

The Main Street Diet - part 1

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If you are looking for health, ask yourself first, if you are really willing to avoid all causes and reasons of your illness. There is no point of visiting the doctor before.



Cat in a chili basket - Bangkok. November 2012
Picture: Katrin Eichhorn

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The Main Street Diet

The *Main Street Diet* is based on Mediterranean diet, but it is enriched in rapeseed oil, which contains vitamin-E gamma. This vitamin is effective in the fight against inflammation and cancer, too. Olive oil is nearly free of vitamin-E gamma! This nutrition is not just food, it is both lifestyle and health care.

Mediterranean people are used to dine late in the evening. This practice tires the whole gut but the gut has to go to sleep, too. Late and extensive dining affects the gut system and leads to the so called *leaky gut syndrome*. The absorbed toxins affect the whole body and lead to a huge variety of complaints and illnesses.

Digestion is not an easy matter, it is a hard work and costs energy. The more we eat, the more we get tired! The energy we lose while the nightly digestion, causes an energy deficiency during the day. If you eat a steak at 6 pm, the last rest of it will leave the stomach after eleven hours that is at 5 in the morning.

The *Main Street Diet* follows the advice of Hippokrates:

Breakfast: *Eat like an emperor.*
Lunch: *Eat like a king.*
Dinner: *Eat like a beggar.*

Today is the best day to change your behavior of nutrition!



This is our common daily nutrition:

-one main street and a chaos of side roads!

-we do not reach the destination in time, if we only move on side roads

-but always moving along the main streets is boring

-now and then we have to leave the main street

-moving on side roads can be fun as consumption of chocolate or rich dinner with friends.

-but mostly we should follow the main streets.

-the *Main Street Diet* will show you the best way of nutrition, scientifically established and proved in everyday life.

-if you suffer from diabetes, cancer, chronic inflammations, if you are overweight, if you just want to do something for your health care:

-just follow the main street!

Picture: Dr. med. Jürg Eichhorn

Not before being in good state of health again, are you allowed to leave the main street for longer time!



You may eat everything, what you burn

Chocolates
Creation: Katrin Eichhorn
Picture: Dr. med. Jürg Eichhorn



But you have to burn everything you eat

- the secret of long life and good health is in poor nourishment nearly every day
- stay always at the verge of hunger

Legian Beach, Bali. March 2012
Picture: Dr. med. Jürg Eichhorn



That is important too

- not only your mouth is eating, your eyes too!
- the pictures of stylishly prepared dishes should nourish your eyes and fire your imagination
- cook and eat according to your lifestyle
- always enjoy your meal

Ayana Resort, Bali. March 2012
Picture: Dr. med. Jürg Eichhorn



The word diet has its origin in the Greek word *Diaita*, which mean “*way of living*”

Picture: Janice Burns, New York, Facebook

Main Street Diet: the guidelines

1. **proteins:**
-start the day with few but good proteins in the right combination and raise their consumption towards the evening
2. **carbohydrates:**
-we need carbohydrates to produce energy only during the day, most of them in the morning, less in the middle of the day and none in the evening
3. **physical activity:**
-without physical activity we only need slowly absorbable carbohydrates
-strictly avoid fast absorbable carbohydrates
4. **vegetables:**
-always, even for breakfast!
5. **hunger/craving (sweets!):**
-Top-Mix Life Elixir, always
6. **dinner:**
-as early as possible
-no dinner after eight pm
7. **dinner cancelling:**
-at least once a week
-the more often, the better
8. **chewing:**
-that is very important
-chewing exculpates the gut and improves the digestion of carbohydrates in the mouth: saliva contains carbohydrates breaking enzymes



Snake with a not chewed fish

Picture: Australian marine scientist (name unknown):

What a good-nutrition day looks like

Breakfast

- *start with one glass of TopMix-Life-Elixir*
- *emphasize on slowly absorbable carbohydrates*
- *only few proteins, but solely of top-quality, which means high concentration of essential amino acids*
- *top quality carbohydrates + oil + proteins + colourful vegetables: a bit of everything!*
- *one 3-minute egg with potatoes, only a little bread, some sheep milk cheese, may be hash browns with fried eggs sunny side up and not ever easy*
- *after the nocturnal fasting our energy reserve is diminished. What we need first, are carbohydrates, thanks to oil amendment slowly gathering through the gut wall and transported by the blood stream to the whole body and brain cells.*

Good to know

-morning: carbohydrates stabilize the sugar metabolism, especially slow absorbable carbohydrates

-evening: carbohydrates lead to high insulin levels, especially fast absorbable carbohydrates

Keep this in mind

-without breakfast the probability of getting overweight goes up by factor 4!

