

02

THE PHILOSOPHY OF “YOUR NUTRITION”

HOLISTIC NUTRITION COACH
Raw Vegan Focus



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1st Edition 2023

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The Philosophy of “Your Nutrition”

SECOND LESSON

“Your Nutrition” combines the most nutritious foods and paves the way for more pleasure, health, beauty, sustainability and happiness.

Essential insights from historical and geographical views have influenced our comprehensive nutritional philosophy. In particular, we want to raise awareness of the depth of human history and which foods are best designed for a human diet.

Along with the nutritional findings, this recognition of our history leads to the understanding of what the most nutritious foods are. When our bodies, our attitudes and the life-enhancing nutrients work together, our life-force can develop its healing effect and make a truly high quality of life possible. Individually designed practical ways for daily implementation complete the nutritional advice concept of “Your Nutrition”.

How are we to attain optimal health if we don't know what mistakes we're making?

Our Concept



1 Knowledge About Health and Nutrition

“My people are dying because of a lack of knowledge”

-Hosea, Hebrew prophet

The basis for optimal nutrition is an in-depth understanding of the human body, its needs and related nutritional foundations. Over the next six months, we will build a comprehensive knowledge of these topics.

After all, how could we achieve optimal health if we don't know what serious mistakes we are making? In fact, the lack of knowledge about a healthy diet is a basic problem. Many people don't care enough about the basics of nutrition. If you want to get informed, you will quickly find yourself in a sea of sometimes contradictory opinions and advice.

Knowing how to sustainably improve your health and well-being with nutrition is a blessing especially for someone with existing health problems. Of course, for all those who just want to live and grow old healthy, the same applies.

Our training paves the way for optimal nutrition in a well-grounded and comprehensive manner and includes:

- Basic knowledge of human anatomy and basic physical functions
- Nutritional knowledge and food science
- Coaching competence to guide and support a change in diet, including practical knowledge with preparation instructions

2 The Optimal Nutrition

We start on our way to optimal nutrition with the question:

What do we mean by nutrition?

The vast majority of people don't really think much about what nutrition means. Typically there are different answers such as:

- We eat because we are hungry and to feel full.
- We eat because we like to enjoy food and because it tastes good.
- Nutrition means to be supplied with nutrients, vitamins and minerals that serve as an energy source.
- As defined by the German Nutrition Society, nutrition is “a wholesome diet is the basis for a needs-based and health-promoting balance of food and drinks. It can help to promote or sustain a person's growth, development and performance as well as his or her health throughout their entire lives.”

In earlier times, it was mostly the case that humans intuitively resorted to the food that was available and most valuable to them at that moment. With the ingredients in modern convenience foods affecting our natural sense of taste as well as being so tempted to eat things that taste good but aren't necessarily beneficial to us, today we are challenged to consciously choose our food and how it is prepared.

The word “nourish” which stems from nutrition, leads us to go a step further and ask ourselves the question:

What really nourishes us?

We base our concept on the recommendation of the Greek doctor Hippocrates-

“Let thy food be thy medicine and medicine be thy food.”

We aim to realize its full potential with trust and conviction that nature provides us with the most nutritious food.

More than 2,000 years ago, nutrition played a central role in health for Hippocrates. He recognized that with every illness, the entire person should always be considered and that full health depends on the right mix of good nutrition and a natural way of life.

What is the use of a wholesome diet if we don't feel well mentally or if we lose our balance in stressful situations of everyday life? How much can a little awareness practice nourish us and give us new strength? How indispensable is sufficient sunlight for our well-being?

The focus of our training is on nutrition. However, we will also address important additional aspects, meaning things that nourish us above and beyond our diet and give us energy and fulfillment.

HEALTH

Optimal nutrition

High quality water (Lesson 20)

Sufficient movement, breathing, sunlight (Lesson 7, 19, 22)

Spiritual condition, attitude, thoughts (Lesson 27, 28)

Our claim to nutrition is always based on the following questions: How can everyone effectively support their health through nutrition, and how can we nourish ourselves so that we receive the highest amount of nutrients without burdening our bodies with harmful substances?

In the Western world today, we live in such abundance with an unmanageable food supply. Yet our habits have evolved in ways that don't meet the most important requirements of a diet that seeks to make health a top priority and makes it simple to nourish our bodies.

Says raw food expert Dr. John Switzer, “we must approach this in another way to do justice to our ‘stone age body’. After all, humans have fed on wild plants, roots, seeds, nuts, sea algae and wild fruits for over 4.5 million years. Our bodies were influenced by these “wild“ foods and not by industrially processed products“¹

Collaboration with Dr. Switzer

At *Your Nutrition* we work closely with Dr. John Switzer on medical and nutritional science. Each of our endeavors to look for the best and most vital nutrient-rich foods end in a nearly identical nutritional approach and led us to the knowledge for completing the training concept of *Your Nutrition* and *Wild Herb - Vital Herb* by Dr. Switzer. In this way, we can train nutritionists to be best equipped to support health-oriented people and those with health problems.

