

NUTRITION & FOP

Create balance based on your own conditions

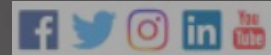
Lic. Nutrition Counselor.
Prevention of nutrition related diseases.
Lic. Health Motivator.
Lic. Lifestyle Coach.

Stress handling, relaxation & sleep
Cert. Strong Through Menopause Coach.
Yoga & Body Awareness Guide.
Pain Ambassador.
FOP Ambassador



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A FEW RECIPES TIPS & TRIX

I hope you got inspiration by the workshop.

Nutrition & FOP - Episode 1.

Below is a few reminders, recipes, tips and tricks I use in my life.

I tried make it simple and brief. But I do have to much to share :)

Since the audience is broad, I try to inspire to the holistik view and the mindset.

The way we eat, our finances and circumstances is so different
from family to family - from country to country.

So I name this “episode 1”

Marie H. Fahlberg

COLOR YOUR INSIDE

Optimize your health:

Add healthy fat sources

Always add a protein source

Add the colors of the rainbow

Add 30 different nutrition sources

Give your gut a rest of at least 12 hours

Breathe through your nose

Drink water

Reflect & make active choices

From gluttony to pleasure

“Choose your additives”



The Workshop will later
be available on Youtube

BETTER TOGETHER

WORKSHOPS

NUTRITION & FOP



www.mariehfahlberg.se @mariehfahlberg
Contact me for a 40 min free Zoom. Private or group call.

