NUTRITIONAL GUIDE

BODY WISDOM

DISCLAIMER & COPYRIGHT

Please use this guide at your own risk. This guide is not intended to replace medical advice. You should consult your doctor for any treatment, diagnosis and follow-up care. Neither the publisher nor the author are responsible for any health problems that may require medical supervision. In addition, the publisher and the author are not responsible for any negative consequences resulting from following the information in this book, and therefore are not liable for any damage that has arisen. References are provided for informational purposes only and do not constitute grounds for tracking for websites or other sources.

This publication is subject to the Universal Copyright Convention Act (UCC) and all other applicable international, federal, state and local laws. All rights, including the right to resell, are reserved. You are not permitted to distribute or sell this manual to third parties. If you received this publication from someone/organization other than Body-wisdom.net, you may have received a pirated copy. Please contact us by email at Sven@body-wisdom.net and let us know the situation.
The author and publisher have done their best to provide the most accurate and complete guide possible. However, the author and publisher assume no responsibility for any errors or omissions in information contained in this manual. Use this guide at your own discretion and risk. Your physical condition may differ from the author's, as may your equipment and environment (door, tree, any supporting object, and training environment). In fact, it is very unlikely that the ability of the person training and the training environment are the same. For this reason, you must adapt the use of information and recommendations to your own situation.

All trademarks, service marks, product names, or features mentioned belong to their respective owners and are used for reference purposes only. There is no implied endorsement when we use any of these terms.

As a final note, please use common sense. This guide is intended to inform the reader but is not a substitute for common sense, medical advice, legal advice or other professional advice.

Introduction

Nutrition is often made complicated.

Keto, Paleo, Low Carb, Gaps Diet or do you prefer the fruit diet? Since when has healthy eating become so complicated?

The author summed up his 2-year study in the field of holistic health care for the topic of nutrition in a nutshell.

It doesn't matter if you want to build muscle, lose fat or just live a healthy life. Here we have briefly explained the most important topics to you:

- **#1 Types of Carbohydrates, Proteins, and Fats**
- **#2 Nutrition for Muscle Building**
- **#3 Nutrition for Muscle Maintenance and Fat Loss**
- **#4 Intermittent Fasting**
- **#5 Optimal Nutrition Guidelines**
- **#6 Meat Alternatives**

BODY WISDOM
BE YOUR BEST . ANYTIME . ANYWHERE

Content

1 MACRO-NUTRIENTS

carbohydrates, proteins and fats

There are basically 3 important macronutrients:
- Carbohydrates
- proteins
- Fats

Here we will go into more detail about the individual macros.

1. Proteins

Also called the basic building blocks of life. A protein is made up of several amino acid building blocks. Proteins contain amino acids that makeup almost every cell and tissue in your body. Therefore, protein is essential for muscle building and muscle maintenance. The protein source is very important, i.e. which protein and where (source) we take it from. There are many amino acids in the protein that we cannot produce ourselves, these are called essential amino acids. Proteins that contain all the essential amino acids are called complete proteins. Therefore, it is recommended to choose protein sources that contain complete proteins e.g. lean red meat (beef, kangaroo) poultry breast, fish, shellfish (crab, lobster) eggs and dairy products. As vegan options, you can have quinoa, hemp seeds, soy products (tempeh & tofu).

Protein is very important in a fat-burning diet, so when you eat protein, you are already burning calories by digesting the protein. With lean proteins, like the ones I listed above (eggs, just the egg whites, and skim milk products), you're already burning 30% of the calories just digesting it. This is also called the thermal effect and that is why the metabolism is increased.

2 Carbohydrates

Carbohydrates are nothing but energy, just like fats, these two macronutrients are needed to provide energy to the body. When the strain is high, the carbohydrates are first converted into energy (e.g. exercise). This is the case, for example, when we do strength training, so it is advisable in the morning and before training for 1-2 hours. Consume a carbohydrate-rich diet so that you have enough energy to cope with the demands of training.

2.1 Kinds of Carbohydrates

2.1.1 Processed carbohydrates (preferably avoid!)

All “man-made” carbohydrates such as e.g. white sugar, white flour, syrups and other types of sugar. These carbohydrates are also referred to as empty calories because they have a high calorie density but no nutritional value. So in short, you're getting energy that has no nutritional value, meaning it's good for nothing except helping to build fat and create chronic disease, unless you are in a survival situation.

