

metabolic IQ

YOUR METABOLIC INTELLIGENCE

tailor-made menu

by SLOW·FOOD·LIFE

*Eat wisely.
learn what your
body needs!*



METABOLIC TYPE : MIXED PROTEIN



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SLOW·FOOD·LIFE
 HEALTH IN BLACK AND WHITE



—GO—
**GLUTEN
 FREE**



—GO—
**SUGAR
 FREE**



—GO—
**TRANS FAT
 FREE**



—GO—
**LACTOSE
 FREE**



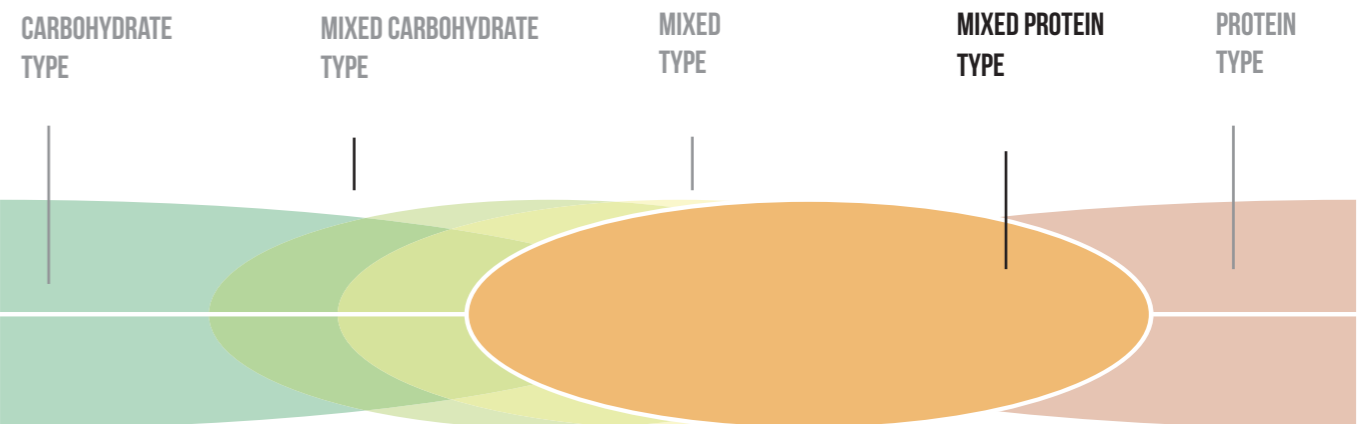
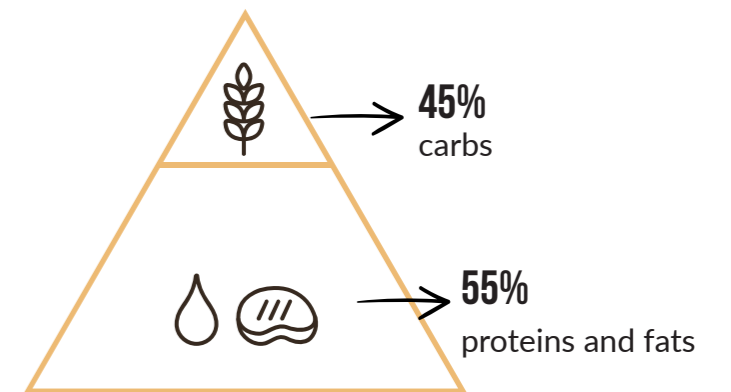
—GO—
**GMO
 FREE**