An important role is played by a raw food diet combined with your local wild herbs.

The Raw Food Diet

The basic idea of the raw food diet is to eat food in its most original and natural state as possible. It should not be heated above 42°C (107°F). This keeps enzymes, vitamins, minerals and phytochemicals largely intact and keeps the food alive.

¹ Dr. John Switzer, born in Oregon, USA, has had a practice for homeopathy and Ayurveda in Feldafing in the south of Munich, Germany since 1989. For several years, his focus has been on a living, enzyme and mineral-rich diet, which he summarizes under the name “Wild Herb-Vital Food”.

Temperature is an important factor in the denaturation of proteins. The reason why humans and animals can die from a very high fever is because heat denaturation can cause the loss of the function of enzymes and other proteins. We will discuss this in detail in Module 3. Many people react to the idea of raw food with a certain skepticism at first. Who likes to eat only carrots, apples and salad, which is what's often understood as raw food? That doesn't sound very appealing to most people. But we can promise you, anyone attending a raw food buffet will be surprised and experience quite the opposite of simply raw fruits and vegetables.

The raw food kitchen takes us to a new world of food. It offers a huge range of ingredients and a wide, creative field, that allows for the preparation of dishes that are:

- Natural
- Nutrient-rich
- Peaceful
- Tasteful
- Colorful

Anyone who opens themselves up to a raw diet may be curious about the exciting journey ahead. It is not about lauding a dogmatic and 100% raw diet. It's about receiving the benefits of this nutrient-rich diet, so it's valuable to maintain a degree of flexibility. The optimal diet looks a bit different for everyone and is subject to change over time. Anyone who is ideologically stuck usually finds it harder to intuitively feel what is really good for the body. It is thus literally about “**your nutrition**” and the discovery of somatic intelligence. A largely natural diet leads to a sensitization of taste, allowing you to regain the sense of your own body. In the final step, you will be better to perceive what your body needs and thus what nourishes it the most.

Anyone who is ideologically stuck usually finds it harder to intuitively feel what is really good for the body.

2.1 Fresh – Nutrient Rich – Alive

For us, an optimal diet differs from the conventional standard diet in some essential aspects. We place a great deal of emphasis on the nutrients contained in food, such as minerals, vitamins and phytonutrients (these are discussed in detail in Lesson 22). In addition, important criteria for real food and vitality are its content of enzymes, biophotons, chlorophyll and bitter substances.

Enzymes

Enzymes make the miracle of seed sprouting possible and are a key aspect that makes food come alive with all its beneficial health effects. Enzyme content is highest in fresh and unprocessed foods, and even higher in sprouted and fermented foods.

In addition to the enzymes that we can consume via food, we have digestive and metabolic enzymes already in our bodies. They are fundamental to all metabolic processes and play a key role in the raw food diet. In Module 2, we have dedicated a separate chapter to the extremely important and intriguing topic of enzymes, in which, among other things, we answer the following questions:

- What are enzymes and how do they work?
- What is the connection between enzymes and vitamins?
- Which types of enzymes are available?
- What are the most enzyme-rich foods?
- Why is an enzyme-rich diet particularly valuable as we get older?

Biophotons

The phenomenon of photons was discovered in the 1920s by Russian biologist, Alexander G. Gurwitsch. In 1922 he was able to prove for the first time that plant cells emit light.

This knowledge was further developed in the 1970s by the German biophysicist Fritz-Albert Popp. Popp coined the term biophotons for this type of cell radiation. “Photons” are light quanta, the physically smallest elements of light and “bio” because they fulfill important biological functions and are released from living cells.

In each cell, about 30,000 to 100,000 chemical reactions occur per second. In a human body, that’s about a trillion metabolic processes per second, a number that exceeds the bounds of our imagination. Traditional medicine assumes that these processes are chemically controlled. By contrast, Popp believed that biophotons alone have the necessary speed to precisely trigger the desired chemical reactions. For him, the weak light stimuli plays an essential role in the transmission of information among the cells. He also suspected that they have a regulatory power in the human body.

Biophotons are captured by natural sunlight, which is absorbed by humans through their diet, skin and eyes. Popp even went so far as to say that humans are first and foremost biophoton-eaters and not calorie-eaters.²³

The energy essence of biophotons is called “Chi” in Chinese and “Prana” in Ayurvedic.

