

# Energetic Nutrition

*The Keys to Energizing Nutrition.*

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**Notice:** The information in this conference is for information purposes only and does not replace medical advice.



# 🔥 FOOD, THE DRIVING FORCE BEHIND OUR ENERGY

What we eat influences our physical, mental and emotional energy. A well-balanced diet improves concentration, memory, stress management and even our mood.

💡 Three types of energy impacted by diet.

✓ **Physical energy** → A body that functions well thanks to the right nutrients.

✓ **Mental energy** → The brain consumes glucose and essential fatty acids to stay performing.

✓ **Emotional energy** → The right nutrients influence the production of neurotransmitters that regulate mood.

◆ **Objective: a vitalizing diet to be at your best!**



# LIVING FOODS: A NATURAL SOURCE OF ENERGY!

Living nutrition encompasses bioenergetic and bioactive foods, which retain their vitality and nutrients.

- ✓ Rich in natural enzymes, it aids digestion and optimizes nutrient absorption.
- ✓ Not altered by aggressive cooking methods, it preserves vitamins and antioxidants.
- ✓ Promotes cellular regeneration and enhanced daily energy levels."
- ✨ Provides deep vitality and nourishes the body thoroughly
- ✨ Aids digestion and supports immunity
- ✨ Boosts the body's vibrational frequency and enhances daily energy

🌱 Choosing living foods means optimizing your inner energy and overall well-being! 🚀





# 🔥 THE BIOENERGETIC ENERGY OF FOOD

Living nutrition goes beyond nutrients! It has measurable vital energy, which directly influences our dynamism and well-being.

## 💡 How is this energy measured?

The Bovis units are used to evaluate the vibrational frequency of foods, that is, their ability to nourish our cells at an energetic level.

- ✓ Ultra-processed foods → < 2,000 Bovis units → Low in vital energy, they tire the body.
- ✓ Conventional foods (cooked, refined) → 2,000 – 6,000 Bovis units → Provide adequate nutrition but lose vitality.
- ✓ **Bioenergetic foods (sprouted seeds, fermented, raw)** → 7,000 – 15,000 Bovis units → High in vital energy, they support balance and cellular regeneration."





# NUTRITIONAL DENSITY: CHOOSING QUALITY FOODS

*Nutrition isn't limited to calories. A meal rich in good nutrients nourishes the body better and stabilizes energy.*

✓ **Caloric Density:** Beware of "empty" calories (sweets, fried foods).

It's better to opt for filling and nutritious foods (vegetables, whole grains, proteins).

✓ **Nutritional Density:** The more vitamins, minerals, and fibers a food contains, the better it supports the body. Focus on unrefined and organic foods whenever possible.

✓ **Limit processed products:** They lose their benefits and often contain too many additives.

◆ **Eat less, but better: the key to sustainable balance!**

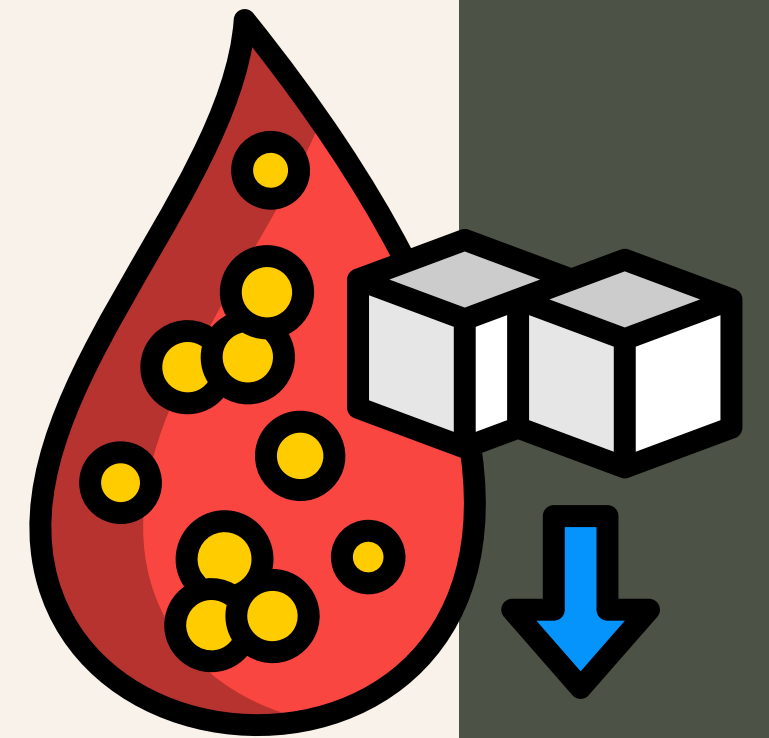


# MANAGING BLOOD SUGAR TO AVOID ENERGY CRASHES

Blood sugar refers to the amount of sugar in the blood. Unstable blood sugar can cause energy fluctuations, cravings, and concentration issues.