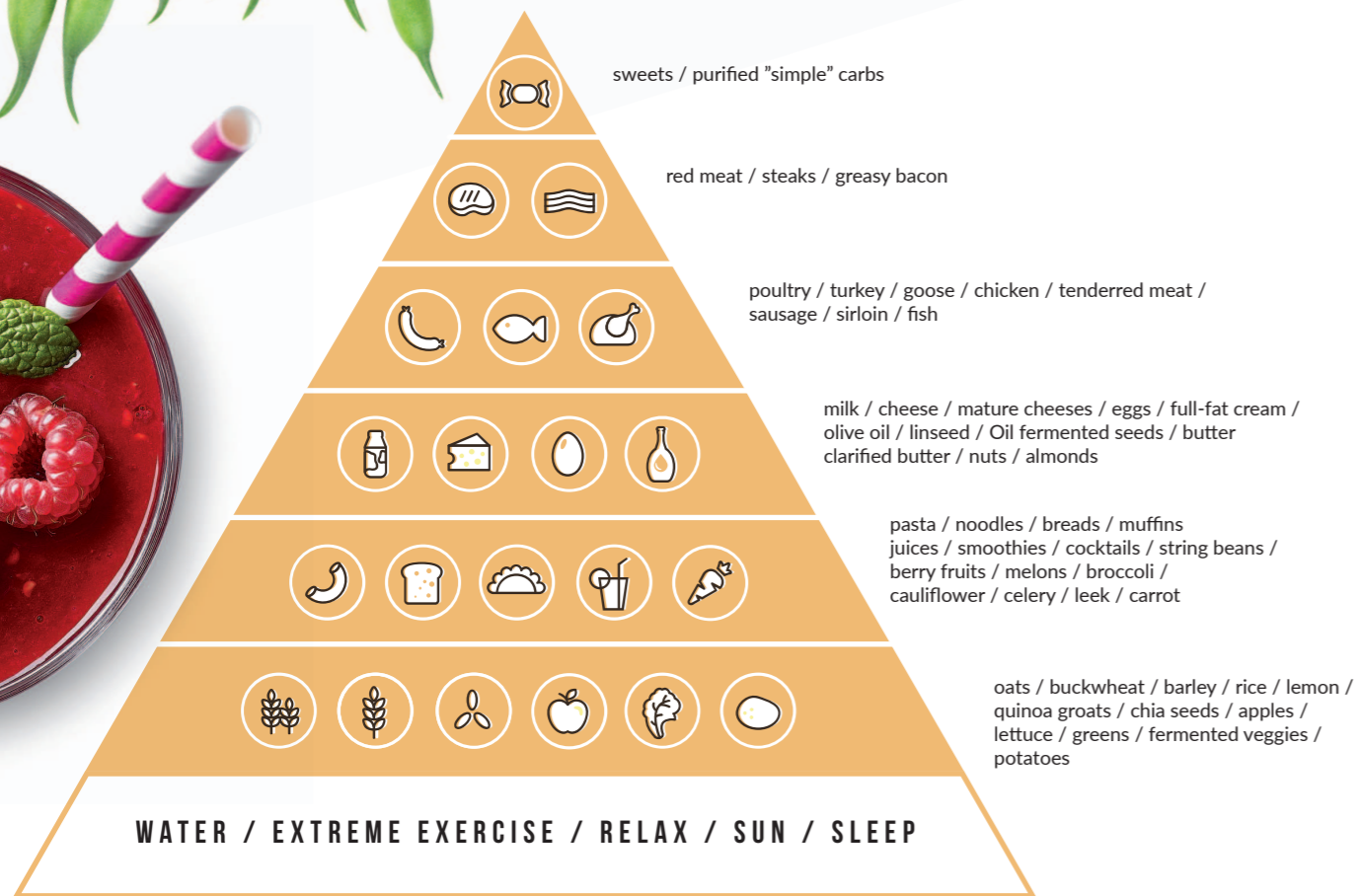


METABOLIC TYPE
Mixed Protein

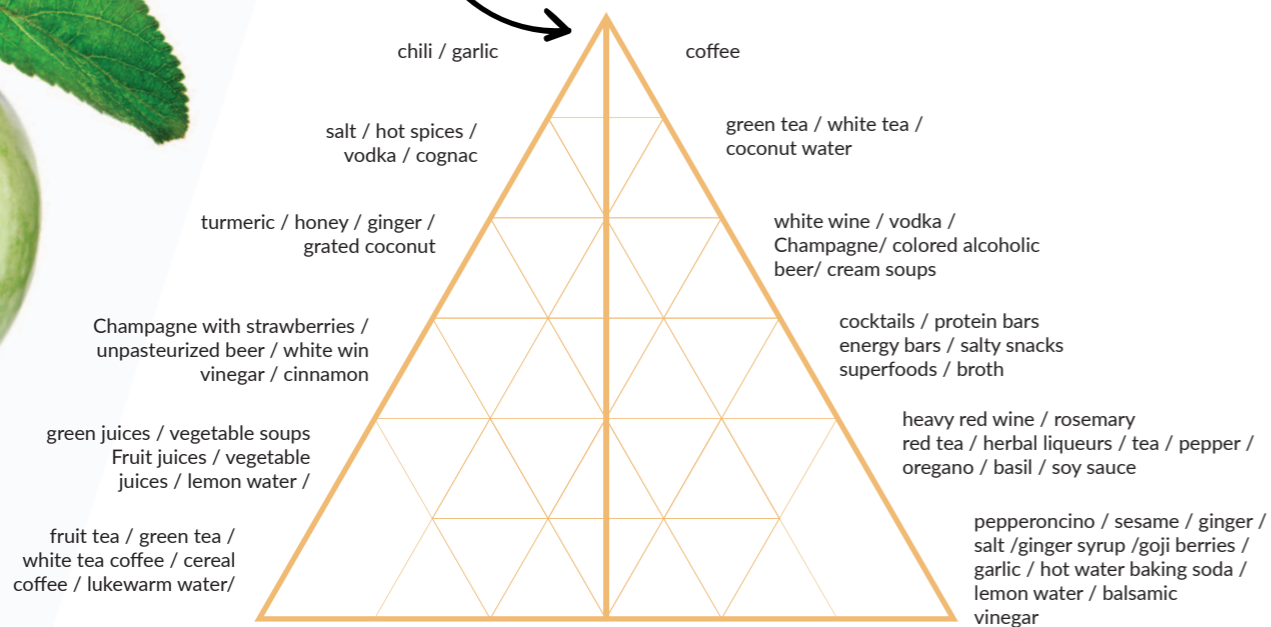
**METABOLIC TYPE I.E.
 MEDIUM FAST BURNER**

it is a person who quickly digests carbohydrates. In the diet still needs more protein and fat because with a large amount of glucose coupled to the Krebs cycle it must be balanced. The autonomic nervous system in this metabolic type is quite balanced, with a slight dominance of the parasympathetic system; too much carbohydrates leads to acceleration of all metabolic processes.





drinks, spices, adds



Moderate burner profile:

- ➔ The mixed type stays in between the carbohydrate and protein types, (i.e. between an equatorial and an Eskimo type). This is a classic “cocktail” of possibilities.
- ➔ Such person may eat everything from the healthy food list, just not to exaggerate.
- ➔ However, failing to observe a well-balanced nutrition rules may result in a shift into the reaction pattern characteristic for carbohydrate or protein types.
- ➔ If a mixed type person misbalances the proportion of nutrients or has one-sided eating habits, this often results in overweight problems.
- ➔ The mixed metabolic type enables you to use a wide range of products. In the homeostasis condition all the good feature of both types can be maintained in the body—both of the carbohydrate and the protein type. However, once the balance is upset, the principles get neglected and the body is not cared for effectively, one may develop all the health problems typical for a slow burner and for a fast burner.
- ➔ Mixed type persons are less vulnerable to disorders.
- ➔ In order to maintain good health and balance, you just need to observe the common sense principles of nutrition.
- ➔ The mixed type functions the best while having appropriate quantities of all macro-elements, i.e.—all proteins, fats and carbohydrates, not to have it too light, too fatty or too sweet.
- ➔ By having frequent and small meals, appropriately adjusted individual diet, majority of serious degenerative diseases may be prevented, wherever such disorder is based on the entire body metabolism.
- ➔ Listening to your own body, using protein in each meal, avoiding processed food, we can adjust the diet to be able to eliminate overweight and the need for sweets.

- ➔ Careful approach to cereal product, limiting wheat gluten, sugar and Trans fatty acids one can feel better just in a few days’ time.
- ➔ If you are craving for sweets directly after a meal, it means that your dish contained too little protein.

MIXED BALANCED TYPE

Moderate burner

45% CARBS / 55% PROTEINS AND FATS

In this case, we eat equal amounts of carbohydrates and proteins as well as fats by choosing from carbohydrate and protein MIQ types lists.



slow burner

fast burner

slow burner

fast burner



VEGETABLES: lettuce, peppers, onion, radish, cabbage, low salt dill pickled cucumbers, red beetroot, sprouts, fresh cucumbers, marrows, courgette, Brussels sprout, broccoli, chard, pumpkin

VEGETABLES WITH HIGH PURINE CONTENT: with high purine content: beans, peas, lentils, chickpea, cauliflower, spinach, asparagus, celery, avocado, artichokes, sweet potatoes, potatoes occasionally and only fried in butter



FATS: Fats—in low quantities— butter, drawn butter, only extra virgin oils: coconut oil, linseed oil, olive oil, occasionally other fats

FATS: butter, drawn butter, lard, home-made bacon, extra virgin vegetable oils: pumpkin seed oil, nut oil, pistachio oil, olive oil, fish oils, home-made mayonnaise based on linseed and rice oils (1:1) fats



PROTEIN WITH LOW PURINE CONTENT: soured milk, kefir, yogurt, natural dairy products, semi-skimmed cottage cheese, fish—cod, trout, flounder, perch, halibut, white tuna, wild salmon, white parts of poultry, rabbit, veal, occasionally: pork fillet, beef leg cuts, silverside, sometimes free-range egg and green beans

PROTEIN WITH HIGH PURINE CONTENT: red meat, dark parts of poultry, home-made sausages, offal of naturally fed domestic animals (duck, partridge, home-made pork chop, pig neck, beef, lamb), oily sea fish, herring, sardines, caviar, sea food, most mushroom, legumes i.e. beans, peas, lentils, chickpea, broad bean, peanuts, sprouted grains, meat gravy, free-range eggs in any form, sometimes unskimmed cottage cheese, Parmesan




PROTEINS: with low purine content: soured milk, kefir, yogurt, natural dairy products, semi-skimmed cottage cheese, fish—cod, trout, flounder, perch, halibut, white tuna, wild salmon, white parts of poultry, rabbit, veal, occasionally: pork fillet, beef leg cuts, silverside, sometimes free-range egg and green beans

PROTEINS: high purine; red meats, dark parts of poultry, homemade sausages, offal of domestic naturally fed animals (duck, partridge, home-made cutlet, neck, beef, mutton) deep-sea fatty fish, herring, sardines, caviar, seafood, most mushrooms, legumes such as beans, peas, lentils, chickpeas, broad beans, peanuts, sprouted seeds, meat sauces, free range eggs in any form, sometimes fatty white cheeses, parmesan cheese



SWEETS: easily digestible sweets, i.e. delicate home-baked cakes, jams, plum stew, jellies, mousses, sorbets, raisins, overripe soft fruit, sunflower sprouts, almonds, walnuts

SWEETS: cereal free or based on allowed flour types, rich cheesecake with xylitol, butter cream cake, home-made ice-cream with rich whipped cream and nut topping, cream and sultanas sundae, high fat sour hard fruit, genuine halvah, sesame, nuts, almonds



MIXED BALANCE TYPE SHOULD AVOID

strong alcohols, fatty and heavy dishes, excess of legumes, highly processed sweets and late dinners, sharp and very sour spices, fruit juices, sweet carbonated beverages, monosaccharides, coffee, strong tea, beer and other alcoholic beverages.