Marie H. Fahlberg
LIVSSTILSHALSA

1. NOSE BREATHING

The lungs

Oral health

Bowel function

The vagus nerve

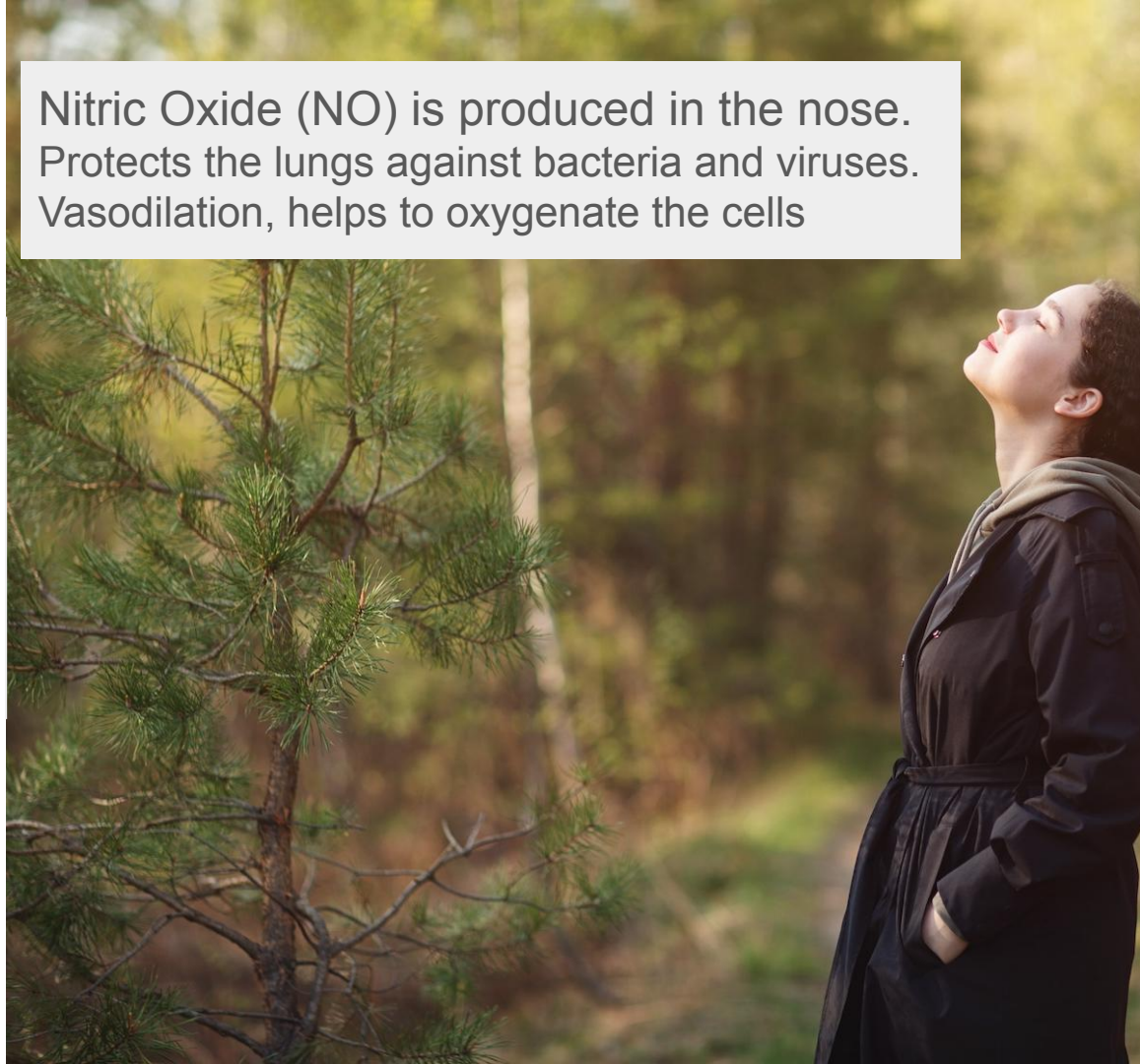
Blood circulation

The immune system

The lymphatic system

Connective tissue/Fascia

Nitric Oxide (NO) is produced in the nose.
Protects the lungs against bacteria and viruses.
Vasodilation, helps to oxygenate the cells



2. WATER

Fluid to support all your body's system

The lungs

Oral health

Bowel function

Blood circulation

The immune system

The lymphatic system

Connective tissue/Fascia





ORAL HEALTH - PH 7

Nose Breathing - To avoid plaque, virus, dry mouth, dry lips.

Water - To avoid plaque - dry mouth - dry lips

Coconut oil - Antiseptic - kills bacteria + **Healthy fat** for inside lips - mouth - gut - brain. (PH7 + unique medium fat-chain)

Saline solution - Antiseptic - kills bacteria + adds minerals.
(boil 1dl water add 1 pinch iodine free salt)

Bicarbonate - Stabilizes the PH - removes plaque & discolorations
(add 1 pinch in the Saline solution)

Alkaline Herbs (Tea) - Stabilizes the PH - for oral & gut health.



IT IS! DIFFICULT

To Live and Eat Healthy Today

We Hope for Health

but

The Food Industry & Society

Encourage Us to Unhealthy Choices

FEJK FOOD & TOXINS

Chemical additives

Hidden sugar

Liquid sugar

Fatty liver

Malnutrition

Insulin resistance

Oral - Gut - Skin issues

Heart and vascular diseases

Be aware & do active choices



Heated fatty acids (vegetable oils)

&

wheat starch
corn starch
corn syrup
maltodextrin
glucose syrup
dextrose
glucose-fructose syrup
grape juice

VARY THE DIET EASILY

We tend to think it is difficult to eat varied food. Here are some tips on how you can eat healthy easily. Without even having to cook. True! I'm not lying if I say that it seems like we've misunderstood everything, because it's not the dinner that needs to be varied so that you get anxiety. The fact is that snacks and accessories are what create the biggest and easiest way to a varied diet, not at all what we usually think of as "food & dinner". Both healthy and easy to make.

The Gut Microbes

Every single neurotransmitter your brain uses can be produced by your gut bacteria. The gut bacteria seem to control most things inside the body, but you are the one feeding them. They are both discerning, specialist trained, fast-growing and they really like routines.