2.1.2 Whole Grains and Starchy Foods (Consume Moderately)

Whole grain products:
e.g. rye, barley, spelt, whole grain wheat, oatmeal, quinoa

Starchy foods:
e.g. sweet potato, potato, wild rice, beans, lentils and legumes (generally). These carbohydrates are very important for digestion because they are very high in fiber. Dietary fibers (water-soluble + water-insoluble) bind water in the intestine (swell up) and thus exert greater pressure on the intestinal walls, which leads to better digestion. Due to the dehydration of fiber, you should make sure that you drink enough water throughout the day.

Both whole grains and starchy foods are high in nutrients and relatively high in calories (so when cutting fat, you need to be careful about how much of these carbs you're eating). However, these carbs are very important for having a good workout because they provide a lot of energy, not as quickly as processed carbs like white sugar, but more slowly throughout the day.

2.1.3 Vegetables (consume in large quantities)

Vegetables are rich in vitamins, minerals and also carbohydrates, so they have a high nutrient density while being low in calories. That's why you should eat plenty of vegetables a day. Some veggies like radishes and broccoli even help boost your metabolism and burn more fat. In addition, vegetables also contain fiber, which, as mentioned above, promotes digestion.

2.1.4 Fruits and simple carbohydrates (consume in moderation)

Fruits are another natural source of carbohydrates. Since fruits have a moderate energy density but a high nutrient content (vitamins and minerals), they should be included in the nutrition plan.

3. Fats

Fats, like carbohydrates, serve as a source of energy, but fats are generally converted into energy later than carbohydrates. In general, fats are converted into energy during long and sustained use. Fats are the most energetic and have 9 calories per gram, which is more than twice as many as carbohydrates or protein.

Die Fette werden in 4 verschiedenen Kategorien, anhand der enthaltenen Fettsäuren, unterteilt:

3.1 Kinds of Fat

3.1.1 Saturated Fatty Acids

These are mostly found in animal products, such as meat and dairy products. These fatty acids are suspected of increasing the cholesterol level in the blood and of calcifying the vessels if consumed in excess. I don't think it's cholesterol or saturated fat that's causing this, but that's a long debate that I don't want to get into here. Only so much, natural saturated fats are preferable to artificial ones, e.g. butter is better than margarine.

3.1.2 Monounsaturated Fatty Acids (MUFAs)

Diese Fettsäuren sind einfacher zu verdauen als die gesättigten Fettsäuren und können den Cholesterinwert senken. Olivenöl besteht aus 76 % aus einfach ungesättigten Fettsäuren (Ölsäure), diese Ölsäure übt eine Schutzfunktion auf das Blut aus. Des Weiteren hat Olivenöl eine positive Wirkung auf das Altern und Krebs.

3.1.3 Polyunsaturated fatty acids (essential fatty acids)

Diese Fettsäuren können nicht selbst vom Körper hergestellt werden, daher müssen diese über die Nahrung aufgenommen werden. Die mehrfach ungesättigten Fettsäuren sind meistens in pflanzlichen Fetten enthalten, wie z.B. in Distel oder Sonnenblumenöl.

Fetthaltiger Fisch wie Lachs oder die Makrele verfügen über die reichhaltigste tierische Quelle an mehrfach ungesättigten Fettsäuren, den Omega 3 Fettsäuren. Diese helfen, Fett zu verbrennen und wirken sich gesund auf das Herz aus.

3.1.4 Trans Fatty Acids (Avoid!)

These arise during the industrial hardening of vegetable fats, these fatty acids cause hardening of the arteries (arteriosclerosis, heart attack). This type of fat is most commonly found in baked goods and fried products such as chips, french fries, and cookies. Margarine also contains trans fats, so margarine should be avoided altogether. Butter is a good substitute for margarine.

2 MUSCLE BUILDING

Diet for Muscle Building

Do you have to eat differently to build muscle?
What do you have to consider?