💡 Key Concepts for Managing Blood Sugar:

- **Glycemic Index (GI):** Measures how quickly a food raises blood sugar. The higher it is, the faster sugar enters the blood.
- **Glycemic Load (GL):** Takes into account the GI and the actual quantity of carbohydrates consumed.







# REFINED WHITE BREAD VS. ORGANIC SOURDOUGH BREAD

## Refined White Bread: High GI + High GL

- Its GI is high (~75–85) because refined flour is digested quickly, causing a blood sugar spike.
- Its GL is also high, as a typical portion (~100 g) contains a lot of carbohydrates, forcing the body to release a large amount of insulin.



Consequences: Rapid rise in blood sugar followed by a sharp drop → cravings, fatigue, and fat storage.

## Organic Sourdough Bread: Lower GI + Moderate GL

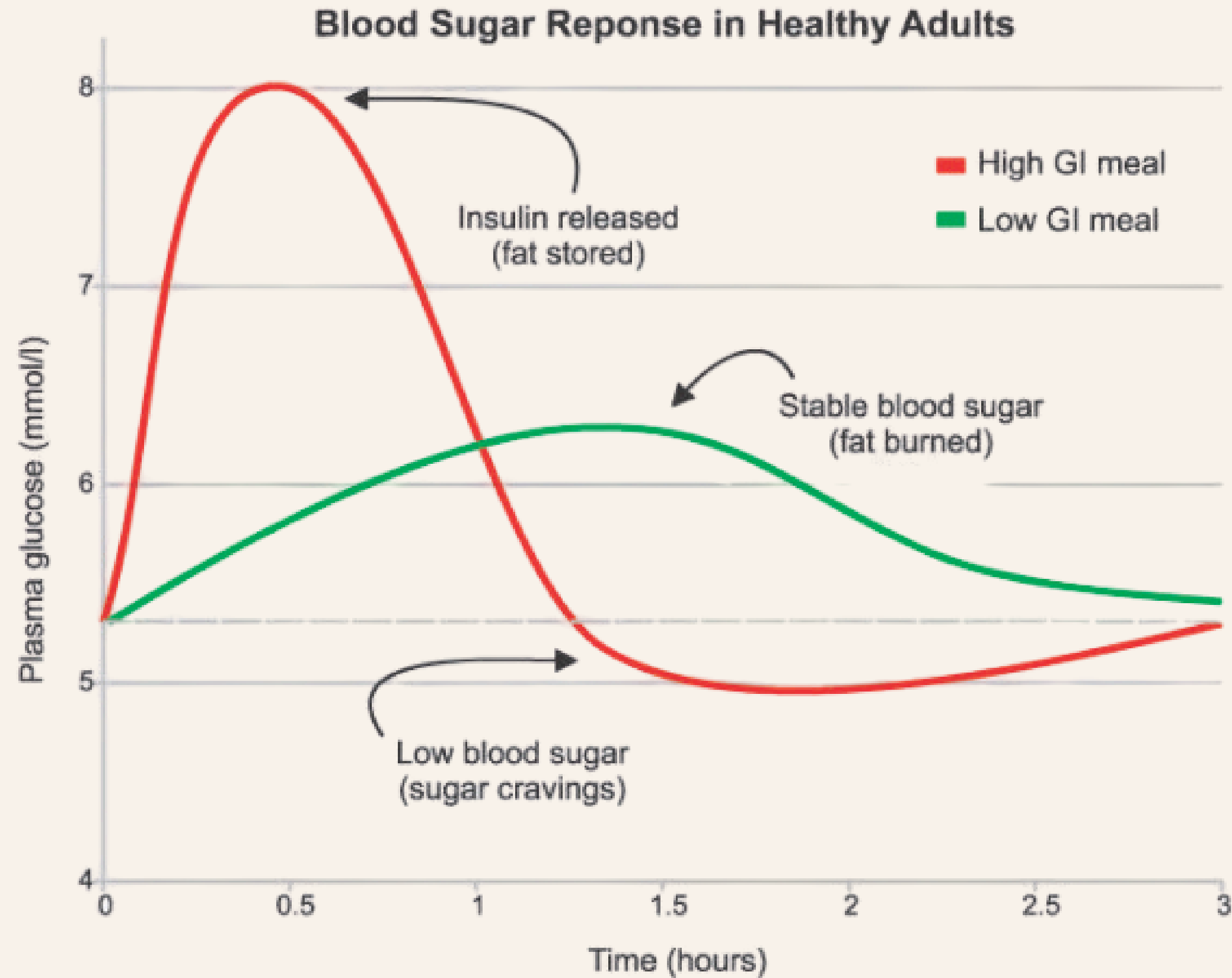
- Thanks to natural fermentation, its GI is reduced (~50–65) because carbohydrates are broken down more slowly.
- Its GL is more moderate, as even though a portion contains carbohydrates, the presence of fibers and proteins slows their absorption and limits blood sugar fluctuations.