Lunch

- *fewer carbohydrates, more vegetables, few proteins*
- *less carbohydrates + oil + a little bit more top quality protein + colourful vegetables: a bit of everything!*
- *you should not feel hungry after your meal*
- *to inhibit the insulin liberation the meal should contain a certain amount of slowly absorbable carbohydrates*
- *slowly absorbable carbohydrates nourish the brain cells for better concentration and calm the sweets craving in the afternoon*
- *emphasis on vegetables*
- *it is always wrong to consume carbohydrates + protein without fat or oil*
- *the combination without fat or oil raises insulin level*

Dinner

- *no carbohydrates*
- *no calories at all*
- *only vegetables with few proteins + and oil or fat to diminish the insulin secretion*
- the later in the evening, the fewer carbohydrates and calories
- *what is good for lunch, kills you in the evening*
- dinner determines the night: while we sleep we burn fat and build muscles: our sleep is the most intensive phase of fat burning
- during the day we are busy producing energy and there is no time to build muscles
- we are still cavemen: 10'000 years ago we had to look for food during the day and after sunset there was no light to see what else we could eat from the buffet!
- daily work = action = the consumption of food is necessary to produce energy
Sleep = no action = equals no demand for food
- for our body eating is a signal of activity, therefore a rich dinner is a signal for an expected activity
- after dinner there is no activity and the body waits for running a marathon the whole night long, till three in the morning: no regeneration process can take place in this time.
- the key player in regeneration, fat burning and muscle building is the so called growth hormone: this growth hormone is secreted to 80% between 10 pm and midnight, but only if we are asleep and not all at while watching TV or drinking beer in a bar. During the following hours after midnight there is a rapid fall of the secretion
- a rich dinner with carbohydrates, calories and alcohol is the enemy of the growth hormone whereas fasting is like a shower of growth hormone!

Shall we eat proteins for dinner?

If you are quite slim, why not. But never forget this: If you eat meat or even much better some fish, your insulin level rises up as it does with fast absorbable carbohydrates. So always add some fat or oil to the proteins to lower the insulin secretion.

If you are overweight never forget this: In the absence of proteins in food the growth hormone releases fat to build protein. If you eat proteins the body will use them to build muscles and there will be no need to burn fat.

Keep in mind

High night insulin levels caused by too many carbohydrates or meat without fat or oil or too many calories over all let your belly grow!

**Main principle:**

-the more vegetables, the better is your health!

Vegetable caving - Borneo, Kota Kinabalu, Shangri-La's
Tanjung Aru Resort. 2006
Picture: Dr. med. Jürg Eichhorn

Breakfast is the source of life



Let us start the day with a smile

- breakfast breaks the night fasting
- the storage batteries are nearly empty and the needle points to *reserve*.

Breakfast buffet, Borneo, Kota Kinabalu, Tanjung Ara Resort. 2006

Picture: Dr. med. Jürg Eichhorn

Breakfast: The 4 philosophies

Philosophy No. 1

-start the day with a potent defending position against free radicals, that is with a high amount of anti-oxidants, contained in colourful vegetables and in the TopMix-Life-Elixir

Philosophy No. 2

-start the day with dietary fibers, with micronutrients and alkaline minerals, just with *living food*

Philosophy No. 3

-start the day mentally balanced. Do not fight against the day. Feel like being on a playground slide, easily sliding towards the evening

Philosophy No. 4

-start the day with anti-cancer-food, with a lot of xanthophyll, extensively contained in raw vegetable food

1 kg of broccoli per week diminish significantly the risk for breast cancer

10 tomato meals per week diminish significantly the risk for prostate cancer

Breakfast - cooling flavor



Salad bowl creation
Picture: Dr. med. Jürg Eichhorn

In addition one 3-minute egg, little dark bread, sheep milk cheese, buffalo mozzarella, and cooked potatoes as main carb source. Specially recommended: The goat cheese *Bleu de Chèvre Cendré*.
Now and then some smoked salmon, why not?