Here we explain the 3 most important points when building muscle:

2.1 Intensity

Your muscles grow as you get stronger. The body first tries to cope with the increasing stress by increasing its strength. By strength gain I mean the ability to handle more resistance with the same muscle mass. This is possible because our muscles coordinate better and thus achieve more with the same number (mass). You can imagine it like a company that organizes itself better without hiring new people). Only when the strength (coordination of the muscle fibers) is not sufficient to carry out the activity does the body react with muscle growth, because muscle growth requires more energy than the increase in strength and our body is set to achieve the best possible with little energy. So if you increase the intensity of the training while at the same time observing the lower 2 points, the body must inevitably react with muscle growth. It is therefore important to keep a training diary where it is listed exactly how much you have trained and when, but more about that in the training plan section of my website. Furthermore, you increase your testosterone levels when you train very intensively. Testosterone is a hormone needed for muscle growth. However, train for a maximum of one hour, because after just 45 minutes of intensive training the testosterone level drops significantly. If the training lasts longer than 45 minutes, the body releases the catabolic hormone cortisol, which leads to a lower testosterone level (i.e. less muscle growth).

2.2 Proper nutrition

When building muscle, it is important to make sure you follow the right diet (clean food & macronutrient ratio) and consume more calories than you burn. There must be a calorie surplus because the process necessary for muscle growth consumes calories in itself. In the muscle building phase, your body needs at least 0.7 - 1.5 g of protein per kg of body weight (here the ghosts argue, some sources even state 2 and more grams per kg of body weight)

Here is the calorie equation for building muscle:

Life support function on calories
+ Calorie consumption for performance (training, movement in general)
+ Calorie consumption for muscle growth
= calories needed to build muscle

While it's theoretically possible to eat the exact number of calories that you don't eat fat, in practice it's almost impossible to calculate that accurately, which is why most people eat 300-500 more calories a day than they need to maintain his weight. Of course, you have to eat the right amount of protein. After you have reached your ideal muscle mass, you then reduce the additional body fat that has accumulated. This is called the definition phase (or cutting).

2.3 Rest

Since the muscle has now been very heavily used and the right nutrients are available for growth, there is really only one thing missing and that is rest, the muscle grows in the rest phase and not during the stress / training.

Now you need enough sleep, because the growth hormones, which are important for muscle growth, among other things, reach their peak during the so-called REM phase (Rapid Eye Movement), the REM phase means that your body is now in the rest phase and the daily information (experiences etc.) is transferred to the long-term memory.

How much sleep is enough sleep?

This is different for each person, generally speaking, the younger and more active you are, the more sleep you need and the older you need less.

If possible, you should wake up by yourself, but since this is rarely possible these days, you should sleep for at least 7 hours.

3 FAT LOSS

Nutrition for muscle maintenance and fat loss

- **You do the cutting or definition when you are satisfied with your muscle mass and want to make it more visible.**

3.1 Cutting Phase

Your training plan doesn't necessarily have to change, but you may not have enough strength or energy to perform at your peak or to increase your training plan. But that's not a problem, because the goal is not to build muscle, but to maintain muscle mass or, if there is no other way, to lose muscle mass as little as possible. This can happen due to the restricted calorie intake, because now you take in slightly fewer calories than you expend to be able to lose fat. With a body fat percentage of 9-7% you will already be able to see a lot of muscles and the often desired six-pack will also appear.

3.2 Caloriedefizit

During the cutting period, it is important that you understand that there is no such thing as losing weight precisely (e.g. in problem areas), because where exactly you will lose fat first or in general is determined by your genetics. For some people it is advantageous to lose weight in the abdomen, for others in the back of the knees, this depends very much on your genetics, since environmental influences such as the weather etc. determine where on your body the fat should be stored. In short, it's a myth that you should do a certain exercise to lose fat in a certain part of your body, so if you're doing abs, you're not necessarily going to lose fat around your stomach. What matters here is the total calories you burn during the day, these just need to be a little more than what you're consuming and then your body will shed fat where it makes the most sense (genetically speaking). results. Sooner or later you will also reduce your total body fat percentage on your stomach, buttocks and the rest of your body so that the muscles become visible.

3.3 Definition phase, what do you need?

To record your success, you need exactly two things:

- **An accurate scale**
- **caliper (measuring device to measure fat in the skin)**

A pen and paper would also be good, or if you're not "old school" you can also make a nice Excel spreadsheet and then create a graph from it (I did it too, motivates you more than numbers, because you can see the improvement and also the trend)
Your body weight should actually decrease when cutting, since you lose fat and no longer build muscle. You should take measurements that are as accurate/representative as possible.

It is best to take measurements with a caliper and not with an electronic scale because the current always takes the shortest route up and down the legs, which is why it is more of a leg fat measurement.

If you want to have representative measurements, then you should always take your measurements on the same day (e.g. Monday) at the same time (e.g. 7 a.m.) before you have drunk or eaten anything.

