Transform Your Health with Paracelsus Nutrition

At Paracelsus Clinic Lustmühle, we are committed to providing comprehensive care to chronically sick people through a holistic approach at our one-stop clinic which includes Paracelsus medical, dental, therapy, pharmacy and Culinarium. Our restaurant, Culinarium zum Winkelstein, has been offering plant-based food since 1958. The founder of the Paracelsus Clinic, Dr Walter Winkelman, was a pioneer and visionary in the field of holistic health care and already then realised the importance of nutrition to treat patients successfully. Over the last 66 years, we have been able to confirm this importance and are committed to offering vegan and gluten-free meals at the Culinarium. In addition, the plant-based, Paracelsus Elimination Diet is central to our treatment programs and is individually adjusted with practical tips in our nutrition consultations.

Paracelsus Elimination Diet

The Paracelsus Elimination diet has been developed to combine the Paracelsus hypoallergenic diet with plant-based nutritional therapy for chronic diseases. We have observed remarkable long-term success with this diet, which is rooted in the principles of Paracelsus 3-pillars of health: Detoxification, Gut and Immune System Health, and Regeneration.

1. Detoxification: Minimizing Toxic Load

The Paracelsus Elimination diet is designed to detoxify your body effectively. Here's how it works:

- **Lowest Toxic Load**: By being plant-based, our diet avoids the accumulation of food-chain toxins, particularly those found in fish and other animal products.
- **Liver and Inner Milieu Detox**: The abundance of plant-based foods rich in chlorophyll and other phytonutrients helps detoxify the liver and purify the body's inner tissue milieu.

Detoxification is crucial for preventing and managing chronic diseases. This diet supports the body's natural detox processes, allowing for better overall health and vitality.

2. Gut and Immune System Health: Reducing Allergens and Enhancing Gut Function

Our diet is meticulously designed to support gut health and boost the immune system:

- **Hypoallergenic**: By excluding common allergens like milk protein, gluten, and nuts, our diet places less burden on the immune system.
- **Healing Leaky Gut**: The diet's focus on soluble fibre, short-chain fatty acids (SCFAs), phytochemicals, vitamin A, zinc, and L-glutamine promotes the healing of leaky gut syndrome.
- **Anti-Inflammatory**: Rich in anti-inflammatory compounds, our diet helps restore gut health and reduces systemic inflammation.

By fostering a healthy gut and robust immune system, our diet plays a critical role in managing and preventing chronic conditions.

3. Regeneration: Rebuilding and Restoring Your Body

Regeneration is the third pillar of our diet, essential for maintaining and improving health:

- **Nutrient-Dense**: Our vegan and gluten-free meals are packed with minerals, trace elements and vitamins necessary for cellular regeneration, active metabolism and brain (Gut-Brain-Gut Axis).

- **Inner Milieu Restoration**: The diet helps regenerate the body's internal environment including digestion and the diversity of the microbiome, allowing it to regulate/balance and heal itself effectively.
- **Supporting Treatments**: By alleviating the burden on the liver and other organs, our diet enhances the efficacy of other treatments provided at our clinic.

Proper regeneration is vital for overall health, ensuring that your body functions optimally and can recover from chronic diseases more effectively.

Health Implications of Meat and Fish: Why We Avoid Animal Protein at Paracelsus

1. Meat and fish are the main source of accumulated toxins

Factory farming and the way animals are treated is very problematic nowadays. Animals are often mistreated, are fed high-protein feeds and are severely restricted in their movement. Furthermore, they are overloaded with antibiotics, vaccinations, pesticides and toxins (e.g. aflatoxin) from corn-, soya- and grain-feeds. Chemicals and toxins always get concentrated in animal tissue and therefore in the meat you eat (1). If you want to detoxify, it is recommended to stay away from meat as long as possible, even if it is "biological" or "organic".

