

# BACK TO THE SOURCE

The abundance of food on the shelves of grocery stores, the streets with endless cafes and restaurants, so many super-popular TV shows about cooking... all of these things are features of the last few decades. But the cornucopia of food on our plates has a flip side. Malnutrition and constant overeating have become the main causes of a number of serious diseases.

TEXT *Eva Velme*



**D**r. Philipp Gamondes from the clinic of Leukerbad is sure that the reasons for this are the separation of modern man from nature, the toxic products in stores and the lack of balanced diets. To go back to the past, to find harmony with the outside world and with your own body, is, in his opinion, the universal recipe for someone who wants to live a long life.

**– Dr. Gamondes, you were one of those who suggested chronobiological and hypotoxic nutrition as the basis for the programmes at the Leukerbad clinic. Is this a new trend in dietetics?**

– Not exactly. We find information about such food systems at all times and in all civilizations, and the basic principle is the same everywhere: eat your breakfast by yourself, share your lunch with a friend and give your supper to an enemy.

At first, even my colleagues reacted to my suggestions with some degree of skepticism. But the publication of more than 300 scientific papers, which have rationalized my preparations, have balanced the scales in my favor.

It can be said that this principle of nutrition is very much in favor in the modern world. In recent years, a lot has been written about it, in particular in Japan, but our clinic, perhaps, is the only one based on



## Philipp Gamondes

Received a federal Diploma of the Higher School of Naturopathy (Switzerland): Traditional Chinese Medicine, Acupuncture and Tui Na. He is the Licensee of the Faculty of Basic and Applied Sciences of the University of Poitiers (France): Micronutrientology and Public Health, Cell Physiology and Micronutrients. He has a diploma from the School of Traditional Chinese Medicine (France), a diploma of Abdominal Acupuncture and a Nutritional Diploma from the Agape School (Switzerland). He is accredited by the professional associations APTN and ASCA (Nutritionist and Specialist in Traditional Chinese Medicine). He teaches courses for doctors, pharmacists and students of vocational schools in such disciplines as nutriology, micronutrientology, hypotoxic chronopathy, and biologically active supplements. His motto is the famous phrase from Hippocrates: «Let your food be your first medicine».

chronobiological and hypotoxic nutrition alone. This is what the program of curative fasting is built upon.

**– Tell us about these types of nutrition in more detail.**

– Chronobiological nutrition has a direct relationship to the metabolism, which, in turn, is associated with time. The essence of hypotoxic nutrition is to remove toxic products from the diet. For example, flour products made of wheat, dairy products ... By and large, this applies to everything that is sold now in stores and even in markets – everywhere there are pesticides, hormones, antibiotics. Animals on farms are even being given antidepressants!

It's time to go back to the past, to the time of our ancestors, when people were one with nature. In all countries the sun rose and set, there was morning and evening, breakfast and supper. And there was always lunch in between. Man lived very simply, in harmony with the world around him. So it was, and so it should be. But, unfortunately, today life is completely different – although the sun still rises and sets, at night we sleep and in the daytime we are awake, and the rhythm of the human body has not changed since then.

**– Then tell us how, with our modern way of life, it is possible to return to traditional food systems? What are the main principles of the program offered in your clinic?**



**CHRONOBIOLOGICAL NUTRITION**

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And we are told about progress in medicine, and that people are beginning to eat better. Look around you: never before in the history of the world have there been so many hopelessly sick people, suffering from gastrointestinal diseases.

Now back to our diet. 5 o'clock is the best time to eat sweets. At this time, every mother in the world should give their children a Russian or French or Swiss snack, because it is at 5 pm that both serotonin (as a result of which a baby sleeps better) and melatonin (thanks to which sleep is not just a dream, but a process of bodily recovery) are produced.

And now let us consider what our ancestors did: they got up early, ate protein for lunch, and went to bed early. During the day there were only three meals, and after 18.00 they did not eat anything. They were constantly in a state of therapeutic starvation: from 6 pm to 6 am – 12 hours fasting per day. Both your and my grandparents went to bed early and sat at the table 3 times a day. Even Chinese medicine says: in case of chronic illness, eat right, go to bed early and get up early.

**– What products do you recommend for dessert? And in what amounts?**

– The amount is of prime importance, but it depends on the person – his weight, his activeness. On average, 10 to 30 grams of dark chocolate – the real stuff, at least 70% cocoa (with little sugar), one or two small fruits, a few berries. You can eat honey, but, of course, you need to keep in mind the size of the portion.

**– Is it possible to add nuts to this, because they are often included in the composition of chocolate?**

– Nuts are a good fat source, and they can be taken exactly at 5 o'clock. They can be eaten in the morning too, but in the morning you need saturated fat. In the afternoon, snack on monosaturated fat

– The first thing is fatty food in the morning. I mean the good fat (not necessarily animal fat), which we forgot about a long time ago. Remember, you have probably known people who lived to the age of 90 and did not have any obvious health problems. So, if you take the correct fat from 6 to 8 am, your cholesterol will not rise, but will fall! This fat will kill a lot of unnecessary things in your body. This cannot be explained by any theory – the effect is almost magical ...

