



Opinion

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What to Avoid, What to Prefer: Experiences and Opinions

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Abstract

Our lives are becoming increasingly complex. It is increasingly difficult to keep track of all the offers and purchasable objects: what is good, what is not...what harms, what benefits? In addition, we are exposed to stresses that we cannot change because they originate, for example, from tap water or the air we breathe. This concerns above all our lifestyle, which is responsible for health or illness. However, it is we ourselves who are responsible, provided we have an overview of what we should avoid or what we should prefer. In this article, lists are offered of what problems we should be aware of and evaluate accordingly. This way the environment can have less of a problematic effect on us.

Introduction

In earlier centuries, people were exposed to visible and smellable pollution, as there were no water or sewage pipes, the wells were often dirty and urine and feces littered the streets of the cities. The burdens were open to be seen. Life expectancy used to be lower because almost every serious infection led to death. Nowadays, we suffer less from such pollution, but from impacts that are not so easily recognizable. Despite good hygiene, we have to deal with problem pathogens that are resistant to antibiotics. And the environmental toxins are not visible and cannot be smelled. Unfortunately, they end up in our bodies often and unnoticed. People are at the end not only of the food chain but also of the toxin chain. So the last years of our high life expectancy are reduced in quality, we often vegetate in retirement homes [1].

Wouldn't it make sense to give our bodies a life free of stress as far as possible? For this, however, we should have an overview of what should be avoided and what should be preferred instead. In the following text a listing is made in this respect.

What to Avoid

to avoid: all poisons in the mouth.

- a) Tooth root treatments, since they usually leave behind de

vitalized tissues (= cadaveric poisons).

- b) Light metals such as aluminum and titanium; heavy metals such as mercury, platinum/palladium (in dental gold), as they are toxic.
- c) Fluorides, as they penetrate the brain and weaken to paralyze the brain glands.

to avoid: all potentially allergenic high molecular weight proteins.

- a) Gluten and gliadins in bread, pasta and cakes.
- b) Casein in cow's milk and dairy products.
- c) Egg whites, peanuts, hazelnuts, sesame seeds, seafood, soy, flatfish.

to avoid: Hybridized and genetically modified foods, as they are perceived as foreign by the small intestine and can cause histaminosis.

- a) e.g., corn, wheat, peanuts, bush apples.

to avoid: sugar and sugar substitutes, as they either trigger diabetes or have toxic effects

- a) Sacharose, glucose, fructose, aspartame, etc.

to avoid: the American lifestyle, as it is stressful and unsustainable in every respect

- a) e.g.: an American breakfast with bread, latte, orange juice etc.

to avoid: microwave ovens and induction stoves, as they destroy food and burden housewives with electrosmog.

to avoid: technical electrosmog without protection, as it has a disinforming effect on the body/brain cells and can trigger DNA changes.

- a) Mobile radio with Hertz waves like 5G.
b) Smart meters.
c) Electric cars.

to avoid: unpurified tap water as it contains many dangerous toxins, e.g.:

- a) Xeno-estrogens, hydrocarbons, radionuclides, residues of pesticides, herbicides, chemotherapeutics.

to avoid : unpurified breathing air, as it may contain toxic substances, e.g.:

- a) fine dust, chemtrails, mold spores, light metals, radionuclides.

to avoid: fanaticism like vegan diet, because it is difficult to digest and there are often parasite eggs on the salad.

to avoid: industrially processed food, because it is not a means of life and does not contain vitality (biophotons). They are only fillers for the intestines.

to avoid: preservatives, artificial flavors, flavor enhancers, because they are not known to the gastrointestinal tract and can cause intolerances.

to prefer: healthy diets worldwide, these are the diets of India, Vietnam, Thailand, Japan, etc.. They all have the non-GMO rice as a base.

to prefer: the addition of many - preferably hot - spices. They activate digestion and eliminate parasites. Adding herbs that treat organs, such as dandelion for liver and gall bladder.

to prefer: as an alternative to rice, the addition of root vegetables. They are neutral or alkaline, allergies are rare. This concerns, for example, the yam, celery, beet, Jerusalem artichoke, parsnip, etc.

to prefer: as an alternative to cereals containing gluten: Oats, barley, buckwheat, chia, quinoa, amaranth, chickpeas etc.

to prefer: organically and biodynamically produced foods, e.g. from Demeter farms. However, all products should be cleaned before consumption, for example, with bicarbonate.

to prefer: sprouts, germs of seeds as well as smoothies and oils from them. Barley grass, lemongrass. Fermentations of them and of vegetables and fruits. They contain the valuable right-turning lactic acid.

to prefer: milk and dairy products not from highly bred cows (without horns), but from sheep, goats, yak, horses, donkeys, camels, etc.

to prefer: juices from wild grown berries (especially dark red, blue or black), e.g. blueberries, cranberries, sea buckthorn, pomegranate etc. Pure cocoa beans/chocolate.

to prefer: figs and dates instead of apples, pears, cherries, plums. Bitter almonds and pistachios instead of peanuts and hazelnuts.

to prefer: meat from animals raised without stress and slaughtered without stress. No heating on the grill, preferring the wok to the frying pan or deep fryer.

to prefer: devices for water purification, air purification, protection against electrosmog.

The Past of Mankind

This list is certainly not complete, but it gives good indications for a healthier life. To put it basically: the human digestive tract and also the entire organism have not been able to adapt to completely different living conditions in the past decades [2-4]. The human genome needs millennia to change and adapt to new circumstances. It can be argued that we are still at the level of the Stone Age, when women were gatherers and men were hunters. It was not until the Sumerians, about 8000 years ago, that we were able to develop a crop farming system. Based on this knowledge, there is a movement of the Paleo Diet: you eat only what existed before. So, now we come to a positive list of what is recommended:

What to Prefer

to prefer: tolerant vegetarianism, Paleo Diet.

Overview

From what has been said, the modern lifestyle is unhealthy and should be reformed. "Back to nature" was a motto even in the days when industry had not yet taken the reigns over the market/bazaar. It is easy to keep in mind that humans up to now have not been subjected to transhumanism, but are still a part of nature. In the past of mankind, arrogance towards the earth and nature has had a very negative effect several times. We should not make this mistake again, unless the yardstick should be the turnover and profit of the food and pharmaceutical industries.

There are various predictions and events according to which mankind could wipe itself out (like the population of Mars in the past). Quickly it would be possible by means of nuclear weapons,

more slowly by means of hunger and malnutrition first in the 3rd world. But also the 1st and the 2nd world are endangered, if they do not change the pollution and poisoning of the outside world and the inside world. In the meantime there are enough examples that it is possible to produce enough good food without using polluting means. If everything that is problematic or dangerous is done, mankind can hardly survive.

Conclusion

It is possible to live healthier. However, this does not succeed if we take advantage of all the offers of unhealthy living. Of course, every individual has the task and the responsibility to live more

consciously. Unfortunately, the community of people in the form of the burden on health insurers suffers the consequences of a bad lifestyle, which are often expensive. The two lists above allow everyone to improve their lifestyle.

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