



BOOST YOUR NUTRIENT ABSORPTION

ONLY A HOLISTICALLY WELL-NOURISHED BODY
IS A HEALTHY BODY



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**“LET THY FOOD BE THY MEDICINE
AND THY MEDICINE BE THY FOOD”**

Hyppokrates, father of modern medicine

ONLY A HOLISTICALLY WELL- NOURISHED BODY IS A HEALTHY BODY

We humans and animals are electromagnetic beings. We require energy in the form of sunlight, solar energy. Since humans, with very few exceptions, cannot feed ourselves directly on sunlight, we absorb solar energy through plants. Through photosynthesis, solar energy is converted into glucose with the help of chlorophyll, carbon dioxide, and water, thus becoming a nutrient for the plant. Plants therefore serve as food for humans and animals.

Even though we cannot absorb all of our nutrients through solar energy, direct solar energy is an essential component of our health and well-being. It causes the release of serotonin (mood-enhancing, antidepressant), the production of essential vitamin D, regulates the sleep-wake cycle, has a positive influence on blood pressure, and the health of our skin and eye sight.

The energy in our body is provided by mitochondria. To do so, mitochondria require energy, which they convert into energy usable by the body. Since we cannot convert solar energy directly into usable energy via the mitochondria, this occurs through the breakdown of nutrients at the molecular level.

A cellularly controlled flow of electrons and protons causes the conversion of chemically bound energy into ATP (adenosine triphosphate), a molecule that directly supplies energy to the cell.

The more natural, unprocessed, and nutrient-rich our food is, the more energy reaches the cells in a healthy body. Healthy, energetic cells ensure:

- a strong immune system
- an efficient metabolism
- more physical energy
- a clear mind and concentration
- hormonal balance
- better regeneration & sleep
- increased cell protection & longevity

"Only when the smallest unit in the body is healthy and properly functioning can the entire body function healthily and in equilibrium."

A HEALTHY GUT

Villi are small fringes in the intestine that are responsible for absorbing nutrients from digested food. When villi are clogged, e.g., by gluten, pasteurized dairy products, heated starch, etc., their ability to absorb nutrients is blocked. Furthermore if the intestine is sealed with biofilm (mucoid plaque), nutrient absorption is also reduced. Once the intestine is free and ready for absorption, it is crucial that the food in the digestive tract is processed by sufficient enzymes and microorganisms predigested the food.

Our own microbiome should be a reflection of healthy soil in which our food grows. The soil is home to countless microorganisms and enzymes, which we ingest with our food. Enzymes help us digest food, break down nutrients, and enable their absorption into our bodies.



If an apple falls from a tree and isn't eaten it's these enzymes and microorganisms that ensure the apple rots, is digested by nature, and its nutrients are returned to the natural cycle of life via the soil. A healthy gut and exposed intestinal villi alone are not enough for optimal nutrient absorption. It's about establishing and maintaining a healthy symbiosis of all the players involved in the digestive tract.

SOLUTIONS

- Remove all foods from your diet that clog your gut. These include gluten, pasteurized dairy products, heated starch, and heated proteins.
- Try replacing animal proteins with plant-based ones. Aim to consume more amino acids than proteins. The body needs amino acids to produce its own protein. Whether it's plant or animal protein, it takes a lot of energy from the body to break it down into amino acids and then reassemble it into the appropriate protein. In addition, animal proteins produce acid-forming waste products that build up in the body and are highly inflammatory.
- Ensure you consume sufficient fibers. These are prebiotics, nutrients for healthy gut bacteria. They also sweep the intestines like a broom and can loosen deposits.

- A juice fast for two to four days followed by a colon cleanse with psyllium husks in combination with a binder such as zeolite or bentonite can eliminate deposits, fungal cultures, parasites, biofilm, etc., and optimize the intestinal absorption capacity. You can find further options for colon cleansing in my detox program.

A STRESS-FREE BODY



A stressed body consumes significantly more energy, or nutrients, than a relaxed, stress-free body. Short-term stress can increase energy consumption by up to 50%, while long-term, chronic stress can increase it by up to 100%. Stress not only increases nutrient consumption. It also usually inhibits and disrupts nutrient absorption, e.g., disrupts fat metabolism due to elevated cortisol.

