

**Amanda Nike**  
First International Edition

# Away to Wellness



## Wellness Strategies Body Based

**Thoughts on**  
*Nutrition, Sport, Fashion, Seduction, Economy*

**TheBodyWay Method**

# Thoughts on Nutrition

## **Reaching awareness and wellness is a conquest.**

We were born as animals and acquire knowledges and abilities during time. Feelings and emotions, too, evolve with us. **Time, while passing, changes the world outside and inside us.** Wellness is a dynamic concept, resulting from the virtuous connection of the inside and outside and does not necessarily implies social success, but personal achievements.

I have always been a strong and healthy person, always caring for details and performances. Being now forty years old, I developed a wellness method enhancing performances beyond usual limits. Thanks to different challenging and competitive experiences, I had the chance to focus on the development of this revolutionary method, that I called "TheBodyWay" and that inspired me the "Away to Wellness" book and blog.

### **Disclaimer:**

**This method is for people having basic knowledge of chemistry, nutrition and sports, as it integrates with protein powders, and can be personalized.** All recipes are quick and can be prepared in less than half an hour.

**In case you do not have chemistry knowledge you can take the safe way with completely natural food, otherwise you can take the way with protein powders and integrators. In each chapter you will find both solutions. Protein powders are not suggested to people having problems with thyroid and liver as they enhance their functionality. They may be assumed under control. Your body will change in both cases as the method is protein inspired and excludes certain ingredients, while offering a reinterpretation of traditional recipes, but consider that the visible change will take place with the second way, the protein powders and integrators one.** If you do not feel safe challenging your habits, you have no good reason to try this method and you can continue with traditional nutrition, traditional diets and recipes, as the goal of this method is not limited to weight loss, it aims to enhance your body in term of strength, elasticity and endurance throughout the four season period and the various life experiences. When you will face new body sensations and see body structural changes, it means the method is being applied correctly.

As being protein based, and giving more space to sweet foods (such as fruits) this method shall not be adopted alone for simple weight loss, as it is designed for people practising any kind of regular activity.

**The method has been tested on a female body, while training, therefore quantities may be easily adapted for male needs, increasing gluten and protein intake as needed and according to lifestyle.**

[All rights reserved to MNTCHR77S48I496Z](#)

## Part I - The Method

*“We are what we eat”* Quotation from UN Headquarters - NYC

*“We are what we absorb”* Quotation from TED talkings

### I-1/Getting here: from diet to style.

True, we are what we eat and absorb not only in terms of food but of culture therefore **“everything starts from the shopping list”** and the experiences we make.

According to an ancient saying, our body is the result of what we did in the past up to our present. Our heart and mind will shape the future.

Mind is there, in the creation of the shopping list, Body is mind's consultant and stimulator: it gives feedback and direction for forward planning.

Basing on these simple assumptions from physics and philosophy, having a look to my life and wanting to create benefit from my experiences, I started writing these thoughts as much as scientific as possible, still with a narrative and fair reading style.

I created a nutrition method inspired to proteins for sports practitioners, whose main principles are valid for a wide range of people and can be easily customized.

We all eat and we all love eating. The relationship with food is the first contact with the world outside and inside us.

People socialize sharing meals at any level, from the coffee pause in office to diplomatic dinner or social drinking. Food matters and eating without awareness leads, on the long run to disequilibrium

events. Winning people face the relation with food and define their “food style”.

I'd rather speak of “**Food Style**” than of “diet”, “philosophy” or other heavy meaning wording. Food is not only nutrition, food is not only nutraceuticals, food is not only prevention, food is also design, pleasure and fun. I would not share any philosophical approach to food, creating moral walls across the planet.

Therefore this method can be adopted and personalized by people with opposite views, such as vegan and meat eaters, being the focus Wellness in contemporary society, beyond temporary moral values. Results will be different as each protein source has its specific chemical structure and biological value, therefore ask for advisory if you do not reach your goals with your personal variation. I tested many products and combinations, more than the ones I wrote in the book, and can help you to understand if you made a proper variation.

The vegan way might be ideal for models and female dancers having specific weight needs, to keep under twelve minimum extreme of BMI (Body Mass Index) but still benefiting of strength and endurance or for intellectual jobs, whereas the proteins from vegetables need longer to be assimilated, are naturally rich of useful nutrients for the brain and contrast hunger cravings.