NECESSARY SUPPLEMENTATION FOR A MEDIUM FAST BURNER:

natural vitamin B complex (B1, B2, B3, B6, B9, B12), C,D,K vitamins, vitamin H (biotin), citrus bioflavonoids, pantothenic acid, calcium , magnesium, iodine, phosphorus, zinc, sodium, in general, mineral supplementation, iron, potassium, copper, manganese to accelerate the Krebs cycle. Mixed balance type should choose supplements depending on how she/he feels like.

Mixed protein M/Q tips:

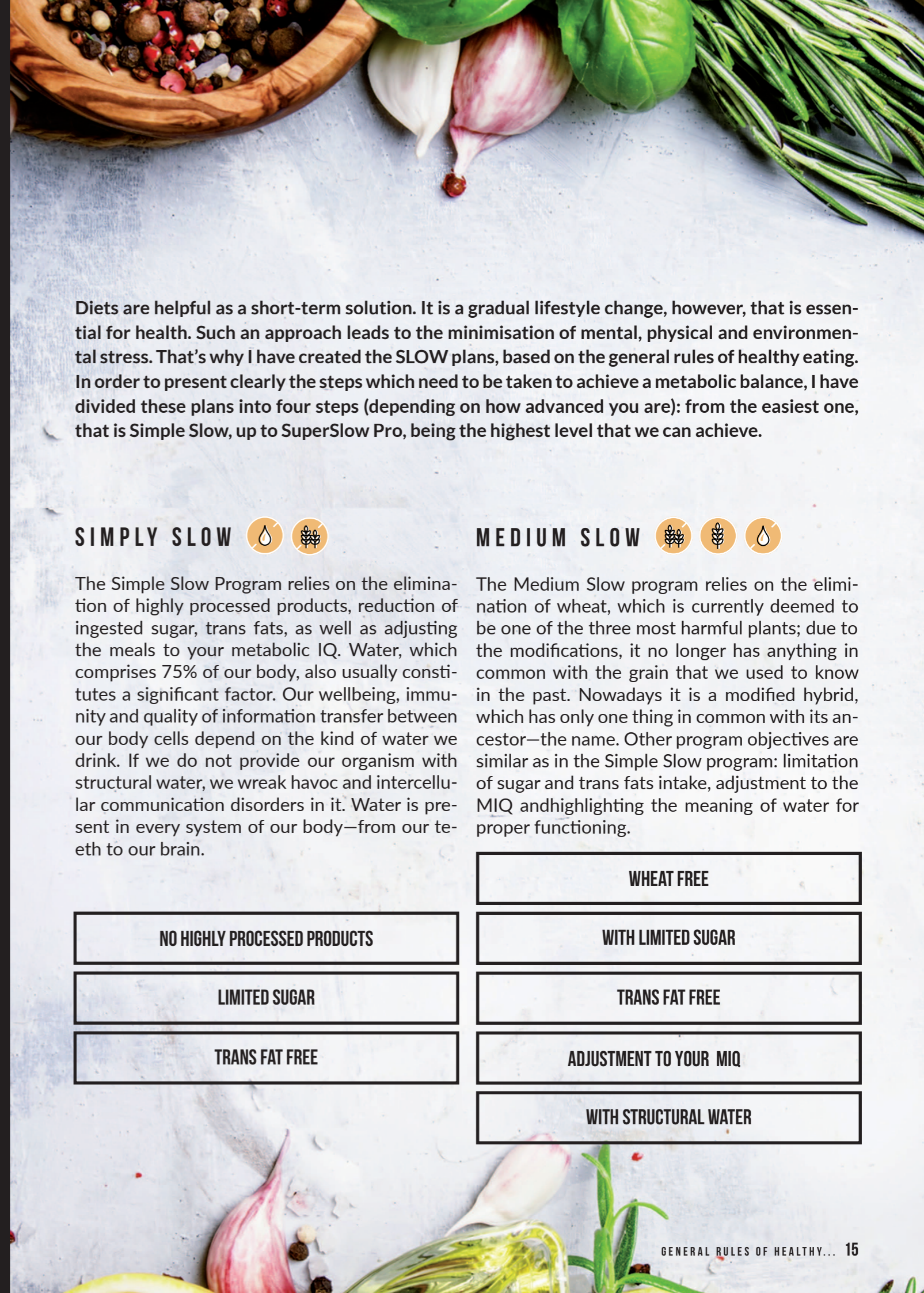
- “Variable appetite, you eat like a horse or you have no appetite at all?”
- “Lack of balance in nutrition may cause excess willingness to eat sweets”,
- “If you balance components, you will not gain weight”,
- “You are lucky! Your diet seems to be the most liberal of all the types!”
- “Combine meals proportion of both types—protein and carbohydrate”,
- “Make sure you are mixing fruits and vegetables properly”,
- “Do not go to extremes! Balance in your case is the key to success”,
- “Try to balance vegetables with high content of starch and purine”,
- “You are working the best if you consume well balanced amount of protein, fat and carbohydrates”,
- “While keeping balance, you can prevent from any degenerative and chronic diseases”,
- “Protein in every meal can maximize your sources of energy”,
- “Lack of protein can cause chronic fatigue, emotional imbalance, melancholy”,
- “Carbohydrates snacks can cause jumps in the blood sugar level!”
- “Excess of carbohydrates in a diet can cause gaining weight”,
- “Every type of protein is beneficial to a mixed type”,
- “Too much or too little fat and proteins may cause disorders of your energy, mood and welfare”,
- “Have a snack, if you need it”,
- “Small quantities of proteins from time to time, can allow you to keep balance”,
- “Any type of healthy snack is good for you”,
- “Food should give you satisfaction and energy!”
- “Listen to your body!”
- “If you are very hungry, dairy products are not the best for you”,
- “Check consumption of cereals, fruits and vegetables with high starch content”,
- “Eat cereals in moderate way”,
- Do not eat too much bread!”
- “Do not consume any products made of purified cereals”,
- “If your sugar jumps, avoid wheat or eliminate it at all”,
- “Crackers and bread should be replaced by rice or groats”,
- “If you feel like having sweets after meals, probably you have eaten too much carbohydrates”,
- “Remember that the purified flour blocks calcium absorption!”
- “If you eat bread, always butter it—to avoid jumps of blood sugar and increase fatty tissue”,
- “Watch out for fruits! Eating them excessively may cause trouble”,
- “If you are hungry, it is better to eat proteins than fruits”,
- “Excessive drinking of juice can cause gaining weight in your metabolism type”,
- “Use moderate quantity of fats and oils”,
- “Fats and oils are not harmful for you if you eat them in their natural form”.



There are as many theories on healthy eating, as there are dieticians.

And in addition, there are bloggers, vloggers and celebrities. Each of these persons considers their eating habits or diet to be a panaceum, often promoting it as the only appropriate path for every human on the Earth—but they could not be more wrong. Why? Each of us has a specific character, ascribed to a given metabolic type. In every case, during the citric acid cycle, carbohydrates are burnt in an entirely dif-

ferent way; that's why we cannot all eat the same food. In general, diets are based on an elimination of one of the macronutrients: carbohydrates, proteins or fats, leading either to a nutritional imbalance in our body or rapid blood sugar level spikes, from hyperglycaemia (when blood sugar level is extremely high) to hypoglycaemia (when it rapidly decreases). All such actions result in a metabolic destabilisation and disrupted body balance.




