



a short guide for teens

#LPScetatedeva

Erasmus+

Enriching lives, opening minds.



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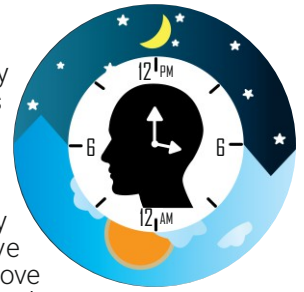
School Education

My dear young man/woman

I invite you to make an incursion in the 24 hours that your body travels every day. Our body is programmed to carry out its functions without outside intervention, but to do so we need to allow it to maintain its balance.

The structure of food, people's concerns and lifestyle has changed radically over the last decades. For example, wheat IS NO longer wheat, but a genetically modified organism. Few of us can digest and metabolize this manufactured food. Most of them are ill or unbalanced. And all these changes put pressure on our adaptation capacities. Each of us is a unique and specific "world". Therefore, our emotional reactions, beliefs and biological processes that take place in our physical body are specific to each of us. That is why they say there are no diseases, only ill

people. I would say there are only people who have not yet started to love and respect themselves deeply. When this phenomenon happens, we will not create any more disharmony, either for ourselves or for others. But until then, until all the human beings wake up, it is necessary to protect ourselves from falsehood and disharmony. The good news is that progressively each of us is starting to wake up and this wonderful process is ongoing.



Now, knowing these rhythmic activities of the body, you can support each step, in order to replace incompetent tissues with new, healthy and functional ones. And that, regardless of physical age!

02:00 - 11:00 DETOXIFICATION STAGE

During this stage all cells, starting with those in the liver, are concerned with waste disposal and the clearance of "working space" for future digestion operations, which they will carry out in the same space.

In THE DETOXIFICATION phase, i.e., from waking up to 10:30 o'clock, micro-structured pure ionized WATER or water with lemon is recommended. These variants provide structure of the biological water (from the whole body), intracellular hydration and, at the same time, more than 80% of cell and body health. If, before hydrating, about 10 ml of unrefined oil is chewed for 5 minutes and then spat (without swallowing even a drop!!!!) the liver is further helped in its *procces*; and after

the hygiene of the oral cavity, including the tongue, structured water is consumed according to weight. The structured water is best from a biological, biochemical, biophysical, electric point of view and has elements of adequate size to ensure intracellular hydration. For example, at 80 kg, a quantity of between 2,4L and 4L is needed every day. And half of this amount is consumed at this stage, without consumption of solid food; if there is an urgent need for food, warm teas

can be introduced without any sugar. After a break of at least 30 minutes, monitored since the last water or tea sip required to drain the stomach the first solid meal follows. To reach the state of intracellular hydration, both quality and optimal amount of structured water is required. And you will gradually increase with 1-2 glasses/day this structured ionized water to the correct minimum amount, which is 30 ml/kg/day (minimum 2 liters).

11:00 - 20:00

**DIGESTION
STAGE**

During this stage the digestive tract organs receive the highest energy input; during this period the digestive juice is optimally secreted; mastication, digestion, and the absorption of nutritive components in the blood are performed optimally.

11:00

A snack: seasonal fruit. Even if the grapes are sweet and contain a lot of glucose, you can enjoy a daily cluster along with citrus fruit, kiwi, apples, pears, or other less sweet fruits.

Rest for at least 60 minutes. The water consumed during this time of digestion would dilute the digestive juices and force gastric glands to a new secretion. The result is: a negative effect on digestion, incomplete digestion and metabolizing, gastritis, duodenal polyp, gastro-esophageal reflux, steatosis and overlying; disglycaemia. This food rest is at least 1 hour after snacks and at least 2 hours after a main meal (depends on content and association).

hydration: 100-200 ml of microstructured water, consumed before each meal without waiting for thirst, will fluidify the blood and bring saliva, gastric, biliary and intestinal juice to the composition appropriate for proper digestion.

