



The Alpha Omega Interview

Johanna Paungger-Poppe and Thomas Poppe have co-authored several books on the influence of natural and lunar rhythms on our life. Probably best-known are “Vom richtigen Zeitpunkt” (US Edition: “The Power of Timing, Amazon), “Aus eigener Kraft” (UK and US edition: “Moon Time”, Random House UK) “Alles erlaubt!” and “Der lebendige Garten,” all of which regularly appear on the non-fiction bestseller lists. To date, 16.5 million copies of their books and calendars have been sold. They have been translated into 26 languages. The following interview was conducted with Thomas Poppe after publication of a special aspect of their knowledge.

Mr. Poppe, maybe we should start by asking you about the source of the knowledge that you write about in your books and how do you explain their success?

This is ancient knowledge that was used by many cultures and according to numerous letters we have received from around the world this knowledge is still being practiced in certain regions. For my wife Johanna, this knowledge is second nature. She grew up surrounded by it, much as a fish is surrounded by water. Her parents were mountain farmers and had a large family. It would have been unthinkable for them *not* to apply this knowledge. Mountain farming is often strenuous physical work. Ignoring this knowledge would have led to physical weakness, poor harvests and quick deterioration on all levels. Life would have become unbearable. When the survival of entire families depends on correct timing, ignoring the lunar calendar is akin to self-destructing. City dwellers, however, may well continue to believe that ignoring this

knowledge will not have consequences. The success of our books can surely be attributed to the positive changes our readers experience when they live according to these recommendations. Children will lead healthier lives; we save money, feel better and enjoy life more. We don't need to convince you. Lunar knowledge is empirical knowledge. It speaks for itself.

Today I am interested in a special aspect of your knowledge, namely, that there are two nutritional types: Alpha and Omega. Please explain their meaning.

It means that you and everyone else most likely belong to one of two types of people who differ in that they tolerate various foods differently. These differences are so significant that you can actually harm your health by not eating according to your type over a long period of time, even if you are eating organic whole foods.

Why isn't the average person aware of this? The differences between nutritional types appear to be significant as I found out from reading your book. How did this knowledge fall by the wayside?

Good question! At times we are truly puzzled as to why this valuable and timeless knowledge of our ancestors faded into oblivion over centuries until it will be eventually rediscovered or even hailed as a "modern." Most likely both World Wars were responsible for the interruption of continuity. During the past century, the passage of this knowledge from grandparents to children to grandchildren came to a halt on several occasions. Today's kids rejected their grandparents' wisdom and, instead, increasingly put their faith into so-called experts. Eventually, our grandparents became silent spectators who would watch this development with amusement, sadness or resignation. Plus, new industries sprang up that flooded us with countless artificial food products without regard to natural, biological and digestive processes. All under the guise of "better tasting," "quick" and "convenient."

With technological advances came countless "blessings" that long-term led to illness and suffering and continue to do so. A return to a natural, sensible and healthy life style would result in a loss of prestige and, of course, a loss in revenue for the inventors, sponsors and distributors of these products. Something the latter would not willingly accept. True progress will only be possible after those responsible for the current situation have died.

Cow's milk is one example. It has been known for centuries that cow's milk is harmful to the human body. Today, countless scientific studies confirm this and proof is available to anyone who doubts it. Unfortunately, scientists do not have the funds to publicize this information on a large scale. The dairy industry, however, is spending billions on keeping us in the dark.

Ironically, those are the same billions that we spend on the dairy industry in form of taxes and purchases. In other words, this knowledge was conveniently forgotten because it came to the attention of people who do not have the best interest of humanity at heart.

How do I benefit from knowing my nutritional type?

In short, you will have a much better chance of celebrating your 85th birthday fit as a fiddle. You can face the future with optimism and plan new adventures for the next 20 years. Conversely, you could celebrate your 60th birthday feeling tired, discouraged, plagued by rheumatism and face the future in a pessimistic frame of mind. The choice is yours.

That sounds promising. Ok, let's rediscover nutritional types. You also said that without this knowledge, it is virtually impossible to lose weight. Why is that?