You have all the power to influence and control your well-being in both gut & brain, learning to cooperate with your gut bacteria is both simple and quite fun. In 24 hours you can change your intestinal flora.



In the freezer it is always in season

Berries and vegetables are frozen when they are at their best, so even if some nutrients may decrease in the freezer, they are still perfect and a little cheaper than the fresh ones. And there is always something extra to fill your smoothie, take as a snack, heat in the microwave or frying pan.

Fill the freezer with berries in all different colors.
- Many berries become like small pieces of ice cream, perfect as snacks for yourself, children or grandchildren who are craving something sweet.

Fill the freezer with vegetables in all their forms.
- Spinach, broccoli, Brussels sprouts, wok mix...
Perfect to mix with fresh vegetables for extra variety in cooking. Or add in to the smoothie.

Make sure there is no added sugar on the berries from the freezer. Always read the table of contents



YELLOW BELL PEPPER Vitamin-C



DATES Potassium **APRICOTS** low GI+vitamin-E



FAT FISH Omega-3 **EGG** choline+vitamins **SPINACH** Vitamin-K **CARROT** Vitamin-A



Just strive towards eating pure food from nature. Let it take time. Start where you are, one little healthy habit at a time. No stress no pressure. Drink water & breathe

HEALTHY FAST FOOD

Example of a Synbiotic quick and easy meal:

Berries

Natural Yoghurt

Lins- or chia seeds

Extra; Potato flour (not heated) = Resistant Starch

Fat - Protein - Carbohydrates
Vitamins - Minerals - Antioxidants

The gut microbes grow fast
if you feed them small amounts every day

Probiotics + Prebiotics = Synbiotics
Bacterial Culture + Fiber = Synbiotics
Yoghurt, Kombucha + Veggies, Berries, Seeds... = Synbiotics





Make your own muesli for extra Micronutrients and secondary plant substances.

2 liter = 20 servings

If you are sensitive to oats or gluten, just replace these alternatives, millet flakes are a gluten-free alternative. If the oats are the culprit for your stomach, just increase the amount of spelled flakes. You can also take the opportunity to add other nutrient sources in small amounts, based on what recommendations are good for your specific body, but don't bother with that from start. Be happy with the base, it's fine as is. The base can even be used to make muffins.

- 250 g Buckwheat flakes
- 350 g Oat kernels
- 250 g Spelled flakes
- 1 dl Chia seeds
- 1 dl Flax seeds whole (*not crushed*)
- 1 dl Sunflower seeds
- 1 dl Pumpkin seeds
- 2 tbsp Cinnamon. (*Ceylon Cinnamon*)

BASIC RECIPE FOR A SYNBIOTIC SMOOTHIE

PROBIOTICS = When you add bacterial culture

PREBIOTICS = What you feed your good bacteria with

SYNBIOTICS = When you both add new good bacteria and send them a lunch box.

- 200 g Natural Yoghurt *with bacterial culture*
(for extra protein, 120g Yoghurt + 80g cottage cheese, or Tofu)
- 1 dl spelled flakes
Looks like oatmeal but tastier and works for stomachs that are sensitive to oatmeal. Or use 1 dl of the muesli)
Gluten-free options; Buckwheat flakes & Millet flakes.
- 1 dl frozen berries
- 20 g of fresh spinach
Contains vitamin K which helps to heal the intestines.
- 1 piece of celery *Cleansing, Anti-inflammatory.*
- 1 cm Ginger *in smaller pieces, Anti-inflammatory*
- 2 dates *fiber, potassium etc. Gives good sweetness*
- 1 tsp chia seeds *Fiber + omega-3*
- 1 tsp potato flour *(not heated)*
Is resistant starch = purest form of food for the bacteria.
- 1-2 krm cinnamon *Fibers etc., good for the metabolism, gives fullness to the taste.*
- 1-2 tbsp apple cider vinegar
lowers cholesterol and blood sugar
- 1 tbsp Organic cold-pressed coconut oil
Antiseptic, unique medium-chain fatty acids for brain & gut,
- 1 dl water *or cooled down green tea or alkaline herb tea*



It's super easy to achieve good taste with a smoothie. In the beginning, you might have to scoop in a little more berries and some extra dates to get the sweetness your body is used to. If you are someone who is short on time in the morning, a smoothie is an outstanding super-fast option, it doesn't even require you to sit at a table and eat. But if you like to chew food in the morning, it's a stupid option.