The enhanced protein way is great for both body and mind, but requires training as the enhanced flours are finalized and need to be used, not stored. As they seriously activate the metabolism and stimulate it to performance under any aspect, if not used, they could impact on your mood, making you feel the “need to do” . Moreover they have a nice soft addicting effect, requiring to eat every three or four hours

Please, note that when I say “vegan” it is for respect to current worldwide definition but It would be more correct to call it

“vegetables protein way” as I do not take into consideration the philosophical motivation for the choice.

## **I-2/My Bio and My Tale**

I am forty years old, female in Italy, single, graduated in International Affairs, living in a big city, Rome, where I have been working as executive for many years, before starting up as wellness advisor.

## **I-3/To whom this method is addressed**

This method addresses high performance working people in the world between 30 and 50 having a reasonable know-how in cooking, active social life and a few time to prepare long traditional recipes, but also a refined taste, appreciating flavors from the world. This method is not suitable for people attached to traditional recipes spending long time at the table, for which culture matters more than body health and shape. The taste is great, but the Focus is always on body and “traditionalists” may think that “the traditional recipe” is better: this style is not competitive as traditional cuisine was designed for farmers, soldiers and lords, not for sports, performers and business people. This is ideal, instead, for people managing sporting resorts.

## **I-4/The pillars**

- High protein intake from any valuable source;
- High intake of focused nutrients;
- Balanced couples and food combinations;
- No yeast;
- Low gluten;
- Low lactose;
- Honey in place of sugar;
- No long traditional cooking with oven, limited microwaves, limited fried, mostly roasted and quick cooking with heating;

- Mainly raw and fresh food and Manual mix.

### I-5/Who would take the greatest benefits:

- High intense activity practitioners;
- Endurance and concentration activity practitioners;
- Weight watchers;
- People with high intense activity and low time for cooking;
- People having a technological and forward attitude;
- Singles living in small apartments as this method needs only two cooking tools: a good antihaderent plate and a mixer and needs the room of only two shells of ingredients.

### I-6/Basic ingredients for shopping list

(\*please note, "plus" indicates variants to meet international culture and standards)

- Flours: 1) **chickpeas**, 2) **oat**, *plus*: 3) **chestnut** and **coconut**, 4) **rye**, **rice** and **corn**, 5) **buckwheat**.
- Powders: 1) pure **bitter cocoa** (better criollo), 2) **vanilla whey** flavored protein, 3) **vanilla casein micellar** protein, *plus* 4) **vegan protein** *plus* 5) **superfood** powder *plus* 6) **pre and/or post workout vitamins**;
- Sweeteners: 1) **honey** (mainly chestnut, but also eucalyptus and others), 2) **coconut powder sugar**, *plus* 3) **maple syrup**, 4) **agave syrup**;
- Oils and butters: 1) **coconut** oil, 2) **sunnyflower** oil, 3) **peanut** oil and **butter**, *plus* 3) **extra virgin olive oil** only light sweet flavour (no strong acid variety);
- Protein foods: 1) **pure whey** and **casein** powders; 2) **egg white**, 3) **fish** (mainly, **salmon** and **tuna** but also others), 4) **vegetables** and **legumes** (mainly **lentils**, **peas**, **quinoa**), *plus* 5) **cheese** (only **parmigiano reggiano**), **yoghurt** (only **white natural** or **enriched with probiotics and enzymes**), **other meats** (**bresaola**, **sweet parma ham**, **strict selected no hormones beef meat**)

- Seeds and nuts: 1) sesame, fennel, linen, sunflower, pumpkin, chia, 2) Amande, walnuts, hazelnuts, peanuts, cashews *plus* 3) garlic
- Fruits: pineapple, coconut, white melon, pomegranate, lemon, grapefruit, orange, kiwi, green apple, red apple, banana, strawberries/goji/blackberries/red berries, papaya, avocado, pears, *plus* grapes, watermelon, dates, figues, and other seasonal and local fruits: peaches, mango, cachis, passion fruits.
- Spices and superfoods: 1) ginger, cloves, cinnamon flowers/stick and powder, curcumin, black pfeffer, “coriandolo”, “noce moscata”, safran, “anice stellata”, genever, 2) coffee, green tea, cocoa, ginseng, guarana, mate, maca.
- Vegetables and aromatic herbs: 1) avocado, celery, carrots, cauliflower, fennel, spinaches 2) basil, rosemary *plus* red and sweet potato, red onion, tomatoes, rucola (bitter salad), zucchini, Laurus, minthe.