Advantages: More stable blood sugar, better satiety, and improved digestion.



# UNDERSTANDING AND BALANCING BLOOD SUGAR LEVELS





## ⚡ REACTIVE HYPOGLYCEMIA: A SIDE EFFECT OF HIGH-GL FOODS

When consuming high-glycemic-load foods like white bread, the body releases a lot of insulin to stabilize blood sugar.

✨**Problem:** After a few hours, blood sugar drops too abruptly, causing fatigue, irritability, sugar cravings, and decreased concentration.

### 💡 **How to Prevent Reactive Hypoglycemia:**

- ✅ Opt for low-glycemic-load carbohydrates (sourdough bread, whole grains, legumes).
- ✅ Cook pasta and rice al dente and let them cool before consuming.
- ✅ Pair meals with proteins and healthy fats to slow carbohydrate absorption.
- ✅ Add vinegar or spices to meals to stabilize blood sugar.
- ✅ Avoid sodas and refined sugars, which disrupt blood sugar and metabolism.

◆ **Making the right food choices ensures more consistent energy throughout the day! !**



## 🥑 FATS: ALLIES OR ENEMIES?

Fats are **essential for our energy and health**. They:

- ✓ Participate in the formation of cell membranes.
- ✓ Facilitate the absorption of certain vitamins.
- ✓ Influence key biological processes like inflammation and gene expression.

It's important to choose the right fats to stay healthy and energized.





# THE DIFFERENT CATEGORIES OF FATS

**Saturated Fats** (meat, butter, palm oil)

To be consumed in moderation as excess may have negative effects on the heart and microbiome.

**Monounsaturated Fats** (olive oil, avocado, almonds, duck)

Beneficial for blood sugar management and cardiovascular health.

**Polyunsaturated Fats (omega-6 and omega-3)**

Balance is essential; excess omega-6 promotes inflammation, while omega-3 is protective (found in fatty fish, nuts, canola oil).

The ideal ratio between omega-6 and omega-3 should be around **4:1**, but modern diets often have a skewed ratio of **15:1 to 20:1**.

**Trans Fats** (industrial products, overheated oils):

To be avoided as they stiffen cells and harm health.





# PRACTICAL ADVICE FOR CHOOSING THE RIGHT FATS

- ✓ Do not eliminate fats, but prioritize good sources.
- ✓ Use olive oil for cold preparations and butter in moderation.
- ✓ For cooking, use stable fats like olive oil, coconut oil, or duck fat to minimize oxidation.
- ✓ Consume nuts (walnuts, almonds).
- ✓ Avoid ultra-processed products rich in poor-quality oils and excessive frying.
- ✓ Choose meat and eggs from well-fed animals, as their fatty acid profile is better.
- ✓ Fatty fish (salmon, mackerel, tuna, sardines) are an excellent source of omega-3s... but beware of heavy metals!

"Effectively managing your fat intake helps you stay fit, protect your heart, and support a healthy metabolic balance.  
It's not about eating less fat, but eating the right fat! 😊"







# PROTEINS: AN ESSENTIAL FUEL

Proteins are essential for our muscles, our brain and even our energy. They are made up of small units called amino acids, which are like links in a chain. Some are manufactured by our bodies, but others must be provided by our diet: these are the essential amino acids.