Use sufficient amount of St.Galler rapeseed oil and Aceto Balsamico or to refine your dish create good sauce by yourself with St.Galler rapeseed oil, Kressi vinegar, mustard and mayonnaise, produced from St.Galler rapeseed oil.



There is a wide variety of best kinds of sheep and goat cheese

Picture: Dr. med. Jürg Eichhorn

Free the rein of your imagination



flower pot bread
Creation: Erika Eichhorn

All pictures: Dr. med. Jürg Eichhorn



fried egg sunny side up on a hat
with vegetables and rice
Legian Villa, Bali



boiled potatoes in a basket, served in a basket



cheese towers Gourmet
Restaurant Neue Blumenau,
Häggenschwil



salmon rolls. Creation Jan Leimbach,
16 Gault Millau points, Lenkerhof,



Buffalo mozzarella on cherry tomatoes with basil and pepper sprinkles
Creation: Katrin Eichhorn
Picture: Dr. med. Jürg Eichhorn

Breakfast - warming flavor

There is a lot of knowledge and philosophy behind this breakfast

The ingredients

potato and egg:	-best protein combination, animal + herbal = an unbeatable duet!
legumes + maize	-best pure herbal protein combination
broccoli:	-best anti-cancer food within the vegetables
carrot:	-contains beta-carotene, protects against rheumatism and the skin against light damages
tomato:	-contains lycopene, protects against cancer, improves the function of the capillaries, protects the skin against light damages
parsley:	-contains lutein and zeaxanthine, protects against macula degeneration
potatoes + oil:	-slow absorption of carbohydrates through the gut wall for hours, protects against sweet craving and hunger attacks and improves the concentration

For taste improvement add some grated cheese. Use olive oil for cooking, as olive oil can be heated to higher temperature than rapeseed oil.



Picture: Dr. med. Jürg Eichhorn

Baking time in the oven is 15 to 20 minutes.

3-minute egg or fried egg sunny side up



The cholesterol in a well boiled 7-minute egg becomes oxidized (in contrary to a 3-minute egg).

Creation: Alexander Eichhorn

Picture: Dr. med. Jürg Eichhorn



A fried egg should not get brown (over cooked, oxidized).

Picture: Dr. med. Jürg Eichhorn



Fried eggs sunny side up - that is the way it should be.

Breakfast fried eggs - Chedi villa, rice field, Bali
March 2012

Picture: Dr. med. Jürg Eichhorn

Breakfast: before starting the day, fill the fuel tank first!

The very best proteins



Legumes + maize (corn):

-best pure herbal protein combination

-legumes: 52% protein

-maize 48% protein

-together: high protein value

Picture: Dr. med. Jürg Eichhorn



The 3-minute egg:

-best lecithin and phosphatidylcholine source:
for a good brain function

-highest protein value (100 %) amongst animal
products

-contains all of the 8 essential amino acids

Picture: Dr. med. Jürg Eichhorn



Mind the easter eggs: the cholesterol might be oxidized!

Picture: Dr. med. Jürg Eichhorn



Chicken eggs contain a lot of micronutrients like calcium, zinc, iron, potassium and selenium

-feeding influences the quality of the egg

-eggs of free range chickens, picking worms, slugs, insects, corns and semen show higher contains of vitamin A, D and E

-increased amounts of beta-carotene and omega-3 fatty acids too, whereas the amounts of saturated fatty acids are diminished

Picture: Dr. med. Jürg Eichhorn

Potato and egg: best protein combination, animal + herbal = an unbeatable duet!

Potatoes + eggs increase the protein value from 100 to 136!



To be able to make a statement about the quality of proteins, you have to consider the digestibility, the quality, the bioavailability and the value of it. Not all of the amino acids are bio-available, i.e. the body cannot always make use of them completely. Both protein digestion and absorption through the gut wall can be incomplete.

-absorption rate of animal protein: in general over 90 %

-absorption rate of herbal protein: in general 60 to 70 %

Picture: www.kartoffel.ch

The protein quality itself is determined by the capability of forming specific proteins by combining amino acids. The bio-availability describes the part of the food protein, passing the gut wall into the blood stream in form of amino acids. The biological value of proteins depends on the amount of essential (limiting) amino acids. The higher the biological value, the more valuable is the protein. To raise the protein value, it is necessary to combine animal and herbal proteins, for instance eggs and potatoes. The biological value of the central European mixed diet is about 80 %.