Diets are helpful as a short-term solution. It is a gradual lifestyle change, however, that is essential for health. Such an approach leads to the minimisation of mental, physical and environmental stress. That's why I have created the SLOW plans, based on the general rules of healthy eating. In order to present clearly the steps which need to be taken to achieve a metabolic balance, I have divided these plans into four steps (depending on how advanced you are): from the easiest one, that is Simple Slow, up to SuperSlow Pro, being the highest level that we can achieve.

SIMPLY SLOW  

The Simple Slow Program relies on the elimination of highly processed products, reduction of ingested sugar, trans fats, as well as adjusting the meals to your metabolic IQ. Water, which comprises 75% of our body, also usually constitutes a significant factor. Our wellbeing, immunity and quality of information transfer between our body cells depend on the kind of water we drink. If we do not provide our organism with structural water, we wreak havoc and intercellular communication disorders in it. Water is present in every system of our body—from our teeth to our brain.

- NO HIGHLY PROCESSED PRODUCTS
- LIMITED SUGAR
- TRANS FAT FREE

MEDIUM SLOW   

The Medium Slow program relies on the elimination of wheat, which is currently deemed to be one of the three most harmful plants; due to the modifications, it no longer has anything in common with the grain that we used to know in the past. Nowadays it is a modified hybrid, which has only one thing in common with its ancestor—the name. Other program objectives are similar as in the Simple Slow program: limitation of sugar and trans fats intake, adjustment to the MIQ and highlighting the meaning of water for proper functioning.

- WHEAT FREE
- WITH LIMITED SUGAR
- TRANS FAT FREE
- ADJUSTMENT TO YOUR MIQ
- WITH STRUCTURAL WATER

Why should you decide to introduce the simple slow or medium slow program—and what else should you also remember about

Slow Food seems to stand in opposition to fast food—but not really. The real essence of slow food lies not within the speed of meal consumption but in its quality, preparation method and used products. Slow Food, combined with ecology and the popularity of cooking, becomes a life philosophy which radiates to all of its fields: work, leisure, social relationships, place and type of living, etc. We definitely do not mean by that living at a turtle's pace and going back to the Stone Age; it is all about the synergy of human and the surrounding world, the environment. When someone talks about living in harmony with nature, they do not have to mean total abandonment of the greatest breakthroughs or technological novelties, as well as trendy and useful gadgets. It is more about the ability not to become addicted to modern technologies—and to know how to minimise their harmful influence on our lives.

1. CALORIES

Calories, calories, calories—everyone is talking about them, and consumers are constantly frightened by them. People wanting to maintain their weight tend to obsessively count them, trying to eliminate from their diet anything that exceeds a given number of calories—and that's a big mistake! The majority of people do not distinguish between two fundamental issues. Calories are divided into the EMPLOY ones—which are harmful to us—but also into those that are NUTRITIOUS. It does not matter HOW MANY calories we provide, but WHAT KIND OF calories they are. A diet is not supposed to be a punishment—it should be treated as an everyday op-

portunity of nourishing ourselves. Understanding that starving our bodies or consuming a limited range of products will not make us beautiful, healthy, and youthful, is fundamental to our success. People tend to go to extremes; most often, they either treat their stomach like a landfill or starve themselves, ruining both their body and mind. Balance is essential for success.

2. EATING AFTER 6 P.M.

According to a popular opinion, eating after 6 p.m. is plain wrong; in some cases, it might even pose a deadly threat to our perfect figure. We could not be more wrong. We have to consider a few factors. First of all, STABLE BLOOD SUGAR LEVEL is crucial for optimal weight maintenance. To keep it at such level, we should eat 5-6 small meals a day. When we skip meals—and it's quite common in modern societies living hastily—we cause rapid blood sugar level decreases, when our body starts to burn muscles. If we decide to nourish our body after a relatively long break from eating, it accumulates the ingested food as fat—which most frequently causes our fantastic abdominal muscles to be hidden under new layers of fat. Metabolic type also determines the best meal times. Basically, we are divided into slow and fast burners, as well as the intermediate ones. There are persons with the mixed type—almost everything is beneficial to them. The rest is divided into protein and carbohydrate types. The first group benefits from protein products, the latter from carbohydrates. All groups need the same ingredients, but in entirely different proportions. This is important to remember, as one of the most common mistakes among persons with the protein type is limiting their meals after 6 p.m., which results in their case in weight gain, sleep disorders, anxiety and nervousness.

3. TRANS FATS—TRANS FATTY ACIDS

An everlasting issue with fats: to eat or not to eat? And if you eat, then which ones? There is significant confusion surrounding fats—some people recommend margarine, claiming that butter causes atherosclerosis, while some completely eliminate fats from their diet, but that's a big mistake! Cell walls are built from proteins and lipids. Without good fats, our bodies cannot regenerate, build cells and digest protein (in the case of high-protein diets with fat elimination, kidney malfunction occurs most often due to the indigested protein retained in the bowel).

4. CHEMICAL SUBSTANCES

Very often, we are not even aware of what we actually fill our stomachs with. Currently, every year we ingest ca. 7-8 kilograms of chemical additives with food! Over 24 hours, we exhale 85 thousand litres of air, while 170 litres of blood go through our kidneys—try to imagine, then, how hard our bodies have to work when they are exposed to artificial junk food. The effect of eating such food is a feeling of satiety. Our bodies, however, instead of being provided with energy originating from food, are deprived of it—as they have to spend it on digesting the “trash” we eat. What about the skin? It is the largest link with the outside world. We absorb various substances via the skin and sweat out the toxins found in the body. The skin surely does not welcome these chemical substances either. Synthetic cosmetics, clothes, chlorinated water full of heavy metals and other pollutants—how much can we handle? We keep on bombarding our bodies both from the inside and outside, until our health tell us: enough is enough!

5. ANTIOXIDANTS

Read more about antioxidants on page 30. Currently, a USA-patented substance, AcaVie, shows the highest antioxidant capacity. It is a blend of antioxidant-rich acai puree with Enlivenox, the most important substance found in acai. It contains ten times more polyphenols than traditional fruit.



The substance is additionally enriched with Jucara fruit, which shows four thousand units in the ORAC test.

6. PROTEIN

Let us remember that it is not the amount of ingested protein that matters the most. It is the content of synergic ingredients, which are absorbed in a better way and build healthy muscle when supplied to our body with high-quality protein. Read more about protein on page 30.

7. ECO

Eco—currently the most fashionable word, appearing literally everywhere. I am still waiting for ecovulcanisation—now, that would be really innovative. The word “SPA” was a precursor of this trendy “eco” word; as it used to be added to every name (a new brand or product), but had little to do with the actual, primary *sanus per aquam idea*. It could be understood as “health through water”. It is important to distinguish between those products and services that are actually ecological or bio and those that are ecological in name only. Unfortunately, everything depends on manufacturers’ ethics and whether they really care about the components that make up their products. We have to be able to distinguish between natural products and the ecomarketed industrial ones. Consumers also don’t have it easy, because majority of us use products and spare little thought on their real ingredients. A great number of slogans appearing on packages is regulated by restrictive laws; still, this does not mean that the manufacturers share the “gospel truth” with consumers. There are always some ways to “amp” the label. The most sneaky slogans that are not subject to precise standards include: “clean”, “natural”, “enriched”, “smoked”, “made of”, “fat-free”. Most eco markings declare that a given product does not have a negative impact on the environment. Do these eco-standards, however, consider a human to be an integral part of the environment?