Chlorophyll

Chlorophyll (from ancient Greek *chloros* - light green, fresh and *phyllon* - leaf) is the color pigment that gives the plants their green color and allows them to carry out photosynthesis. During photosynthesis, the plant converts carbon dioxide and water into carbohydrates under the influence of sunlight.

Structurally, chlorophyll is similar to our red blood pigment, hemoglobin. There is only one small difference- Chlorophyll has a magnesium ion as central ion and hemoglobin has an iron ion as its center.

Its positive effect on our health has been confirmed in numerous scientific studies.⁴

Chlorophyll:

- has a blood-forming effect
- improves the oxygenation of our bodies
- promotes blood circulation and wound healing

² Bischof, Marco. Biophotons: [The Light In Our Cells](#) (14th edition) two thousand one 2008

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5433113/>

⁴ Jane Higdon, Ph.D., [Chlorophyll and Chlorophyllin](#), Oregon State University, Linus Pauling Institute, 2004-200

- provides us with magnesium
- purifies the blood and detoxifies it by binding toxins
- cleanses the intestines and aids in digestion
- has antioxidant and anti-inflammatory effects
- promotes pleasant body smell

In Ayurveda, it is of central importance that the blood is strong, clean, and holds minerals. In order to bring our blood into this high functioning state, high-quality nutrients in the form of chlorophyll and organic minerals must be consumed. If these nutrients are lacking, the blood can not optimally nourish our body tissue and keep it healthy.

Interplay of chlorophyll and biophotons

Chlorophyll absorbs light particles (photons) and converts the sunlight together with carbon dioxide and water into energy and oxygen and stores them in green leaves. It can be said that chlorophyll acts as a storage battery for biophotons. The best stores or donors of biophotons are fresh, green leafy vegetables from the garden, local wild herbs and sunlit fruit. If the leafy vegetables wither through long storage, the sensitive biophotons are lost. Therefore, green leafy vegetables should be consumed as fresh as possible.

Bitter substances

Once again, a look back in time helps us to imagine the meaning of bitter substances. The original diet of humans included a variety of bitter root vegetables, leafy vegetables and wild plants.

But who enjoys bitter flavors today? Everything that tastes bitter is met with general disapproval and so bitter substances have been almost completely removed from our diet.

This is unfortunate, because bitter sub-

Bitter substances have a number of positive effects on digestion and metabolism.

stances in particular have many positive effects on our metabolism. They also play a major role in natural healing science and in far Eastern teachings. In Ayurveda, a person needs six different flavors to stay healthy with vitality: sweet, salty, sour, tart, bitter and spicy. In a normal western diet with many processed foods, the three predominate flavors are sweet, salty and sour. Fast food is usually a combination of these three, as you can experience with fries, hamburgers and milkshakes. The bitter substances are often completely missing.

Positive effects of bitter substances:

- Bitter substances stimulate the digestive organs
 - Bitterness begins to aid digestion in the oral cavity as soon as the bitter taste is sensed on the tongue. Secreted saliva increases and the formation of digestive enzymes is activated in the pancreas and intestinal tract. Bitter substances also stimulate bowel movements.
- Bitter substances regulate the acid-base balance
 - Bitter substances stimulate the liver's detoxification function and help to dissolve acids, toxins and waste products so that they can be excreted. They not only provide bases, they also promote their production.
- Bitter substances make acid blockers unnecessary
 - While acid blockers only fight symptoms, bitter substances take on the cause of stimulating and regulating the digestive juices.
- Bitter substances regulate blood sugar⁵ and curb appetite

In addition to making food easier to tolerate, bitter substances also stimulate insulin production and curb the appetite. Missing bitter substances means we usually eat far more than would be necessary to satiate natural hunger. However, those who return to more bitterness in their diet, no longer have a fondness for processed and overly sugared industrial foods. Adding bitterness into your diet may require extra effort at the beginning, but it will “heal” the sense of taste and may aid in a way out of uncontrolled eating addictions.

⁵ <https://www.ncbi.nlm.nih.gov/pubmed/29339109>

Which foods contain bitter substances?

We can find and use bitter substances in nature quite easily and inexpensively. Wild herbs, especially the domestic dandelion, have many bitter substances. So do some spices, green lettuces such as radicchio, chicory, arugula and endives, as well as salad and citrus fruits such as grapefruit and lemons.

2.2 The Most Nutrient-Rich Foods

Nutrient-rich foods are characterized by the fact that they not only contain macronutrients - carbohydrates, fats, proteins - they're also rich in micronutrients - minerals, vitamins and phytonutrients. These are found mostly in fresh plant foods, ideally homegrown or from organic vegetable farmers. Depending on the season, additional green leafy vegetables, wild herbs, berries, sprouts, microgreens or fermented vegetables can enrich our diets. All have plenty of enzymes, biophotons, chlorophyll and bitter substances.