Do you find it difficult to eat a well-composed lunch and often take lunch on the go? A sausage with bread, pizza, hamburger or nutrilett. Then the smoothie is a perfect alternative. Does it seem complicated? With the recipe above and all things at home it is super practical. Do you live alone and hate to cook dinner, or don't want something heavy in your stomach before training. Then the smoothie is also an excellent alternative.

Are you the type of person who runs to 7-eleven during the break and buy a piece of chocolate and a diet coke, apple, banana or cinnamon bun because the blood sugar level has a total dip?

Then the smoothie is a perfect substitute to have ready in the fridge at work. Assuming you don't have a need to chew anything. But there are ways that can easily satisfy that need as well. Sounds boring, but bring 3 dried apricots, they have a low GI value, important nutrients, satisfy the need to chew, can also be sucked on, so they last a little longer.

You can eat a smoothie for breakfast, snack, lunch or dinner and get a well-composed meal based on your needs. Enormously varied diet in a simple way. If you use frozen berries and squeeze in some lemon, you can have it in your bag for a whole day, it will stay fresh. You can mix the smoothie at home and take it to work. You can actually mix the smoothie in the evening, put it in the fridge and have a sensible breakfast with you in the morning if you have to catch an early train. An additional advantage is that you don't wake up the family with the sound of the mixer and you save time. If you want to make your good gut bacteria grow quickly, feed them with the smoothie recipe both for breakfast and lunch. Gut microbes love routines & grow fast

Another great "fast food" option is: Egg + Carrot + A piece of Liver Pate for extra iron :) The protein, fat, fibers will keep you full for a long time.



No recipe, just take what I have in the freezer & fridge.

I am not a vegan or vegetarian, I do eat everything (except, sadly I am allergic to shellfish and nuts).

I often mix frozen and fresh veggies and mushrooms in different ways. Then I can add beans, chickpeas or nutritional yeast for extra protein if I like a vegan dish. And boil quinoa & millet together with mountain salt (instead of rice or pasta). Then I add olive oil, black pepper & turmeric to it.

Instead of thinking of recipes, I think: Which protein source shall we eat today, and then I do veggies and the things on the side depending on if we eat fish, meat, minced meat, chicken (always have options for 2 weeks in the freezer). We always eat chicken on Mondays, fish on Thursdays, and always do home delivery on Fridays. So once a week it is “less healthy” but healthy in the way of “relaxation of mind”. And that is important too. We have done that since our sons were kids. The other days are more flexible. Both my husband and I cook, but I have more responsibility for the veggies and he for the protein :) Teamwork. Main Responsible different days.



No recipe, I just take what I have at home vary depending on what is on low price or I feel for

I often do a basic salad that can be fresh for 3 days. I am lazy and want to optimize so I by bags with mixed green salad. Then I often add onion in some sort, tomatoes, cucumber, bell pepper.

And the same here often I boil quinoa & millet together for 12 minutes with mountain salt. Then I add olive oil, black pepper. Sometimes I add broccoli and onion in it when boiling it. Then we use it on the side depending on what we eat. I always do extra so I add the rest in the salad for the day after.

And if the salad is not enough the day after, I throw in some beans, chickpeas, sunflower seeds, pumpkin seeds or feta cheese. Or green peas from the freezer. Or boil broccoli if I have that at home.