### 1-7/How much it costs

With “TheBodyWay” method, you can control expenses in all fields: nutrition, sport and aesthetics/fashion, as the method itself starts from origin of processes, giving you power to do it yourself and decide where to allocate your money.

*“It all starts with the shopping list”.*

Any basic element is offered on the market with various qualities and prices, depending on many factors, therefore, assuming that the best quality is always better by logical definition, once you have learned the method you will be free to choose the ingredients you deem have the best quality for you. I wish I could have tried all products. The important thing is that you become able to recognize quality. For example, you can create great fruity mousse,

replacing jams and marmalade, with fresh fruit, if those fruit are really mature and sold in the right moment, not in advance. This nutrition method, per person, can cost only 150 euro per month if limiting to very basic elements, but it may reach 500 euro or over if enriched with quality or exclusive products. No need to talk of the last honey from New Zealand, it is enough to consider that certain fruit cost between 4 and 11 euro per kg, therefore, if you are in Italy, should you decide to have every day a juice of pomegranate rather than of oranges, your monthly expense will change accordingly. In Italy, coconut products, too, are very expensive, but in Brazil coconut oil is at a lower cost as is for us sunflower, therefore the expenses for this method can be planned and vary depending on your reference market. The point is that when you deal with wellness, you do not deal with illness or pathologies. This means that you can choose, as you are not taking pharmaceuticals, you are enhancing your body. When it goes on enhancement and brightness, you still have the power to decide what enhances you most.

To this end, I indicated some alternatives, so that people can choose the most affordable to the best choice.

I used the same approach with fitness and fashion. Thanks to this method you will acquire the necessary awareness to better choose where to allocate your money for your personal wellness. Wellness is a very practical issue, it is the result of a daily job, of a daily aim to improvement towards and beyond limits.

### **I-8/Why powders?**

“TheBodyWay” method is based on purest original ingredients, which does not mean “row”, giving importance to the basic pure elements, necessary to enhance and refine details, choosing what we really need and use it their maximum expression. A fresh and mature fruit can easily create a good cream by manual muddling.

Powders are pure extract. I always have been using powders for any use from makeup to painting, not only for cooking. If you buy the basic powder and mix it correctly, then you create the oil cream for your canvas.

The finest colours for skin are in powder form - "cipria" being the most famous one- , as they are the purest form of the needed elements, but they need experience. For instance, I love using pure kajal powder to make up my eyes, which requires a better manuality and a good animal brush.

Salt itself is a powder. Powders are obtained in various way, by pressure, machinations, evaporation, from nature. The way they are created keeps or destroy part of the nutrients.

Just think to the last menu lists you have read. Have you noticed that when you go to the restaurant, even an Italian one, you find the wine list but you do not information about what kind of pasta you will be eating? Pastas are very different and Italian people, though being the pasta leaders in the world, seem to renounce to their preferences when they sit down at the restaurant. Then, sometimes you find the list of waters. More often you find information about the origin of meat.

Now, the question is: why are you so accurate when you are at the supermarket but you "get relaxed" when someone serves you if you are comfortably sit down somewhere? It is your money. It is your health.

What happens, psicologically speaking, when you enter a restaurant and renounce to analyse, Express your preferences and choose?

For this reason you can not divide reality into Easy macro categories such as "natural" or "industrial". If you want to ensure the best to yourself you have firstly to set your priorities than to defend then, learning and understanding what is behind tickets and etiquettes. Democracy and capitalism give power to people, the power to chose. Choice is a power that requires not only instinct and energy, but also knowledge and awareness.

When it goes on high quality products criteria are two: reputation and self experience. If a trademark is affirmed, there are reasons that let that product continue to stay on the market despite unfair competition and you have to confirm personally if that product matches your standard

and needs. It is true you could find an unknown product having a high quality. In that case, the analysis is only on you

## I-9/Summing Up

This method is protein powders, integrators, spices, nuts, fresh products (fruits, vegetables, and meat), eggs and flours based. You do not use prepared meals or products, except for protein powders which are specifically designed for muscle strengthening. You prepare yourself your meal from the primary ingredients in around ten minutes only with one cooking plate, a spoon and a smashing stick.