Keep in mind

Ingestion of proteins with a high value, for instance eggs + potatoes, reduces effectively the daily need for proteins of about 50 %.

Variations of fried eggs



Fried eggs sunny side up on a bed of vegetables

Legian Villa, Bali. March 2012
Picture: Dr. med. Jürg Eichhorn



Fried eggs sunny side up with chopped vegetables.

Qasr Al Sarab, Abu Dhabi. March 2013
Picture: Dr. med. Jürg Eichhorn

Coffee for breakfast? Yes! But without milk or cream!



LUWAK Coffee, Bali. March 2012
Pictures: Dr. med. Jürg Eichhorn



Luwaks are animals eating only the ripest coffee beans: every morning their dung will be collected, purified, roasted, grinded and filtered

Luwak coffee is carefully stirred with a cinnamon stick.

Caffeine boosts the wakefulness, the concentration and the attention. It enhances the muscle function, the oxygen intake and the liberation of the dopamine and adrenaline. Metabolic products like theobromine dilates blood vessels and increases the amount of urine, paraxanthine increases the catabolism of fat as well as theophylline does with the muscle relaxation. Certain roasting products are effective against free radicals.

But, only black coffee - without milk or cream! Milk destroys most of the good ingredients.

- espresso is more valuable than a *lungo*, a mug of coffee
- 3 to 5 cups of coffee diminish the risk of developing dementia for 65 % (study over 21 years)
- dementia or arteries: regular coffee consumption keeps brain and arteries fresh
- even fatal prostate or breast cancer occurs less often, when drinking coffee regularly



Keep in mind:

-espresso has higher value than a *lungo*, a mug of coffee
-milk destroys most of the good ingredients

-Latte Machiatto: pleasure? May be, but not good for your health!

Picture: Facebook, author unknown

Rapeseed oil - the number 1 among the oils

Rapeseed oil possesses the best ratio between omega-6 and omega-3 fatty acids. It contains a lot of vitamin-E gamma, which is effective against inflammation and protects the cells against cancer. Olive oil is nearly free of vitamin-E gamma. Heating oxidizes vitamin-E. That is why rapeseed oil should be only used in the cold cuisine, in contrary to olive oil, which can be heated to higher temperatures.

St.Galler rapeseed oil

Every year, the best rapeseed oils all over Europe get acclaimed with the DGF-rapeseed medal. So far (2013), the St.Galler rapeseed oil has received this honor 7 times. The St.Galler rapeseed oil is produced by an agricultural school in Flawil, a town in the canton of St.Gallen. It is free of herbicides and other chemical substances, as well as of pollution by non-rapeseed seeds. Due to a low pressing force it really deserves the name *cold pressed oil*. 150 kg of seeds are pressed for over 24 hours.

The olive oil: basically a neutral oil



Olive oil contains omega-9 fatty acids and hardly any vitamin-E gamma. It is an oil with good suitability for storage and quite stable despite of the low vitamin-E content. Therefore it is well suitable for the warm cuisine, to fry or roast meat as well as vegetables. But it is necessary to say that heating generally impacts the quality of all the oils. Only coconut fat endures high temperatures without impairment of the quality.

Picture: unknown

Rapeseed oil is and remains the best oil in the cold cuisine. Nevertheless, the olive oil should get its place too. No doubt, a salad with tomatoes, buffalo mozzarella and basil strongly demands good virgin olive oil.

The oleic acid in the olive oil claims the same route of degradation as the omega-3 und omega-6 fatty acids. That is, too much use of olive oil could inhibit the degradation of both ways:

- linoleic acid (omega-6) to the anti-inflammatory gamma-linolenic acid (evening primrose oil) and finally to the pro-inflammatory arachidonic acid
- alpha-linolenic acid (omega-3) to the strongly anti-inflammatory EPA and DHA (fish oil)

Keep in mind

"Oil health" is a question of well balanced oil consumption

A hearty breakfast - why not!

A hearty breakfast with home-made Rösti, fried eggs sunny side up and bacon combines different interesting philosophies.