8. EXERCISE

The majority of us wake up in the morning and leave it all to “destiny”, allowing fate to decide about our wellbeing, mood, energy and health. But it is not the only factor that determines our life—we also have a voice. Humans are made to move around; a sitting position has deadly consequences for us. According to research conducted at many universities (including Harvard), only 14% of people know what they expect from life and have precise aims. Only 3% of the population have written these aims down and have a plan allowing their achievement. Prepare an action plan and take care of your health—hitting the gym alone will neither help in reaching a desired level of fitness, nor improve body endurance. Aim for a better life and enhanced immunity to stress and daily struggles. Cardio exercises burn the most fat.



9. ELECTROMAGNETIC FIELD (EMF)

What does a modern man look like? A laptop on his knees, a smartphone in his pocket, a wireless receiver in his ear—and he is ready to go! Moreover, he spends most of his time either in the car equipped with all the possible technological novelties or an equally awesome office. Health risks? Brain cancer, impotence, digestive disorders, low immunity and body endurance, sleep disorders, hyperactivity, chronic fatigue, lack of concentration, general nervous system disorders, etc. The list is relatively long. Not everyone experiences in the same way the impact of electromagnetic fields generated by mobile phones, Wi-Fi networks, mobile operators’ antennas, high voltage lines and tonnes of other electronic devices. Research shows, however, that these fields remove important calcium ions from cell membranes, resulting in a leakage into the cell’s interior and long-lasting disturbances in their functioning.

10. GMO

New French research shows that a long-lasting intake of GMO products can cause serious health disorders. For two years, 180 rats were fed with a genetically modified NK603 corn, Roundup Ready2 type. They were subsequently tested for 100 various parameters. The tests revealed numerous health complications in animals, including hormonal disorders, pituitary gland and kidney functioning disorders, as well as nipple tumours. An increased mortality was also observed. This research constitutes the first such broad and long-lasting trial of this type. It confirms that ingesting GMO—including also the Roundup herbicide, used during the cultivation of corn type used in research— might be detrimental to health¹.

SUPER SLOW

The SuperSlow Program is a more advanced issue. Here, we completely eliminate, not only limit, the intake of such elements as gluten, sugar and trans fats. We adjust the plan to our metabolic IQ, and—as previously— remember about the quality of water drunk. By introducing this nutrition system, we are able to significantly increase our body’s potential, its endurance, cell regeneration speed, as well as ensure a youthful appearance. **I call it a G3 formula—GO GLUTEN-FREE, GO SUGAR-FREE, GO TRANS FREE. Below you will learn what benefits the elimination of these ingredients will bring.**

GLUTEN FREE
SUGAR FREE
TRANS FAT FREE
ADJUSTED TO YOUR MIQ
WITH THE STRUCTURAL WATER

3G FORMULA

A G3 formula is supposed to eliminate from our diet the three main culprits responsible for our problems with health and appearance—namely gluten, sugar and trans fats. I cannot promise that this will be easy—I promise, however, that it will be effective. **Eliminate these 3 ingredients from your diet for 3 weeks—and feel 3 times better.**



—GO—
GLUTEN
FREE



—GO—
SUGAR
FREE



—GO—
TRANS FAT
FREE



GO
GLUTEN
FREE

*Why
go gluten
free?*



Gluten is a protein which has a detrimental impact on our health. It can be found mostly in wheat, rye, triticale, oat flakes (due to contamination, as oat itself does not contain gluten) and barley.

Grains were planted for the first time thousands of years ago in Syria. This event changed human lifestyle forever. The ability to cultivate crops meant that humans could stay in one place. Wheat, as a calorie-rich and convenient filler (easily obtainable and providing quick satiation) allowed mankind to survive without hunting. Even back in these days, however, consuming it in excess was bad for human health. The first references of coeliac disease are dated 100 AD.

Currently, we mostly eat gluten as baked goods (bread, rolls, popular ciabatta bread, pita bread, tortillas, French croissants, hot-dogs, hamburgers), pizza, pasta, and even crisps (as they are not always made of potatoes only). Wheat gluten, however, is the most harmful to human health. Genetic modifications introdu



ced in wheat and other plants over the last 50 years have turned out to be a real Pandora's box. Ingesting increasingly larger amounts of wheat products, also the wholegrain ones, has led to global epidemics of various diseases, especially in so-called highly developed and developing countries.

According to scientific research carried out over the last two decades, eating the new, "improved" wheat and its derivatives contributes to the disorders causing, among others, abdominal obesity, diabetes, arthritis, overweight, epilepsy, schizophrenia, brain functioning disorders, dementia, premature ageing processes, leukaemia and many other diseases which we do not link at all with ingested foods. It is an absolute rarity to deem cookies or wholegrain baked goods—advertised as healthy—responsible for these diseases.

WHAT DOES WHEAT CONTAIN?

Modern wheat contains 75-80% carbohydrates and 10-15% protein. Gluten comprises 80% of all protein found in wheat, including both glutelins and gliadins.

According to scientists, the properties of particular wheat components are as follows:

- **GLUTEINS** cause the cake batter to be sticky, flexible and compact. It also makes it increase its size under the influence of yeast;
- **GLIADINS** trigger the strongest immune response, that is coeliac disease; alpha-gliadin is responsible for the inflammation of the small intestine. Gliadin and zonulin cause leaky gut syndrome;

- **GLUTEN** is responsible for stickiness and flexibility of baked goods, properties appreciated by both bakers and consumers;
- **LECTINS** trigger autoimmune responses, such as arthritis or lupus erythematosus;
- **AMYLOPECTIN A** is a multi-sugar, which is easiest to digest. This is why it is most effective in increasing blood sugar levels; the most easily digestible form of this sugar can be found in wheat.

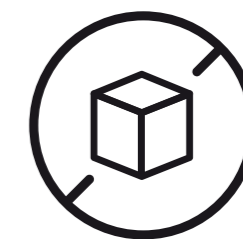
Fact

The most powerful thing made of flour—French bread—was prepared with flour, sourdough, water and salt. The sourdough was the starter ingredient and needed up to 15 hours to mature. It required to be fed and left to stand 3-4 times while the dough was kneaded. The preparation of enormous quantities of bread exhausted the bakers who had to knead ca. 90 kilograms of dough in 45 minutes. Sometimes they would jump on the dough and knead it with their bare feet. When some bakers turned to beer yeast—so that the dough would rise faster and thus be easier to knead—society loudly opposed the change. Doctors declared that since the yeast acted fast, by "shaking the bread", eating it brought about effects as toxic as eating rubbish.



Important

- Wheat triggers in the brain reactions similar to those following heroin intake.
- Polypeptides from gluten cross the blood-brain barrier, while zorphines (exogenous morphine-like compounds) can serve as activators of many mental disorders.
- Wheat can influence the central nervous system similarly as nicotine or cocaine, presenting symptoms of addiction, withdrawal, or even hallucinations.
- Apart from other symptoms of nervous system disorders triggered by grains containing gluten, such events might occur: motor coordination disorders, epileptic seizures, autism, schizophrenia, ADHD, Parkinson disease, MS, urinary incontinence, dementia.
- Destructive immune responses also affect the brain tissue, causing irreversible changes.
- The elimination of bread, cookies and other popular baked goods will result in mood elevation, better concentration and deeper sleep within just a few weeks—and sometimes, just a few days.
- You will also combat constant fatigue, uncontrollable mood swings and the general feeling of confusion..



