

Every country has its own official guidelines, but these don't work for many people, quite the contrary in fact. We need to put much more focus on the individual, which will then clearly demonstrate the fact that we can distinguish between different groups. A large group won't respond well to an excess of fast-acting carbohydrates: bread, pasta, rice, potatoes... Whilst this happens to form part of the basic diet in many Western countries and if you add all the refined foods of the past years into the equation too (= also fast-acting carbohydrates), things really do become disastrous. Many people end up addicted to all those fast sugars and will completely lose themselves in these. That's exactly what happened to me too. These excessive amounts of fast-acting carbohydrates make us overweight, ill and addicted.

People often end up on strict diets and starve themselves in order to shed those excess kilos. That's what classic nutrition has taught us - you will lose weight if you eat less and exercise more. But this categorically does not work, on the contrary, anyone starving themselves is guaranteed to minimally get those exact kilos back afterwards.

I now know that you shouldn't be focusing on the kilos and that losing weight has absolutely nothing to do with light meals or eating less, but that it has everything to do with good food, by which I mean good quality, fresh food, which I like to refer to as 'real food'.

Refined foods and fast-acting carbohydrates manage to bypass all the vital mechanisms in our body that make you feel full and satisfied and which will therefore make you stop eating.

So losing weight isn't about eating less, but about eating more good food. A wholesome diet, which fats haven't been removed from and which no sugars or other matters have been added to. In other words, a diet which hasn't been messed around with: plenty of vegetables, fruit, nuts, seeds, fish, meat, full-fat yoghurt, olive oil...