Roasted bacon:

-yes, but only low heat roasted, not as shown in the picture

-high heat roasting creates the so called "AGE`s", which enhance cancer

Picture: Dr. med. Jürg Eichhorn

Rösti, roasted in olive oil: -carbohydrates and oil: good energy source for hours

Eggs and potatoes: *-one of the best protein combinations*
-potatoes increase the value of the egg protein from 100 to 136

Bacon: -animal fats are a rich source of vitamin-A

Vitamin-E deficiency can cause several illnesses and problems

- eyes: -blindness, corneal clouding, restricted twilight vision (very often)
- skin: -acne, dryness, itching
- mucous membranes: -dryness, increased susceptibility to infections of the upper airways
- immune system: -restriction, less stress hormones, growth problems
- metabolism: -affects the iron, calcium and protein metabolism
- brain: -takes part in building the myelin sheath, together with vitamin-D and progesterone: multiple sclerosis patients should always remember that
- women: -amenorrhea

One word more about the most popular breakfast, the Swiss Muesli



Base (alkaline)-Muesli

Creation: Hotel Beatus, Merligen
Picture: Dr. med. Jürg Eichhorn

Ingredients for 10 people - original recipe

- 500 g Swiss-Muesli
- 1 l soy yoghurt
- 1 l soy milk
- 400 ml yoghurt, lactose-free
- 1 piece of vanilla pod
- 400 g mixed berries
- 150 g honey

Mix all ingredients together und put it in the fridge for 24 hours

Positive:

- tastes very good, indeed it is all over the very best muesli
- healthy berry mixture

Negative:

- generally, Muesli get stirred with cow milk (cow products causes inflammation)
- generally, soaking of the flakes takes place immediately before eating
- generally, Muesli is devoured quickly and not at all well chewed
- insufficiently chewed Muesli or flakes lead to fermentation, that is, to gas production
- soy products do not seem to be as healthy as advertised everywhere. Most recently carcinogenic properties are attributed to soy products. The high glutamate content in soy products could damage the nervous system and trigger migraine attacks.

Lunch: vegetables are the main course and no side dish!



Fruit caving
Picture: Dr. med. Jürg Eichhorn

Light and fresh - enjoy the afternoon with a tangibly light gut

Plenus venter non studet libenter - was already known to the ancient Romans!

You can't study with a full stomach!



Tomato salad with pure buffalo mozzarella and basil

Creation: Katrin Eichhorn
Picture: Dr. med. Jürg Eichhorn



Parsley salad with cherry tomatoes and quinoa

Creation: Katrin Eichhorn
Picture: Dr. med. Jürg Eichhorn

Quinoa - the top corn from South America

- Quinoa is highly praised for its protein content and is a good alternative for wheat products
- Quinoa is gluten-free
- Quinoa is so nutritious that it could replace rice completely (Dwayne LiPuma)

The *small* side dish

- meat -prefer white meat, poultry, chicken breast: not every day, once or twice a week
- fish: -freshwater fish, seawater fish: prefer freshwater fish like trout because they are less polluted than seawater fish. Not every day, twice to three times a week
- carbohydrates: -potatoes, wild rice, spelt pasta. Avoid wheat products whenever possible



Chicken breast, refined in alp hay

Creation: Jan Leimbach, Lenkerhof
16 Gault Millau points
Picture: Dr. med. Jürg Eichhorn



Lunch: only few carbohydrates

Creation: Jan Leimbach, Lenkerhof
16 Gault Millau points
Picture: Dr. med. Jürg Eichhorn

**Sea brass*****Keep in mind***

-if you combine carbohydrates and fish or animal protein, it is a must to add oil or fat

-without oil or fat there will be a high increase of insulin, causing inflammation!

Creation: Restaurant Puna spring, Mostar

Picture: Dr. med. Jürg Eichhorn

Salad creations



Creation: Erika Eichhorn

Picture: Dr. med. Jürg Eichhorn



Creation: Hotel Le Vieux Manoir, Murtensee

Picture: Dr. med. Jürg Eichhorn



Salad buffet
Creation: Hotel Peninsula, Bangkok
Picture: Dr. med. Jürg Eichhorn

Always keep in mind

You eat with your eyes too!