—GO—
**SUGAR
FREE**

*Why go
sugar free?*



Christopher Columbus initiated the sugar rush. It has led us to the bitter supersize era and the global pandemic of obesity. The world of science continues to look for the next culprits responsible for countless diseases affecting the modern world. More and more people, however, have become aware that the enemy is waiting in their own fridge and in the maze of supermarket shelves filled with tens of thousands of products perceived as "foodstuffs".



Did you know that in order to provide a preliminary age estimation of skeletal remains, archeologists check the teeth? Why? Because before humans started to consume sugar, tooth decay was practically non-existent.

**“I SERVE YOU BITTER PILLS IN A SWEET GLAZE.
THE PILLS ARE NOT HARMFUL; THE POISON IS
IN THE SWEETNESS”.**

Stanisław Jerzy Lec

In 1980, the average sugar consumption per person in the US amounted to little more than two kilograms per year. Currently (data from 2009), it amounts to 61 kilograms per year—over the last 20 years it has systematically increased by 0.45 kg each year. The problem lies within the fact that market globalisation means that whatever the US eats today will be eaten by the rest of the world tomorrow. Today, every Western country consumes more sugar than at any point in its history— and it has a tremendous impact on human life, health and body.

The interest in sweet things lies in our nature. The tip of our tongue immediately responds to sweet taste. It is a characteristic that has developed through evolution in all primates. It helps us distinguish between ripe fruits from the raw ones, edible foods from the food which has spoiled, as well as verify which plants contain the largest amount of vitamins and minerals. However, we have learnt to manufacture sugar, cheating nature and ourselves. As a result, we started to overburden our bodies with saccharose, which has led to an actual sugar addiction. Sugar is available in unlimited quantities, round-the-clock; it can even be found in products which we would never expect to contain sugar. Not only the candy aisle is filled with sugar; cold cuts, meat, bread, light products, crisps, pickles, marinades, jams, cereal for children, salads, sauces, dips, juices, sodas—and even water—are spiked with sugar.

A long time ago, when humans used to wander the earth while searching for food, an ability to accumulate excess food as fat (most often around the wa-

ist and the buttocks) developed. The fat used to be burnt only during food shortage. Nowadays, we don't have to run—we don't even walk as much as our ancestors used to. Still, our bodies are programmed to accumulate fat for a “rainy day”. The difference is, we don't really have to make an effort to find food. It is available everywhere, in unlimited quantities, at very low prices.

WHY DOES SUGAR CAUSE DIABETES?

The pancreas is one of the least demanding organs in our bodies. It supplies enzymes to the intestinal juice; always when we eat carbohydrates, it secretes a hormone called insulin. In times gone by, people did not have access to refined sugar. They used to eat tubers, grains and fruits. After their consumption, a lot of time had to pass until the carbohydrates underwent decomposition and glucose was produced. This process was in harmony with nature. Nowadays, just as smoking causes cancer, excessive sugar consumption causes diabetes. It has become the plague of the new century and a social disease which excludes from a normal life an increasing number of young people and children. Glucose, which is vital for life, can get into the cells only via the insulin. In a sick person this system does not work this way—glucose reaches the cells either in insufficient amounts or does not reach them at all. This happens due to insulin shortage or when cells decline sugar absorption. Type 2 diabetes occurs most often; 90% of patients suffer from it. It used to be called an old age disease, yet now it affects even those very young. The worst threat stemming from this disease, however, are high glucose values—if too much glucose is accumulated in the blood, the effects might be devastating to the organism.

Sugar, everything sweet, products made with plain flour, as well as refined, polished rice are mainly made up of a quickly dissolvable glucose. Since the fibrous tissue, which can be naturally found in these plants, has been previously removed mechanically during their production, the stomach and intestines do not have a lot work to do. Glucose is immediately transferred from the intestinal mucosa to the bloodstream, and the blood sugar level rises rapidly. The pancreas goes crazy. This tiny organ has to produ-

ce enormous amounts of insulin in the shortest possible time—to transfer it to the blood. Each insulin particle equals 51 protein components. The pancreas has to produce billions or even trillions of such particles after the consumption of a single piece of a sweet cake. Following the consumption of tiramisu, the glucose value increases to 300 mg/dl or even higher; the sugar in our blood becomes a poison. After the CPR performed by the pancreas, blood sugar level rapidly decreases below the physiological level—up to 70 mg/dl.

It was not accidental that nature set the optimal blood glucose value at 100 mg/dl. Glucose is the only fuel for nerve and brain cells. In contrast to the energy originating from fat (which is produced following the transformation of fat into energy by muscle cells), the energy from glucose “explodes” immediately. And that's because in case of unforeseen stress or an emergency, the brain and nerves have to respond immediately.



Important

- The diseases associated with diabetes include atherosclerosis, cardiac disorders, sight damage and kidney diseases.
- 1/3 of patients at psychosomatic clinics and mental hospitals are indirect or direct victims of excessive or permanent sweets or soda intake.
- 60 to 90% of people affected by type 2 diabetes are overweight.
- Diabetes attacks and weakens the immune system, which causes infections to affect the whole body.
- Undiagnosed diabetes can trigger the most severe sight damage, such as cataract or glaucoma. It might even lead to a complete vision loss.
- Nature equipped us with empty fat cells in case of extreme situations. In normal conditions, when a newborn or a toddler receives far too much sweet food, the excess glucose is transformed into triglycerides, which is transformed into real fat cells, triggering a tendency to obesity.
- Due to numerous reasons, sugar shares the responsibility for every excess kilogram in our body. Along with insulin, glucose smuggles fat particles to fat cells; the sugar dissolves immediately and leads to a rapid increase in blood sugar level. If too much of it is accumulated, it is transformed into fat—according to a law of nature which states that we should not get rid of any valuable nutritious substance. We should accumulate it for a “rainy day” instead. And this is precisely how sodas, sweets and other

products full of the sweet “evil” are transformed into fat.

- First warning signs of diabetes: sight disorders, excessive thirst, flu-like symptoms, weight loss, slow-healing wounds, neurosthenia, infections.

Fact

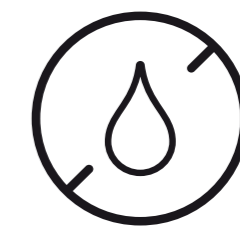
Sweetness and anguish—for over 400 years, sugar remained a very expensive medication and a rare luxury for the rich. Spices, and especially sugar, constituted the cornerstone of the Mediterranean ports’ economic power, particularly in the case of Venice. This sweet commodity was light, easy to transport and was immediately sold to rich merchants who were ready to pay enormous sums for this luxurious delight, which still remained a rare delicacy. For example, back in 1226, King Henry III of England had trouble finding a little more than one kilogram of this delicacy! Sugar’s value urged the Prince of Portugal to establish a sugar cane plantation in Madeira, as well as to broaden business endeavours linked with the cultivation of this plant in the New World.

SUPER SLOW PRO



Super Slow Pro is the most advanced level in the nutrition program. We are not only following the G3 formula, that is the complete elimination of gluten, sugar and trans fats, but we are also introducing the G5 formula, also eliminating lactose and genetically modified plants. Determination of the metabolic type and intake of structural water remain a standard. Thanks to that we enhance oxygen transport in the blood and organise the molecular order of the fluids; this, in turn, influences the immune system, which can act in a more effective way, fighting unfavourable microbes, fungi, viruses and bacteria.

GLUTEN FREE
SUGAR FREE
TRANS FAT FREE
LACTOSE FREE
GMO FREE
WITH STRUCTURAL WATER



—GO—
**TRANS FAT
FREE**

Why trans fat free?