Even if I lead a healthy lifestyle, it is still possible that my body does not get what it needs, namely, if I ignore my nutritional type. As a result, my body feels deprived and wants "more." It takes enormous self-discipline not to gain weight, not to mention that such a rigid

regimen is neither healthy nor fun. We all know how irritable dieters can get. Our book is entitled *“Alles erlaubt!”* (*“Anything goes!”*) for good reason.

That brings me to the following question: “To what do you attribute the current overweight epidemic?”

The causes are the “Nothing”, the “Too Much” and the “Wrong Kind.” It starts with today’s food production - from commercial farming to the supermarket checkout – providing us with fillers that lack everything: Nutrients, vitamins, minerals and loving, careful production. The latter is also part of nurturing and when it is missing, a person is deprived.

Second, in a desperate attempt to extract nutrients from these empty calories, the body demands “more.” We all know the consequences. The food industry anticipated this demand and added addictive substances to which the body slowly becomes accustomed. The body now craves this junk food. It is akin to an old gold miner who keeps digging in a depleted mine, finding just enough gold to numb his feelings with alcohol in order to escape reality. It becomes a case of “...not enough to live but a little too much to die...” These people are the ideal consumers for a variety of industries whose main purpose is profiting from numbness, desperation, illness and the search for distraction.

Third, we eat the wrong foods. As I mentioned before, sometimes even eating organic whole foods is not enough to make us feel healthy. When someone does not eat

according to his or her nutritional type, the body, without being aware of it, lacks certain nutrients. One of the big no-nos is, of course, the modern trend of combining protein, carbohydrates and fatty foodstuffs on the same plate in order to provide a so-called balanced meal. It is rather amusing because in the past people paid far less attention to experts. Combining food groups confuses the body. Our digestive system cannot function efficiently and sooner or later our metabolism goes on strike.

Observe things quietly and don’t allow yourself to be deceived or distracted from the truth: Many of today’s industries profit from seduction, illness, interruption, exploitation, numbness and weakness. Those of us, however, who have recognized that the truly important things in life are easy to acquire, keep and maintain, and who have realized that healthy food should be produced organically, regionally, seasonally, and with love, those people make bad consumers. There is little profit to be made from them. Hence, lunar knowledge is periodically “forgotten.” Using lunar rhythms saves money, time, nerves and preserves without much effort. It makes people independent and self-reliant. This meets a lot of opposition. After all, stock prices only rise when addiction and dependence are present. There is no financial gain in moderation, joy, and harmony.

This brings me to a basic question: “How do I know when I am not eating according to my nutritional type? There has to be a clue somewhere otherwise I could a simply

attribute digestive problems to other causes. And, how could this knowledge have disappeared otherwise?"

You are correct. That IS very important. I need to be a bit more specific and explain to you what "food intolerance" actually means. I would like to share with you one or two secrets that even modern medicine is not aware of.

In order to determine your nutritional type, you need to develop a clear sense of what "tolerance" and "intolerance" means for you personally. Above all, don't listen to experts who try to convince you that something is healthy or something is bad for you. For the longest time, butter was considered to be very good for you and then that stopped. Now butter is back. Pasta was said to make you gain weight, now there is a pasta diet. Then we got the low carb craze. Experts have been fickle-minded about virtually all foods. The truth lies in your personal experience alone. Nowhere else! If *you* are an exception, statistics become invalid. And we are *all* exceptions, every person by him- or herself.

So what does "intolerance" mean? At the top of the list: If you usually feel tired after eating a certain food, you most likely do not tolerate that food well. Wanting to take a nap after eating is another sure sign that a meal did not agree with you and that it will affect you negatively in the long run. Opinions on nutrition fluctuate wildly that physicians actually want to convince us that it is normal to feel tired after a meal. What nerve! Nutritious food, based upon

your nutritional type and lovingly prepared, will never make you tired even if you eat a little too much of it. If food, however, contains preservatives, food coloring, taste enhancers and artificial flavors, you will always feel tired.