Dinner: as early as possible - no calories



Stir-fried wok vegetables and steamed perfumed rice or as minestrone with vegetables from the kitchen garden

...sounds really good, doesn't it?

Creation: Erika Eichhorn

Picture: Dr. med. Jürg Eichhorn



A nice arrangement of steamed vegetables

-once again: You eat with your eyes too!

Creation: Katrin Eichhorn

Picture: Dr. med. Jürg Eichhorn

It must not always be pasta, a good sugo also suits with vegetables



-Sugo cooked with the healthiest tomato all over the world, the Licorosso

-add all the freshly gathered garden herb as in the picture below



Creation: Katrin and Jürg Eichhorn

Picture: Dr. med. Jürg Eichhorn



Sugo matches this too, even without pasta!

Creation: Erika Eichhorn

Picture: Dr. med. Jürg Eichhorn



Salmon with cucumber, beetroot and cress

-do not eat fish or animal products twice a day, not even daily

Reykjavik, Island

Picture: Dr. med. Jürg Eichhorn

A really delicious meal: shrimps with tomatoes, carrots and rocket salad

Very little but good fish protein, a lot of vegetarian foods, olive oil and red balsamico and as an appetizer a bruschetta. And do not forget at least one glass of good red wine! Red wine has more healthy ingredients than white wine.



Venice - Trattoria All'Antico Pizzo
Picture: Dr. med. Jürg Eichhorn

Keep in mind

Natural preservatives like "Indole" protect against cancer, especially breast cancer. Rich in Indole are broccoli, all kinds of cabbage, radish, black radish, horseradish, mustard and rocket salad.

The crime scene: Dinner!

The gut goes to sleep together with the chicken and wakes up with the chicken too. During the night the digestion performance is diminished.

Rich and late dining wearies the gut and leads by the time to gut problems like gas production, putrefactions and putrefaction fermentation with production of evil-smelling gas. All this symptoms are signs of the so called leaky gut syndrome (LGS). LGS is a severe illness causing a wide range of disturbances, at first glance not recognized as LGS.

If you suffer from one or more of the following symptoms or diseases, think of a LGS:

- indisposition
- irritability
- fatigue
- reduced general condition of health
- weariness
- exhaustion
- weakness
- skin problems
- chronic inflammation
- allergy
- sleep disorders
- headache
- muscle cramps
- rheumatic pains
- joint pains
- problems of circulation
- heart problems
- increased blood pressure
- osteoporosis
- weakness of the connective tissues
- cellulite
- varicose veins

Moreover, wrong late nutritional behavior impairs the nocturnal regeneration of all the body and brain cells, the fat catabolism and the muscle building, leading altogether to a severe disturbance of the nocturnal hormone balance.

Keep in mind

- the later the diner, the more calories and alcohol you take, the sooner will your pathway lead to LGS, causing the listed symptoms and diseases mentioned above
- the worse your state of health, the more important becomes dinner cancelling
- the worse your sleep, the more important becomes dinner cancelling
- dinner cancelling leads to an improved well-being at all levels

The most common dinner of Mr. and Mrs. „Schweizer“: cheese, sausages and bread



Cheese plate, Vienna, Restaurant *Zum Weissen Rauchfangkehrer*
Picture: Dr. med. Jürg Eichhorn

The consequences of the continuous wrong nutrition behaviour: overweight and dullness



Mr. and Mrs. „Schweizer“

The artist: Antje Bloch

Picture: Dr. med. Jürg Eichhorn

Dessert

A good example, airy, light and salubrious



Zum Weissen Rauchfangkehrer - Vienna - 2002
Picture: Dr. med. Jürg Eichhorn

No calorie bomb for dessert!

The dessert - if it has to be - airy and light



Mokka ice cream with strawberries

Creation: Katrin Eichhorn

Picture: Dr. med. Jürg Eichhorn

Snacks



Sweet cravings or hunger attacks:

-take 200 to 300 ml of *TopMix-Life-Elixir*. Add the amount of a spoonful Psyllium seed husks or/and wheat germ to enhance the saturation effect

-strictly avoid sweets, fruit juices and sweetened drinks

Chocolate, one of the most popular snack

- University of California, investigation with 1000 healthy volunteers: regular consumption of chocolate makes you slim, but decisive is the frequency and unfortunately not the amount
- it seems, that the combination of the calories is the decisive factor
- catechine in the dark chocolate lets the muscles grow and diminish weight
- moreover, dark chocolate lowers blood pressure and cholesterol and improves the insulin sensitivity of the cells
- the bad news: milk chocolate and above all the white one is not effective

Try these chocolates, but only the dark ones!