If you want to maintain your youthful appearance, you have to avoid TRANS FATS! TRANS fats are produced during the hydrogenation of plant fats, due to which various changes in their characteristics take place. The consumption of these fats results in the increase of the so-called “bad” cholesterol (LDL) and the decrease of the “good” one (HDL). Thus, the risk of cardiac diseases rises—but not only. Their consumption also intensifies all the problems related to brain and nervous system functioning, both in children and adults or the elderly. Beware! Trans fats are everywhere: in fast food, ready meals, sweets, fries; nearly all of the highly processed products available on the market.



GOOD FATS

We should remember that cell membranes are built from proteins and lipids; without appropriate fats, we cannot regenerate our body, build cells and digest proteins. The particles of fatty acids decide about the build of cell membranes and intracellular membranes, playing a crucial role in their structure, integrity and functions. As one of three basic nutrients, apart from proteins and carbohydrates, fats perform numerous essential functions:

- participation in protein modification and hormonal balance conditioning;
- they are a building material for cell walls and white matter in the brain;
- they determine the fitness of the cardiovascular system;
- they are mediators of vitamin A, D, E and K, also facilitating their absorbance from other products;
- they influence the condition and appearance of skin, hair and nails;
- they constitute the most concentrated source of energy for the cells;
- they enable energy storage in cells and adipose tissue;
- they act as thermal and electrical insulator, as well as stabiliser;
- they provide protection from injuries;
- they determine the function of the nervous tissue;
- they provide essential fatty acids (EFA), out of which tissue hormones are produced; tissue hormones regulate the processes in body cells.

Important

- Transy Trans fats increase the level of the “bad” LDL cholesterol

and decrease the “good” HDL cholesterol levels.

- Trans fats consumption increases the chance of cardiovascular

system disorders development and myocardial infarction.

- Trans fats lead to the development of TYPE 2 DIABETES.

- Many foodstuffs and ready meals contain these fats, such as confectionery, doughnuts, cakes, cookies, biscuits, frozen pizza, crackers, sandwich spreads, margarines, butterlike products, ready sauces, crisps, crunchy snacks, sweets, dried fruits and nuts, ready-to-cook food.

- Trans fats lead to chronic inflammation of the whole organism.

- They also lead to the development of autoimmune diseases and the metabolic syndrome.

- They also foster nervous system disorders, leading to the development of dementia, Parkinson and Alzheimer’s disease.

Fact

“Italians... seemed never to die. They eat olive oil all day long... and that’s what does it.” (William Kennedy). It is not certain when exactly olive trees appeared on the Earth, but discovered fossils confirm that wild olives grew in the Santorini area as long as 60 thousand years ago. Still, their cultivation with culinary use in mind began only six thousand years ago, in the area of modern-day Syria and Palestine; later the olive trees spread to Turkey, Greece, Italy, Southern France and Spain. Their mass distribution is attributed to the Roman Empire, whose inhabitants used olives for basically everything—food, cosmetics, and even the lubrication of chariot wheels.

FORMUL / A 3G+2G
= FORMUL / A 5G

The G5 formula is the most advanced level of nutrition. Apart from the elimination of gluten, sugar and trans fats, it also eliminates from the daily menu all genetically-modified plants and lactose.



—GO—
GLUTEN
FREE



—GO—
SUGAR
FREE



—GO—
TRANS FAT
FREE



—GO—
LACTOSE
FREE



—GO—
GMO
FREE



GO
LACTOSE
FREE

Why go
lactose free?



What’s all the fuss about milk? We have all heard the famous “Got Milk?” slogan at least once in our lifetime; we have also heard about the free milk at schools. However, more and more scientific studies prove that the consumption of sweet milk, especially cow’s milk, leads to numerous diseases.



Cow's milk is characterised by a high content of fat and casein— a protein which is difficult to digest for the human digestive system. As a result, milk often triggers numerous diseases: allergic reactions, asthma, earache, runny nose, acne, eczema, apathy and even irritability. Moreover, many people lack the enzyme called lactase, which is responsible for the digestion of milk sugar, commonly known as lactose. Lactose intolerance results in such symptoms as flatulence, diarrhoea, and constipation. Both thermal treatment and fermentation of cow's milk lead to protein and sugars decomposition, thanks to which these are more easily digestible for the human organism.

People struggling with irritable bowel syndrome report an immediate improvement following the elimination of dairy from their diet—and that's due to limited lactose intake. Hypersensitivity to dairy products is a result of the body's defense reaction following its contact with one of two proteins—casein or whey protein. Immune system activates IgG, IgA or IgE antibodies or reacts with immunoaggression. If a person is hypersensitive to dairy, leukocytes will start to secrete harmful granulocytes that trigger inflammation in the organism. With such an agitated body condition other pathological food reactions might be revealed; it might even lead to cross-reactivity when one factor is able to trigger the body's hypersensitivity to literally every, even the smallest inappropriate stimulus. The easiest way to check whether we are lactose tolerant is to eliminate for some time products that contain this sugar. Carefully observe your body and its reactions. If we have previously struggled with various gastric disorders, these should resolve.

According to Chinese medicine, dairy products and sugars do not foster concentration; moreover, their excess amount in the diet leads to sleepiness, sluggishness and aversion to exercise. Moreover, dairy products and sugars lead to an increase in moisture/mucus in the organism, which causes our metabolism and cell metabolism to slow down. Moisture, along with the decrease of body temperature, leads to organism sliminess; in consequence, we are sluggish and apathetic. All of this results in diseases of the upper respiratory tract, obesity and cellulite.

Important

- The product named “UHT milk” has nothing to do with milk.
- If you do not want to eliminate dairy from your diet, choose fermented products.
- Goat and sheep milk is far easier to digest by humans.
- Buffalo and camel milk also cause less digestive tract disorders than cow's milk.
- With all the intestinal ailments, eliminating raw dairy (or at least sweet milk) from our diet will significantly improve our quality of life.
- People consuming excess amounts of dairy have a pale, swollen face.
- $\frac{2}{3}$ of the global population has a limited ability to digest lactose.
- Digestive disorders triggered by lactose include stomach ache, vomiting, nausea, burping, diarrhoea, the feeling of a full stomach, as well as movements of the digesta.
- Lactose tolerance is conditioned genetically. If we do not have an appropriate enzyme which will break this sugar down, its particles will move around our digestive tract, causing body functioning disorders.
- Human milk contains 7.2 g lactose per 100 ml; for cow's milk, this amount equals 4.7 g per 100 ml.
- Sea-lion's milk does not contain any lactose.

Fact

Lactose intolerance can be easily examined by performing a diagnostic breathing test. If it is indeed lactose that contributes to the series of unpleasant gastric disorders in our body, the amount of hydrogen level in exhaled air will be increased. It will confirm the process of lactose fermentation performed by intestinal bacteria.

To diagnose potential hypersensitivity to dairy, an immune system test should be performed. During such examination, the reactions of particular antibodies are checked. Immunoglobulin level to proteins such as casein and whey protein can be checked with a full blood count.



GO
GMO
FREE

Why go
gmo free?



WHY IS GMO DANGEROUS?

Let's start with what GMO—that is Genetically Modified Organisms— actually is. Plants can produce herbicides or pesticides, or be resistant to them. The Monsanto corn produces pesticides which eradicate insects. How is this even possible?

A bacteria gene is added to the DNA of such corn; in consequence, a plant modified in such a way produces a toxin which is deadly to insects. In case of herbicide-resistant plants, such as ROUNDUP READY SOYBEAN, a bacteria gene is also introduced into the DNA. Consequently, despite strong and multiple crop spraying aimed at the eradication of weeds, this type of soy will still develop.

