GLYCOPLAN

by Dr. Kurt Mosetter

adapted for

Chronic diseases and for relative gluten intolerance

Mit Strategie Gesund
Dr. Mosetter
PRINZIP.

Foundation of an Intelligent Nutrition

Hyperinsulinemia and hyperglycemia cause the so-called insulin resistance. This means that carbohydrates and sugars are not utilized properly, because the insulin binding positions in the cells lose their sensitivity. Carbohydrates and sugar is not utilized correctly when the binding positions have lost their sensitivity. Fats, bad cholesterol and high-order triglyceride levels will rise through this mechanism, which again will cause in increase in the uric acid levels (gout), the liver values (fatty liver) and blood pressure – all due to sugar and bad carbohydrates..

Too much insulin, badly metabolized glucose and free fatty acids in the body leads to generalized inflammation. These infections remain hidden for a long time, and are difficult to detect in the blood. They damage the brain, the nerves, the blood vessels, the heart, the kidneys, the eyes, bones and muscles. Muscle pain, fibromyalgia, muscle weakness and joint complaints are about energy balance disorders and often early symptoms - of these metabolic disorders.

This, known as the metabolic syndrome, often leads to type II diabetes mellitus and obesity (adiposity). Via other routes it may eventually trigger heart attacks and strokes. In the form of Type III diabetes of the brain, it can also develop dementia or MS disease. Other diseases initiated by this connection are the polycystic ovary syndrome (PCOS), amyotrophic lateral sclerosis (ALS) and Parkinson's disease. ...

A successful resolvement of this condition lies in a special emphasis on natural nutrition and diet. Of course, as in the original nature or culture in the villages of centenarians, this means: away with bad carbs!

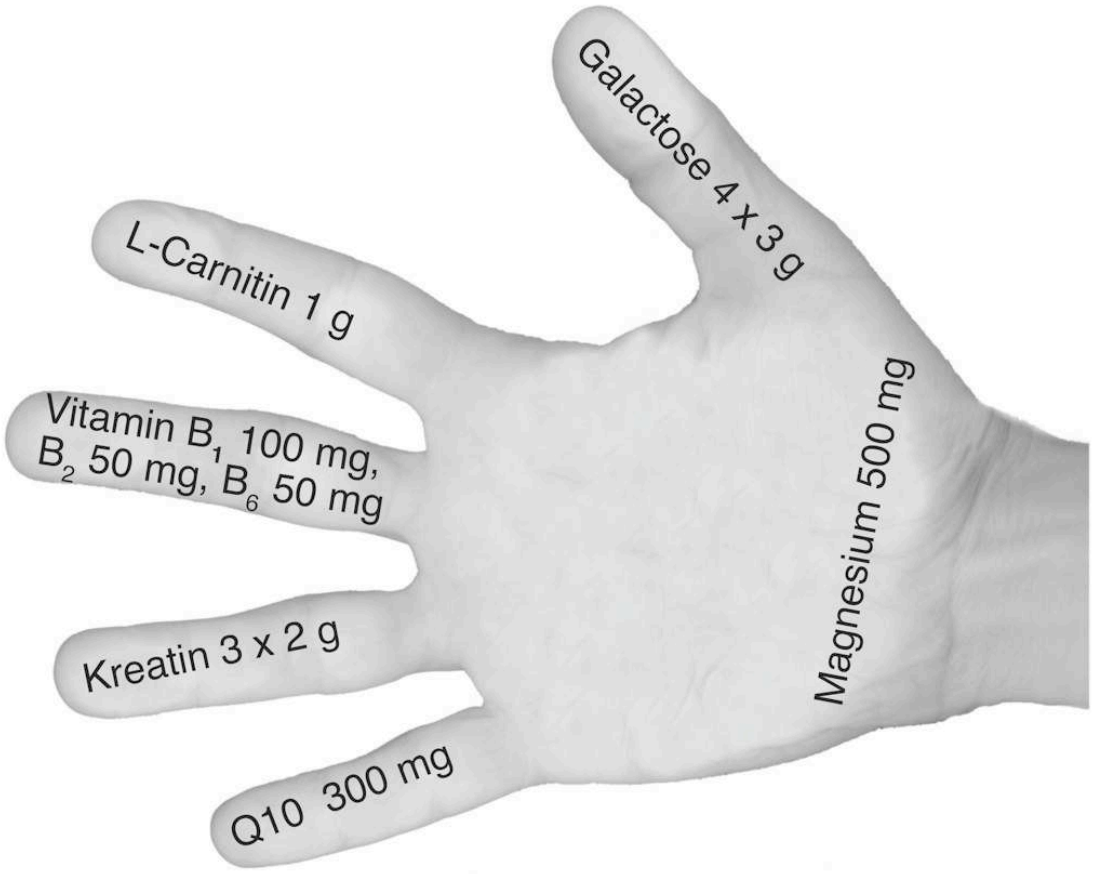
Sugar, white flour, pizza, pasta, bread, soft drinks and fruit with too high glucose content should be greatly reduced. This is especially true after 18.00 clock. The good news is: The derailed metabolism will become healthy again by consistent attention to the Glycoplan guidelines. "Valuable" fats, healthy sugar chain carbohydrates, protein rich food and "healthy fruit" provide a good foundation. Eating habits, characterized by the frequent consumption of bread, pasta, pizza, sweets, sugar and potatoes, vegetarian food, and even food intake with a high percentage of processed meat may very often lead to mineral and vitamin deficiencies.

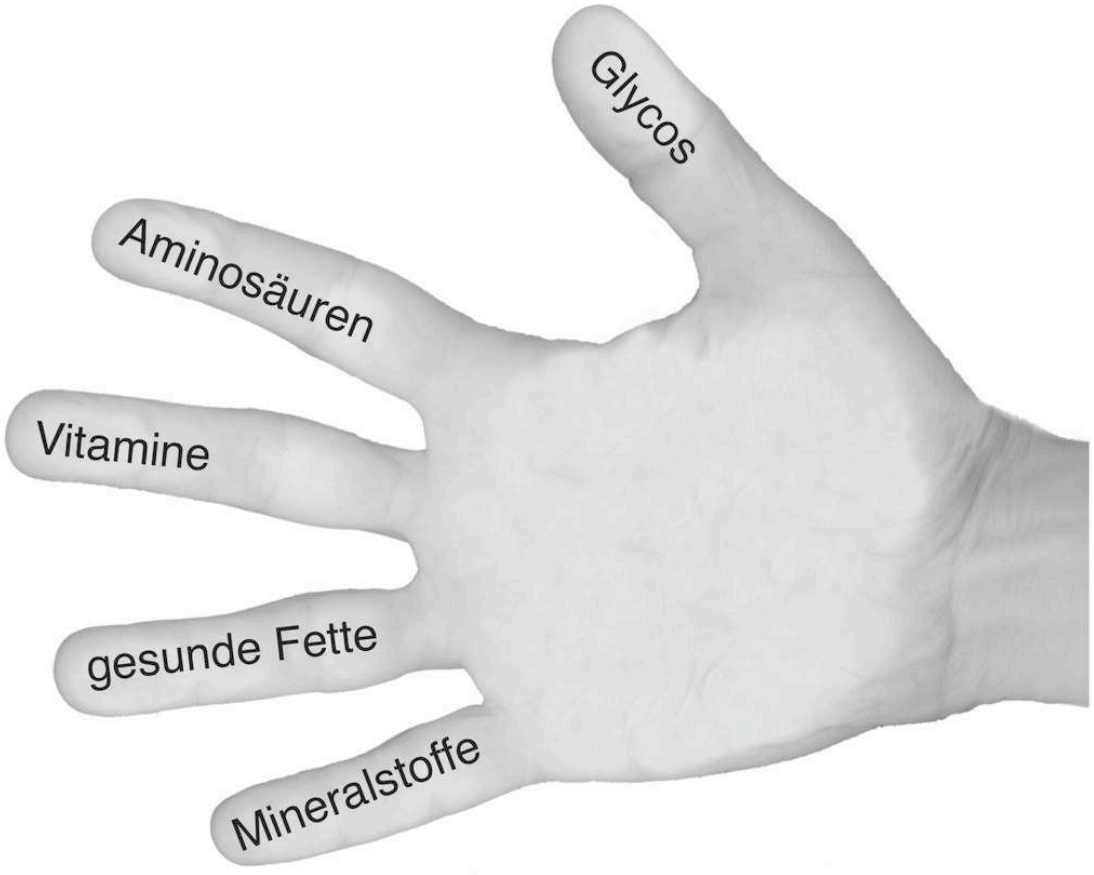
To help you, we have compiled a table – our Glycoplan – where you at a glance can see what foods you can eat safely and what foods you should avoid. Below the Glycoplan, you will find hints for natural foods particularly rich in certain minerals and vitamins.

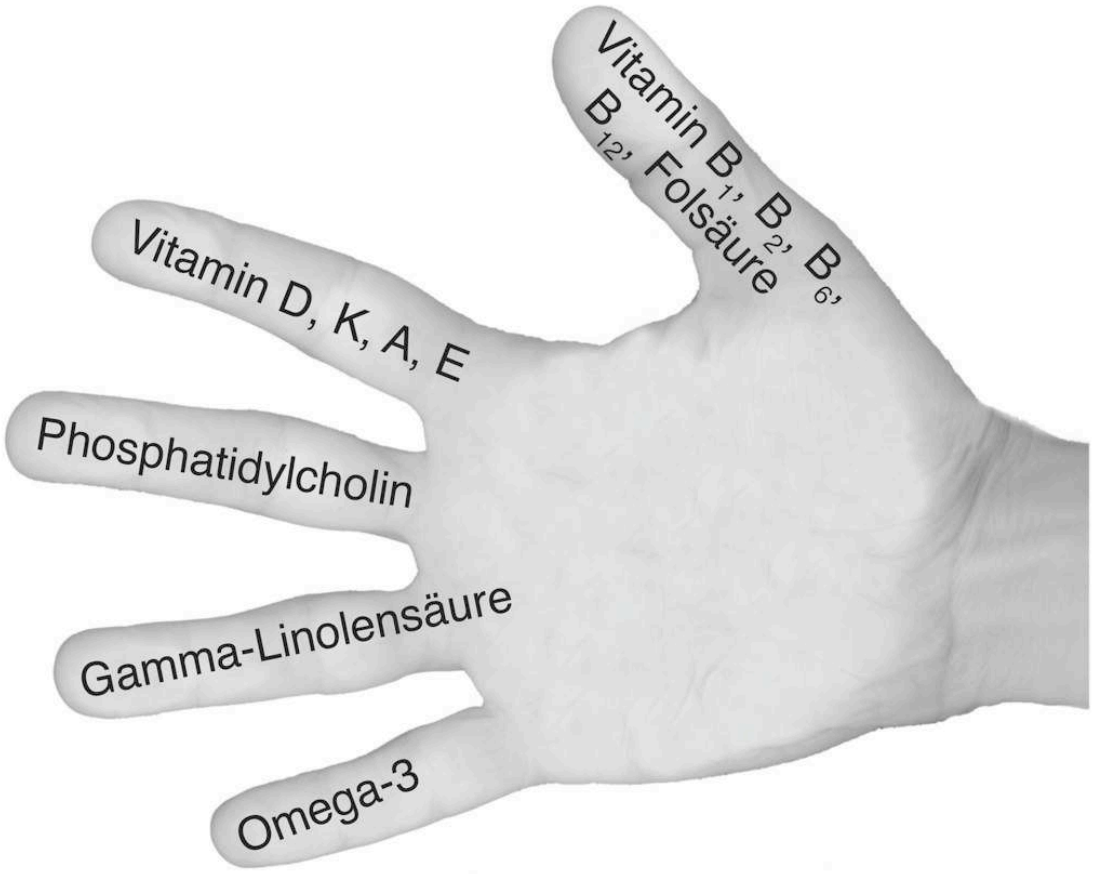
As in an orchestra, the individual minerals and vitamins are continuously interacting closely together. Magnesium, zinc, chromium, and iron participate here in over 300 essential metabolic processes - in muscle, nervous system, the brain, the immune system for all organs and for energy metabolism.

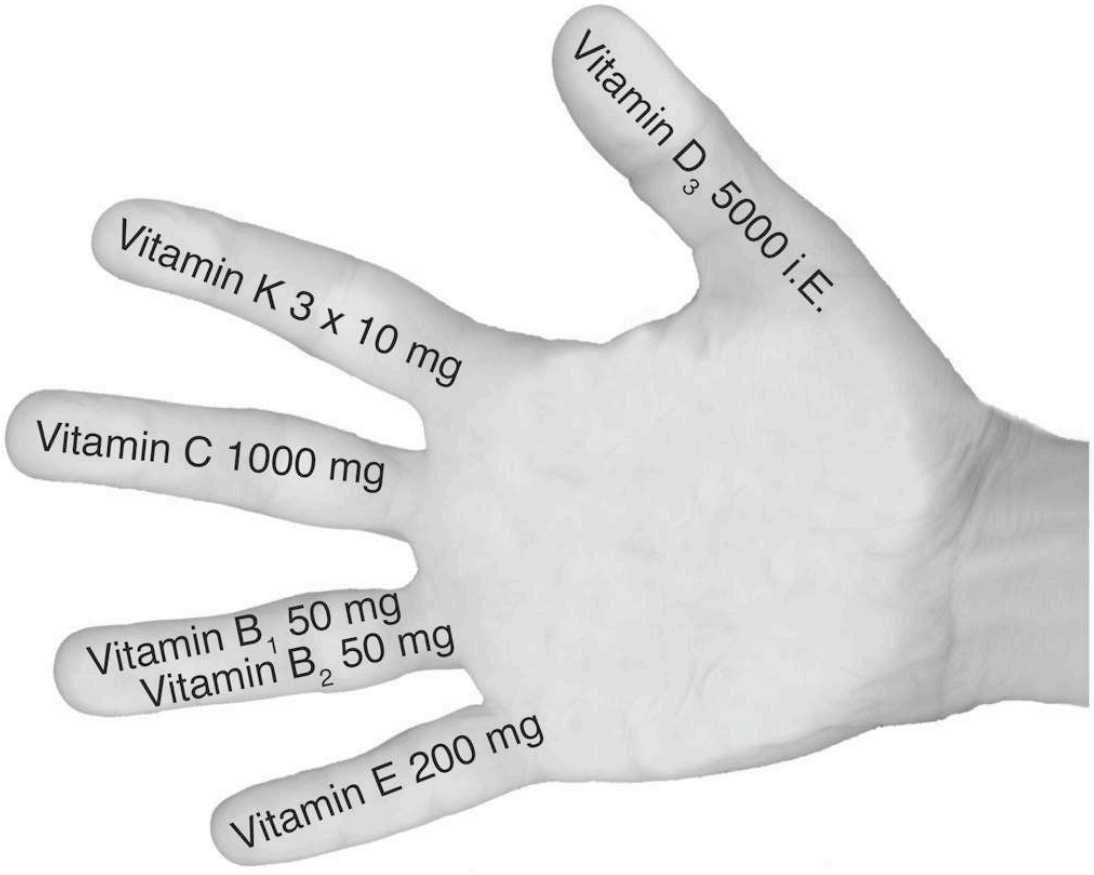
Also the natural vitamins act in concert within each cell. Vitamin C and vitamin E act as antioxidant defense systems. They are used together with the family of B vitamins in the energy metabolism, in the regeneration and for guaranteeing the synthesis of hormones and neurotransmitters. Vitamin D also plays the "first violin" in the symphony of transmitter system. Vitamin D and the B vitamins are also essential for bone and muscle metabolism. All together they guarantee cell renewal and regeneration in all tissues.

Interaction with balanced minerals guarantees the economy and efficiency of all bodily processes. Healthy fats, sugar and a healthy balanced amino acid and protein metabolism thereby completes a rule of thumb: Good health has five fingers as a hand.


Galactose 4 x 3 g
L-Carnitin 1 g
Vitamin B_1 100 mg,
B_2 50 mg, B_6 50 mg
Kreatin 3 x 2 g
Q10 300 mg
Magnesium 500 mg


Glycos
Aminosäuren
Vitamine
gesunde Fette
Mineralstoffe


Vitamin B_1, B_2, B_6, B_{12}, Folsäure
Vitamin D, K, A, E
Phosphatidylcholin
Gamma-Linolensäure
Omega-3


Vitamin D_3 5000 i.E.
Vitamin K 3 x 10 mg
Vitamin C 1000 mg
Vitamin B_1 50 mg
Vitamin B_2 50 mg
Vitamin E 200 mg

GLYCOPLAN – Gluten-free by Dr. med. Kurt Mosetter

Week 1 - 4: The first four weeks you should ***Strongly reduce carbohydrates***.

Week 4 - 8: For the next four weeks you should ***from 14.00 not consume any food containing short carbohydrates***.

Week 9 - 12: In the following four weeks you should reduce daytime animal protein. **From 18:00 you should not consume any food containing fast carbohydrates**

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Galactose (Pure D(+)Galactose e.g. from *Falcento*) Dosage 1 teaspoon ca 3g. Week 1-4 3 x 1 teaspoon daily Week 4-8 2 x 1 teaspoon daily Week 9-12 1 x 1 teaspoon daily	**Vegetables** Eggplant Cauliflower Broccoli Green beans Chicory Cucumbers Carrots Cabbages, all Kohlrabi Pumpkin Leek Chard Parsnips Radishes Radish Sauerkraut Celery Asparagus Spinach Zucchini Onions **Fruits:** Avocado Pomegranate Olives	**Salad** Watercress Chicory Endive Nut Lettuce (Lamb's lettuce) Iceberg Lettuce Romaine Lettuce Arugula Bean Sprouts Mushrooms Linseed oil Olive Oil Rape Oil Coconut Oil / Coconut fat Tiger nuts (Chuffas Nuts) Chestnuts Almonds Maroni Brazil Nuts Walnuts Pistachios (Bio) All Herbs Fennel Galangal Ginger Garlic Mustard powder Seaweed Agar Agar	**Fish:** Trout Cod Halibut Herring Mackerel Sardine Redfish Haddock Plaice Swordfish Sole Tuna Salmon Zander Lamb **Game**: Back and fillet Flax seed White beans Black rice Goat Cheese Sheep cheese Almond milk Organic eggs Tomatoes Pepper Lentils Chickpeas	Freshly squeezed fruit juice (until 14:00) Dates 1 (per day mornings) Wild (free-running) organic meat Buffalo meat Beef:: back and fillet Turkey and skinless chicken breasts **Until noon:** Amaranth, Buckwheat, Corn Millet Wild rice Basmati (whole grain) Quinoa Red rice Red potatoes Potatoes: min Boiled for 2 hours Carob flour, Corn flour, Potato flour Oats, Rice milk, Soy products, moderate-amounts Cream and butter (after the first 4 weeks) Tomato paste Nutritional yeast Mustard (Dijon without sugar) Balsamic vinegar Coconut milk (without sugar)

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White sugar Everything with glucose Chocolate Sweets Lemonades Coca Cola Soft drinks Chips Honey Fruit juice concentrates Fruit nectar Chewing gum Artificial sweeteners Wheat Oats Spelt Barley Rye Malt	Noodles Pizza Gnocchi Cow milk All products containing cow milk (e.g. yoghurt, cheese form cow etc.)	Pork meat Farmed meat Chicken drumsticks Chicken breast with skin Peanuts Cashews Apple juice Orange juice	Freshly squeezed fruit juice (after 14 h) Figs Rice Sweet potatoes (boiled for 2 hours) Lupine flour Lactose free dairy products

Notes:

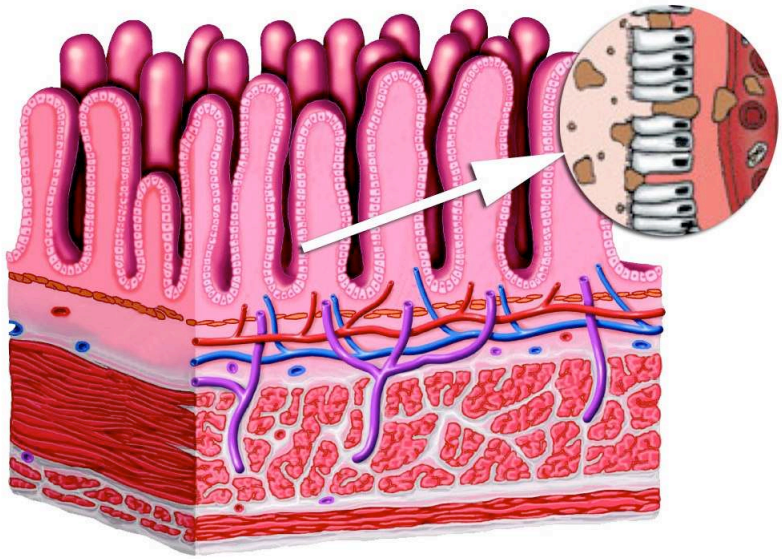
- Until 14.00, eat up to 180g of berries (raspberries, blueberries, brambleberries, black and red currants, gooseberries, cranberries, aronia) and up to 100g fruits low in fructose (apricots, pineapple, grapefruit, honeydew melon, coconut, lime, tangerine, peach , papaya, rhubarb, lemon)
- Apples, pears and oranges can be added to the Glycoplan if no allergies are present.
- Cream and butter only in small amounts the first 4 weeks.
- Bananas are not allowed
- Kiwi and hazelnuts promote allergies and are therefore not allowed or only moderately, depending on allergy risk.
- Dr. Martin's Coconut water 1 glass daily (Coconut Juice, organic, e.g. from RS-Vital) is supported
- Generally, glutamate-containing foods should be avoided (e.g., soups, vegetable, chips). Vegetable stock, with no additives is allowed.
- In gut and intestinally-associated symptoms, please eat only cooked foods: tomatoes, peppers, soy, lentils, beans, chickpeas for the first 8 weeks
- The following foods have "anchors" (lectins) that make the leaky gut: Soybeans, raw tomatoes, undercooked lentils, chickpeas and potatoes
- Have a break of 4 hours between meals

Information about Gluten Intolerance / Coeliac disease

Intolerance to the cereal binder gluten is nearly 100 times more common than believed up to now. Only in extreme cases, is gluten intolerance (primary coeliac disease) diagnosed causing diarrhea and failure in health due to intake of cereal porridge during the 1st year. The spectrum of symptoms during childhood includes bone pain, delayed puberty, lack of menstruation, infertility, hormonal disturbances, headache, insomnia, diarrhea and allergies. In adulthood, the primary, secondary or the partial gluten intolerance can lead to a more basic disturbance leading to autoimmune diseases, pain conditions, secondary histamine intolerance, secondary lactose intolerance and other food intolerances and allergies.

In diseases, such as multiple sclerosis (MS), rheumatism, Hashimoto's thyroiditis, Crohn's disease, ulcerative colitis, lupus erythematosus, polyarthritis, polymyositis, asthma and chronic skin diseases, it is worth to make a fundamental change of diet..

All forms of gluten intolerance significantly disturb the intestines and its microbiotic flora. In parallel with the loss of important healthy strains of intestinal bacteria, like bifidus, lactobasilicus, pathological strains expand in their place. A typical pathological sign is an increase in the bacteria E. coli strain.

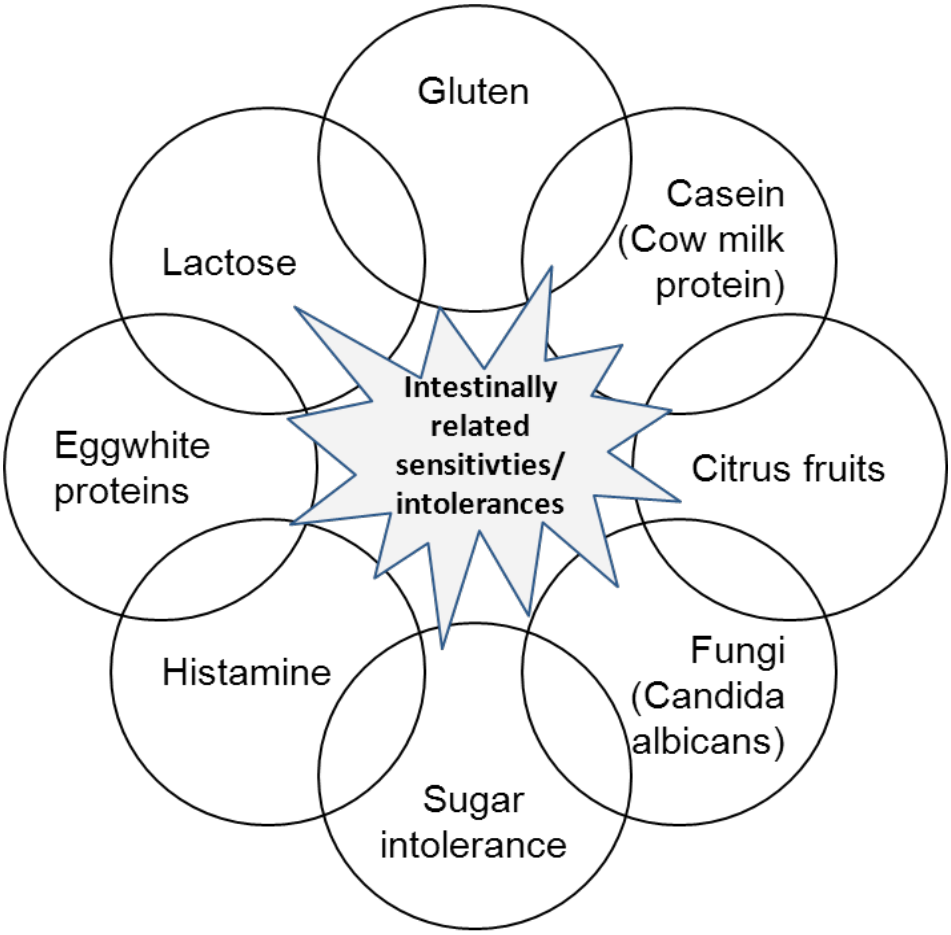


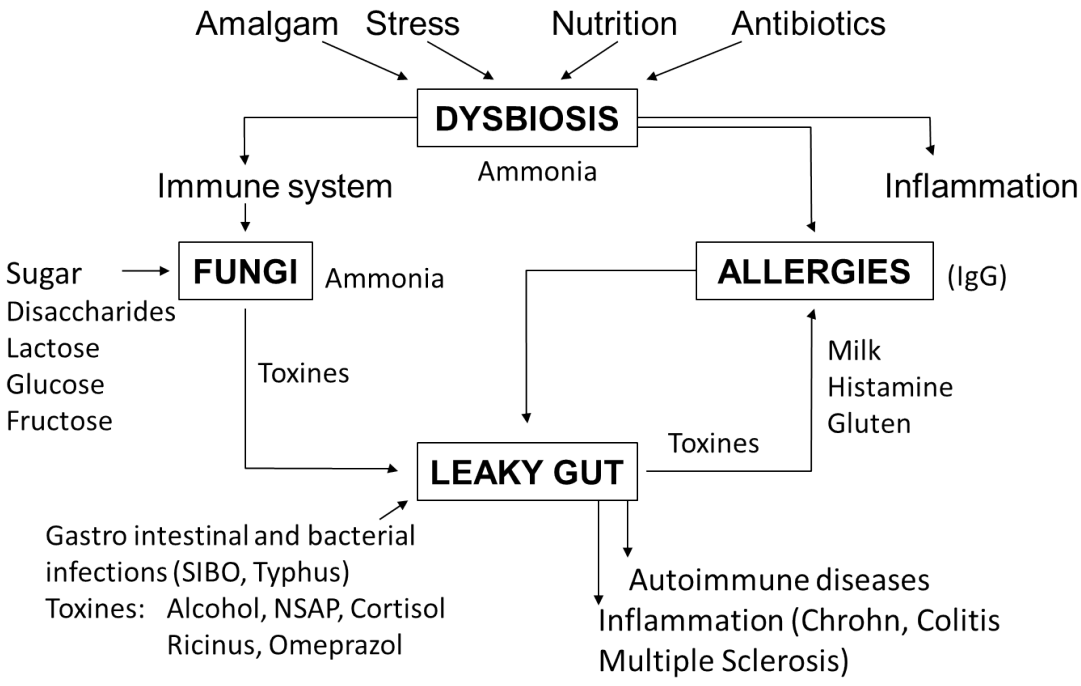
Gluten also attacks the villi of the intestine (finger-shaped structures of the intestinal mucosa). By this, the sugar-cleaving enzymes in the «brush» of the microvilli are damaged on the surface of the villi. Secondary lactose or fructose intolerance can be the result. In a further step, the histamine-degrading enzymes (DAO) can be weakened, resulting in acquired histamine intolerance.

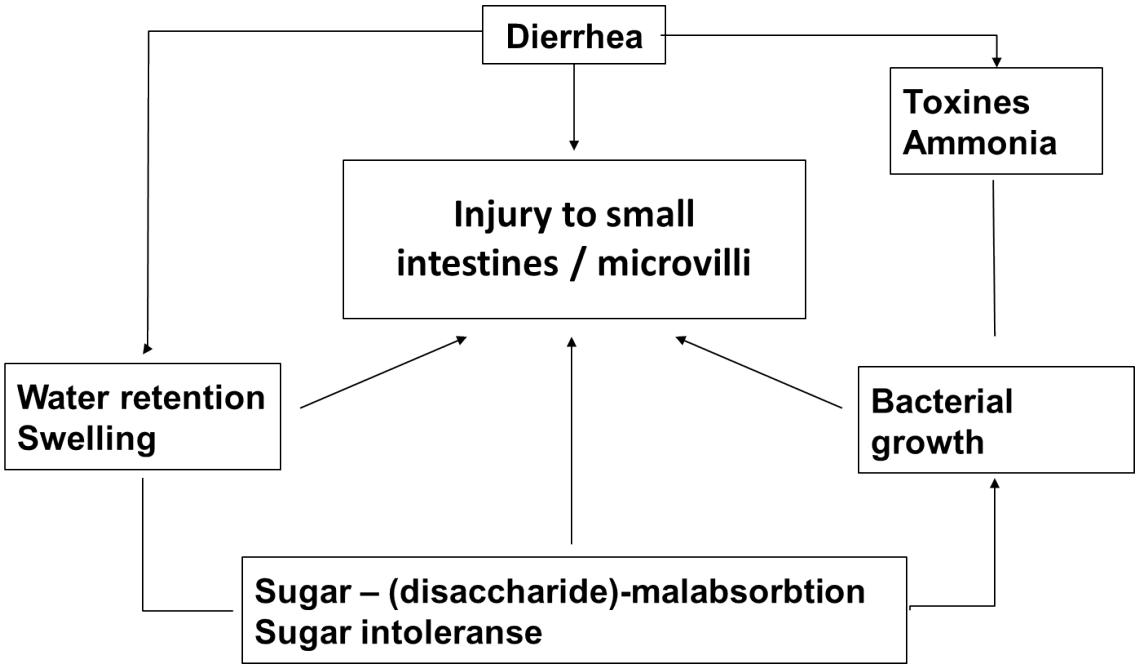
The most serious injury, however, is in the "depths" of the intestinal lining – here, a so-called "leaky gut" develops. Loss of valuable nutrients and vitamins; undigested sugars and toxins damage the system even further and reach the intestines into the bloodstream. This causes inflammation and immune reactions of the organism. Antibody families are formed and can depending on family weak point or metabolic weakness turn against of the bowel itself (Crohn's disease, ulcerative colitis), the thyroid (Hashimoto's thyroiditis), the "Insulation" of the nerve cells (multiple sclerosis), the joint capsules (rheumatoid arthritis) , the organs (systemic lupus erythematosus) or attack the skin.

