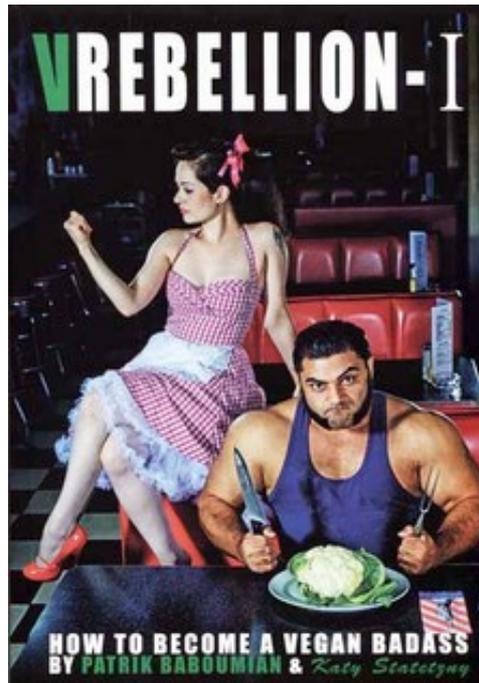


# Baboumian P. / Statetzny K. VREBELLION - I

Reading excerpt  
[VREBELLION - I](#)  
of [Baboumian P. / Statetzny K.](#)  
Publisher: Orgalahad Multimedia



<http://www.narayana-verlag.com/b19138>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.  
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany  
Tel. +49 7626 9749 700  
Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)  
<http://www.narayana-verlag.com>



# NUTRITIONAL COMPASS

In the following part I want to refer to some basic terms of nutrition and thus to make it clearer why I suggest certain things the way I do. Beforehand I just want to declare something so as to avoid doubt. This part of the book does not raise the claim to deal with all important aspects of the subjects mentioned in an exhaustive manner. To do this would require a big book and even to attempt it would go beyond the scope of this book.

I rather want to offer an overview on important topics concerning nutrition in general and vegan nutrition specifically, by writing about things that I have learned over the years in combination with my own experiences. I would like to give a small overview to the interested reader who then can find further literature or videos on the subject more easily. Because I want to keep the text readable I will do without footnotes for every statement that I make.

The text should by no means to be understood as a scientific treatise. This part of the book is probably not suitable for absolute beginners who want to learn about the topic of nutrition, because not all basic terms will be explained but rather only referred to in a brief way.

## MICRONUTRIENTS

The best known micronutrients are vitamins. As children we are told again and again that we have to eat this or that to obtain our vitamins. If we're lucky we ourselves might learn something about nutrition while growing up. Each one of us should deal with the subject of nutrition because what we feed our body with is so vitally important for the way we lead our lives. Our nutrition does not only influence our life expectancy but also our physical and mental capacities and even the probability if we're happy or unhappy is influenced by what we eat daily.

But vitamins aren't the only group of micronutrients that have a substantial impact on our well-being. On a daily basis we consume thousand different substances like minerals, trace elements, enzymes, secondary plant products, hormones and a variety of other partly not yet fully researched substances that have a manifold influence on our organism that is in itself highly complex. Since the subject of nutrition is so complex and individual differences between different people play a role, I

often have the impression that many sources contradict each other. Unfortunately there is also a lot of intentionally spread misinformation from various sides that plays a role in the widespread ignorance of vast parts of society about this important subject. Because it's possible to earn enormous amounts of money by producing food and today's globalized economic system is ruled primarily in regard to the maximization of profit, as consumers we are targeted by a clever marketing machinery of the great corporations, who want to make us eat exactly that which brings the most money to the corporations themselves.

But the issue starts much earlier in the production chain-- for example, when the producer of seeds puts a stranglehold on farmers by selling genetically modified products that generate only sterile plants and thus dictate who will be allowed to play a role in the global market. Even our EU member states are avid supporters when it comes to helping the World Bank to stuff its pockets full of money from the debt services of African countries or the International Monetary Fund contributes to the catastrophe of starvation by pursuing positions that limit a government's ability to help its own people, seemingly because the profits of well-fed major shareholder in London, Munich or New York are more important than the lives of thousands of children in Somalia. It's truly perverse when crises like starvation and famine are the price paid by the people from the poorhouses of this world and the states to create our own wealth in a way that ruins our health-- and that those people in the developed world who helped cause the problem in the first place praise themselves for giving a fractional amount of what they have already stolen from people in Africa, Asia and many other places of the world in form of so-called development aid.

The average consumer of the popular mass media perceives only rarely the manipulative smokescreen of these circumstances and who knows hardly anything

about the underlying truth we ought to feel ashamed for. Is it right that our cattle industry uses grain that has been sold from under the nose of starving people? Certainly not! But there is a small consolation to our sense of justice in this whole affair: we die from our own greed and gluttony.

The illnesses caused by civilization are still the most efficient mass murderers in Western society. We literally die from our own gluttony. First we are fattened until we are ill to become, as a consequence, grateful customers of the medical industries. Those who are ill and know little but misinformation will, out of sheer desperation, buy anything that the pharmaceutical industries will put before one's nose.

Fortunately, today everybody who is interested in undiluted information has various possibilities at one's disposal to obtain unfiltered access to scientific data and independent media coverage. The only thing one has to bring along is the will to open one's eyes even to uncomfortable truths.

I don't want to promote debatable conspiracy theories here. But I have as much respect as I would for an ignorant child towards people who through childlike naivety honestly think that the broadly placed mass media work independently. Almost no broadcasters are in the least independent nowadays, although there are rays of hope here and there.

People who want to understand the world of today have to search for the truth themselves and they won't find it lying in the street. They have to work hard for it. Of course it is almost impossible to see through our whole world with all its complexities, but the subject of nutrition is worth the trouble. It's your life that's at stake here!

## VITAMINS

Depending on their solubility vitamins are divided into the categories of water-soluble and lipo-soluble. While the water-soluble vitamins have to be consumed on a daily basis, the lipo-soluble vitamins can be stored (for example, in the liver) and only need to be supplied from time to time to ensure that the body's own reservoirs are being replenished. An oversupply of water-soluble vitamins is nonhazardous because the body can excrete the surplus through urine. Still, the chronic oversupply of water-soluble vitamins can lead to health damage, that's why one should handle nutritional supplements with care. An oversupply of fat-soluble vitamins can in extreme cases lead to death. Vitamin A is only contained in products of animal origin. The plant variant of this vitamin is its preliminary stage beta-carotene, which our body processes further into vitamin A. Since the endogenous transformation of beta-carotene into vitamin A





Baboumian P. / Statetzny K.

## VREBELLION - I

152 pages,  
publication 2015



order

More books on homeopathy, alternative medicine and a healthy life [www.narayana-verlag.com](http://www.narayana-verlag.com)