

Your essentials with tips that really matter It seems like we hear different health advice almost every day, contrary to what we gave the day before. In the past few months alone, we have been told that red wine is both beneficial and harmful to the body - as does coffee, tea, fish, red meat and bread. Confused by these conflicting advice as well as fashionable diets and exercise programs, we picked up 18 golden rules that have stood the test of time.

Avoid processed foods

Don't eat anything that doesn't come directly from nature. Avoid anything that should be brown or fresh, that is white or full of preservatives, flavor enhancers, artificial sweeteners, and other "helpful" chemical substitutes for natural substances. In short, if the product has been processed, don't buy it and of course don't eat it.

Determine your metabolic type

Many people wonder whether - if only for ideological reasons - they should become vegetarians. However, you may not be ready to adopt this type of diet. One way to find out is to identify the metabolic type. Some people need a high-protein, meat-based diet, while others are better served by carbohydrates.

William Wolcott, an outstanding expert in the typing of metabolism and co-author of the book "The Metabolic Typing Diet" (Polish edition: "Metabolic Diet", Świat Książki, 2004), followed in the footsteps of Dr. William Kelley - a pioneer in the field of oncology. He assumed that there is no universal recipe for proper nutrition and treatment of diseases. Wolcott found that by adjusting the diet to a metabolic type, many people with severe conditions, including cancer, recovered.

The sympathetic and parasympathetic nervous systems control other types of metabolism, organs, and glands. Most people, as Kelley and Wolcott found, are affected by one system more than the other. This means that each person has different physical, behavioral and psychological characteristics related to diet, depending on which system - sympathetic or parasympathetic - is dominant.



A high-protein diet affects people with the protein metabolic type in a certain way, compared to the carbohydrate type. Typing metabolism allows you to discover a diet that is beneficial for the body, and some cancer patients have even experienced the disappearance of tumors thanks to the implementation of a diet appropriate to their system.



Eat a nutritious breakfast

It is a truism to say that breakfast is the most important meal of the day. Consuming large amounts of food in the morning and smaller amounts in the evening can lower total food intake and aid in the treatment or prevention of obesity⁷. Breakfast should include oats - one of the healthiest meals to start the day - that does not lose its properties when you sprinkle it with real maple syrup and

blueberries. Oatmeal contains chemicals that can prevent heart disease by lowering high cholesterol and reducing other risk factors⁸.