Especially fish is a problem because fish eat fish and with each step up the food chain more toxins accumulate (1). Fish contain a variety of environmental toxins, which accumulate in their tissues and can pose health risks to humans when consumed. Here is a list of the primary toxins found in fish:

Methylmercury:
A highly toxic form of mercury that accumulates in fish muscle tissue. High levels are particularly found in larger fish such as shark, swordfish, king mackerel, and tilefish.
Polychlorinated Biphenyls (PCBs):
Industrial chemicals that were banned in many countries but persist in the environment. PCBs can accumulate in fish fat and are found in both freshwater and saltwater fish.
Dioxins:
Highly toxic compounds that result from industrial processes and burning of organic materials. Dioxins accumulate in the fatty tissues of fish and can cause reproductive and developmental problems, damage the immune system, interfere with hormones, and also cause cancer.
Dibenzofurans:
Related to dioxins, these compounds are also byproducts of industrial processes and waste incineration. They are persistent in the environment and can accumulate in fish fat.
DDT and its metabolites (DDE and DDD): These pesticides were widely used until their harmful environmental effects became known, and they were banned. However, they persist in the environment and can accumulate in fish.
Chlordane: Another chlorinated pesticide that was banned but remains in the environment and can be found in fish.
Polybrominated Diphenyl Ethers (PBDEs):
Flame retardants that are found in various consumer products. They have been found to accumulate in the environment, including in fish, and can disrupt thyroid hormones and cause neurodevelopmental issues.

Perfluorinated Compounds (PFCs):
Chemicals used in various industrial applications and consumer products, such as non-stick cookware and waterproof clothing. PFCs are persistent in the environment and have been detected in fish, where they can accumulate.

Arsenic, Cadmium, Lead:
Heavy metals can contaminate fish through environmental pollution. Exposure can pose risks to organs and cause neurological and developmental problems.

Organochlorine Compounds:
A class of chemicals that includes PCBs and certain pesticides. These compounds are persistent in the environment and can bioaccumulate in fish.

Polycyclic Aromatic Hydrocarbons (PAHs):
By-products of incomplete combustion of organic materials. They can be found in water and sediment, accumulating in fish. Some PAHs are known carcinogens.

Mycotoxins:
Toxins produced by fungi that can contaminate fish feed, especially in aquaculture. They can affect fish health and potentially transfer to humans upon consumption.

2. Red and processed meat causes cancer

The cancer agency of the World Health Organization has classified processed and red meats including ham, bacon, salami, beef as a Group 1 carcinogen (known to cause cancer) which means that there's strong evidence that processed and red meats cause cancer (2). This puts red and processed meat in the same category as smoking and alcohol (2). Eating processed meat especially increases your risk of bowel and stomach cancer (3,4).

3. Meat and fish contain a lot of complex protein

Even though being a concentrated protein source, too much makes your body tissue acidic and causes inflammation. In the Western World the average person eats about 130 grams of protein per day and only about 50-70 grams can be processed (5). Unlike fats (stored as triglycerides) and carbohydrates (stored as glycogen), amino acids do not have a specialized storage form. The body does not store amino acids for future use. Instead, they undergo deamination, a process where the amino group is removed. The remaining carbon skeletons can be used for energy production or converted into glucose or fatty acids for storage. The removed amino groups are converted into ammonia, which is toxic, and then into urea in the liver. Urea is then excreted by the kidneys in urine. If these metabolic waste products overload the excretion capacity, they are stored in the interstitial space. They are highly toxic, and acidic and clog up the extracellular fluid (6)! As a result, cell membrane potential decreases, cell communication and function is decreased. Patients therefore need to alkalise the body by avoiding animal protein and decreasing the protein load to the body.

4. Our body needs amino acids, not proteins!

Since amino acids are organic building blocks, all plants and animals have proteins. Plants and grains contain sufficient amino acids and at the same time contain more minerals, vitamins and trace elements and fewer toxins. In addition, they support the beneficial bacteria! In addition, the issue of complete vs. incomplete protein is an outdated concept (7,8). There is no need to combine certain plant foods for sufficient amino acids since any single whole natural plant food, or any combination of them, would provide all of the essential amino acids and not just the minimum requirements but far more than the recommended requirements (9).

5. Meat increases putrefying intestinal bacteria

The Paracelsus Clinic follows the principles of Prof. Dr. Günther Enderlein as do other researchers. They found that meat contains bacterial pre-stages ("Endobionts") which negatively influence the gut microbiota: more putrefaction flora (from undigested proteins) and less de-acidifying fermentation flora (from plants). The beneficial bacteria which de-acidify the body (lactobacillus, Bifido, Bacteroides) have the ability to protect and detoxify the body – exactly those so called "good bacteria" are ALWAYS lacking in cancer patients (10). In addition, some of the products of putrefaction, like ammonia, putrescine, cresol, indole, phenol, etc., have been implicated in the disease pathogenesis of colorectal cancer (4).

