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if you need a guide, you know where
to find me



APPENDIX 0 (ZERO) – GENERAL RULES

General rules of nutrition and common sense

These rules aren't rules. I don't really believe in rules, or in the word "must". I think it's far more useful to see them as a set of suggestions meant to guide you through life and help you enjoy it more responsibly.

Try to follow them as much as your time, space, and mood allow.

1. Give thanks! — Bless and love the water and food that will nourish you.
 - o What you eat and drink becomes part of you; offer it love or gratitude.
 - o This is the meaning behind blessing or praying before a meal.
 - o Our thought and our belief are the greatest force in the Universe.
 - o A good thought of gratitude or love can change the altered structure of food or water — this is already a scientifically proven fact, not just a religious or mystical myth.
2. THE RULES OF WATER
 - o Try to drink only still or spring water, even for cooking or boiling.
 - o Water or other liquids can be drunk 10–15 minutes before a meal.
 - o Do NOT drink water or other liquids during a meal.
 - o Do NOT drink water or other liquids for 45–60 minutes after a meal.
 - o Exception: hot tea or hot soup can be had 20 minutes after a meal.
3. Food is bioavailable in its natural form, unprocessed by heat or by other chemical or industrial methods. The more food is eaten in its natural form, the easier it is for the body to absorb it without metabolic, chemical, or cellular effort. Regardless of the type of food — fruit, vegetables, grains, seeds, dairy, or meat — food is easier to assimilate when it isn't processed. Optimal nutrition means unprocessed nutrition, or as unprocessed as possible. Our ancestors didn't know nutrition or chemistry, but their bodies and their common sense told them what and how to eat. We've forgotten that.
4. General percentages. Overall, diet needs to be composed mainly of:
 - o 65–75% — Fruit, Vegetables and Leafy Greens
 - o 0–10% — Grains and Seeds
 - o 15–25% — Animal-derived products

These percentages can change depending on needs, location, etc.

5. If we look at basic macronutrients, the percentages should be approximately:
 - o MAXIMUM 25% Carbohydrates (meaning sugars of all kinds, grains, fiber, etc.)
 - o 50% Fatty acids (natural fats and oils)
 - o 25% Amino acids, meaning broken-down protein (plant or animal-based)

These percentages can vary depending on specific nutritional patterns, genotype, sex, etc.

6. The water in fruit and vegetables is the most useful for cleansing the lymphatic system and clearing toxins from the body.
7. FRUIT AND VEGETABLES ARE NOT COMBINED AT THE SAME MEAL. They should be eaten separately, at different meals, or after they've been digested. The same rule applies to vegetable and fruit juices.
8. The stomach doesn't generate acid unless it detects the presence of protein. In the absence of protein, the stomach acts merely as a container. Protein takes priority over carbohydrates or fats, which is why, in combination, they remain undigested or only partially digested until the protein has been broken down into peptones or peptides.

That's why, ideally, protein shouldn't be paired with anything else — though it can be combined with leafy greens or fiber.

ZPM Coaching SRL; IBAN: RO40INGB0000999906078308; Banca: ING Bank - Crystal Tower; Cod fiscal (C.U.I.): 36299893, J23/2846/11.07.2016
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9. Eating is not recommended after 8:00 PM, or within 2–3 hours of going to bed at night. Food needs to be digested before sleep.
10. The list below contains the most harmful foods we commonly come into contact with. The more you avoid them, the fewer health problems you'll have. Ideally, don't consume them at all — or if you do, do so randomly enough that you know how to offset their harmful effect.
 - Here's an example. Think about it: for thousands of years humanity has eaten both meat and dairy without the health problems we see today — the difference is that these products were unprocessed. Dairy was consumed raw or fermented, or as cheese, which is itself a form of fermentation. Even so, it wasn't consumed daily. The same was true of meat: it was eaten rarely, and generally it was smoked, dried, or preserved in fat. Meat was a delicacy. I won't go into more detail since it isn't necessary here — I hope you get the idea. Moderation is the key.

BLACK LIST

The list below covers the main harmful substances that affect the chemistry and energetics of the body and brain:

- Refined sugar and other processed carbohydrates (the real problem isn't sugar itself, but the excess of sugar or carbohydrates, which ultimately turns into sugar anyway)
 - Synthetic sugar substitutes of any kind (saccharin, aspartame, acesulfame K, etc.) — these can be hundreds of times more toxic than sugar. Fructose and glucose from fruit and vegetables are fine, but not the refined, concentrated forms found in many processed foods.
 - This also includes agave syrup, a processed form of agave which does contain natural fructose from which fructose honey can be extracted non-thermally, but what's actually sold on the market is heavily heat-processed and highly concentrated (meaning it's no longer in its natural, hydrated form), despite having a low glycemic index.
 - Corn syrup, industrial glucose or fructose, and other synthetically produced sweeteners.

You can use honey, stevia, or xylitol. When you crave something sweet, eat honey, fruit, or dried fruit.

The idea is that these, too, need to be used in moderation, now and then.