Chocolates, made by Katrin Eichhorn, chocolate cook course, Cailler company
Picture: Katrin Eichhorn



confectionery chocolate show - Interlaken

Pictures : Katrin Eichhorn

We do not have to avoid animal meat forever

But if you eat meat, then:

*modestly with consideration!
no carbohydrates + protein **without** fat
prevention against oxidation with TopMix-Life-Elixir
always add oil or fat to the carbohydrates to lower their absorption*



**If you sometimes want to eat pork baked in bread,
choose a fatty ham and not a lean one!**

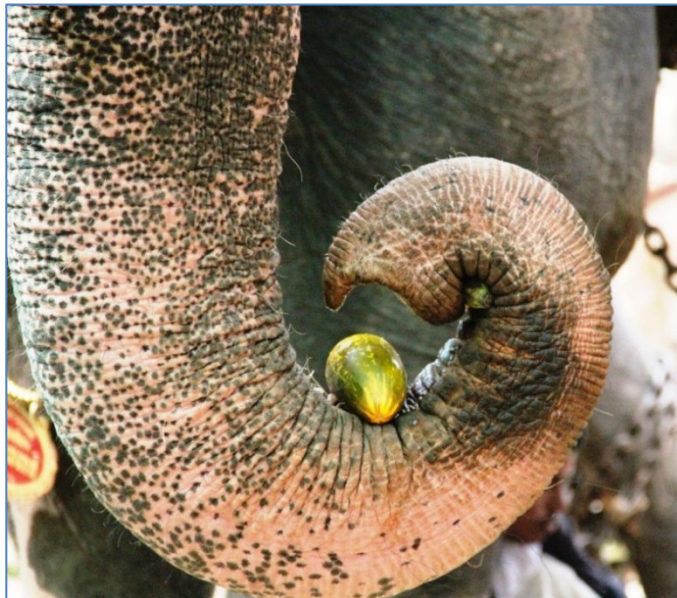
Creation: Ham baked in wood-fired oven bread
Christof Engetschwiler, baker, traditional wood-fired
oven, Waldstatt
Picture: Dr. med. Jürg Eichhorn



But, it is much healthier to strive for vegetarian food

-octopus, caved from a grapefruit

Creation: Alexander Eichhorn
Picture: Dr. med. Jürg Eichhorn



This is what the elephants have known since ever!

-vegetables are good for your health

Kerala, South India, elephant eating a melone
Picture Katrin Eichhorn

The side roads are important too!

Please your stomach epicureanly with a delightful sinn, now and then !

Full taste with no regrets: what would life be without small and big sins...



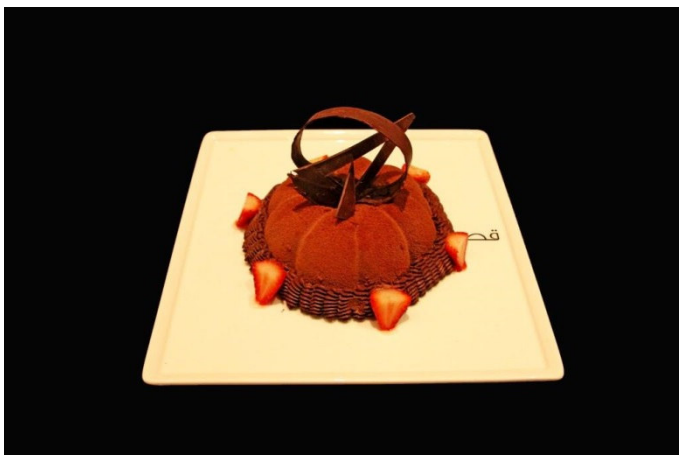
Steam-engine - chocolate cake

Creation: Katrin Eichhorn. 11. April 2013
Picture: Dr. med. Jürg Eichhorn



Mango cake

Qasr Al Sarab, Abu Dhabi, March 2013
Picture: Dr. med. Jürg Eichhorn



Chocolate cake with strawberries

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