

# THE ULTIMATE NUTRITION

## *INTRODUCTION*

There has been so much said and so many books written about food, nutrition, proper diet, detoxification, correct caloric intake, etc, that it is very hard to imagine that there are any people left who don't really understand nutrition. After everything that has been offered to the masses through books and the media to improve our knowledge of nutrition, how can there be any individuals or larger groups of people left that have not gotten these messages on nutrition and implemented them into their daily lives and everyday habits?

Let's look at the reality *now*, at the every day world for the majority of people out there today. Chronic diseases, the ones that can be attributed directly to our eating habits, are constantly on the rise and cosmetic changes to our bodies are raising the alarm the loudest. We are all getting fatter! And once we become bigger we need to eat more, so we become bigger consumers who need to spend more on food, while our health expenses also continue to go up. Once we get diagnosed as a sufferer of chronic disease we also instantly become a lifetime customer of the pharmaceutical industry. It's a never-ending cycle.

Everything could be all right if this irresponsible adventure didn't cost as much as it does. Billions are spent every year in order to cure, compensate for and correct diseases that can be prevented with a more responsible eating approach and with more sensitive eating habits. Almost all chronic diseases are exacerbated by or caused by improper nutrition - either the wrong selection of food or simply overeating (and in some cases under eating). In this day and age when we know more about nutrition than ever before, and when we should also be benefiting health-wise more than ever, we are actually suffering more diet-related health problems than at any point in our human history!

People were often much healthier in the days when the science of nutrition didn't even exist, without knowing about all the food components, theories of food combining, calorie counting and the other great discoveries in the field of nutrition that we are so proud of today. So the question that ultimately arises is what could our ancestors possibly have done right that we are consistently doing wrong?

In order to understand the reasons for the absence of modern day chronic diseases before the advent of our present day society, we need to analyse the lifestyle of our ancestors. We need to look at their food choices and availability, as well as other factors that have directly influenced the physiological development of our species.

My intention has never been to underestimate the powerful factors in our modern lives that are driving us into a poor diet, over eating, starvation or other physical stresses such as depression, emptiness, boredom, insecurity and others, but to underline the most important factor of them all, which is the information that is available to us. Only the right information can stimulate and cause the right course of action. In my long experience, working with thousands of people around the globe, I have come to the conclusion that everyone reacts positively and creatively once presented with the right information! Results may vary depending on the other factors, but drive, motivation, consistency and determination can only begin with the presentation of the right information and proper guidelines.

In an attempt to find the most perfect diet that will enable us to function optimally with perfect health, we have to get away from different types of dogmas directly related to nutrition. Religion, culture, family tradition, social trends and similar extremely powerful factors usually contribute to the formation of one's dietary choices. This is the main reason why we have such a huge diversity when it comes to different diets and eating habits around the world. And, not surprisingly, people always believe that the "traditional" ways of eating are the healthiest and the best ways. I have heard so many different stories from different corners of the

world, and always with the same aim; to convince me that that particular diet, from that particular place is the most perfect, health granting diet that guarantees a great looking physique!

Well, it may have sounded interesting the first time, but after hearing the same story over and over again, regardless of which part of the world it originated from, you have to ask yourself, can this be true? Even completely opposing diets are promising the same results: good health and a great physical appearance!

In order to dissolve this Gordian knot we have to look back into the human evolutionary cycle and try to understand how we, Homo sapiens, have evolved and around what kind of food we have developed. This will point us in the right direction to answer the questions concerning the compatibility of the human digestive system with the food that we regularly eat nowadays.

Human physiology is the same for all humans, regardless of race, religion, nationality or culture, and therefore we all generally respond the same to the same food. Our biochemistry responds the same to stimuli such as the food that we ingest. Once food enters the digestive system and starts getting digested and broken down, our internal sensors start recognizing the different macro and micro nutrients and the system responds by secreting different enzymes, hormones and other chemicals in order to make the most from the life supporting components that have been introduced. We can have different tolerances to different particular food components, such as lactose, fibre etc, and we can also have allergic reactions to different foods, but generally we all respond the same regarding the basic macronutrients.

Our physiological response is generally also the same regarding different medications. This is why millions of us (with some exceptions) get treated with the same medications (penicillin, etc...) after being infected with the same bacteria or virus. So, why would we respond differently to the same food? The fact is; we do not. And because we do respond the same to the same food, there

isn't much to support the argument that different diets will produce the same exact results.

Humans are capable of eating different foods and surviving on them even though these foods may not be the healthiest and best for us. But here we are not talking about surviving; we are talking about finding the healthiest and most advantageous food that will help us to optimise our unique human potentials.

There is only one type of diet, the only right selection of different foods that will benefit us all, regardless of any differences mentioned earlier.