My son Hugo does not eat vegetables for dinner. He eats gluten-free pasta. But he eats his vegetables as a snack in the evening. 1/2 yellow bell pepper + 2 cherry tomatoes.
He has chosen himself which greens he wants.

Ice Cream or sorbet

Either you just use the frozen berries and mix them. Or if you want the ice cream creamier, use optional whatever fits best for you, natural yoghurt, cottage cheese, cream or vegetarian option. I use “kvag” it is a creamy form of cottage cheese we have in Sweden to add extra protein.

- 70 g frozen Mango
- 1 cube frozen Passion Fruit
- 5 pieces of sea-buckthorn
- 150 g lactose free kvarg (cottage cheese)
- 1 tbsp 27% lactose free cream

Even if you were not sensitive to lactose earlier in life. It is common that our bodies stop produce the enzyme that breaks down lactose as we grow older. And suddenly you feel gassy and bloated from lactose.



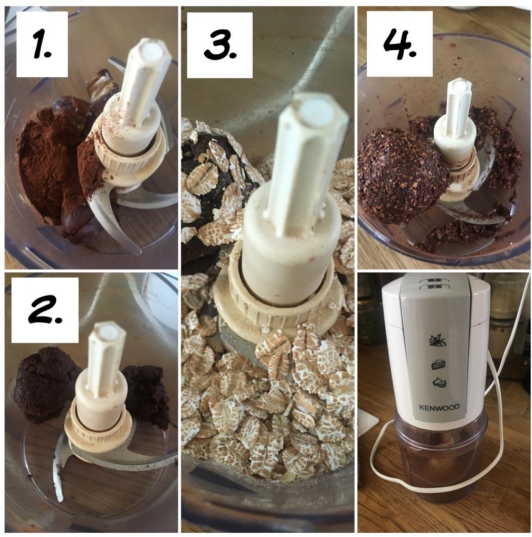
My lifesaver :):) snack

If you have children who have a hard time eating breakfast, and they like chocolate then this is a healthy option. I use some apricots for a lower GI. I use spelled flakes instead of oatmeal because higher protein content, and better omega 6 omega 3 balance + slightly crispier and nutty taste. Sometimes I mix in buckwheat groats for extra crunch. I myself eat a big chocolate ball like this almost every afternoon. Then usually take an egg on the side for extra protein, good fat & vitamins. Anda piece of liver pate for iron :) and some cherry tomatoes on the go.

1 large ball or roll into small snack pieces.

- 4 fresh dates
- 2 dried apricots (optional)
- 1 tbsp Cacao Powder (raw = more nutrients)
- 1 pinch of Licorice powder (optional)
- 1 dl Spelled flakes

Details: 1. Mix dates, apricots, cocoa and licorice powder into a ball (be patient). 2. Add spelled flakes and continue mixing. If needed: Add some water or tea or coconut oil..





A few variations of snacks “Same, same but different”
Think like a wardrobe

Top left; If you have problem to poop, this is perfect as a evening meal (not later than 2h before bedtime). It is natural yoghurt with 1 tbsp flax seeds & 1 tbsp chia seeds. Try it a few days in a row. Then start the next morning with a large glass of water, then follow with a cup of warm coffee or tea.

Bottom left; Me on the train. or on the beach. I add the muesli and it becomes similar to my smoothie but without the veggies and extra herbs and things I add to my smoothie.

Top right; “fast food” egg is something we always bil and store in the fridge. The berries from the freezer in a bowl in the morning when doing my smoothie. Since I have an egg I just add a little yogurt to add good microbes.

Bottom left; Kvarg (the smooth cottage cheese) + yoghurt+berries prepared in the morning when doing my smoothie.



And! The toothpick/dental floss is a must
when eating seeds and berries

Hugo's shelf in the fridge

Remember, I didn't start where I am today. During Hugo's teenage years, there were many issues with food. And this "ached" forward. Preparing like this creates a sense of independence. He can pick up his snacks without having to ask for help. He doesn't have to think about what to eat. The gut microbes expect it to be delivered ;) And I know he's getting the nutrition he needs win-win. And most important, this taste good for him. Never force children... just be a role model and let them take after. (I did not like food as a kid).