6. Iron from animal sources causes inflammation

It is commonly thought that those who eat plant-based diets may be more prone to iron deficiency, but research has shown that they are no more likely to suffer from iron deficiency anaemia than anybody else (11). Eating a meat-free diet not only provides more fibre, magnesium, and vitamins like A, C, and E, but it turns out also provides more iron. Meat contains the haem iron found in blood and muscle and plants contain the non-haem iron. Long thought as being a second-grade iron, non-haem iron sources have now proven to be the safer option (12). The avoidance of haem iron may be one of the key elements of plant-based protection against lifestyle diseases. Iron from animal sources can act as a pro-oxidant causing chronic inflammation and contributing to cardiovascular diseases, diabetes and cancer (13,14).

7. Factory farming is unethical and detrimental to the environment

Last but not least we believe that the way animals are kept for "meat production" is ethically incorrect and an enormous strain to the environment. Raising animals for food requires massive amounts of land, food, energy, and water and causes immense animal suffering. Runoff from factory farms and livestock grazing is one of the leading causes of pollution in our rivers and lakes contaminating it with chemicals, antibiotics, bacteria and viruses. Studies have shown that animal waste emit toxic airborne chemicals that can cause inflammatory, immune, irritation and neurochemical problems in humans. Using land to grow crops for animals is vastly inefficient. It takes almost 20 times less land to feed someone on a plant-based (vegan) diet than it does to feed a meat-eater since the crops are consumed directly instead of being used to feed animals.

8. Meat consumption can alter behaviour

The energy of mistreatment and the fear of the animal gets stored in the tissue (15). Stress not only alters protein composition, and decreases vitamins and minerals, but there is also a clear link between the consumption of animal products and aggression (16). Our endothelial cells lining the blood vessels produce a very important gas called nitric oxide. This nitric oxide (NO) helps blood flow smoothly and when we eat foods that are high in saturated animal fats, such as meat and dairy these cells are damaged and nitric oxide production decreases. Scientists have recently discovered that a decline in nitric oxide is also related to a decline in serotonin, the "feel good hormone", and this depletion of essential serotonin may lead to aggressive behaviour (16). Therefore, slaughtering falls back to the consumer.

Health implications with cow milk: Why do we avoid dairy at Paracelsus

1. Main Allergen

Cow milk protein is in most people in the Westernized world the first foreign protein to which our body is exposed. From the time of weaning, often cow milk and other dairy products are consumed on a daily basis. Therefore, milk allergy is a common phenomenon without many being aware of it.

An allergy to cow milk is always an immune response to the protein components in milk (casein, lactalbumin and lactoglobulin). Not to be mistaken with an intolerance to the milk sugar of milk (lactose intolerance), an allergic reaction is against foreign proteins and not due to a lack of enzymes. An often hidden (IgG4 response) cow milk allergy has major immunological implications since 80% of the immune system is located in the gastrointestinal tract and can thus be distracted by the allergic response (17).

2. Unproportioned high Ca

Cow milk has lots of calcium but hardly any magnesium. For optimal calcium absorption, there needs to be a 2Ca/Mag ratio which dairy milk does not supply.
In addition to calcium, there is also a high phosphorus content in cow's milk, which makes absorption of calcium even more difficult. A diet rich in phosphorus automatically lowers the capacity to absorb calcium, on the other hand, plant-based calcium-rich foods like green leafy vegetables contain little phosphorus and have plenty of magnesium and therefore much more suitable for supplying calcium than cow's milk.

3. Highly processed

Unlike the dairy industry's excessive advertising of being a natural product, cow milk is one of the most processed and highly industrialised foods. It starts with what cows are fed and injected with. From antibiotics and vaccines to growth hormones to aflatoxin (worst carcinogen) infested grains etc. Furthermore, milk is homogenised, pasteurised, UHT (ultra-high-temperature processed) etc. to minimise bacterial contamination (pus) from cow mastitis because of unrealistic high milk output and unhygienic conditions.