## How much protein do we need?

In general, we need **1g of protein per kg of body weight**. But this requirement varies depending on the situation:

- ✓ Athletes: up to 1.8 g/kg to build muscle.
- ✓ Seniors: around 1.2 g/kg, as protein use decreases with age.
- ✓ Vegetarian diets: requirement increased by 20–30%, as vegetable proteins are less concentrated.
- ✓ Special situations (injuries, illnesses): requirements may go up or down depending on the state of health.





# PROTEINS AND MENTAL WELL-BEING

Proteins aren't just for muscles! Certain amino acids are essential for making neurotransmitters (chemical messengers in the brain):

- ✓ Tyrosine → Promotes motivation, concentration and creativity.
- ✓ Tryptophan → Helps produce serotonin, which influences happiness and sleep.
- ✓ Methionine → Supports memory and resistance to stress.
- ✓ Taurine → Reduces the effects of stress by regulating adrenaline.
- ✓ Glutamine → Produces GABA, which calms anxiety and improves attention.

## Animal proteins VS plant proteins: which to choose?

Animal proteins (meat, fish, eggs, dairy products) contain all the essential amino acids, but can be rich in saturated fats. Plant proteins (legumes, cereals, oilseeds) are often incomplete, but by combining them intelligently, you can achieve a balanced profile:

🥗 Chickpeas + semolina 🌿 Quinoa + kidney beans 🍚 Rice + lentils





# THE MICROBIOTA, AN INVISIBLE BUT ESSENTIAL ORGAN

Our microbiota consists of billions of micro-organisms (bacteria, yeasts, viruses) that inhabit our intestines. It influences our digestion, our immune system, our energy and even our mood! 💡 The more diverse our microbiota, the better protected we are against pathogenic bacteria and certain diseases.

Many factors affect its composition and efficiency:

- ✓ Our **diet** → Too much meat, sugar, alcohol, or processed products can disrupt its balance.
- ✓ Our **birth** → Vaginal delivery or cesarean section, breastfeeding or formula milk play a role.
- ✓ **Medications** → Antibiotics, in particular, can deplete our microbiota.
- ✓ **Stress and pollution** → A healthy lifestyle maintains intestinal balance.





# MICROBIOTA AND HEALTH: A POWERFUL CONNECTION

"A balanced microbiota acts as a true shield against certain diseases:

🌿 It regulates **inflammation** → Less pain and reduced risks of chronic illnesses.

🧠 It influences **mood** → Intestinal imbalance can impact stress and anxiety.

💪 It boosts **immunity** → It contributes to defense against infections and allergens.

🚀 It optimizes **digestion and energy** → Proper nutrient absorption helps maintain good health."





# HOW TO BOOST YOUR MICROBIOTA?

To keep your microbiota in top shape, it needs the right nutrients and protection from harm!

✓ **Probiotics:** Beneficial bacteria found in yogurt, kefir, miso, and lacto-fermented vegetables.

✓ **Prebiotics:** Foods that nourish our good bacteria (garlic, onion, leek, Jerusalem artichoke, legumes, etc.).

✓ **Fiber:** Promotes good digestion and microbiota balance (whole grains, fruits, vegetables, etc.).

✓ **Limit toxins:** Avoid ultra-processed foods, sweeteners, and excessive alcohol."



# CHRONONUTRITION: EATING AT THE RIGHT TIME FOR A BETTER LIFE

We know that diet plays a major role in keeping us fit, but the timing of meals is just as crucial! Chrononutrition is based on the principle that our bodies have specific needs at different times of the day.

💡 Examples that prove it:

- ✓ A breakfast that's too sugary can trigger cravings throughout the day and cause fatigue.
- ✓ *Night shift workers have higher risks of being overweight, digestive issues, and cardio-metabolic diseases.*
- ✓ Eating a hearty meal in the morning and lighter in the evening helps manage weight better and improves insulin sensitivity.
- ✓ *Consuming more than one-third of your calories in the evening doubles the risk of obesity!"*





# SIMPLE RULES FOR RESPECTING CHRONONUTRITION

- ✅ **King-sized breakfast** → It should include 15 to 20 g of protein to be filling: eggs, cheese, yogurt, tofu, hummus... Carbohydrates are also important, but preferably with a low glycemic index (sourdough bread, oats...).
- ❌ Avoid overly sugary breakfasts (industrial cereals, bread/jam, pastries).
- ✅ **Prince-sized lunch** → A higher caloric intake than dinner, with a good balance of proteins, carbohydrates, and vegetables.
- ✅ **Light dinner** → Fewer calories than lunch, but with suitable carbohydrates to prevent nighttime cravings and promote quality sleep."
- ❌ Eating too late in the evening or snacking at night.
- ❌ Completely eliminating carbohydrates, as they are essential for brain energy.
- ❌ Skipping a meal to lose weight, except in cases of no genuine hunger."