# Nutrition - Part II - Know How

## II-1/About Protein Powders and Flours

### **Disclaimer:**

This is a book on wellness, with a pragmatic point of view, offering not only tales of experience, that might be boring, or quotations from international coaches, but also tips. Tips on cooking, fashion, human relations and economics. Therefore you could apply the tips and create your own nutrition plan. Please, consider that I created and tested all these recipes and combinations with method and using specific products. Changing the trademark can change the results as this method is a simple two step method: once you have done a good shopping, 1) you mix ingredients, 2) you cook in a few minutes, then you eat. Its strength is keeping the nutrients as pure as possible and combining them in the best way. For this reason, quality and trademarks have a significant impact.

The recipes you will find are effective with the protein powders of the trademarks I used: AllMax, BiotechUSA, VitaminCompany, Scitec, Swisse. With other trademarks results will surely change, therefore you will have to adapt quantities to your products.

As far as flours from supermarkets are concerned, the difference between trademarks is not as significant as for protein powders, where the composition really makes a big difference at any level, taste being the last parameter and the first one to be easily adapted. Basically, all my recipes have a certain “elasticity” or “softness” or “crispy”. When you feel like eating something “rigid” rather than crispy, soft or elastic, without a specific taste even if you put honey, cinnamon and cocoa, then the quality is low. If you get the same sensation of a fruit being only water without taste or of a steak being too hard to be chewed, then the proteins you bought are low quality. Eating should always be a pleasure, even when you eat something simple.

### **About protein powders:**

Protein powders are enhanced products where you find a specific blend of nutrients for your body health. A great aspect about protein powders is that they are international and you can find them worldwide in the specialized nutrition shops or order online. For this reason I could define a best list.

Protein powders are very different as different are flours or many other products and I really tried many combinations obtaining very different results in terms of taste and elasticity in cooking and in the body. How many variety of coffee or tea have you come across with?

I consider them as special flours and they are the primary ingredient of this method for their completeness. When you do not have other ingredients, you have most everything with them, missing only a few elements, which are not essential, though, everyday. If you do not appreciate protein powders for any reason, you can still apply this method using egg white, full egg and powdered lentils with flours, but you need to be good at cooking, as they need more job and time.

The difference between protein powders is not only in being from whey rather than from casein or vegetables, not only isolated rather than blended, they also have a different result at mixing and are additioned with sweeteners or enzymes, therefore each protein powder must be tested as flours. Even natural flour are very different depending on the method they were obtained or from the grain they are originated. For this reason, I will release my opinion only upon express request. Spices

and superfoods, in particular, vary significantly depending on the producer and make the difference both in terms of nutrition and of taste. I invite you to make comparison with a very simple product: cocoa powder.

I found a “best practice” using proteins from **AllMax**, **Scitec**, **VitaminCompany** and **BiotechUsa**. Protein powders are not all the same and even if this is not a book on nutrition and it is not my purpose to promote anybody, it is my duty to warn ti pay attention to the product you buy. If you buy low quality quality powders, maybe it is better to mix natural flour with egg white. During my tests I tried also low level quality products and the difference is clear since the first consumption. The same happens with other flours. It is evident with cocoa, but let’s say that the money you give out for cocoa is not the same money you give for Protein mix towards which you have great expectations, as aiming to be technical products. Thanks to this method, you will learn to understand what you are eating despite etiquettes and informational sheets.

Currently, the most versatile I tried are the AllMax, both in vanilla and chocolate taste, you can use them for cold and warm cooking with good results in any way.

Comparable to AllMax is Scitec, though being sweeter and aggregating by blocks.

VitaminCompany is light and nice in the micellar vanilla formula to replace fresh creamy great with fruit, honey and cocoa for light and delicate effects, perfect also with yoghurt for ice cream and fresh dessert.

BiotechUSA is without lactose, light and has integrated formula for ladies. Nice in the vanilla formula to replace “crema pasticcera”, great with fruits can for his gelly result, great with rice pudding.

Swiss, also, is nice for basic pancakes even alone. Protein powders never match with warm fluid mixology. Always mix them at normal temperature, then cook or freeze. For frozen, you have to use ice.

A good hydrating and sweetener powder is **Bolero**. You can find it in various tastes and use it both for drinks and ice creams or quick garnish creams.

A good Enhanced oat mix is from **Watt**. I can not confirm an international short list on flours, as I mainly buy at Carrefour, which is French based and offers a wide variety of products. A good tea is from **Taylor's**, you can use even the leaves after infusion. Spices must be fresh and well conserved, not exposed to air, other wise they are completely unuseful.