4
INTERMITTEND FASTEN

What is it and what to consider?

What is intermittent fasting? Will this negatively affect my muscle growth? Does it help lose fat? What are the pros and cons?

4.1 What is Intermittent Fasting?

Intermittent fasting (IF) is a fasting method in which you don't eat or drink calories for a period of time. The most common meal times are 1 day with food and 1 day without food. The easier method is to fast for 16 hours. You can eat for the remaining 8 hours of the day.

This "diet" does not restrict any food or macronutrient composition. However, I still recommend a healthy diet as outlined here.

I recommend stopping eating and drinking calories at 7 p.m. and then going to bed and sleeping at 10:30 p.m. If you wake up at 6 a.m., you just don't eat breakfast and you can have your first meal at 11 a.m. That works for me, but you have to find your own rhythm that also suits your lifestyle.

In the first week or two you will be very hungry, you will miss your breakfast and maybe you will be hungry in the evening. This is because you are used to it and produce the hunger-inducing hormone ghrelin. Since you won't be eating at these times, your body will also stop producing these ghrelin hormones and you will feel less hungry. From personal experience and from my clients, I know that it takes 1 to 2 weeks to get rid of the feeling of hunger. However, when your ghrelin decreases, you are no longer hungry. HOWEVER, don't make the common mistake of undereating during the 8 hours you're allowed to eat, you'll definitely get hungry because you're simply undereating.

4.2 Will this negatively affect my muscle growth?

No, there is no negative impact on your ability to build muscle. In fact, research has shown that you will increase Human Growth Hormone (HGH) production by an insane 2000%. This way you can build more muscle. However, remember that you need to consume enough calories and protein in those 8 hours.

4.3 Does Intermittent Fasting Help You Lose Fat?

ABSOLUTELY! I've tried it on myself and my clients and it works really well. If you stop eating for 16 hours, your insulin will drop and your glucagon will increase, which incredibly helps you use your fat for fuel, which will make you lose your fat.

4.4 What are the advantages and disadvantages of intermittent fasting?

Advantages:

After 1 or 2 weeks, it's easy to stick with once you get used to it.
It works amazingly well for burning fat and building lean body mass (muscle).
It increases insulin sensitivity, so it's good news for pre-diabetics and diabetics. When people are insulin resistant, their insulin sensitivity is much lower, which means they need more insulin to get sugar into cells. While people who are more sensitive to insulin need less insulin to do this work. IF definitely improves insulin resistance.
IF has anti-aging properties, there is a lot of research in general about fasting and anti-aging.
Improves cognitive functions
Saves a lot of time for food preparation and cleaning
Saves money (no snacks or extra food)

Disadvantages:

The first 1 or 2 weeks can be tough
People with low blood sugar, pregnancy, or other medical conditions should ask their doctor if intermittent fasting is okay for them. Normally, with low blood sugar, you should keep your blood sugar stable by eating low GI foods, foods that slowly release your sugar into your blood.
For very professional bodybuilders, 8 hours may not be enough time to eat as much as they need for their unnatural growth. These bodybuilders do not benefit from increasing HGH since they are already taking hormones. If you're a natural bodybuilder, you don't need to worry about muscle loss. However, if you're not natural, intermittent fasting may not be for you.

#5 OPTIMAL NUTRITION

Optimal Nutrition Guidelines

There are so many different diet options. We are only discussing the best known human diet here.

4.1 Optimal nutrition I

- Consume lots of vegetables (different colors/varieties)
- Use fresh herbs (if not dried) and seaweed whenever possible
- Wild vegetables and wild herbs (contain many times more vitamins and minerals than those we buy in the supermarket, but can be hard to come by.
- Make sure you have a balanced nutrient ratio between carbohydrates, fats and proteins. Don't follow diets that are extremely emphasizing or extremely avoiding a particular macronutrient.
- Favor recipes with a high content of minerals and vital substances in the meals (with a certain amount of raw food).
- Value organically grown or wild, fresh food, short storage times and careful preparation.
- Avoid all ready meals, artificial additives (sweeteners, flavorings, flavor enhancers) and highly processed foods like white flour products.
- Please soak grains, beans, nuts and seeds. Beans and grains for 1 to 2 days, and nuts for at least 4 hours. (Helps get rid of phytates, lectins, and other unwanted substances.) Discard the soaking water.