Then at lunchtime, from about 12.00 to 13.30, the body needs proteins. Therefore, in the daytime, it is worth paying attention to meat and fish. These can be proteins of plant origin: tofu, spirulina. But they must be mixed with boiled vegetables. I'm not against raw vegetables, but the chrono-diet is based primarily on the flora of the intestine and the effect of boiled vegetables on the intestinal mucosa is non-aggressive. The digestive tract is an ecosystem, and our task is to restore its balance. The tradition of combining proteins with boiled vegetables exists in the cuisines of many countries of the world: for example, solyanka or borshch, if we talk about Russian cuisine, or choucroute in France. Even in the most remote corners of the world do we find

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such dishes. Boiled vegetables negate the toxic properties of fish or meat – in contrast to cereals, which, in combination with meat, provoke glycation or caramelization of a cell. I recommend cereals to my patients two or three times a week, no more than that. And, of course, no desserts after lunch. In addition, in the diet that we offer, there are no gluten or dairy products.

**– No cheese, no yogurt, no cottage cheese ... nothing at all?**

– Yes, precisely. Exclude all dairy products, except melted butter – which, surprisingly, is found in all culinary traditions, without any exception. And earlier, before its usefulness to the body had been forgotten, there were far fewer allergies, depressions and cancers. We did not know what childhood hyperactivity was.

(nuts), and, in the evening, on polyunsaturated fat: omega-3. It is fish, it helps to heal the cell membrane. It is also very useful for the brain and eyes. Do you know why women who gave birth to more than two or three children have postpartum depressions? It's because they give all their omega-3 acid to the child, so that the normal work of the eyes and brain may begin.

**– And what about vegetarians and vegans – what can they replace fish with?**

– I recommend linseed, rapeseed oil, coconut oil and spirulina, cannabis. But I must emphasize: omega-3 contained in fish is the most effective. Aside from that, there is both omega-6 and omega-9.

**– You talked about what one can and should eat during the day. What is forbidden in all cases?**

– After 6 o'clock I do not recommend taking alcohol or food with saturated fats. One cannot eat sugar in the morning, and do not finish lunch with sugar. If you really want to, you can eat fruit before a meal – but only before, not after. These are basic things.

**– Doctor, what can you say about fermented products – sauerkraut, marinated cucumbers, etc?**

– Only positive things. For example, if you need to calm a hyperactive child, give him a pickled gherkin. If you ask him if he likes this kind of food, he will answer positively. Gherkins kill the phosphates in the body and produce gamma-aminobutyric gaba acid, which, acting on the brain, relaxes the body.

**– So salt is not as harmful as it is considered to be?**

– Salt is necessary. It helps to keep all the oligo-elements together.

**– Does such a system of nutrition affect the body's rejuvenation? And if so, in what way?**

– No doubt. In the morning, fats are very important as they help the cholesterol to work properly, and vitamin D, steroid hormones and coenzyme Q10 are produced. I'm talking about the fat which we deliver into the body from 6 to 8 in the morning. Morning cholesterol normalizes the hormonal balance.

In general, the topic of healthy nutrition, based on natural components and cycles, if we are to go into it, is incredibly interesting. Look at the walnut, for instance: it resembles a human brain. And the nut's oil was once called brain oil, or oil for the brain. Nature makes no mistakes!



**TENNIS PLAYER MIKHAIL KUKUSHKIN ON THE LEUKERBAD CLINIC:**

– I learned about the Leukerbad Clinic from my wife. She visited the clinic to detox and she liked it so much that she persuaded me to go there too. And that was the week I had planned for my vacations. You know, tennis players are active all year round.

At first, of course, it was scary: what does fasting mean? However, my wife encouraged me. She said that it was hard, of course, but possible. So it turned out that I agreed to this experience at the last moment.

I think that a one week stay was enough for the first time. I lost about five kilos. Now I weight as much as in my youth, when I was just starting my professional career... But still, the main thing is the bodily detox. And here I am also pleased with the result. I am feeling good, although I must admit that I had to overcome temptation from time to time. The fact that my wife was fasting with me helped me a lot!

**– HOW DID YOU FEEL AFTER THE COURSE?**

– Nice. No worse than usual, with no negative consequences. I felt slack sometimes but it was OK. Of course, I did not train actively: no doubt it would have been difficult to do professional sport while on such a course.

**– WHAT CAN YOU TELL US ABOUT THE DOCTORS WHO WORKED WITH YOU IN THE CLINIC?**

– Frankly speaking, I would like to continue taking care of my health under their ministrations.

They told me what diet to keep to in order to end the fasting correctly, to maintain what I have gained through this course and not to start to accumulate toxins again.

Of course, I asked some questions before coming to the clinic. I learned what fasting is, why it is necessary, and what the bodily processes are during fasting. Although it was my first course, I already had a general idea of what they would do with me. Definitely, while there I got very comprehensive information both on fasting and on a proper diet. I got information on what food to eat and what not to eat as well as what chemical processes occur in the body when we eat certain products.

**– WHAT IMPRESSED YOU MOST?**

– Doctor Philippe Gamondes explained to me at our first meeting that I had been eating completely the wrong diet before. The food I ate, the time of meals, the quantity of food, and the products I mixed – everything was wrong! To tell the truth, I was shocked. They made an individual program for me: how to eat right for my life, both on normal days and during tournaments, to achieve the best results. I was told what food and supplements I can eat before and after a match. It's particularly important for me as I am an athlete. Anyway, active energy expenditure is serious enough. The diet should help to cope with energy expenditure and help not to sap my strength.

Before, I thought that I could compensate for the energy spent during a match by eating certain food, but it turned out that I was wrong. After all, if I want to live happily and healthily ever after, I need to change my diet.

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