## II-2/Basic Principles

*“Do what you what with your body”*  
freely interpreted by Lady Gaga

Environment is generally polluted, but our body has an immunitary system, therefore if on one side we can not have perfect ingredients, on the other side it is enough to find our quality range in accordance with our budget and life place.

**1) Flat belly, 2) Increased energy, 3) better concentration capability, 4) improved muscles strength, 5) more articulation elasticity, 6) stronger hair and softer skin, 7) no easy illness, 8) higher tolerance to physical suffering, 9) good sleeping 10) good coordination and endurance are evidence of the correct functioning of this method. Women should also significantly reduce period pains.**

This method does not comprise 1) yeast, 2) traditional pasta and bakery products, 3) traditional combination of sugar with flours, 4) meat, with exception of fish and rarely other certified meat, 3) cheese, with the exception of Parmesan.

Any exception being supposed to be considered as it is, an exception, to be compensated. It makes strong use of nuts, seeds, spices, fresh fruit, vegetables and protein powders according to the body needs, beyond cultural, phylosophical and religious

conditioning, as body and wellness are the main interest, not politics.

You may experience gas in the belly. This is positive to keep belly really flat as a good nutrition combined with a good activity keeps the belly empty. Notwithstanding this, air in the belly may be due to an excess of sweeteners, therefore you can simply balance with detoxing and antioxidant smoothies. This method privileges sweet recipes, offering glucose for high intense activities, reducing salt intake as salty foods are better for long period assimilation without physical activity. For this reason, traditional pasta is not comprised, as it does not offer a valuable energy for immediate nor procrastinated activity. Pizza is not comprised as it is yeast based, mainly salty, with grain flour and cheese, inducing your body to drink compensatory beers and foods, without giving real valuable energy. Pasta and pizza are considered exceptions for socialization purposes to be compensated. This method naturally eliminates water stored in the body. No cellulitis.

**For his standing beyond philosophical trends, this method can be easily adapted to match political or cultural believes, accordingly: it is not a “do not”, rather a “know how to” method.**

The basic principles of the method are:

1. if you have difficulties to digest and assimilate a food, beware of that food or combination of ingredients or way of cooking;
2. protein are the most important part of this method, therefore attention is on how, when and why we eat proteins;
3. this method is designed to give you energy all the day, keeping your system healthy and strong, not needing any pharmaceuticals. If you feel weak or have significant weight oscillations, you are not applying the method correctly;
4. This method uses food as nutraceuticals and powder proteins to integrate natural food weaknesses. It is well known that natural food is often not mature since when we buy it, then it

loses part of its precious qualities by cooking, therefore we often eat calories without nutrients and become overweighted. Protein powders, on the contrary, are selected and studied to have specifically nutrition effects, for this reason, this method combines them. In particular, as being protein powders mainly sweet to serve glucose to sport people, they are suitable to create desserts, that I will show in this method.

5. This method is not calories oriented, rather “proportion based”. Foods are mixed in specific proportion and combinations, being quantity self regulating according to specific needs.
6. I tested many products and you can find reviews for single products updated on my website: [www.awaytowellness.blog](http://www.awaytowellness.blog). As the book can not be kept updated, while the blog can, I will publish updates on trademarks on the blog.

### II-3/Basic meals during the day

In our society, meals have a psychological and social aspect, not only a nutritional one, as they are conditioned by working place and personal necessities.

Many people eat a lot at dinner, the moment of the day when they get back to family or to friends for appetizers, therefore this method slows you to eat at dinner, with satisfaction. Many people are also very quick at breakfast time. This method is designed also for these people, offering quick preparation: 15 minutes for a full breakfast.

Main meals are four:

1. Two phases breakfast: firstly, detox and purify with 2 glasses of water lemon/grapefruit/ginger/pre-workout integrator, afterwards, have a carbo-protein intake such as eggs (cooked, scrambled) with long coffee and peanuts or a crepes/pancake

- or omelette or a long protein milkshake or a long cappuccino or tea (green or black with lemon);
2. Lunch, proteinmilkshake or smoothies;
  3. Early dinner, vegetables and fish/nuts;
  4. Late dinner, protein milkshake/protein dessert/fruit and seeds.
- If you have cereals before sleeping you will sleep deeper but also gain a bit of weight and wake up a bit heavier. Eat cereals, better integral buckwheat and gluten free ones, if you need to sleep very long, to recover from a hard day or weak.

Between the meals, you can eat 1) nuts, 2) fresh fruit/smoothies, 3) deshidrated fruits, 4) milkshakes.