Green Leafy Vegetables and Wild herbs

We recommend always looking for green leafy vegetables. It is so healthy and there are many ways to include greens in your diet, like green smoothies, freshly squeezed vegetable juices, fresh salads and bowls.

In the spring and summer, freshly picked wild herbs are a good choice. Nettle, yarrow, dandelion, chickweed to name a few, have a unique nutrient makeup and provide 5 to 50 times more vitamins, minerals and phytonutrients than conventional vegetables.

They find their place in nature without assistance where they excel, and require no care. We find them, for example, at the edge of the forest or in parks under bushes and shrubs. There they grow on pristine soils with many microbes, earthworms and microorganisms.

Due to long transport distances, storage and over development, even organic foods lose a lot of their nutrients. Wild herbs, however, usually grow near your doorstep, so can be eaten fresh right away.

Today, most people are reluctant to get their food from the great outdoors.

Rather, we are accustomed to call everything that does not belong in ornate gardens a weed. It is common practice to go to a grocery store and pay for our food. To accept this gift of nature with gratitude is a great enrichment.

By getting to know the individual wild herbs we can reduce uncertainties, develop curiosity and maybe pay more attention to our intuition to find out which wild herbs call out to me the most today?

The most important tips in searching for wild herbs:

- First look for the most popular wild herbs such as nettle, dandelion, daisy and ribwort.
- Try them pure, in a smoothie or salad, or try mincing them and use to enrich a meal as you would with other herbs.
- Less is more, because wild herbs are highly potent medicinal plants. Pay attention to the physical effects, a mild headache is an indication to reduce the dosage.
- Pluck young, tender leaves.
- Choose variation instead of the same- diversity ensures a rich variety of nutrients and protects against an excess of alkaloids (see Module 5, Lesson 22, Phytochemicals).
- Visit paths where herbs grow again and again and get to know more unknown wild herbs.

Tasty recipes and a description of the most important wild herbs are available in the practical handbook.

Berries

In the summer, anyone who has the opportunity should eat plenty of fresh, ripe berries. Whether raspberries, strawberries, blueberries, blackberries or currants - all have a relatively high vitamin and mineral content and are plentiful in a variety of phytochemicals such as flavonoids and anthocyanins. Fruits pigmented yellow and orange as well as red and blue berries promote good health as they

have a very strong antioxidant effect. In any case, it’s preferable to eat fruits still containing their seeds, as seedless cultivated fruits contain comparatively more sugar and fewer minerals.

Sprouts and microgreens

In winter, sprouts, seedlings and microgreens are ideally suited to provide us with plenty of vitamins and minerals. While vegetables and salads come from greenhouses at this time, are transported halfway around the world and are still relatively expensive, sprouts can grow on their own on a windowsill and be added to our plates fresh and alive. Sprouts are rich in biophotons, chlorophyll and enzymes.

What happens during sprouting?

Seeds have everything they need to grow into a plant. They sleep, so to speak, much like in a winter hibernation.

With the help of moisture, oxygen, heat and light, the enzymes are activated and extensive biochemical processes occur, making seeds one of the most vital nutrients in the world. Their growth consists of many processes:

- **Proteins** break down into amino acids.⁶
- **Fats** convert to essential fatty acids.
- Complex **carbohydrates** (starch) break down into single and double sugars.⁷
- **Protective substances** that prevent the plant from being eaten in the wild such as lectins and phytic acid are largely broken down.^{8,9}
- Vitamin content increases and connects with enzymes, allowing the body to absorb them more efficiently. **Vitamins** A, C, E and important B vitamins increase many times over.¹⁰
- **Minerals** such as calcium, magnesium, potassium, phosphorus and zinc

6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5336459/>

7 <https://pubmed.ncbi.nlm.nih.gov/6168260/>

8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325021/>

9 <https://pubmed.ncbi.nlm.nih.gov/8052578/>

10 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1078512/>

are bound to enzymes during the sprouting process and thus achieve a higher bioavailability.¹¹

- Sprouts and certain varieties of grass are especially rich in **chlorophyll**. Chlorophyll is blood-building, blood-purifying and helps in the removal of toxins and deposits.¹²

Growing sprouts yourself is the best way to have constant access to a fresh source of nutrients, especially over the winter. It is the start of being self-sufficient with living food from the garden and no vegetable is more energy-saving, poison-free and at the same time reasonably priced. Instructions can be found in the practical handbook.

End of Sample Lesson

11 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4252429/>

12 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4830245/>

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