4.1 Optimal nutrition II

- Eat good amounts of starchy things, like tubers. These contain a lot of fiber.
- Avoid white flour (wheat) and milk if possible. If milk is good for you, get it fresh from a farmer who treats their animal the way it should be treated.
- Cut back on sugar, salt, alcohol, and coffee (freshly ground black coffee is fine, but no more than 3 cups a day).
- Make your diet rich in antioxidants - with lots of fresh vegetables and plant-based foods and only a few animal products - i.e. with staple foods. Fruits are fine, but keep them to a minimum.

- It is best to combine meat with vegetables and salad, not with starch or simple carbohydrates. Simple carbohydrates and starches require a less acidic environment to be digested, and these are usually digested much faster. However, if you consume fats and/or proteins at the same time, you produce more stomach acid. Proteins and fats take longer to digest, so you get stomach problems or indigestion, bloating.

4.1 Optimal nutrition III

- In addition, it is recommended to combine grain with vegetables / salad, not to combine grain/ bread with meat.
- It is better to eat high-energy meals in the morning and at noon and light meals in the evening (steamed vegetables, no raw vegetables or heavy meals) because the digestive capacity decreases during the day.
- If you have too much belly fat, don't eat small snacks! Just eat 2 or 3 good meals a day. So the heavy meals are for lunch and not for dinner. At dinner, it is good to eat easily digestible foods such as steamed vegetables.

EXTRA TIP: Combine the above with intermittent fasting for additional health benefits. Our bodies thrive in certain stressful environments (exercise, cold, and starvation). Please note that you should not confuse hunger with starvation, there is a big difference, and intermittent fasting does not put you into a state of starvation.

#5 LESS MEAT

Meat Alternatives

Some people want to eat less meat.

Too much meat has a negative impact on your health.

What meat alternatives are there?

What do I have to consider when switching to a low-meat diet?

5. Less Meat

Whatever the reason why you want to cut down on meat or cut it out completely, you're probably wondering, can I get enough **protein** and **vitamin B12**?

5. Enough Protein

Eating enough protein is a MUST for people who want to build muscle or not lose it. With meat, it's pretty easy to get the required amount. The general recommendation for athletes is 1g-2g protein per kg body weight.

There are many plant foods that contain enough protein. **Some examples are**:

- Nuts (almonds, walnuts, hazelnuts)
- Legumes (beans and lentils)
- Seeds (chia seeds, flaxseeds, etc.)

When it comes to nuts and seeds, you have to keep in mind that they also contain a lot of fats. When it comes to legumes, carbohydrates should not be neglected.

5. Enough Vitamine B 12

Vitamin B 12 is vital for nerve function and cell division. Everyone has heard that vegans and vegetarians are more likely to be deficient in vitamin B12. This is not a fairy tale, unfortunately it is really the case that plant foods have almost no vitamin B12, because vitamin B 12 is formed by microorganisms.

In the past, when you got the vegetables fresh from the field without washing them too much, you could absorb vitamin B12 from the soil that was still on the vegetables and the microorganisms it contained. In the past, the animals also ate from the pasture.

Both are no longer available for most people today. Therefore, the farmers already feed their animals vitamin B 12.

It makes no difference whether you are eating meat that has already been fed vitamin B12 or whether you take it yourself via food supplements. But make sure that you take vitamin B 12 in the form of methylcobalamin so that your body can really absorb it. This form is usually more expensive than the cheaper cyanocobalamin.

5. What needs to be considered during the changeover

So you've decided to either reduce your meat consumption or avoid it altogether.
Then you should definitely observe the following points:

- Supplement your diet with vitamin B 12 (methylcobalamin)
- Consume enough protein. The legumes have to be soaked overnight (or better yet a whole day) and the soaking water has to be discarded,
- Start slowly with the legumes, because the high fiber content means that you may let a lot of wind through them. Your body has to get used to it, it can take a month, don't give up too soon.
- Use enough spices and oils to make the food tastier. The best thing to do is to look for recipes on the Internet, pick out 7 - 10 different ones so that you can quickly conjure up a meal. Otherwise you will quickly fall back into the meat meals that you can already prepare.

Final Words

Thank you for taking the time to read this eBook.

We hope this eBook will help you take your health and fitness into your own hands.

It's really up to you to implement all the knowledge!

We look forward to accompanying you on this path. To stay up to date, you can subscribe to our newsletter here.

A hearty Welcome to the Body Wisdom Community.

follow us on: