

The SANUM Diet (light)

Nutrition in Balance

Nutrition contributes significantly to well-being and health. It greatly influences and regulates the body's metabolism. Nutrition therefore plays a decisive role in the prevention and treatment of diseases. An essential goal is to maintain or restore acid-base balance with a good supply of nutrients. This is the foundation for an intact inner milieu as the basis for a healthy metabolism.

The SANUM Diet offers a guideline for nutrition in balance as it can be applied for the alleviation and prevention of acute and chronic diseases. The SANUM Diet can therefore be used as an important building block in the holistic treatment concept of SANUM therapy.









› Nutrition out of Balance

In industrialised countries, more and more people of all ages are suffering from so-called lifestyle diseases. These include acute as well as chronic respiratory diseases (e.g. bronchitis, asthma and allergies), cardiovascular diseases (e.g. increased blood pressure, venous diseases or ringing in the ears), musculoskeletal diseases (e.g. joint, back and muscle pain) and metabolic diseases (e.g. diabetes, thyroid and liver diseases). Mental illnesses such as burnout and depression are also widespread, even among children and adolescents. An unbalanced diet with little natural food and stimulants can contribute to the development of these ailments. The daily diet does not provide enough vital substances to ensure that all the necessary building and breaking down processes as well as the body's energy production run optimally. Many people are therefore „undernourished“ despite being overweight.

The microbiota, the bacterial and fungal flora of the intestine, can also change due to malnutrition, which promotes the development of various diseases. This is often a prolonged process that is accompanied by silent inflammations in the body, which can become noticeable, for example, through periodontitis, but often go unnoticed. Targeted changes to the diet - under certain circumstances, the complete abstinence from certain foods - and pure water can help to maintain health or support healing processes.

› SANUM Diet (light)

The SANUM Diet and the SANUM Diet light provide very specific recommendations for health-promoting optimisation of the diet. The SANUM Diet provides nutritional recommendations for the alleviation and prevention of chronic illnesses, while the SANUM Diet light includes simple and easy-to-implement advice on nutrition for acute illnesses.

The SANUM Diet Goal: acid-base balance and sufficient nutrient supply		
	varied, steamed vegetables, salad, some fruit	
	gluten free if possible	if cereals, then oats or pseudo cereals, such as buckwheat, quinoa, amaranth
	avoid animal protein and refined sugar	
	if meat, then white meat (no pork), fish	
	if cheese or milk cannot be dispensed with, switch to sheep's or goat's milk	
	cold-pressed oils	<ul style="list-style-type: none"> • linseed oil • hemp oil or • olive oil
	no sugary drinks	<ul style="list-style-type: none"> • pure water • unsweetened herbal teas
	regular exercise and relaxation	

The SANUM Diet ensures a varied, alkaline diet and serves as an optimal nutrient supplier. Natural, gently prepared and, above all, organically produced vegetables and fruits as well as herbs, salads and nuts are, for the most part, alkaline builders. They ensure a balanced intra- and extracellular milieu and provide the body with sufficient vitamins in addition to the three macronutrients (carbohydrates, fats, proteins),

minerals, fibre and trace elements. The increased intake of secondary plant substances, which are contained in yellow, red and orange natural foods, as well as bitter substances (e.g. artichokes, broccoli, rocket salad) and the dietary fibres found in vegetables and fruit, for example, are a further positive effect of these foods. Secondary plant compounds have many antioxidant and immunomodulatory effects. Bitter substances strengthen the liver-biliary system and dietary fibres help to strengthen the intestinal microbiota and thus regulate digestion. In addition, they promote the feeling of satiety and avoid blood sugar peaks.

Those who follow such a diet and combine it with cold-pressed oils are doing all sorts of things right - also with regard to the anti-inflammatory and intestine-friendly effect of the food. At the same time, allergens are minimised by avoiding industrially processed cow's milk, eggs and gluten. Likewise, the acid load is reduced by cutting down on animal proteins and large amounts of carbohydrates. Such a diet is a good basis for the treatment of the above-mentioned lifestyle diseases and should be compiled individually with a therapist.

To maintain and regulate the acid-base balance, the base preparations **ALKALA® „N“**, **ALKALA® „T“** for on the go and also the mineral preparation **ALKALA® „S“** can be used. A favourable distribution of fatty acids (ratio of omega-3 to omega-6 fatty acids of about 1:5) can be achieved with the targeted dietary supplementation of omega-3 fatty acids (e.g. **LIPISCOR®**).

› SANUM Diet light

The reduced form of the SANUM Diet is called the SANUM Diet light, which is mainly recommended for acute illnesses and includes easy-to-implement advice on nutrition for acute illnesses.

The SANUM Diet light Goal: avoidance of burdening foods in acute illnesses	
infections of all kinds	avoiding sugar and wheat products
disorders of the cardiovascular system	low-sodium diet (preferably use sea or rock salt)
impairments of the gastrointestinal tract	reduce animal fats
allergies	avoid allergenic, histamine-rich foods (e.g. pork, cow's milk products, eggs)
inflammations, ENT and respiratory diseases	refrain from (cow) dairy products
generally	a diet rich in vitamins and fibre (observe drug intolerances)

Depending on the improvement of the symptoms and the course of the disease, the corresponding foods can be reintegrated into the diet after a few weeks. However, the aim should be to change to a form of nutrition in the long term that is conducive to a balanced inner milieu and thus beneficial to the health of the person. In order to achieve this goal, the SANUM Diet, also in combination with the SANUM therapy, offers many individual possibilities.

**DO YOU HAVE
ANY QUESTIONS?**

SANUM-Kehlbeck P +49 (0)4251 9352 - 0
GmbH & Co. KG F +49 (0)4251 9352 - 290
P.O. Box 1355 M info@sanum.com
27316 Hoya W www.sanum.com