There is one exception, namely, feeling slightly tired in the early afternoon whether you ate lunch or not. This is a normal occurrence and is related to your internal body clock, which we describe in our book "*Moon Time*" It is too bad that many "northern" countries have not learned from their Southern neighbors that an afternoon nap is useful for more than just escaping the afternoon heat.

Another indicator for not tolerating a certain food is experiencing the following on a regular basis: *Burping, indigestion, fullness, bloating or headaches*. Headaches and migraines are frequently a negative reaction to food or drink. Chocolate, for example, causes migraines in many people and is by no means a mood booster, as often touted. And since an adverse reaction to food can be delayed by as much as 24 hours, the connection is often not made.

Third: You probably do not tolerate a food if your mood worsens 15 – 30 minutes after eating it. This frequently happens with children after they have eaten candy and it is most obvious between 9 and 11 am. Adults may have the same reaction after eating food made from polished white wheat flour or containing white sugar since these lead to a vitamin B deficiency and other consequences. Vitamin B is known for

promoting healthy nerves.

Fourth: You probably do not tolerate a certain food if eating it gives you bad breath or body odor. This does not refer to bad breath due to poor dental hygiene. In most cases, bad breath is caused by poor digestion and is almost always a sign of food intolerance or a faulty metabolism. The same goes for garlic. Eating garlic causes little body odor as long as you eat balanced and healthy meals.

Fifth: You are probably allergic to a certain food if you suffer from an internal or topical fungus. Even having athlete's foot is a sign that your digestive system is not working properly since the latter can cause skin disorders. Eating sweets creates fertile ground for fungi.

Sixth: You probably do not tolerate ac backaches, especially in the lower back. Backaches are a frequent reaction to eating polished wheat, which, today, is pretty much the norm. The overworked kidneys then radiate pain to the spine. If a person continues to eat white wheat flour, the kidneys can no longer do their job and together with their helper, the spleen, suffer the consequences. Unfortunately, specialists frequently only treat an organ when it begins to fail and even though it is not at the root of the problem. Few urologists think of kidney problems as being related to wheat intolerance, though this is most often the case.

This list should give you enough information for identifying your personal food intolerances, whereby fatigue is the surest sign.

One of the main reasons why so few of us pay attention to nutritional typing is due to the fact that we think it is normal to feel tired and lethargic after a meal.

“Normal food” from cafeterias, fast food restaurants and supermarkets definitely makes us lethargic. Anyone who has spent one or two weeks eating according to his or her nutritional type, just like we offer in our wellness week, will know this. During our wellness week you will learn to recognize the differences and become familiar with your nutritional type. You will also learn how to effortlessly integrate this knowledge into your daily life.

After participating in our wellness week, people are frequently amazed how intensely they taste smell and feel. All numbed feelings and senses awaken and sometimes that can be scary. That is surely one reason why many of us eat to numb our feelings. It is an escape from reality. But I am getting off course here...

By now I am curious to know now what it means to be nutritional type Alpha or Omega. For example, what do I need to look out for if I am type Omega?

You are most likely Omega. There are actually visual signs. Body posture is one of them. I won't go into too much detail here. A quick summary will tell you all you need to know. Simply remember what I have said earlier about “tolerating” and have a look at the chart I brought along for you see last pages]:

The tables show the triggers. You can see why many people cannot tolerate pome and stone fruit combined, especially not juice products that contain both (like apple and cherries). This chart holds the answer as to why many people do not gain weight from eating rich cakes while others virtually put on pounds by just looking at them. Or why many people do not tolerate that healthy glass of orange juice in the morning and end up having indigestion. And why children quickly trade that “healthy apple” for something “better” during lunch break. Or why some people feel full after eating and don’t need anything for a long time, while others constantly nibble. This is one explanation.

This is terrible! Multi-grain bread unhealthy? And cold-pressed organic olive oil is bad for Alpha? And apples are only good for half of mankind?