- 1/2 yellow pepper + 2 cherry tomatoes. 2 different colors he got to choose himself.
- Nutrition balls that contain a lot of different things. I have successively added some turmeric and other strange things. But start with what tasted good cocoa, dates, apricot, figs, seeds... and spinach tastes nothing so it goes in. I make a batch of 30 = 30 days. Put 7 in the fridge and the rest in the freezer.
- Smoothie, it started 10 years ago with a milkshake with ice cream, cocoa, eggs and vanilla protein powder. Today it is packed full of nutritious things he would never eat individually. I make a large smoothie portion in 2 days.



**1.****2.****3.****4.****5.**

Get inspired to bake and cook healthy on social media
You will be amazed how many good recipes is out there

I saw this on IG, super simple. The original recipe is is melted chocolate but I did did a healthier twisted topping that came out very good.

1. Mix.
8-10 fresh dates
2 dl sunflower seeds
2 dl Coconut flakes
2 tbsp Cacao
2 tbsp coconut oil
A pinch of salt
2. Press down in to a small form.
3. Melted chocolate of your choice, spread on top, and top with coconut flakes. Let it harden in the freezer
4. MY Version of topping. I don't remember exactly amount, but mix a few dates + cacao + olive oil + coconut oil + a pinch of salt. Spread and top with coconut flakes. Let it harden in the freezer.

Healthy fats - Apple cider vinegar - Tea - "Tea-Wate"r

I share my tips on how to ensure that Hugo (and I) get all important fat to keep his intestines and his brain strong. Even if you are skinny you can have good, healthy fatty acid balance. Contact me for a free zoom on this topic regarding how to test and adjust the balance fatty acids.

In the smoothie I add:

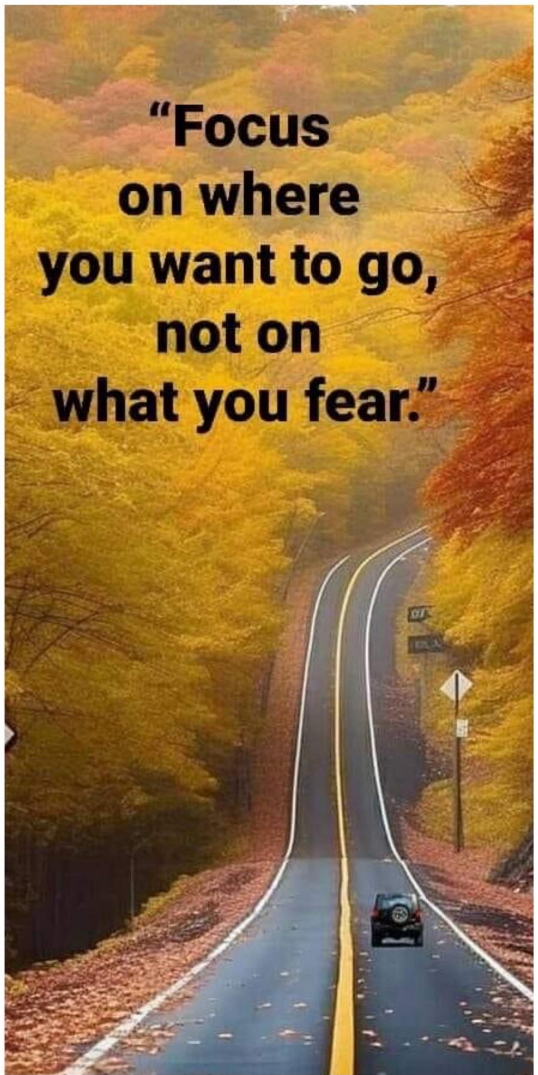
1 tblsp of my mix of olive oil + linseed oil + oregano
(Polyphenols, vitamin E + Omega-3 + anti-inflammatory herb)

1 tablespoon coconut oil
(Antiseptic + converts to ketones that nourishing the brain)
1 tablespoon apple cider vinegar
(lowers cholesterol, cleansing and have many different benefits)

1 dl of tea from alkaline herbs or green tea.
I also use the soaked herbs from the tea bag into the smoothie :)
ps. do not tell Hugo he know I do it in mine but not in his.