30 minutes before each of the following meals, the water consumption is stopped, in order to not dilute the digestive juices in the stomach.

13:00

a main meal: vegetable soups, creamy vegetable soups (raw/cooked or combined, free of fried fats (including unrefined oils) are recommended, but may be added unheated to the plate), salads with vegetable protein (legumes = grains, mushrooms, etc.) or animals (until the fasting begins) but not combined with each other: cheese or eggs or fish or meat in combination with raw assorted salads and vegetable garnish low in amino acids (i.e. without rice, potatoes, pasta, polenta, beans and other grains). Non-starch vegetables are: Artichokes, sweet peppers (green, red, yellow, orange), Avocados, okra, broccoli, cucumber, dried or green onions, mushrooms, cauliflower, courgettes, green or yellow beans, fennel, green-leaf vegetables (kale, beetroot, grinding), carrots, turnips, leek, radishes, tomatoes, rhubarb, lettuce (chicory, endives, lettuce, iceberg lettuce, etc.), beetroot, spinach, asparagus, celery, dried or green garlic, brussels sprouts, white or red cabbage, green cabbage (parsley, basil, rosemary, thyme, etc.) and aubergines.

followed by a minimum 2-hour dietary rest (depending on menu composition), then hydrating with a minimum of 100-200ml microstructured water; followed by a break of at least 30 minutes

17:00

a second snack: a homemade cake made of whole grain wheat and gluten-free or a protein other than one eaten at lunchtime, served with raw vegetables

a minimum of 1 hour food rest, followed by hydrating with a minimum of 300 ml of microstructured water; followed by a minimum of 30-minute food rest.

**19:00 -
20:00**

dinner: Dinner is the most important meal of the day in terms of restoration, regeneration, renewal and replacement of old tissues with optimal ones; including for weight adjustment and control! The earlier it is served and the rawer it is, the better the regeneration and rejuvenation of tissues. E.g., a salad rich in vegetables with a vegetable protein base from the legumes (grains) class, and spices and various dressings (inactive beer yeast flakes, sumac, tachini, pumpkin oil, etc.). If dinner is later, count 16 hours of food rest until the next meal. These enable the 2 energy cycles: Regeneration or detoxification to be completed.

Recommended food



- gluten-free whole cereals: hazelnuts - washed and hydrated for at least 8 hours, i.e. overnight;
- in the form of flour, pasta, flakes, bread, pastry, cakes, brown rice, oats, chickpeas, salvage, quinoa, almonds and other tree nuts and seeds;
- raw seeds: washed (also to grow phytonutrients and remove anti-nutrients from the shell), hydrated for not less than eight hours; hemp, sesame (these two contain a lot of calcium), sunflower, pumpkin - washed and hydrated for at least 8 hours.
- seasonal vegetables
- cereal germ
- crude oilseeds: nuts, almonds, pistachios,

**20:00 - 02:00
UPTAKE STAGE**

During this stage the liver and cells meet the "miracles" of alchemy. Thus, old tissues are replaced with new ones.

The amino acids, obtained from the proteins consumed, are reorganized into new proteins at the request of the organs; simple carbohydrates are also released from complex carbohydrates, ensuring the energy for movement; and the fat is spread out in fatty acids, and then used for the renewal of cell membranes, and of various intracellular structures. During this time the body is regenerated and may replace its non-functional tissues with new and competent ones. This true alchemy is made according to their own beliefs, as well as according to the

nutrients introduced in the body. This explains why physical age is not a good benchmark for health. Instead, the way we breathe, hydrate, feed, interpret and live our lives are the true decision-makers. After completion of this cyclical regeneration process, the caloric surplus is deposited in the warehouses and inflates the tissues, and unrecognized molecules (from genetically modified organisms and synthetic additives) are attacked by the immune system and can trigger auto-immune inflammation!

