

02.07.2019 – 15:27 Uhr

Word Weer Mens - Cookbook, Specialist Book, Health Book ... and Much More



Frankfurt/Main (ots) -

artgerecht means species-appropriate. When it comes to nutrition, species-appropriate means to adapt what we eat in a way that is appropriate for us as human beings. Some foods can promote inflammatory processes, others have an anti-inflammatory effect and can be used as therapy. Looking back in history at our evolution, there have been severe changes to what we eat throughout the centuries.

Today, it is hard to keep track of what is really healthy among countless diets and modern nutrition trends. With their book *Word weer mens*, the authors Dr. Leo Pruimboom and Daniel Reheis want to demonstrate the strength of humane nourishment by taking us into the fascinating world of clinical Psycho-Neuro-Immunology. They take a comprehensive look at nutritional basics, different illnesses and their mechanisms of action, the meaning of metabolic processes, hormones and physical reactions in relation with food. One chapter, for example, explains the intestinal function, and how we can support or damage it with what we eat. Moreover, less known correlations, like the influence of nutrients on our ability to make decisions, are demonstrated logically and easy to understand by using the latest scientific research.

Word weer Mens is based on the nutrition humans were used to before mixed farming, as hunter-gatherers, with focus on natural and untreated foods. The book always offers a selection of appropriate foods and such that should be avoided in combination with selected recipes. And there is more to it than just a healthy diet: the goal is to help people to understand the effects that different components and the combination of foods have on our body and wellbeing. *Word weer mens* is published by Plum Tree Publishing Ltd.

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Medieninhalte



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