

# Erschpfung

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In the Industrieländern most people are supplied with adequate amounts of nutrients in their National Employment. Deficiency diseases such as scurvy or rickets occur in contrast to Entwicklungsländern on very rare. The National Employment unguilate is however not balanced. This thus increases the risk of so-called lifestyle diseases such as hypertension, cardiovascular diseases, obesity, gout, diabetes, tooth decay and some cancers, but also suffer from allergies and diseases of the muscles and joints. Most digestive disorders and skin diseases are also on the National Employment fhren be refunded. A balanced National Employment contains one part, the right amount of energy (calories), which is determined on the basis of the so-called gross calorific value, and the other the right amount of essential nutrients for building krpereigener substances. Zunchst once should be distinguished: while living both contain identical amounts of carbohydrates, fats and Eiweiien, but food "between food and food" or in the form of micro-organisms contained in them. One example is the milk, which contains fresh milk as some healthy bacteria that allow it to coagulate into sour milk (food) and the pasteurized and homogenized milk, which is still just bitter, but not sour (food). Similar is the case of fruit and vegetables, which called in its raw state vital nutrients (including vitamins) contains - including a food is - and the same fruit and vegetables after cooking (food). The series liee continue infinitely. A very groes FR Our problem is the National Employment sugar dar. In order to refine the sugar cane or Zuckerrbe our weiien granulated sugar, the starting material with lime so often and with sulfur, a chemical compound that in the end far away from the food comes out. This sugar, miter which includes not only the crystal but also the icing sugar, glucose, and the so-called brown sugar, is the grte Vitamin B1-Ruber! Auerdem he makes abhngig - just like coffee, nicotine, alcohol and drugs! If one of the gegenber is that most people do without their National Employment on the supply of vitamin B1 through whole grains, are hereby declares the growth of many diseases. Vitamin B1 is included in the cereal grain kernel, which is - just like the cereal grain Hell - rejected the flour. But that is missing from the organism not only vitamin B1, but clog our ausgebrstet villi and not by the grain kernel - Hllen ". Combined with insufficient fluid intake and lack of exercise resulting shifts in the intestinal flora and constipation. Stores the stool mass, however, too long in the intestine, knnen contained in their toxic metabolic products are re-absorbed by the bodys. Other diseases are the result ... Did you Brig, that man produces a herbivore is his development of? Dafr speak his Mahlzhne and his long Dnndarm. When our ancestors were foraging up to 40 km per day. And you know that the intestinal immune grte of man is that? His finishes so large as a Fuballfeld! The wre times but a reason to make itself over its National Employment thoughts. Advertising Fri fluids and the many other unhealthy things, it does not. But the food and beverage industry also wants to earn brige ... we are suffering more and more under our bodys bersuerung. The National Employment plays a role not to unterschtzende. You may Verify this statement myself by testing the pH level in your urine. You will notice that he change like in your Abhngigkeit of National Employment. An acidic urine leads to the deposition of Harnsure but in the body, and subsequent formation of kidney stones and Uratablagerungen at the joints - that is, the gout. Auerdem be in the bodys fat bersuertem Suren not gelst completeness, what can fhren to an increase in cholesterol levels. Imfolgenden finden Sie eine Darstellung darber: Suren und surebildenden Lebensmittel Basen und basenbildenden Lebensmittel Gemse: Linsen, Rosenkohl, gekochte Bohnen, Artischocken Gemse: Kichererbsen, Oliven, Mohnsa men, rohe Bohnen, Rote Rben, Sellerie, Karotten, Steckrben, Kastanien, Leek, Zuckerrben, Runkelrben, chard, potatoes, cabbage, cauliflower, eggplant, Weikohl, kale, squash, asparagus, cereals: barley, rye, wheat, corn, buckwheat, millet, rice salad: radish, Lwenzahn, cucumbers, radishes Chicore, endive, horseradish, lettuce, peppers, black salsify, onions, lettuce cores and NSSE: Buchecker, Paransse, Erdnsse, Haselnsse, almonds, nuts and NSSE: Kokosnsse fish and meat: any kind of fish and meat (no matter what preparation) fruit: apples (raw and dried), red currants, blueberries, melon, strawberries, sour and Skirschen, grapes, dried figs, lemon, blackberries, plums, oranges, raspberries, peaches, pears, plums, dairy products: milk, cottage cheese, butter Cheese, yogurt (including any kind of dairy products except raw milk) herbs: dill, chives, watercress other products: yeast, margarine, eggs, other products: dried rose hips, oysters, cream, mushrooms, raw milk

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