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Simplifying food: What, when and how to eat for optimal health?



Madeleine Karlsson

*Nutrition for Naughty People,
Monaco*

Statement of the Problem: Nearly half of the US population is either overweight or obese and while this may not be your case personally, chances are, there is someone close to you who is suffering from a so-called “lifestyle induced disease” which doctors agree are largely to blame on diet and lifestyle. If you’re lucky enough to be healthy yourself and to be surrounded by people who are too, chances are, you’ll still be paying for those who aren’t. Sadly, the problem seems to be a growing one as obesity rates are increasing among children too. Since the 1976–1980 NHANES survey, overall childhood obesity rates in America have more than tripled, up from 5.5% to 18.5% in 2016.

Methodology & Theoretical Orientation: A theoretical study of how our relationship with food and how what we regard as food has changed over the years. A comparative study with animal’s behavior towards food and the intelligence they rely on in deciding what and when to eat.

Findings: As the amount of information and research on food has grown, so have our waistlines and the amount of people suffering of so called lifestyle induced disease. Wild animal’s don’t have a fraction of the amount of information and knowledge we have about food but their health hasn’t been as badly affected by their food choices as ours. It’s not just what we eat that matters but why and how?

Conclusion & Significance: There is no such thing as a quick fix to solve the obesity and chronic disease crisis but there is a simple solution that is available to everyone, that is cost effective and that can be applied immediately, and it consists of following three simple steps: Eat foods available in nature, aka, real food just like animals do. Learn to differentiate between your need for rest, hydration or nourishment from primary food and your real hunger for food. Eat slowly and mindfully. Reclaim the family dinners, learn to cook, invite friends. Make every meal a time to relax, reflect and renourish, just like we used to before.

Biography

Madeleine Karlsson has completed her studies in Institute for Integrative Nutrition and is a certified Holistic Health and Nutrition Coach. In her work, she helps her clients mend their relationship with food, improve their physical and mental health; and optimize their weight by teaching how to eat intuitively. She is also an International Speaker, Corporate Consultant and Natural Food Chef.

mk@nutritionfornaughtypeople.com

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