In THE UPTAKE phase, 20:00-05:00, rest is recommended.



SIMPLE FOOD COMBINATIONS

that ensure a good digestion



Protein (single type, if of animal origin: i.e., meat, or fish, or cheese or eggs) + vegetables without amino acids



Starch + vegetables



Protein + protein



Fruit is consumed unassociated with other classes, and always at the first meal (except for apple and pineapple – which may also be associated with cooked foods)



The fewer categories of food consumed in a menu, the easier the digestion.
Hot liquids can also be consumed during meals.

CHEWING/ MASTICATION

which makes the food bowl fluid, saves digestive enzymes, minerals and trace elements, which are then found in the optimum functioning of the digestion and organs in general. It also helps gastric mucosa to regenerate optimally. Usually in 32 mastications solid food becomes liquid and is suitable for the stomach to take.

Foods **NOT RECOMMENDED IN EXCESS** are:

MEAT

Not more than 500 g/week, 2 or 3 days/week of alkaline (i.e. vegetal) feeding tends the balance to acid-alkaline balance. The correct ratio is not more than 1/3 acid and 2/3 alkaline.

HEAT-PREPARED EGGS

Not more than 4/week (but not restricted if the yolk is raw: raw, cooked for 2 minutes or sunny side up)

SUGAR, FRUCTOSE, GLUCOSE

Replaced by stevia, erythritol, green sugar, sly (which are natural and have no caloric content).

COW'S MILK (in particular sweet milk)

which may be replaced by vegetable milk, or at least goat's milk.

REFINED OIL

Replaced by cold-pressed oil which is not heated or used for cooking; only to be added to the plate.

WHITE FLOUR, WHITE RICE

Replaced by gluten-free integral flours; whole rice.

DEEP-FRIED FOODS

replaced by food cooked in non-stick pans, baked or roasted; the oil or dressing containing cold-pressed and unheated oils may be added to the plate, or at the end of food preparation.

COFFEE

is consumed after hydration, not on an empty stomach; ideal to be removed; !!! the coffee has a toxic resonance for the pancreas!!!

SOYA MILK

Cooking Workshop:

Heart Flourishing Super-Aliments



1. GUACAMOLE

(avocado, garlic, lemon, parsley leaf)

2. HUMUS

(chickpeas, olive oil, coriander, roasted peppers, onions, garlic, oil, salt, pepper)

3. CHIA PUDDING

(fresh fruit/compote, chia seeds, fresh fruit of your choice)

4. SWEET/SALT CHEESE CREAM

(cheese, greens, green onions, paprika, peppers)

5. EGGPLANT SALAD

(ripe eggplant, onion, tomatoes, peppers, oil, optional vegetable mayonnaise)

6. BEATEN BEANS

(dried beans, paprika, caramelized onion flakes, salt, pepper)

7. CAULIFLOWER SALAD

(boiled cauliflower, vegetable mayonnaise, garlic, salt, pepper and greens)

8. QUINOA

(quinoa, pistachio, pomegranate, greens / PESTO, salt, pepper)

9. GOURMET SALAD

(onion, green onion, red pepper, garlic, pomegranate, egg, tomatoes, finely chopped and yogurt);

10. VEGETABLE SALAD

(carrot, apple, celery, lemon, vegetable mayonnaise, salt, pepper)





CREATIVE and ACTIVE EDUCATION

• Body, Mind, Spirit •

CreActive • BMS



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(școală coordonatoare)



Sdruzhenie Chastna profilirana gimnaziya
po turizam I predpriemachestvo
„RAYKO TSONCHEV”
Dobrich, Bulgaria.



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Proiect Erasmus+, KA 227

Număr de referință: 2020-1-R001-KA227-SCH-095525

Valoare grant: 212.680 Euro

2021 - 2023

Cofinanțat prin
programul Erasmus+
al Uniunii Europene



**Parteneriate strategice
în domeniul școlar**