Yes, that is true. And anyone can easily verify it. Put aside preconceived notions for a short while for the sake of your health. No one tolerates multi-grain bread, i.e., bread that contains wheat *and* rye. This has nothing to do with liking or not liking it. If you pay attention, you will find that eating multi-grain bread immediately results in a bloated feeling. And then there is the matter of coffee: Many people say that drinking coffee just before bedtime

does not bother them. That is funny, because by not reacting to coffee, people should realize that they do not tolerate coffee well. I am one of them.

And here is something else: The body is basically very resilient. It can tolerate unhealthy eating habits without problem and sometimes over a long period of time. When we are young, we can often eat all the wrong things without suffering any immediate consequences. Feeling tired after a meal, the odd headache or hangover, the joint ache in the morning, a touch of eczema that disappears quickly, a few pounds too many... There are so many signs that we cannot tolerate something, but we merely accept the signals without giving them much thought. After we turn forty, they compound and become more difficult to ignore.

Thanks to a “friendly helping hand” from industry and science, we don’t make the connection between poor eating habits and many symptoms of malnutrition, e.g., cellulite in women, hair loss in men, rheumatism, bad eyesight, neurodermatitis, osteoporosis, arthritis, etc. Sometimes food-related illnesses are labeled hereditary. That is nonsense in almost all of the cases. What we inherit are habits: Eating, behavior, and mental attitude

habits. We acquire the addictions of our role models, be it within family or school, from billboards or television.

Ok, I will accept it for the moment and be more careful. How can I quickly find out what type I am?

If you look at the chart, it should not be difficult to determine your nutritional type. The ultimate indicator is the seven-day experiment. During a waxing moon, follow the Omega chart for one week and then, also during a waxing moon, do the same with Alpha. You can also reverse the order. In most cases, a clear result is obtained just two or three days into the experiment. Of course, it could happen that someone still does not have a clear result. For this we have prepared a questionnaire which you can order from us and which we will evaluate for you. The cost for this service is Euro 14.95.

That makes sense. I will give it a try. When looking at this chart, I wonder what is meant by "harmful." It sounds a bit too threatening for my taste. For example, how does rye flour harm me if I am type Omega?

The answer is simple. By eating the wrong things, you undermine your health and weaken your immune system. The consequences vary

from person to person. Some become ill sooner, some later. Some people develop an allergy and later asthma; others show joint wear and tear. Yet another burdens his or her kidneys until they stop working and a fourth suffers from high cholesterol and bloating. And it takes decades for the damage to become apparent. We frequently hear people say: "No, cheese cannot be the cause of my illness. I have been eating cheese every day for thirty years."

It would interest me how you personally learned about the differences between Alpha and Omega. You did not grow up with this knowledge either just as I didn't. Did your wife "force feed" you?

No, that is not her style. She can watch someone make mistakes for a very long time, simply because that is how women were raised in Tyrol. "Stand by your man at any cost and never call his bluff." That is what almost all girls learn from day one and it provides fertile ground for machismo and exploitation. But that is another topic. Looking back, I feel a bit foolish now. Months went by before I noticed that Johanna practiced forgotten secrets without much fanfare. Today I cannot believe how ignorant I had been, how I could have overlooked that my wife lived by the lunar calendar. At least that's how it feels now that I am thoroughly familiar with both nutritional

types. Now I can often tell a person's nutritional type at the first encounter.

It began when I saw my wife doing strange things in the kitchen when cooking for our children and me. I noticed, for example, that she would make a batch of pancakes with butter and then another with vegetable oil. Or she would say to a guest "coffee is not good for you" while virtually forcing it on another guest.

And she never bought multi-grain bread. It was either wheat bread or rye bread or pure spelt bread which both nutritional types digest well. She made every effort to keep sweets away from one of our daughters while she was much more lenient with the other one. There was no regular pattern to this and it puzzled me. Sometimes, when my wife was traveling, it was frustrating to cook for our three kids. They reacted to my cooking efforts with astonishment, stomach aches and friendly but clear "no thank you's."

Until one day I asked Johanna questions. In the course of the conversation that ensued and that lasted several hours, I managed to find out that there are two very different nutritional types. I learned that my wife and I plus one of our children were type Alpha while the other two were Omega. She quickly explained the basic differences and I got goose bumps. "Why didn't you tell me this earlier? This is

IMPORTANT for people. No one knows about this!!!" "Oh, I always thought people simply chose to eat chaotically," my wife said dryly. I was speechless. Fortunately not for long as you know and you can read about in our book "*Alles erlaubt.*"

Then came a period of experiments, observations, questions and taking notes. Today I know everything and can tell all. My wife disclosed one of the mainstays of good health to me.

And why the terms "Alpha" and "Omega"?

I have to admit that that was our own doing. Actually, we could not find contemporary descriptions anywhere, not even in other cultures. Johanna's family observed the nutritional types but when it was at all discussed it was referred to as "food for workers" and "food for officials with tenure." That does not quite fit, agreed? We rather liked Alpha and Omega because it involved no value judgment. There is no such thing. No one is better or worse off for belonging to one or the other type. With the exception, maybe, that Alphas have a more difficult time today because convenience foods often contain hidden wheat flour and refined sugar.

Are there also "intermediate" types?

Yes. It is something many people would like to be but few fit the bill. In our experience,

only 5% of the population belongs to an intermediate type. Generally, people feel like an intermediate type when they have become accustomed to certain foods over decades, but never consciously registered that these foods were harmful to them. Alphas become irritable and tired after consuming too much sugar, but had never learned to identify this fatigue as food intolerance. And every Omega gains weight from eating animal fats, but probably blames it on heredity. Intermediate types are lucky. They can eat anything as long as they watch the quantity, eat organic foods and avoid combining protein and carbohydrates in a meal.

Is it possible to change one's type?

No, you remain the same type throughout your life.

How can I apply this knowledge day in and day out? For example, when someone has a big family and needs to cook for both types? Or as a single who lives on fast food? It seems rather complicated especially in view of the fact that we have less and less time for cooking.

Please believe me when I say this: First we need to buy real food again. Second we need to learn once again just how easy and fast it is to cook when we observe a few things. No, learning is the wrong word here.

“Remembering“ is the better word. We merely need to remember what is healthy, simple and natural and cooking becomes child's play. Once we take that little step, cooking for two nutritional types becomes a breeze. Much as it has been for centuries.

Not only lunar knowledge but also much other ancient knowledge has disappeared. Among it is the art of preparing quick, healthy and meals using only a few ingredients. That might explain why there are so many cookbooks out there: People long for good, real meals, something that actually *nourishes* them. When we cook we are simultaneously determining whether we will take in medicine and strength, or weakness and harm.

Out of curiosity, are there other differences between nutritional types other than the intolerance of certain types of food? Could I recognize a nutritional type simply by his or her appearance? ”

Yes, such differences exist. Type Alpha usually has broader shoulders than Omega, but narrower hips. But this would take us too far here. Our book provides more details.

Finally, could you summarize for our readers and for me wherein the greatest benefit of knowing your nutritional type lies?

Maybe I could best explain it this way:

What is the secret of certain elderly people, like a mountain farmer, who at the age of eighty climbs up to the mountain meadow in the morning, performs hard manual labor all day, and in the evening happily puffs his pipe? And who has never seen the inside of a doctor's office? Who doesn't wear glasses? When you look at the lifestyle of these people you will notice again and again that they eat very modestly and abide by rules that have not changed in thousands of years. It is easy for them because they know that just half a chocolate bar, a glass of Coke, a pizza or a fruit-flavored, sugary yogurt treat are enough to weaken their body and leave them unfit for the whole day.

Today we are surrounded by a dense jungle full of nutrition counselors, diet trends, yoyo effects, expert opinions, etc. And the experts have never been so wrong before. Did you know that in the course of their college education physicians don't learn anything about healthy eating habits? What a black mark for modern education! What I eat today decides my well-being tomorrow. Almost all illnesses can be eased or cured by switching to healthy eating habits (organic, vegetarian and without animal protein).

Simply put: We are afraid of the jungle and, in turn, this fear pushes us right back into

the jungle. Until we get tired of listening to the prattling of diet gurus, until we push all advice away and don't listen to anything anymore - including the signals of our body.

And yet, it could be so simple. Every one of us could return to what is genuine, simple and healthy. He who heals is always right. There is no need to wait for the scientific community to confirm what our body has known all along. Our effort to revive this knowledge of sound nutrition and nutritional types might well have one or the other say: "Not something new, again!" No need to worry, this is nothing new. It is strictly an aide in removing the traces of devastation of the last decades and to put us back on the right track. We write this for the 10% of our readers who eat chaotically and who eat a "scientifically based" diet because they do not know differently. And who are now glad to learn about this timeless knowledge that will lead them out of a dead-end situation.

This knowledge helps awaken your body, your spirit and your soul and allows you to discard all ballast that keeps you down. It will help us gain control of our life again, to be independent and self-reliant. A person who does not have healthy eating habits is a poor soul – surely not a sign of great intelligence. Eat what agrees with you, not what you are told to eat. Protein, for example, is best from plants.

Anything else is deception, deliberate or otherwise. The scientific community has known better all along. The milk served to our children in school is a crime and they frequently cannot digest citrus juices, because no one pays attention to the child's nutritional type.

Have the courage to reclaim the

knowledge of our ancestors. It is your birthright. You don't have to wait for anyone's blessing. Simply try it and you will soon see its benefits, at the latest after a few days when your body perks up and trusts you again, after a long period of neglect. We promise you that you will not want to give up what you gain in quality of life and joy of living



Recommended for the Alpha Type:

Cereals:

Spelt, Rye, Quinoa, Amaranth, Kamut und products from these grains. For an existing gluten intolerance quinoa can be recommended, because also the healthy spelt is not gluten free. Baking with spelt is only at the beginning a little awkward, because it contains less gluten than wheat and cannot absorb as well. The difference can easily be adjusted to. To avoid wheat seems only initially difficult. Later on you start to dislike it anyhow. Only pizza is doing better with wheat, using only spelt makes the pizza crust harder.

Fruit:

Stone fruit such as apples, pears, all citrus fruit such as oranges, mandarins, lemons, limes, grapefruit, kiwi, etc. We can't categorize exotic fruit with certainty, please judge from personal experience

Vegetables:

Cucumber, carrots, onions, leeks

Drinks:

Juices from stone and berry fruit, as well as citrus fruit. Water not or very little carbonated. Tea from green to herbal. When using herbal tea mixes please check not to combine astringent and relaxing herbs. Also do not combine fortifying and detoxifying herbs. These aspects are largely ignored nowadays. All drinks for the alpha type should not be very cold.

Fat and oil types:

Butter fat (Ghee), bacon, and lard if preferred. Buttermilk, goat's milk, sheep's milk, cream, or cow's milk if straight from the farm (Milk is not a drink but a food item). The Alpha Type tolerates animal fats better than fats and oils of vegetable origin.

Meats:

Of course any nutrition without animal protein would be a boon for our world and for our health. The Alpha type however tolerates meat in moderation quite well - roasted and fried meat better than cooked meat. Hot spices and various herbs (thyme, rosemary, marjoram, etc.) make meat more digestible for you.

Misc:

Two to three meals per day are more healthy for you than several small portions spread out over the day. The meals should be separated by at least four hours. That guarantees an optimum function of your digestion. An Alpha Type doesn't have to shun deserts at all times. In moderate amounts it is OK to sweeten pastries, i.e. with organic cane sugar, maple or agave syrup, etc. Salads too can be dressed with a little vegetable oil by all means. Just do not always fry with oil!

**Harmful for
the Alpha
Type**

In principle everything which is especially beneficent for the Omega Type

The Fatteners for Alpha Types:

Snacking in between meals, very cold drinks, meals after 6 pm. Sugary deserts on a regular basis.

