AND ENVIRONMENT (BONUS)

While the cornerstone of this book focuses on the healing power of food, it's essential to recognize that our lifestyle and the environment we live in play a pivotal role in our overall well-being. This bonus section will guide you through various aspects of life you should either embrace or avoid for optimal health. You will find further literature and sources to read more and build your own opinion.

4.1 EMBRACE YOUR NATURE

In this section we'll delve into habits that are beneficial for both body and soul, encouraging you to integrate them into your daily life for a holistic approach to health.

Get Out in Nature

Why: Connecting with nature has the power to rejuvenate your mind and body. The serenity of natural landscapes has been linked to lower levels of stress, anxiety, and depression.

Studies & Opinions: Research from the "International Journal of Environmental Research and Public Health" highlights how nature engagement can improve mental well-being. Furthermore, ecotherapy is becoming a recommended treatment for various mental health conditions.

Spending at least 120 minutes a week in nature can have measurable benefits on your

health, according to a study published in "Scientific Reports."

Recommended Reading: "The Nature Fix" by Florence Williams

Move More

Why: Physical activity isn't just for weight loss; it's an elixir for overall well-being. Even low-impact exercises like walking have profound health benefits, including cardiovascular health and mental clarity.

Studies & Opinions: Harvard Medical School reports that walking can cut the risk of cardiovascular diseases by 31%. Also, a study in the "British Journal of Sports Medicine" found that walking can improve cognitive function.

The Mayo Clinic recommends at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise per week.

Recommended Reading: "Born to Run" by Christopher McDougall

Do Fasting

Why: Intermittent fasting isn't just a weight loss fad; it's an ancient practice that promotes cellular autophagy, mental clarity, and metabolic health.

Studies & Opinions: "The New England Journal of Medicine" published a review affirming various health benefits of intermittent fasting, including insulin regulation and cardiovascular health.

Intermittent fasting has various methods, including 16/8, 5:2, and alternate-day fasting. Choose the one that best fits your lifestyle.

Recommended Reading: "The Complete Guide to Fasting" by Dr. Jason Fung

4.2 AVOID THE MATRIX

Here we shed light on less-discussed threats to our well-being, offering insights and alternatives to ensure you're not unknowingly compromising your health.

Avoid Plastic

Why: Microplastics are ubiquitous, not just in oceans but also in our bodies. They can disrupt our endocrine system and have been linked to a host of health issues.

Studies & Opinions: An alarming study in "Environmental Science & Technology" equates microplastics to "the new smoking." Another study published in "Reproductive Toxicology" found endocrine-disrupting effects of certain plastics.

Microplastics are not just in water bottles; they're in personal care items, synthetic clothing, and even your kitchenware.

Recommended Reading: "Life Without Plastic" by Chantal Plamondon and Jay Sinha

Avoid Chemicals in Everyday Items

Why: It's not just your food you need to be wary of; everyday items like soap and shampoo can contain chemicals like parabens and sulfates that have been linked to cancer.

Studies & Opinions: A report in "Environmental Health Perspectives" confirmed the carcinogenic properties of PFOA, a chemical commonly found in non-stick pans.

Look for natural alternatives like castile soap, or opt for pans made of stainless steel or cast iron.

Recommended Reading: "Slow Death by Rubber Duck" by Rick Smith and Bruce Lourie

Fluoride and IQ

Why: While fluoride is praised for its dental benefits, its overconsumption is associated with cognitive issues.

Studies & Opinions: A report in "The Lancet" classified fluoride as a neurotoxin that might be detrimental to child development.

Use toothpaste with alternative active ingredients like xylitol and hydroxyapatite and opt for a water filter that removes fluoride.

Recommended Reading: "The Case Against Fluoride" by Paul Connett, James Beck, and H.S. Micklem

EMF from Phones

Why: Constant exposure to the electromagnetic fields from our gadgets may have long-term health implications according to the WHO, including the risk of cancer.

Studies & Opinions: The World Health Organization has classified EMF as a Group 2B carcinogen, meaning it's "possibly carcinogenic to humans."

Use wired earphones or speaker mode when taking calls and try to reduce screen time to minimize exposure.

Recommended Reading: "The Non-Tinfoil Guide to EMFs" by Nicolas Pineault

FINAL THOUGHTS

As we close the final chapter of this transformative journey, it's essential to revisit the pivotal truths we've uncovered. The essence of our well-being isn't found in a pill bottle, nor is it crafted in a lab. It's nurtured by nature—by the real, unprocessed foods that have sustained us for centuries.

Our bodies are not machines; they are complex ecosystems that thrive on holistic care. Whether it's choosing some walnuts over a milk chocolate bar when we crave magnesium or opting for a walk in the woods instead of a Netflix binge, our choices are powerful. Remember, health isn't merely the absence of disease; it's a state of complete physical, mental, and social well-being.

You've been armed with an arsenal of information, from understanding the dire consequences of processed foods to embracing the healing power of a real-food lifestyle.

You've also learned the integral role of lifestyle and environmental factors—from what we should embrace, like nature and movement, to what we should avoid, like plastics and EMFs.

Don't let this knowledge stay confined to these pages. Apply it. Live it. And most importantly, *share* it. Talk to your family, educate your friends, and be a beacon in your community. You now have the blueprint to reclaim your health and that of those around you.

The Banned Blueprint isn't a fad; it's a return to our roots, a journey back to basics. It's a reclamation of the well-being that's rightfully yours, and a step toward leaving a healthier legacy for generations to come.

Your journey doesn't end here; in fact, it's just beginning. It's time to awaken to your full potential. Take charge of your

health, reclaim your vitality, and live the life you were meant to.

Thank you for allowing me to be a part of your journey toward health.

- *Fabian*

RECOMMENDED

FURTHER READING

***"What to Eat"* by Marion Nestle**

An insightful exploration into the confusing world of food advice, Nestle's book provides clear guidance on making healthier food choices amidst the clutter of food marketing and trends.

"Food Rules: An Eater's Manual" by Michael Pollan

Offering a set of simple yet crucial guidelines, Pollan's manual aids readers in navigating the complex maze of modern food choices and returning to the basics of wholesome eating.

"In Defense of Food: An Eater's Manifesto" by Michael Pollan

With a simple message - "Eat food, not too much, mostly plants" - Pollan dismantles the modern diet and suggests how we can get back

to real food.

"The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative" by Florence Williams

Williams delves into the science behind why being in nature makes us feel alive and rejuvenated, emphasizing the importance of connecting with the natural world for our well-being.

"The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest" by Dan Buettner

Exploring regions where people live significantly longer and healthier lives, Buettner distills the dietary and lifestyle practices that contribute to their longevity.