Stress is caused by:

- Physical imbalance: Exhaustion from overwork, extreme exercise or training, or too little exercise can trigger stress reactions in the body.
- Psychological imbalance: Be careful who you surround yourself with. Hang out with people who don't drain your positive energy.
- Nutrient imbalance: Consume only organic, regional, seasonal, unprocessed, whole foods.
- Thermal imbalance: too much heat or too much cold leads to an excitation of the musculo-skeletal system and thus to an increased cortisol level.
- EMF imbalance: Constant exposure to electromagnetic fields causes elevated cortisol levels and chronic inflammation in the body, which in turn triggers stress reactions.
- Chemical imbalance: Chemical substances from clothing, cosmetics, cleaning products, air fresheners, scented candles, food, etc., lead to chronic inflammation and hormonal imbalances.

SOLUTIONS

Physical imbalance:

- Find a good sleep rhythm. At least 8 hours between 9 p.m. and 6 a.m. is ideal.
- Listen to your body during strenuous physical work or during sports or workouts. After each workout phase (yang), the body needs a sufficient rest period (yin).
- Find a balance between workout (heart rate > 90 bpm) and workin (heart rate <= 90 bpm).

Nutrient imbalance:

- If we don't consume enough enzymes and microorganisms in our food, digestion is severely impaired, and stress reactions occur in the body. Therefore, pay attention to fresh, unprocessed, organic foods.

Thermal imbalance:

- Avoid overexertion in hot temperatures, avoid working in hot indoor spaces, sleep in a cool (15-19 degrees Celsius) bedroom, and only use saunas and ice baths in a stress-free and relaxed state, as both heat and cold can increase stress levels.

Chemical Imbalance:

- Replace your polyester clothing, which is full of chemicals, with clothing made from natural fibres such as organic cotton, linen or sheep's wool.
- Avoid unnatural, chemical-laden cosmetics and cleaning products.

- Drink water from glass bottles, or better yet, from a copper one.
- Use incense or essential oils instead of room sprays or chemically scented candles.

EMF Imbalance:

- Turn off all notifications such as sounds, vibration, and banners on your smartphone. Put it in airplane mode when you're not using it. Turn off your Wi-Fi router at home when you're not using it, especially at night before you go to sleep. Regularly walk barefoot on a lawn or on wet earth or sand, or swim in a lake or ocean to ground yourself and thus reduce stress and inflammation levels.

Psychological Imbalance:

- Surround yourself with people who give you energy instead of taking it away. A friend, a partner, a person on the street, in a café, etc., should give you something, and you give them something. If this isn't the case, they will drain more energy than you receive, and your cup will be empty. The same applies to other things you do, media you consume, or a job you pursue.

MENTAL & SPIRITUAL HEALTH



We are healthy to the degree that we are conscious, and we are conscious to the degree that we are healthy.

Our society educates us to believe that three meals a day is normal. We eat out of habit, out of tradition, on holidays, birthdays, etc., out of compulsion, because that's how it's supposed to be and has always been. We overeat and regret it later. Many people no longer have access to their gut instinct. They no longer sense what their body needs and whether they are truly hungry or just an appetite and a craving for the next dopamine hit.

Our organism is designed to be in nature, to move and to find food in nature. In addition, the body goes through the phases of food intake, food digestion, and detoxification. The detoxification phase includes not only excretion and using the toilet, but also the process of autophagy, in which the body's cells cleanse, recycle, and detoxify themselves. If the body is constantly busy digesting and absorbing nutrients, there is little to no time and energy left for the other phases of maintaining the body. For most people, a workday begins with waking up to the alarm clock. They're jolted out of sleep. This is a stressful situation for the body. Breakfast has to be rushed, and then it's off to work. This is a stressful situation for the body. Then, until lunch, there's too little movement and exercise and again another portion of food for the body to digest.

The following digestive phase may be disrupted by work stress before heading to the gym in the evening, where the body is exposed to more stress. A workout can be beneficial, but the body should be in good shape and not already stressed and lacking energy. While working out releases hormones like dopamine and serotonin, it primarily releases adrenaline and cortisol, which cause stress for the body. Add to that LED lighting, music, Wi-Fi radiation, and all that on a plastic floor with no connection to the ground. Then it's dinner, nourishment for a stressed and exhausted body, and then off to bed or in front of the TV.

The way we structure our day, where and with whom we eat our meals, and our mental and emotional state during the mealtimes greatly influence our digestion and our ability to absorb nutrients.