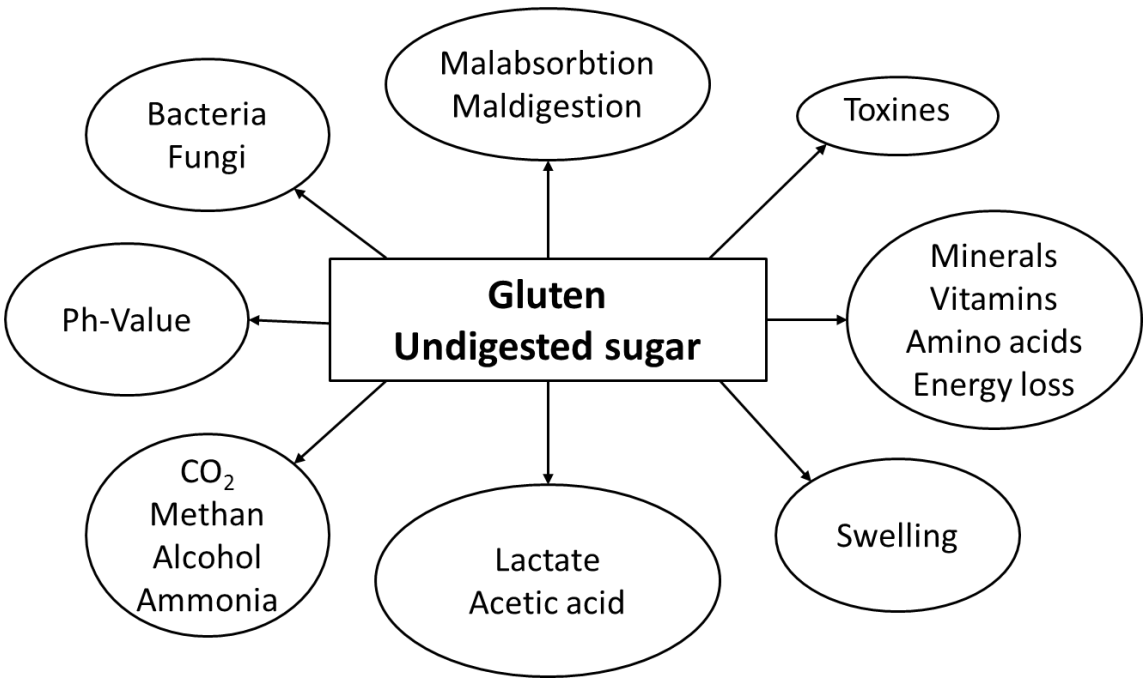
But be careful: Almost never leads only the "omission" of the troublemaker to an improvement. More than one component is always needed to restore the intestinal health! Once the bowel is full of holes, "sharp anchor" in tomatoes, beans and potatoes aggravate can the disease. Even milk or egg white will no longer be tolerated. Moreover, there may be various other gut-associated problems: Intolerances are usually acting together in this "funeral orchestra march".

To counteract this, for already known gluten sensitivity / intolerance, you need only a good plan - the **Glycoplan**!


Gluten
Lactose
Casein
(Cow milk
protein)
Intestinally
related
sensitivties/
intolerances
Eggwhite
proteins
Citrus fruits
Histamine
Fungi
(Candida
albicans)
Sugar
intolerance


Amalgam
Stress
Nutrition
Antibiotics
DYSBIOSIS
Ammonia
Immune system
Inflammation
Sugar
Disaccharides
Lactose
Glucose
Fructose
FUNGI
Ammonia
ALLERGIES
(IgG)
Toxines
Milk
Histamine
Gluten
Toxines
LEAKY GUT
Gastro intestinal and bacterial
infections (SIBO, Typhus)
Toxines: Alcohol, NSAP, Cortisol
Ricinus, Omeprazol
Autoimmune diseases
Inflammation (Chrohn, Colitis
Multiple Sclerosis)


Dierrhea
Toxines
Ammonia
Injury to small
intestines / microvilli
Water retention
Swelling
Bacterial
growth
Sugar – (disaccharide)-malabsorbtion
Sugar intoleranse


Malabsorbtion
Maldigestion
Bacteria
Fungi
Toxines
Ph-Value
Gluten
Undigested sugar
Minerals
Vitamins
Amino acids
Energy loss
CO_2
Methan
Alcohol
Ammonia
Lactate
Acetic acid
Swelling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