

Ernährung und Entzündung

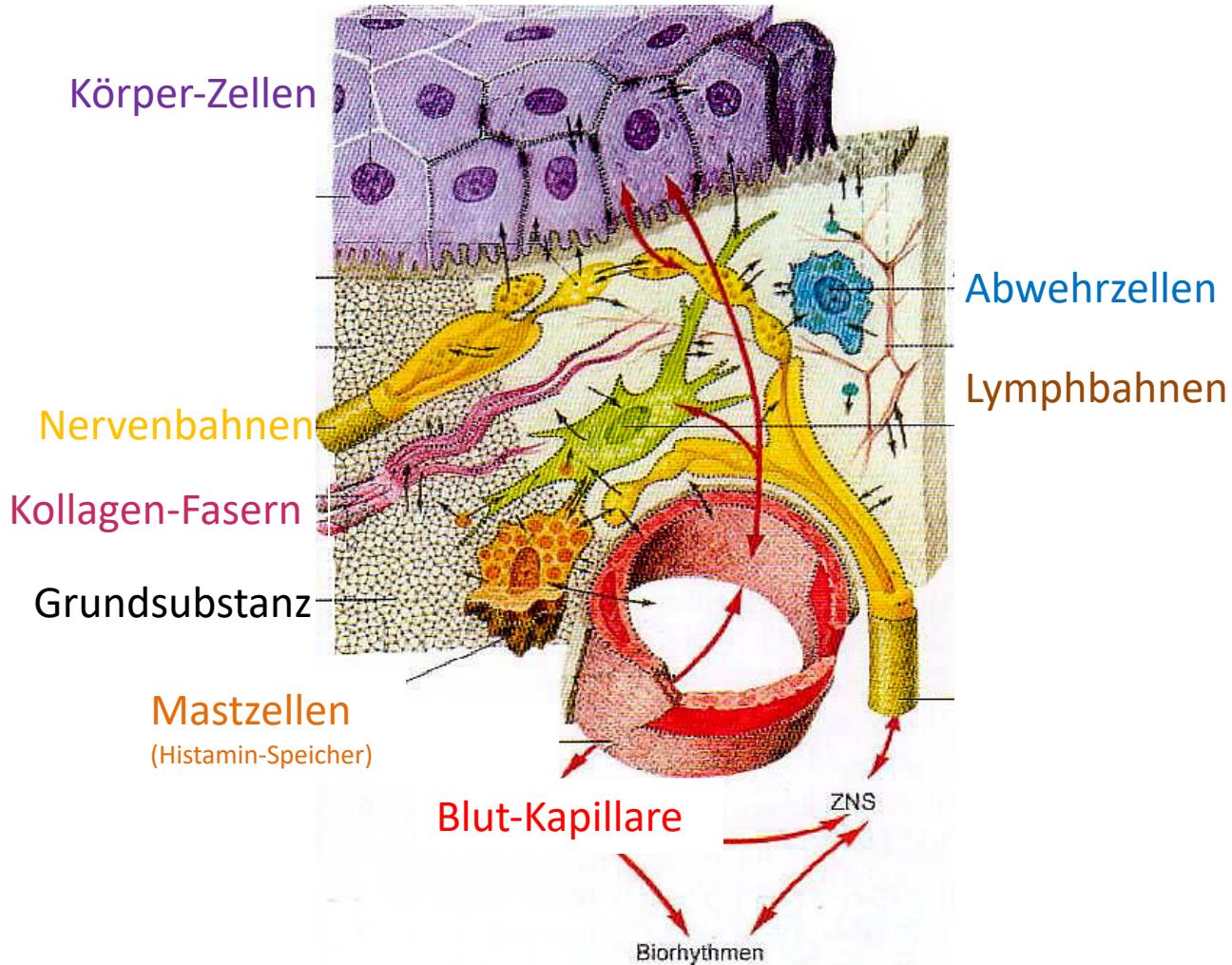
LOGI-antientzündlich





Wo liegt der gemeinsame Nenner?

Das Zwischenzellgewebe



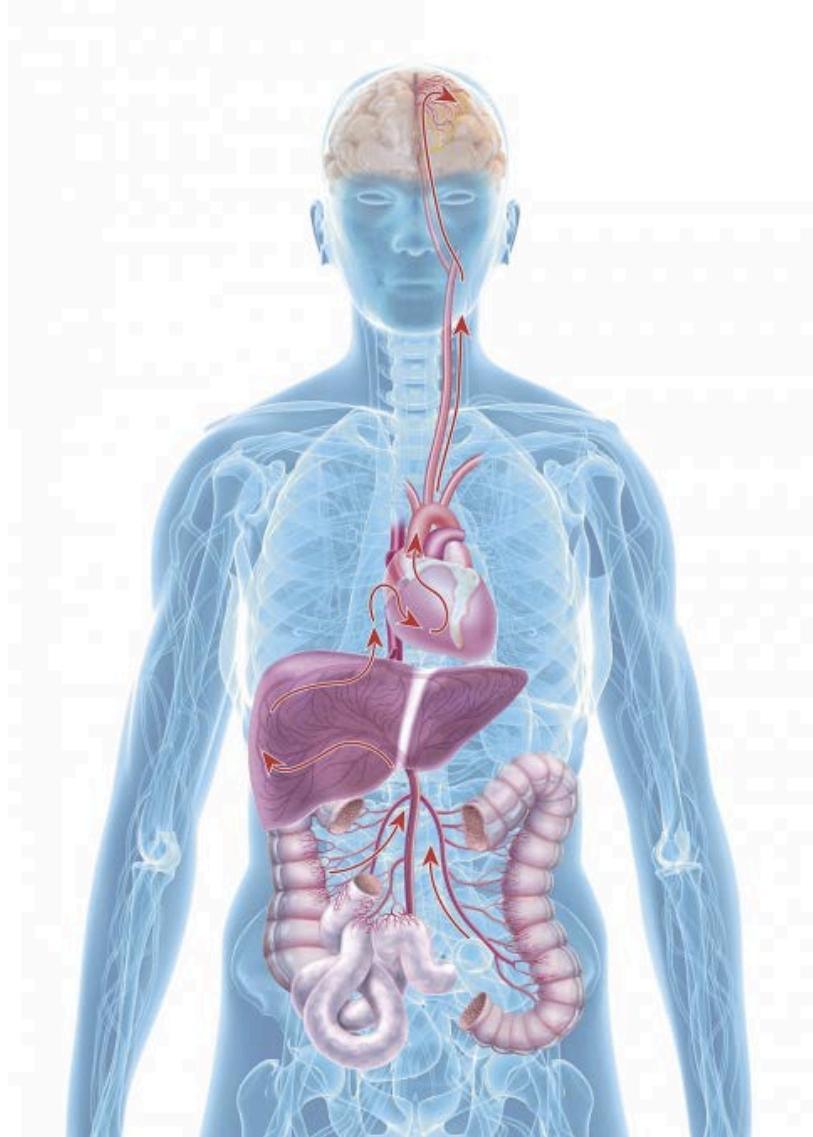
Gestörte Entgiftungsfunktion



Leber
Lymphe
Darm
Niere
Haut
Atem

Folge: modriges, saures, Entzündung-Degeneration-förderndes Milieu

Denkmodell „Drei Kochungen“ aus der TEN



Dritte “Kochung”

Körperzellen

Zelluläre Energiegewinnung
mit und ohne Sauerstoff

Zweite “Kochung”

Leber

Nahrungsbestandteile, speichern,
aufarbeiten, verteilen, recyceln,
entsorgen/entgiften

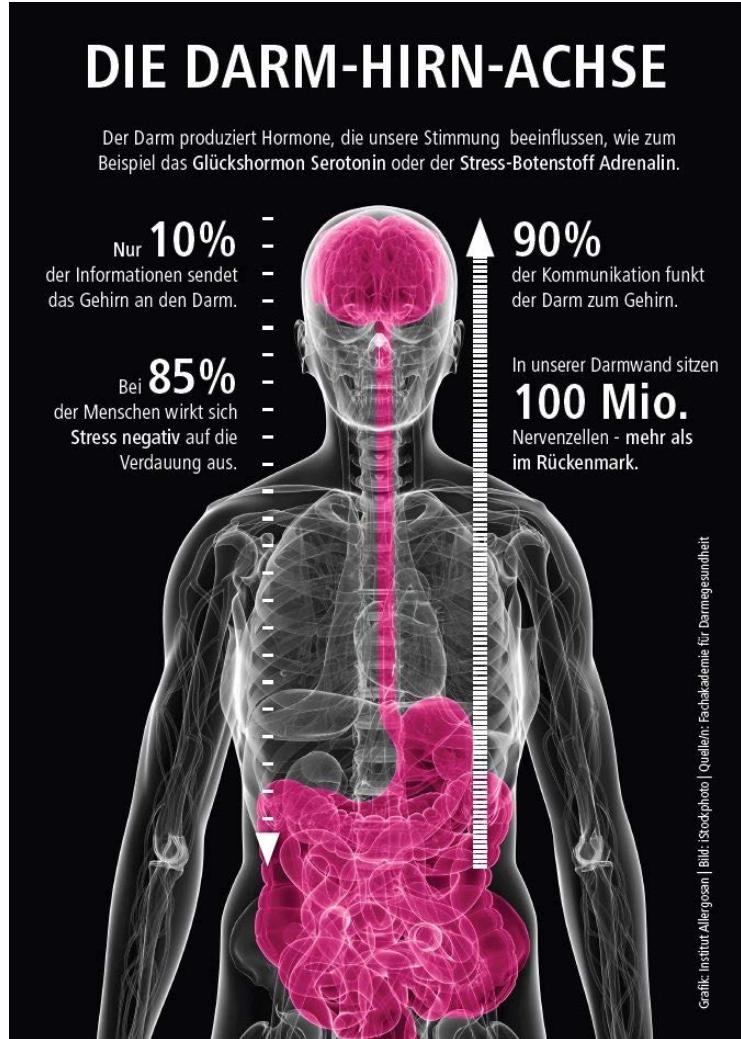
Erste “Kochung”

Mund/Magen/Zwölffingerdarm

Nahrungsbrei mechanisch und
enzymatisch aufschlüsseln

„Gut gekaut ist halb verdaut!“

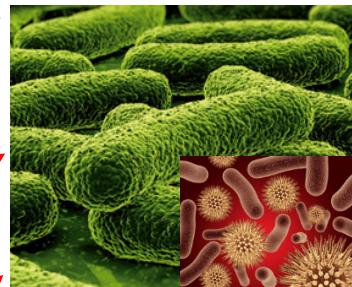
Entzündung & Immunsystem



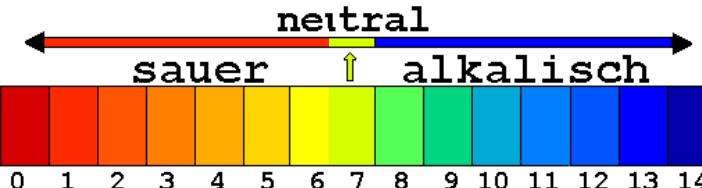
Kreislauf der Mikrobiota- Verschiebung und Entzündung



Eubakterie

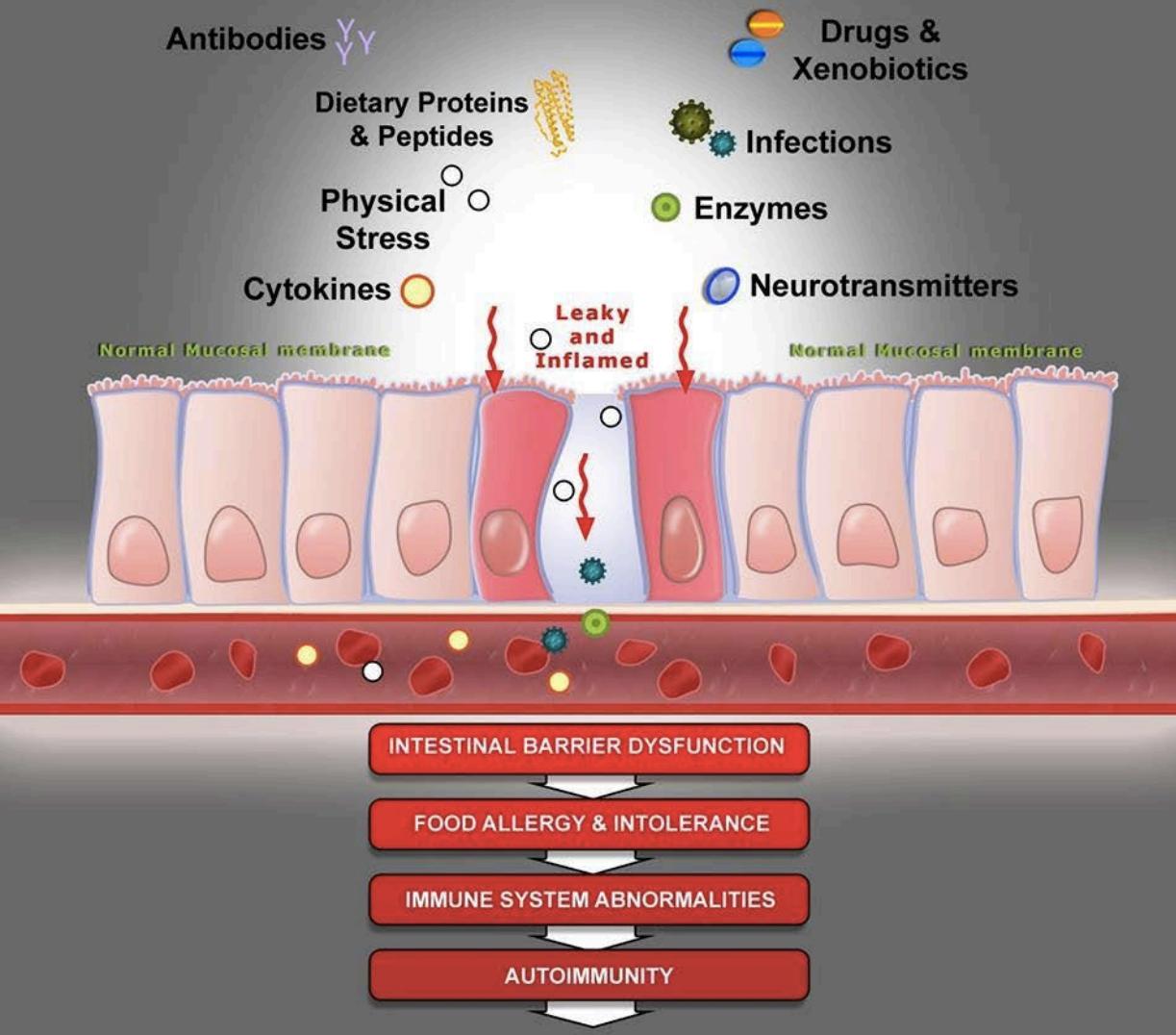


Dysbakterie



Subklinische
Entzündung

Leaky Gut Syndrome



Zonulin: Frühmarker für rheumatoide Arthritis

Tajik et al., (2020), Targeting **zonulin** and intestinal epithelial barrier function to prevent onset of arthritis. Nature Communications. <https://doi.org/10.1038/s41467-020-15831-7>

Mikrobiota-Therapie verbessert klinisches Bild

Grundlage der wissenschaftlichen Untersuchungen waren folgende Erkenntnisse:

- Die Zellwandfragmente einiger Darmbakterien wirken arthritogen.
- Mehrere Medikamente zur Behandlung einer Arthritis wirken auch antimikrobiell. Beispiele sind Chloroquin, Sulfasalazin und Minocyclin.
- Bei Arthritis-Patienten bessert sich das klinische Bild, wenn die Therapie an der Mikrobiota ansetzt und ihre Zusammensetzung positiv verändert.
- Die Ernährung hat großen Einfluss auf die Arthritis - gleichzeitig ist die Ernährung der Faktor, der die Mikrobiota am stärksten beeinflusst.



Gewürze/Kräuter als Heilmittel in der alltäglichen Ernährung



Kreuzkümmel/Cumin



Muskat



Koriandersamen



Kardamom



Ingwer



Kurkuma

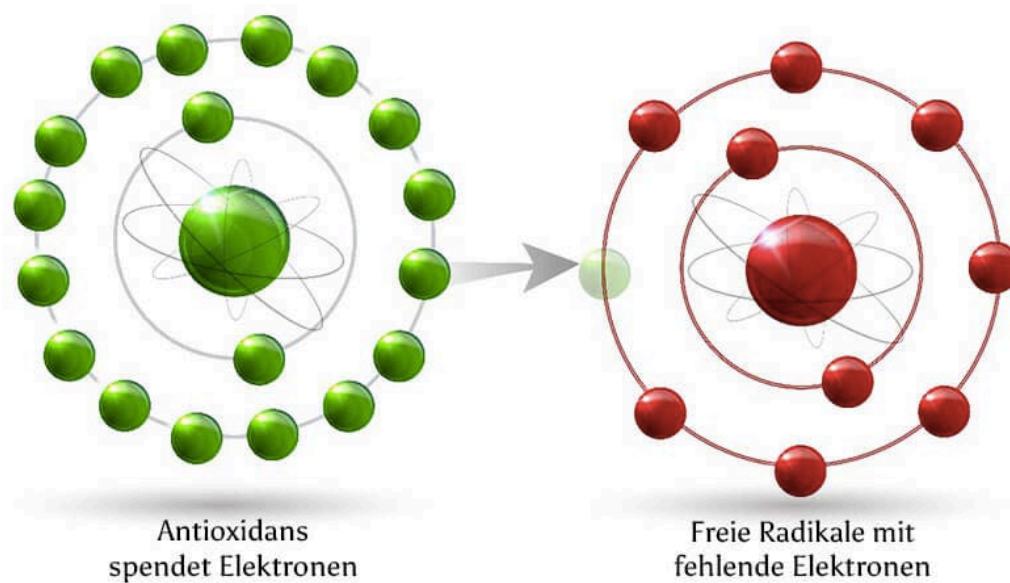


Galgant

„EAT A RAINBOW A DAY“

Die Macht der Sekundären Pflanzenstoffe „SPS“

Wie wirkt Antioxidans
gegen freie Radikale



Gibt ein Vitamin ein Elektron ab wird es selbst zum Radikal!
Daher Vitamine kombiniert und mit SPS verabreicht werden



Weniger ist mehr dafür mit hoher Nährstoffdichte

The Portion Size Illusion

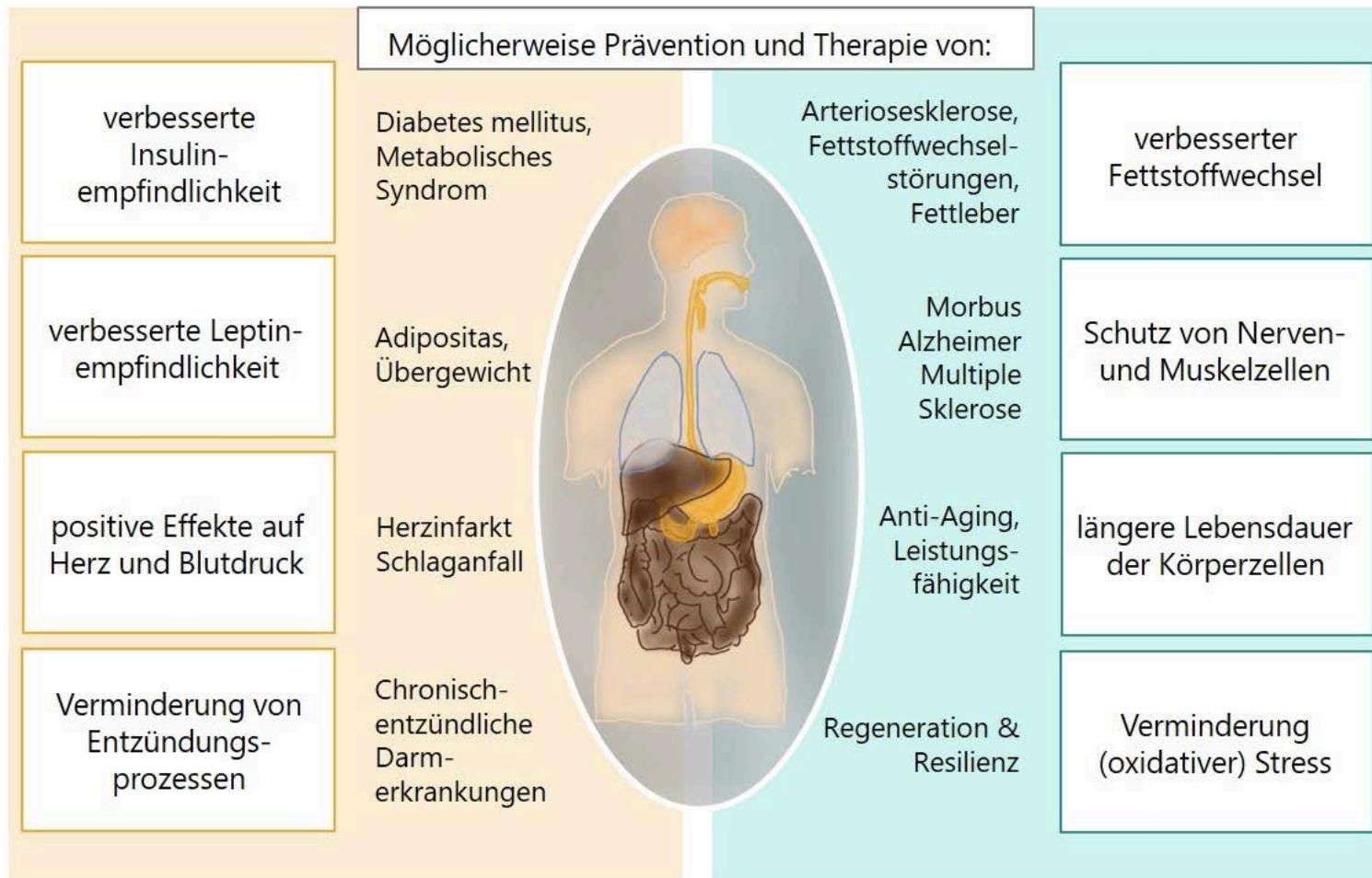
Which plate contains the most food?



Nicht über die Sättigung hinaus essen
¾ des Magens füllen ;)

Die Pausen machen die Musik....

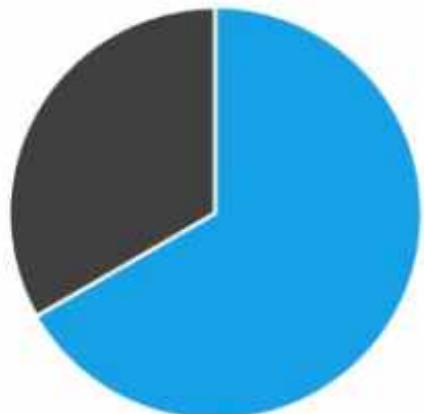
Intermittierendes Fasten - Effekte aus Tier-/ Humanstudien



Hintergrundinfo: <https://fet-ev.eu/intervallierendes-fasten/>

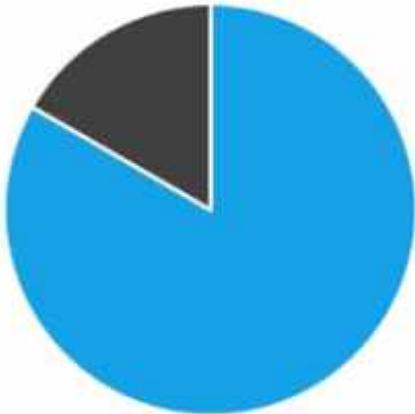
Intermittent Fasting Methoden

16/8



täglich 16 Stunden fasten

20/4



täglich 20 Stunden fasten

5:2



2 Tage pro Woche fasten

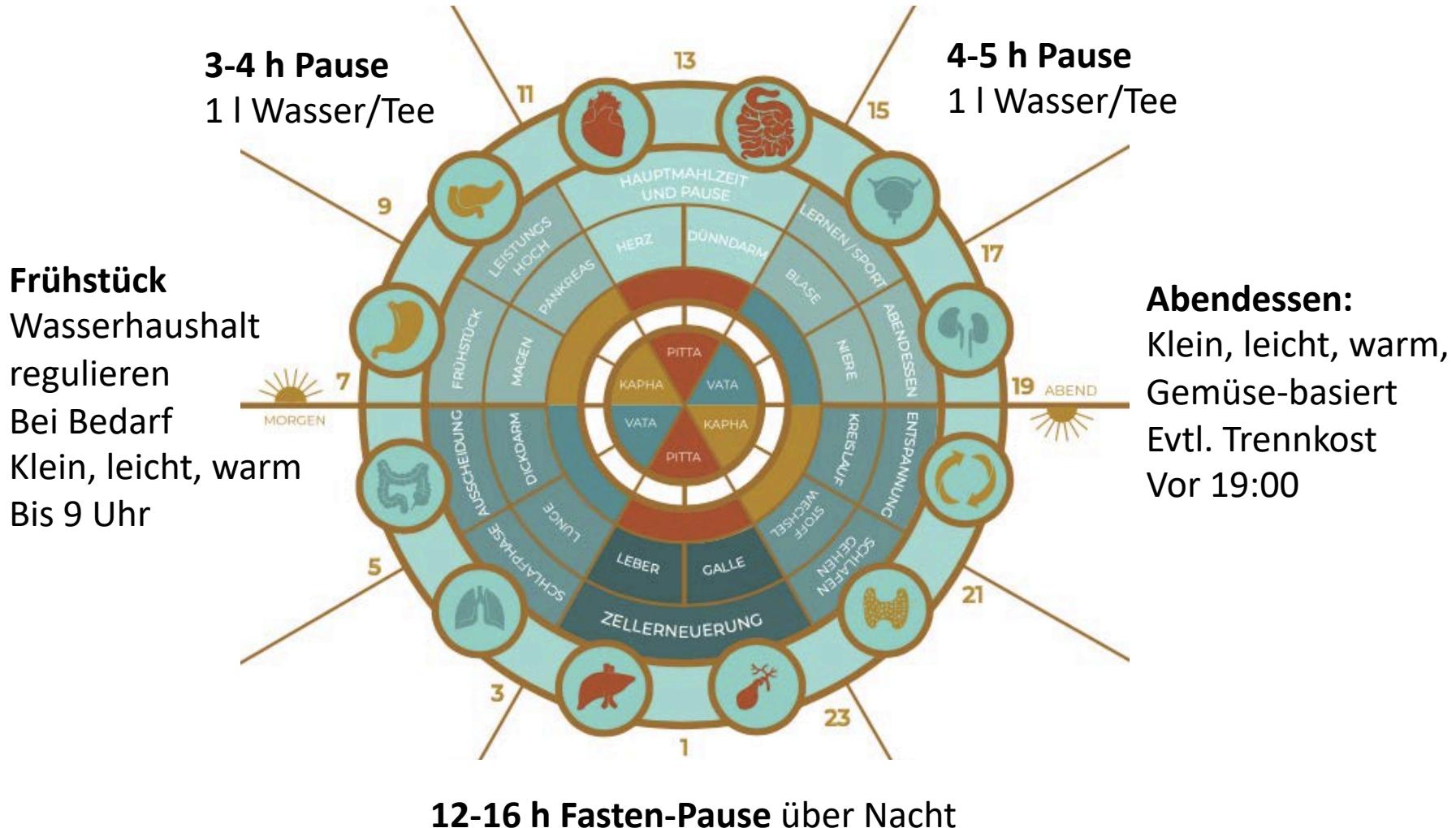
6:1



1 Tag pro Woche fasten

Essen im Rhythmus des Körpers

Hauptmahlzeit: rohes und gekochtes



Tages-Beispiel LOGI antientzündlich



08:00-9:00



11:30-13:00



17:00-19:00



Snacks/Desserts:

LOGI antientzündlich



- + Vitamin D
- + Omega-3 Fettsäuren

- Limonaden => Kräuter/Ingwertee
- Nachtschatten => Kreuzblütler...
- Aromat => Kräutersalz, Gewürze
- Sonnenblumenöl => Oliv-/Hanföl
- Fruchtsäfte => Früchte v.a. Beeren
- Weizen => Urdinkel, Reis, Quinoa
- Kartoffel => Süßkartoffel
- Kuhmilch => Getreide/Nussmilch
- Rotes Fleisch => Geflügel, Tofu...
- Bier => Rotwein
- Milchschnöggli => >75% Schoggi
- Zucker => Melasse, Honig, Xylit

MERCI und en schöne Obet! ☺



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Darm und Entzündung

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