This method does not require to drink liters and f water not to specifically drink during meals, as it is a high hydration method, where thirst is naturally limited. If you feel thirsty, you are not applying this method correctly.

## **II-4/Applying principles and fasting**

*“Eat what you need”*

Forget rigid rules such as “do not eat carbohydrates after 18:00”, as the right nutrition is the one that matches with your lifestyle and support your metabolism. The right nutrition is the one that makes you bright and smart.

I also applied those rules, without the expected results, if not in the short time. If you want to understand why certain people are fine eating all the day, do not think they are blessed by nature, they also follow rules, the right ones for their body and life style.

On a daily basis, nutrition must be finalized to what you have done in the 3 and 6 hours before and to what you are going to do in the next 6 hours. Therefore you may have a planning, but you need

to adapt it to the need of the day. It is not effective to apply the same rules to the days when you are in office or to when you are out all the day moving. Moreover, there is a time to energize and pump up your metabolism, a time to detox and a time to soothe and rest. The right nutrition is the one that gives you the right nutrients when you need them, letting them work for you. Flat methods such as “only vegetables”, “only fruits” are not enough in a dynamic and challenging society, as they have been conceived for people doing meditation sitting all the day in a monastery, needing mainly a good hydration. Even people simply working in office, move all the day around the office and do other activities such as bringing children to school or hurrying up to shop the gift for the colleagues anniversary before reaching the partner somewhere on the other side of the city.

Basically, it all goes on the place you live, your history, starting point and your expectations of change.

This method is for dynamic people, wanting to feel and be never tired, if not when it is time to sleep. Feeling tired when you get up or during the day can be avoided with a good nutrition. Muscles are important for everyone, even for intellectual people, as their walking style, their capacity to hang on in long meetings keeping concentration high and focused, then running to take next train or flight without having back pain is given by a good muscular structure. Muscles are not only for manual workers or “sport addicted”. Muscles need a mixture of proteins and carbohydrates. Resting, detoxing and soothing needs hydration, vitamins.

The rule, then, is simple: 1) give energy before the activity, understanding the difference between immediate energy or long run, then 2) give restoring and building food immediately after the performance that made you lose the good nutrients, then 3) soothe and detox when you are quiet and do not need to perform anything intense.

Digestion itself is a body activity. Fasting should be practiced with high hydration and only focused on concrete goals, as it is a high intense method putting body under stress, activating defense and reserve mechanism, simply waiting the end of the stress to go back to “normal” therefore after the end of fasting, your body will be more exigent and ask for compensations. If you reached your goal, it is fine as your mind will support you and keep hard in facing body needs, if you did it without goal, you will come back to previous level.

Body is clever and strong. He will activate mechanisms to obtain what he needs despite the goals you have fixed with your Mind.

If you wish to try doing it yourself,

1. set a date,
2. write down your status and your goals,
3. reset your body with a three detoxing days based on smoothies and on a light sense of hunger all the day (do not fast), then
4. start a plan upon objectives, both on a daily and monthly basis, such as weight loss or muscles growth, or feeling energized before, after and between activities,
5. check if the physical activity you are doing is the right one to support your life and make you reach your goals, as proteins can not build muscles without the exercises, they can only keep them as they are;
6. You should reach goals on different times and at different levels: on a daily basis you should check belly and water retention, each ten days you should have weight changes and some effects on muscles, as soon as your clothes will become larger, effects will be visible to others. Until you wear the same clothes in the same way, even if you lost 3 or 5 kg, nobody will see that. Each two months you will notice improvements in the skin, teeth and hair. The sensation of

lightness is immediate. Digestion is immediately fine, since the first days. Your mobility should improve: performing daily actions such as twisting back to Drive the car or lifting shopping bags and suitcases should become easier. You can reach goals quickly depending on how much you eat and train, simply: once combinations are fine, then quantities make the difference. Resisting to hunger and renouncing to food while training is the challenge. If you are an experienced athlete, you do not need these suggestions but you still could try the method to reach specific goals such as improving elasticity, eating good desserts without sense of guilty and organizing social dinners, eating with taste without needing training compensation the day after, refining and better sculpting muscles losing the unnecessary mass, keep your body detoxed and never get ill. For specific goals, you should keep the same strategy for five-six days, not less than three, for example, five detoxing dinners.