- Refined, hydrogenated, esterified fats and oils — also known as trans fats. These are like plastic: the body can't recognize them and, as a result, doesn't really know what to do with them. Avoid them as much as possible — I'm referring especially to fried foods, margarine, etc.
- Gluten, found mainly in white flour and products made from wheat and rye. Smaller amounts of gluten are also found in other grains (barley and oats) — watch out for these too. If the brain is already seriously affected, even small amounts can have significant effects, equivalent to large amounts of toxic excitotoxins. A tired brain is sensitive to these substances and becomes increasingly sensitive with age. It becomes harder and harder to clear amyloid plaque (Amyloid Beta Protein) as the years go by — this is behind Parkinson's, Alzheimer's, senile dementia, and other diseases that appear after a certain age.
- Industrially processed food (junk food), which contains a load of additives, emulsifiers, acidity regulators, and other preservatives — mostly just sugar (carbohydrates) and refined fat.
- Monosodium glutamate (MSG) and its many forms, used by the food industry to make food taste delicious. It's one of the most toxic and harmful substances for the brain and body.
- Refined alcohol. Let's limit ourselves, at least at first, to a sip of țuică (Romanian plum brandy) or a glass of wine now and then.
- E-numbers: there is very detailed material out there about these food additives. The rule is simple — the fewer, or none at all, the better.
- Industrially processed meat and farmed fish. These contain a lot of antibiotics and hormones, as well as heavy metals and harsh chemicals in most cases. Best not to overdo it.
- Dairy. These are proteins incompatible with the human species, since we don't produce the specific enzyme needed to fully metabolize them — lactase. Dairy produces a lot of mucus and protein buildup that's very hard to eliminate (brain diseases are, in fact, an excess buildup of protein mucus in the brain — called amyloid plaque, which is Amyloid Beta Protein). Some people have genetic adaptations that let them tolerate small amounts of milk or dairy, but that percentage is very small, and we won't go into detail here.
 - Pasteurized milk is the most harmful, far more harmful than raw milk. Cow's milk is the most harmful of all. Goat's and sheep's milk are much better and can be tolerated by the body within certain limits — again, it should not be pasteurized. If you give pasteurized goat's milk to baby goats, they get sick and die.

- Fermented dairy (especially from sheep and goats) is better tolerated than the rest, as long as no additional processing methods are applied — sana, kefir, buttermilk, etc. — because they contain probiotic cultures.
 - All pasteurized and processed dairy affects us (e.g., kashkaval, processed cheese, etc.).
 - We need to understand that for tens of thousands of years people ate milk and had no problems, because they used it in its natural, fermented form (meaning they let bacteria adjust the chemistry of the milk enough for us to tolerate it).
 - Moderation is the key. A piece of cheese now and then never killed anyone, but if you eat it every day, and it isn't even in a natural form the body can still assimilate, you'll run into serious problems over time. If you want to recover your brain and your health in general, I'd suggest giving up dairy for a while.
 - Refined vinegar and other acidic or acid-forming foods.
 - You can use apple cider vinegar, which contains malic acid, not acetic acid.
 - Iodized salt. Naturally, we don't need very much salt, but if we do use it, it's best not to use iodized salt. We need sodium and potassium, not necessarily salt (NaCl) as such. Salt should be used in moderate amounts, depending on need.
 - Use rock salt or sea salt, in its non-iodized form. Himalayan salt is fine — again, as long as it's non-iodized.
 - The brain and the circulatory and lymphatic systems need large amounts of sodium for cleansing processes and for transmitting information. Salt is one of our friends — again, in small amounts.
 - Watch out: many sea salt producers iodize the salt or add flavor enhancers (monosodium glutamate).
 - Natural salt doesn't taste overly salty. That's one way to tell if it's natural.
 - Heavy and neurotoxic metals (mercury, fluoride, aluminum, cadmium, lead, arsenic, etc.)
11. Scraping the tongue with a spoon in the morning
Before anything else, take a spoon and scrape the tongue firmly to remove the buildup that accumulates overnight; repeat the motion until the tongue is clean.
- DO THIS EVERY MORNING, FROM NOW ON.**
12. Cleaning your teeth:
- Use toothpaste that doesn't contain fluoride (e.g., Microbright from Coral Club). Fluoride — specifically sodium fluoride — is classified as a neurotoxin.
- Recommended toothpaste: clay, aloe, and salt-based.*
- Natural mouthwash: peppermint tincture (50 ml) + comfrey tincture (50 ml) + 20 cloves (whole or freshly ground) + 1 teaspoon of cinnamon + 30 drops of propolis tincture + 350 ml of water.
13. The order of food at a meal is as follows:
- First, eat sweets or fruit, which are acidic but produce an alkalizing effect in the body, then take a break of at least 15 minutes.
 - Next, eat the main course, which should be balanced and mainly contain vegetables, grains, and seeds for extra alkalizing effect. Break of at least 15 minutes.
 - At the end, have hot soup, which provides warm liquid. It can be replaced with hot tea, 15–20 minutes after the meal.
 - The most effective form of nutrition is the food-combining (dissociated) diet: eat one dish as simple as possible, wait for it to digest, then eat something else.
14. Don't forget that fasting is one of the most effective forms of healing and regulating the body.
- Try to fast from time to time — at least one day a month.
 - From time to time, do a 3-day fast — this resets the immune system and helps the body regenerate.
 - Fasting means water only — nothing else.
 - There's also a dry-fasting variant, meaning no water at all, but this should only be done in special cases. I don't generally recommend it.
 - Technical fasts (BIO RESET) are very advanced fasts that can be done under medical observation and monitoring, and which can last several days. These are advanced techniques and require supervision.

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