Most of the research on the safety of GMO intake was carried out by companies using that technology; these have never been reviewed by independent scientific centres. Nobody asked consumers about their opinion; we were not allowed to decide whether we want to eat such products or not. GMO is not aimed at the improvement of food quality, protection of life or the natural environment. It is only the financial gain that matters, achieved by poisoning of humans, soil, water and air. Traditional seeds are planted once a year, and the crops are rotated in such a way that the soil can regain its strength. GMO seeds are sown only once (no yearly change in their cultivation is implemented, no crop rotation) and the field is exploited to its last gasp.

When referring to popular theories on the progress of humanity and the need to feed an increasingly growing number of people inhabiting our planet, we have to remember that food manufactured from such raw products floods with junk food mainly the shelves of Western supermarkets. It does not even reach the countries that need support. Also, in small countries GMO cultivation often inflicts damage upon local farmers' crops.

WHAT HAPPENS TO US AND OUR FOOD?

It is mainly soybean, corn and wheat that undergo modification—the three plants that have dominate global cultivation when it comes to both food and farm animal feed production. That's why we buy ice cream labelled as "natural", yet it turns out that the milk comes from cows fed with modified soybean and corn. Instead of eating natural products, we ingest GMO. Consumers should influence cultivation methods in industrialised countries, as seeds' diversity constitutes the heritage of humanity.

The truth is that only a few people are aware of what we actually eat. The majority of consumers take part in one of world's largest scientific experiment. By ingesting GMO plants, we ingest animal genes—and nobody knows how far these modifications could alter a human genome. The above mentioned research on rats confirmed enlarged kidneys and liver in males and nipple tumours in females. The first symptoms were observed in 4th–5th month of their GMO corn consumption, when in 50-80% of rats 2-3 tumours have been discovered, while in the case of the males, the oestrogen level has doubled and digestive tract disorders have developed. It should be highlighted that when introducing the NK603 corn to the European market, Monsanto had been conducting their research for merely 3 months...

On average, rats live two years. In human years, that gives ca. 30-40 years—and that's precisely the age when the vast majority of women discover breast and other organ tumours. To sum up, the research confirmed that large doses of Roundup kill human-cells, while smaller ones disturb the body's hormonal balance.

Important

- Plants cultivated on a waste land full of pesticides do not provide us with nutrients.
- 98% of GMO is produced in countries where consumers are not informed about products' ingredients.
- Theoretically edible, corn is formally registered as an insecticide.
- Three biggest chemical conglomerates control 53% of the global seed market.
- Chemical companies own their plants and seeds, therefore controlling food production up to the moment when they reach market shelves—thus leading to the monopoly of food products.
- Washing such plants will remove some of the chemicals found on the outside; inside, however, they are saturated with toxic substances.
- GMO crops damage the natural environment of the whole planet, leading to monocultures and elimination of other plant species which amount to about 700,000.
- Toxins accumulated in plant cells are absorbed into a human body; there, they build up, leading to various disorders in its functioning.

Fact

McDonald's, the well-known restaurant chain, cooperated with Monsanto, a chemical giant, to create the "perfect" fries. Genetically modified potatoes were supposed to have been packed with pesticides. This variety was called New Leaf. Thanks to the modification, these potatoes were able to produce an insecticide called BT (Bacterial Toxin). This modification was aimed at the annihilation of any potato bug which would attack the potato, by the plant itself. New Leaf Potatoes were registered in the American EPA organisation (Environmental Protection Agency) as a pesticide. They were placed on the market in 1996 and were immediately used by the McDonald's chain—and by other companies. Producers of such brands and Pringles and Frito-Lay crisps or Hardee's fries also used this potato variety.



How does THE APPLICATION MIQ WORK?

To get your metabolic IQ, just solve a simple test that will assess our overall abilities and assign us to one of the **THREE MAIN METABOLISM GROUPS**, each characterized by a different tolerance for different foods.

After solving the test you will receive the result of specifying your metabolic type and a brief description.

In the application, you will find a detailed description of the type, that will make your life easier day by day. In addition, you get the exact list of products that you should eat and those you should set aside to feel great.

The application also includes principles of nutrition tailored to your type of metabolism. If you decide that you gave answers under the influence of others or in accordance with the principles of nutrition, which until now you thought was healthy, and now you are in doubt – you can always repeat the test and get the correct result for your metabolic intelligence (MIQ).

An additional option is **DIET TIMER** that reminds you of mealtimes. You decide about the specified hours, frequency of communications and days on which you want to receive notifications. To motivate you to effectively use your MIQ, in every additional information, you will get the new guideline tailored to your type of metabolism.

If you get tired of receiving TIPS simply use the option to OFF.

NEW OPTIONS IN APP METABOLIC IQ:

- Meal-absorbed protein counter
- protein counter of daily dose you had best
- Water counter of recommended daily intake
- MIQ Community - function which allows you to easily contact with other people who already know their MIQ type *under construction*

WHAT GIVES YOU THE KNOWLEDGE AND AWARENESS OF YOUR METABOLIC IQ?

- Adaptation of the diet to the specific needs of your body.
- Reaching your ideal weight and maintain it effortlessly.
- Inflow of energy and well-being.
- Strengthening the immune system of the body.
- Elimination of indigestion, tiredness and allergies.
- Control of depressive states, anxiety and mood changes.



MUST HAVE!
Worth reading!



SHOPPING IQ WHAT TO BUY TO EAT HEALTHY

Is healthy eating expensive? Why is the reading of the labels on the products no longer enough? How to distinguish products that serve our health, from those who poison us? Agnieszka Pająk suggests how to buy food products to eat healthy and wisely! We make decisions about nutrition every day. Each of them has an impact on our health. When planning shopping, it is worth considering not only the price and quality of products - but also the individual needs of our body

YOUR HEALTH DIARY PLAN YOUR TIME AND TAKE CARE OF YOURSELF

Take control of your organism and start to decide about your health! Good health is not just about genes. It is also determined by lifestyle, the ability to relieve stress, nutrition, and even relationships with others. This is excellent news: the state of our body depends largely on ourselves.

„Your health diary” is a powerful dose of motivation to pay attention to your well-being today.

METABOLIC IQ - YOUR CODE TO HEALTH

Each of us has a genetically programmed tendency to tolerate certain food groups. Hence, there are three basic types of metabolism: carbohydrate, mixed and protein.

Agnieszka Pająk proposes an original diet program consistent with the metabolic predispositions of the body. With proper nutrition you will improve performance and concentration, strengthen immunity, increase energy levels, and even... change the quality of your relationships with other people!

We get a birth certificate as a birthday present, we work all our lives over biological age.



AGNIESZKA PAJĄK

HEALTH COACH, CREATOR AND EDITOR OF THE POPULAR PORTAL
SLOWFOODLIFE.COM, PROPAGATOR OF A HEALTHY LIFESTYLE, WELLNESS EXPERT
MEMBER OF SLOW FOODINTERNATIONAL, FOOD SHOPPER ASSISTANT

The Author of such bestsellers as „Metabolic IQ - your code to health and „„ your health diary „. Publicist known from press articles, interviews, TV and radio programs. Together with

Dr Grażyna Pająk, for last 15 years they have been consistently building health empire. In April 2018 she received a prestigious award from Paris in the category of Holistic Beauty Awards for passion to acquire knowledge in the field of dietetics and a healthy lifestyle and commitment to modern media education and promotion of pro-health issues.

HOLISTIC BEAUTY AWARD

HOLISTIC
BEAUTY AWARD

International award for the passion to acquire knowledge in the field of dietetics and healthy life style and commitment to a modern media education and promotion of healthy topics

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SLOW-FOOD-LIFE

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