Our spiritual perspective on life and our environment also contributes to how our bodies absorb food. Humans are made up of around 70% water. Furthermore, everything on earth is energy and vibration. Frequencies have a profound influence on water and water is a storage medium.

The attitude, emotion, and frequency with which we prepare and eat a meal are of great importance. If we approach food with love and gratitude and prepare and consume it calmly, this has a positive and energizing effect on our bodies. If we see food as pure "fuel" for our body, without any essence or energy body, and prepare it with the attitude of a human being superior to nature, a low-vibrational frequency will influence the water in the food's cells, and the way the food affects our bodies is completely different and destructive.

The water experiments of Masaru Emoto and others demonstrate the negative impact low-vibrational frequencies have on water and thus also on food, humans, and animals. Frequencies of this type promote over-acidification of the body, leading to inflammation, which in turn leads to disease.

SOLUTIONS

- Try to develop a lifestyle that allows you to give your body time in the morning to stimulate digestion and bowel movements. Start with a glass of lukewarm water with the juice of one lemon, a pinch of good, wholesome salt, as much cayenne pepper as you can tolerate, and, if desired, a splash of apple cider vinegar (unpasteurized).
- Listen to your body and ask yourself whether you really need breakfast now or at a later time.
- Take time to prepare fresh food and eat it.
- Don't eat out of emotion, to reward yourself, or to distract yourself.
- If you feel stressed or emotional before a meal, go for a short walk, practice yin yoga, meditate, or walk barefoot in nature and ground yourself.
- Try to be mindful of family celebrations, holidays, religious festivals, etc. It doesn't always have to be a ten-course meal packed with gluten, processed dairy, sugar, and alcohol.
- Cravings, which are usually associated with emotional eating, are mostly caused by traumatic experiences and a lack of sense of security and fulfillment, and are exacerbated by an imbalanced microbiome. These are microorganisms that crave sugar, starch, and highly processed foods. Switching your diet to organic, local, seasonal, and unprocessed foods, as well as detoxifying your gastrointestinal tract, will balance your microbiome and stop the cravings.

- Try to relieve your body's stress and skip one meal a day. If it works for you, try intermittent fasting. The more time your body has to digest and regenerate cells, the better and clearer you'll feel.
- If you feel stressed and exhausted at the end of the day, instead of going to the gym, go out into nature and ground yourself or go for a walk. Try working out (heart rate below 90 bpm) instead of a workout. Through these measures, you can reduce stress in your body and thus automatically balance your digestion and nutrient absorption. You can then do the workout the next morning when you're full of energy.
- Don't think of your meals as fueling up your car. Preparing and consuming a meal is an energetic exchange within the cycle of nature. Approach this process with gratitude and mindfulness. Say a prayer before eating, bless it, or take three deep breaths and become aware of the blessing you are giving yourself with this meal.

A NUTRITIOUS AND BALANCED DIET

**Your health is directly related
to the quality of your food**

The quality of the food you eat is directly related to your health and energy levels. Organically grown, locally grown fruit and vegetables generally have a much higher nutrient density than conventionally grown fruit and vegetables. Whether food provides us with energy and nutrients depends on where we buy it, how we prepare it, and in what combination with other foods and beverages we consume it. Cooking food denatures it, and important components such as enzymes, vitamins, certain micronutrients, and proteins are destroyed. This leads to a significant reduction in available nutrients and, at the same time, to the buildup of ballast and deposits that further deprive the body of energy.

SOLUTIONS

- Buy as much food as possible from local organic farmers or farmers' markets. The more seasonal and local, the better.
- Avoid combinations like fruit and vegetables. The fructose from fruit, when combined with other nutrients, can lead to fermentation, which causes bloating and digestive stress. Allow a break of 2-3 hours between meals with fruit and other foods.

- By sprouting legumes and seeds like radishes, mustard, clover, peas, broccoli, etc., you activate your vital energy and increase your nutrient density by up to 400 times. Anti-nutrients (natural substances that protect plants from predators) are also significantly reduced.
- Eat more raw foods than cooked ones.



A life of health and perfection can only exist in a wholesome balance of yin and yang. Our everyday life consist primarily of yang elements, which become stress factors for the body. It is therefore even more important to ensure that sufficient yin elements are integrated into our daily routine. Workin instead of workout, get enough sleep, and eat meals that energize the body and don't require more energy in the digestive process than the food itself provides.

Stress can be helpful in achieving a goal. But maintain balance and let go of stress so that the yin elements in your life don't turn into yang elements.