Conventional sweets, wheat and sugar as well as plant based fats and oils, mayonnaise, etc. (regrettably all that false information about the health values of plant based oil was not very helpful for Alpha types). Often honey is not tolerated as well. Generally protein of animal origin. Chips of any kind. Convenience products with saturated oils.

Cereals:

All wheat products (most allergy sufferers are Alpha Types) oats, too much rice, too many nuts of all kinds.

Fruit:

Stone fruit (i.e. peaches, apricots, dates, mangos), bananas (Alpha types tolerate bananas if in moderation, but not in larger quantities and not at all on a daily basis).

Vegetables:

Tomatoes, too much garlic.

Drinks:

All ice cold drinks, coffee, especially with milk, sugary juices. If abstinence from coffee proves to be hard, a temporary switch to espresso can help before stopping altogether.

Miscellaneous:

Drinking too little between 3 and 7 pm is especially harmful for the Alpha type. More than three meals a day.

Recommended for the Omega Type

Cereals:

Organic Wheat Products (Wheat allergies are found mostly among Alpha types, or one is allergic to valueless industrial wheat flour), Spelt, Oats, (Amaranth and Quinoa are almost always agreeable.)

Rice, Nuts (With Omega types nut allergies result almost always from treated or irradiated nuts. Eating organic nuts lets the allergy very often subside after a while.)

Very often wheat products induce allergies only because they contain cheap industrial wheat. Many Omega types tolerate them nevertheless, if not eaten on a daily basis.

Fruit:

In general organic stone fruit (Apricots, Cherries, Peaches, Dates, Prunes, etc.), Bananas. We can't categorize exotic fruit with certainty, please judge from personal experience.

Vegetables: Tomatoes, Garlic.

Drinks:

Juices from stone and berry fruit. Most Omega Types tolerate cold drinks well, („ice cold“ though is never healthy). Water without or with little carbon, tea, herbal teas. Sweetened drinks in moderation are tolerated as well. Sugary drinks have a fattening and tiring effect also on Omega Types. Artificial sweeteners are more harmful than sugar without exception, because the body cannot metabolize them and has to deposit them.

Coffee (but without milk!) The combination milk and coffee has a chaotic effect on our metabolism and puts a strain on the liver.

Oil and fat types:

All organic plant-based oils and fats. Organic margarine. Never use cold-pressed oils for frying! Mayonnaise in moderation.

Meat:

Lean meat. Cooked meat is easier digestible than roasted or fried meat. Never fry over too high heat!

Miscellaneous:

The Omega Type needs „sweet stuff“ and also may snack in between meal times. He should never fast during day time and then have a big dinner. Better to have five small meals than three substantial ones.

<p>Harmful for the Omega Type</p>	<p>In principle everything which is especially beneficent for the Alpha Type</p> <p><u>The Fatteners</u> <u>Animal fats, butter, etc.</u> Milk & dairy products, such as cheese, yoghurt, etc.</p> <p>Cereals: <u>Rye</u> Fruit: <u>Pome fruit (apples, pears, etc.), citrus fruit</u> Vegetables: <u>Carrots, onions, cucumbers.</u> Drinks: <u>Too much black or green teas</u> Misc.: Too hot drinks. Especially all „Light“ products!</p>
<p>All people almost always tolerate:</p>	<p>Spelt and spelt products (except when gluten intolerant), barley, sesame, figs, green salads, maché salad. Organic vegetables and berry fruit in general, organic soy products, soy milk. All legumes, potatoes and plant based protein sources.</p>
<p>Harmful for all people:</p>	<p>Refined sugar, polished grains, polished wheat, too much salt, artificial aromas and sweeteners, colorants, preservatives, irradiated foodstuffs. Fruit and vegetables from industrial production fast food, too much animal protein.</p>
<p>Problematic for all people</p>	<p>*If the product contains chicken eggs * Hardened fat * „Light Products“– they simulate „no sugar“, the body cannot digest them fully. * Microwaved foods – regrettably their harmfulness is still object discussions. That much can be stated: There is no real energy in it left.</p>

Table: Nutritional Recommendations and Foodstuff Intolerances of the Alpha and Omega Nutritional Type