“Big mix” or “a bit of all with moderation” or “in medio stat virtus” strategies are not effective, as, if you are a performer, timing is important: they do not provide enough of what you need and give you in the wrong time what you would need in another moment. These strategies are fine if you lead a regular life without challenges, of which you feel happy.

You do not need to be a performer to feel happy. Happiness does not raise from performances, usually pulled by ideals and motivation, but from comparison. If you feel fine, compared to your past and present conditions and have basically met your “dreams”, then you have found happiness.

Wellness is a status of connection between body and mind that makes you feel reasonably happy, when your personal performances are great, even if all the results of the comparisons are not fulfilling. A friend of mine used to say: “quand je me

regarde je rigole, quand je me compare, je me console” (when I look at myself I laugh, when I compare myself to others I find consolation). She has always been a “happy person” even if her body has never been performing. Again, this book is for performers. That friend on mine is not comprised in “my others”. I do not compare to people without a performing body and mind, jointly.

When speaking of happiness and wellness, actors are three: your body, your mind, your others. Wellness raises mainly from your body and your mind, happiness raises mainly from your mind and your others. The most challenging relationship is between your body and your others, with related bodies and minds.

Recipes and combinations in this book can be applied freely after the understanding of the personal needs. When you have found the perfect weight and shape, to keep it, you simply can rotate or alternate salty and salad recipes to keep the balance. Exceptions can be made only for two meals a week, no matter which day, if immediately compensated in the meal after.

## **II-5/About Spices, Superfoods and Nuts**

Spices and nuts play a very important role if used with awareness and object oriented.

They both are very powerful if fresh. Their intake should not be for taste pleasure only, as for simple taste, other ingredients have better taste and stand out alone, such as fruits, as they are, in nature, bitter or neutral activating taste only with salt and sugar. Cinnamon itself, one of the best ones for taste, taken alone, is almost neutral.

Species mainly detox, stimulate, regulate absorption, activate or deactivate other ingredients.

Nuts and seeds mainly nurture giving minerals and oils important for heart and brain.

Superfoods activate metabolism at all levels, immediately.

Spices and nuts are complementary and give their best when greatly combined with specific purposes. Adding them to traditional bakery or meals for taste does not have any special effect on health. The few hazelnut you put on the ice cream or in the cake will not impact on your health. The few garlic you put in a traditional pasta dish as garnish, will not impact on your health. For this reason, people take the same in capsules. Therefore you have to choose if you want to nurture yourself with cooking or with integrator and enhanced products. If you choose to cook, then traditional recipes must be overcome and you should adapt to new recipes focused on the intake.

A high quantity of selected spices and nuts for specific needs for a medium term period, for liver and skin purification, or short, immediate detoxing, while keeping the protein intake and moderate the carbohydrates and sweets.

Mainly, spices and nuts need a small quantity of selected sweeteners such as good honey.

Proteins, too, need a small quantity of selected sweets and salt.

Carbohydrates are those ones needing more of sweets and salts, water and oils.

Many people have problems both with sweets, and can not eat them to what weight or have to restricts quantity, and with salty, as salt needs water and easily cause water retention. Finding the balance between sweet and salty, regulating water is a great result and one of the principles of this book. Recipes have been created with the purpose of balancing combinations so that you feel fulfilled when you have intaken the quantity you need. Self control shall better not turn into repression or frustration, as food is also the expression of deep needs, not only a matter of biology. Many people like coffee because in their family they woke up with

the perfume of fresh coffee by their mother, therefore they need it to let their mind go back some moments to their roots.

When you diet, your nutrition method should not disregard your hidden needs and generate unuseful “suffering” as food is not only a matter of nutrition, but also a way to be in contact with the world, through senses and socialization.

Recipes of this book use high quantity of spices and nuts: 1) under the smoothie form, or 2) putting them directly in the glue, together with other powders and proteins, supporting proteins, not used simply as garnish. You only have to understand the right moment to take them, when they are more useful letting them doing the effect that they are supposed to do. While you find proteins easier, from animals and vegetables sources, wars have been made in history for spices.

## **II-6/Ancillary effects and results**

I literally keep eating all the day long until late at night and thanks to this method I keep my weight balance, my strength, my shape.

Moreover, I am not subject to flue and mycosis even coming into contact with affected people. My pain soil of suffering became higher: I suffer very little for any physical event. Immunitary System, with this method, stay high.

The most difficult aspect of this method is getting to the balance point, transitioning from traditional cooking and traditional dieting, as this method is set for medium long results, therefore you coul feel slightly frustrated in the short or medium term.