4. Pregnancy Hormones in Milk

To have continuous milk, cows have to be impregnated every year. Therefore, milk mostly comes from pregnant cows and pregnancy hormones are always present in cow milk (18,19). In addition, milk is for calves to grow very fast and so it naturally contains growth hormones, e.g. IGF I (insulin-like growth factor-1) leading to many hormone-based cancers (20,21). For example, male milk drinkers have a 32% higher risk for prostate cancer and have an increased risk of developing male breast tissue (Gynecomastia). (22).

Health Implications of Wheat: Why We Avoid Gluten at Paracelsus

At Paracelsus, we prioritize the well-being of our patients by recommending a gluten-free diet while being treated for long-term success. Wheat, a common source of gluten, poses several health concerns, especially for those with chronic illnesses. Here's why we avoid gluten and advocate for a low-gluten lifestyle:

1. Allergenic Properties

Gluten is one of the main allergens that can trigger adverse reactions in many individuals. The protein in wheat is difficult to digest and can distract and overburden the immune system. For those with chronic conditions, this added strain can exacerbate their health issues.

2. Digestive Health

- **Hard to Digest**: The proteins in wheat, including gluten, are hard to break down completely. This incomplete digestion can lead to various gastrointestinal issues.
- **Mucus Membrane Damage**: Gluten can damage the mucosal lining of the intestines, leading to increased intestinal permeability, commonly known as leaky gut syndrome.

- **Leaky Gut Syndrome**: A damaged mucus membrane can allow toxins, partially digested food, and other harmful substances (leaky gut) to leak into the bloodstream, triggering inflammation and a wide range of health problems, particularly in those who are already chronically ill.

3. Contaminants and Toxins

- **Mould and mycotoxins like Aflatoxin**: Wheat stored in silos is susceptible to mould growth, which can produce aflatoxins. Aflatoxins are among the most potent toxins known and can cause serious health issues, including liver damage and cancer (23).
- **Glyphosate Residue**: Illegal practices, such as using glyphosate to ripen wheat, resulting in over 70% of global wheat containing residues of this herbicide (24). Glyphosate has neurotoxic effects and has been linked to numerous health problems, including cancer and endocrine disruption (25).

4. Modern Wheat and Gluten Content

Selective breeding practices have increased the gluten content in modern wheat compared to traditional varieties. Wheat has undergone the most dramatic changes with an average of 20-30% more gluten compared to traditional varieties (26). This higher gluten content can be more challenging to digest and may contribute to the rise in gluten sensitivity and celiac disease (26).

5. Neurotoxic Effects

Some research suggests that gluten can act as a neurotoxin, potentially affecting brain health and contributing to neurological disorders like autism (27). This is especially concerning for individuals with chronic illnesses who may already be vulnerable to such conditions.

Optimal Eating Routines and Lifestyle

The Paracelsus Elimination diet has a strict routine individually adjusted according to the patient's needs for optimal digestion and gastrointestinal health:

- **Three Meals a Day**: Stick to three well-balanced meals each day to support digestion and nutrient absorption.
- **Chew Well**: Proper chewing aids digestion and ensures better nutrient uptake.
- **No Raw Food After Lunch**: Consuming raw food earlier in the day supports better digestion and reduces fermentation and putrefaction in the gut.
- **Bitters:** Including bitter herbs and vegetables in your meals and teas promotes digestive health by stimulating digestive enzymes and bile.
- **Toxic-free Lifestyle**: Cosmetics, sanitary products, washing, cloth, chemicals, cleaning material
- **Mindful exercise, breathing and thinking:** Mind-body practices balance the autonomic nervous system, stimulate lymph flow, strengthen liver, kidneys and lungs.

These routines are designed to optimize digestive health, ensuring that the body can absorb nutritious foods and to minimize excessive fermentation purification in the large intestine.

Our vegan and gluten-free diet is more than just a meal plan; it's a comprehensive approach to health that supports detoxification, enhances gut and immune system function, and promotes regeneration. By following this diet and our recommended eating routines, you can achieve better health outcomes and support the treatments you receive at our clinic.

We are dedicated to your health and well-being. If you have any questions or need personalized dietary advice, please do not hesitate to reach out to our nutrition experts.

Warm wishes,
Paracelsus nutritionists

Sonja Lewandowski, PhD
Sonja Bacus

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