Tea or "Te-water".

Organic herbs contain lots of nutrient. A simple way to support the body. Cold tea in a teacup do not taste not good. But in a water bottle it becomes completely different, "flavored water". It's a bit like bring extra protection with you when you go to school, work, the gym, are among people.



NUTRIGENOMICS ↔ NUTRIGENETICS

Our genes influence how we react to food
But the opposite also applies

Food affects the function of our genes

“Turn On and Off Genes”

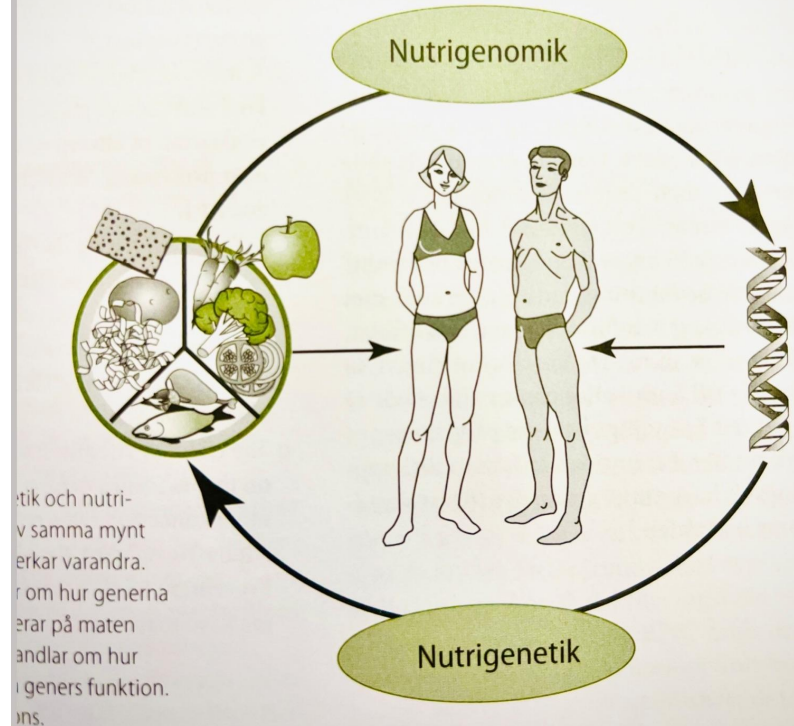
Certain substances in our food have been shown to affect which genes are expressed in our cells

i.e. which proteins are formed and how much.

For example; polyunsaturated fatty acids, vitamin-D and some polyphenols

garna inför framtiden är
tt analysera generna hos
er kommer vi kanske att
uella kostrekommendatio-
handla sjukdom och för att
kostrelaterade sjukdomar.

se figur 8.1. Vad vi äter påverkar funktionen
hos våra gener. Det här området kallas för
nutrigenomik (17). Vissa ämnen i vår mat har
visat sig påverka vilka gener som uttrycks
i cellerna, dvs. vilka proteiner som bildas
och hur mycket. Dit hör bl.a. fleromättade
fettsyror, vitamin D och en del polyfenoler.





40 MIN FREE ZOOM-CALL

Test your levels - DO NOT GUESS

Omega-6 starts an inflammation

Omega-3 slows down inflammation

Regulates the cells' protein production

“turn on and off genes”

(**NOT saying this works for FOP** but would be interesting to know the levels in FOP patients/families)

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- Book a 40 min. free Zoom