## REDUCING TOXINS: A KEY ACTION FOR ENERGY

Our environment is full of toxic substances, but it's easy to limit them!

- ✓ **Favor natural foods** → Organic fruits, vegetables, and raw ingredients.
- ✓ Optimize **cooking methods** → Steam, en papillote, or low-temperature cooking to preserve nutrients.
- ✓ **Avoid barbecuing and frying** → These methods produce toxic molecules like acrylamide and aromatic hydrocarbons.
- ✓ **Choose stable fats** → Olive oil, coconut oil, or duck fat to prevent oxidation. ✓
- ✓ Avoid plastics and harmful **packaging**.
- ✓ Focus on **detoxifying foods** → Seaweed, green vegetables, and spices.

◆ **Less toxins, more energy and well-being!**





## SIMPLE WAYS TO EAT BETTER

"Nowadays, we often eat too quickly and without paying much attention.

The result? We swallow instead of chewing, which can affect digestion, the feeling of fullness, and even energy levels!

💡 Proper chewing helps to:

- ✓ Break down food for **more effective digestion**.
- ✓ Activate saliva and enzymes that assist in **better nutrient absorption**.
- ✓ Send signals to the brain to regulate appetite and **prevent overeating**.
- ✓ Fully enjoy the flavors and **experience** greater pleasure while eating!"



# SIMPLE WAYS TO EAT BETTER

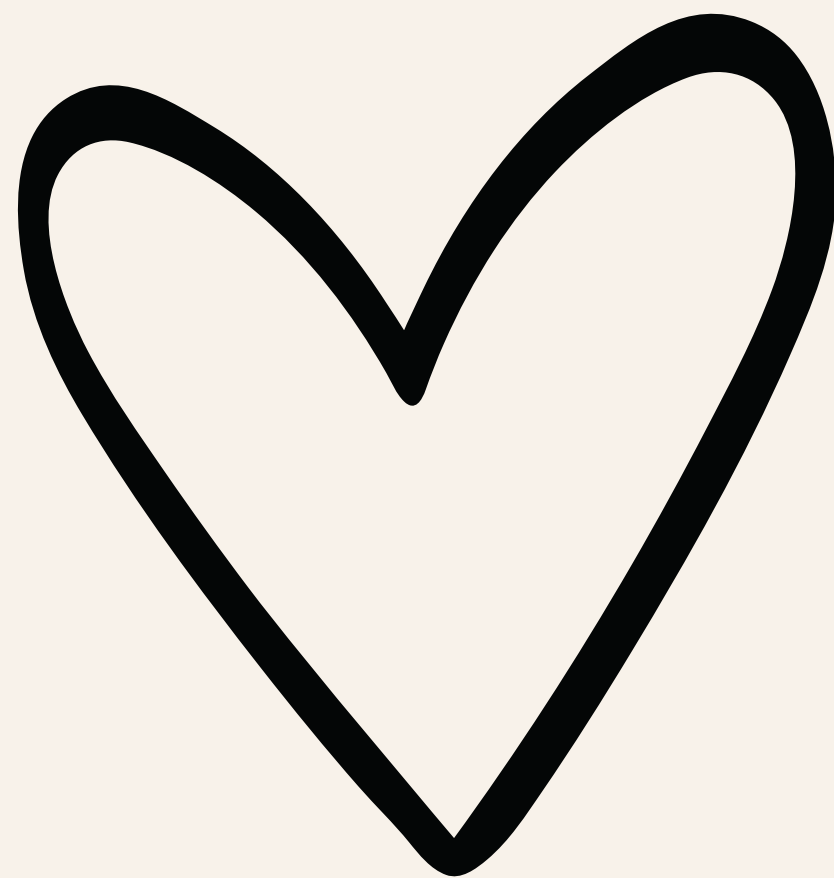
 Simple tips to better enjoy your meals

- ✓ Spend at least 20 minutes on each meal.
- ✓ Eat in a pleasant, relaxed place, free from distractions.
- ✓ Put down your utensils between bites to avoid mindless eating.
- ✓ Avoid ultra-processed meals and prioritize solid foods over purées, juices, or smoothies.
- ✓ Listen to your hunger and avoid eating out of habit or automatically





# Thank You!



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