Moreover, this method is self empowering: you need to learn to know your body, as following a nutrition expert in the long period is not like going to the psychologist, it is “useless” to speak of your

life, body takes time and time is made of numbers, this method helps you to know your numbers.

You can be regularly assisted, if your dietist is also your coach, dealing with your mind, therefore more than a nutritionist.

Please note that since this method privileges sweets, when combining gluten flours with sweeteners, no matter if Stevia or Sucralose, you will have some air in the belly. This does not happen when using honey as sweetener and gluten free flours, such as rice and buckwheat, therefore when applying the method, you can self regulated in accordance with what happens as a matter of fact to you. The ideal solution would be to alternate meals to detox to keep the belly always well cleaned. Enhanced oat mix with Stevia or Sucralose should be taken once a day and the other meals should be done with other flours mixed with other proteins or egg white and honey.

Please consider that air in the belly is originated each time certain sugar meets certain bacteria, activating fermentation as natural yeast. Sweet whipped eggs, too, cause air in the belly, for example. Meat, bread and wine, too, if the proportion is such to generate fermentation, but not in the immediate hour, air comes lately.

Solutions are two, either you meanwhile eat an ingredient absorbing sugar as much as needed, or you immediately practice sport and burn the glucose intake, which would be the best solution, as sweet nutrition is designed for sport. For this reason if you have a dessert after a dinner, you will not have air as all the things you ate before the dessert are supposed to absorb the final sugars and gluten, but you will not have a flat belly. The belly expands to contain all the needed food, air included. A flat belly has no room for digestive air.

This is a yeast free method with low gluten. Why low gluten when gluten is a protein? Because I verified that it is a kind of protein that interacts heavily with other nutrients, needing a strong body to

successfully cope with it, in fact many people have intolerance to it as to lactose. Gluten is naturally combined with carbohydrates and can easily generate glycation by the way foods are cooked and this is not fine for a performer. If your goal is body enhancement and higher performance, then gluten has to be seriously limited. Gluten has an immediate filling power and this method replaces the filling effect with other foods, limiting gluten to those people wanting to obtain mass increase, in muscle form, therefore combined with serious training. Oat has gluten, in fact, but less than whey. Many people are overweight because of wrong combinations if compared to their needs. They eat what they do not need and store it in fat form. Simply.

Why no yeast? Simple: yeast generates “unuseful pumping” and “Micosis”. Yeast has been conceived, basically, to fill people’s belly and make them eat less to face hunger, in fact, when you do not eat yeast, you eat more in terms of quantities to feel the belly full. The good news is that if you eat more vegetables or proteins, you eat rich foods keeping body hydrated and decreasing the water intake generated by yeast. You can find thin people eating “fats” but not eating “bread”.

In conclusion, for example, before a fashion event, you should have proteins alone, without mixing flours and before you should have your detox smoothies, to be sure your belly is completely flat and empty, but you still have the energies to stay focused on your event. Any glue with Sucralose, Stevia and gluten should be added with linen seeds to help the belly cleansing.

## **II-6/Main recipes**

Each recipe requires less than half an hour preparation and cooking:

1. crepes and pancakes, sweet and salty version;
2. smoothies and creams;
3. breakers (hunger cutters);

4. special desserts inspiring to traditional recipes and finger food;
5. Passovers.

## II-7/ Do it yourself

### *“Coach yourself”*

If you are reasonably healthy, not working in sport, and can not afford your personal trainer, or anywhere having your personal nutritionist and stylist, but you are dealing with a daily challenging life and aim to improve your performances, you can use this method. Nothing negative can arise from this plan and if you do not reach your goal, at least you will have acquired a better knowledge of yourself and made a progress towards awareness. Keep in mind to control yourself every day. Watch your results and correct the strategy on the go.

Applying methods and strategies is a way to challenge yourself. As you apply every day rules received from education, why not setting your own rules and follow them?

Here below you will find a lot of alternatives to be applied to your situation, according to your situation and goals. Some alternatives may be further explained, as this is not a book on dieting. You first have to analyse honestly your situation and set goals.

Time is important. Try to calculate on the basis of 3 hours for pauses between meals, and on trials of three days with the same combination: the first will be a transition test, the second will be the “activation” day, the third one will be the “confirmation” day. You will find combinations for: 1) weight loss, 2) mass gaining, 3) detoxification, 4) healing, 5) energizing or relaxing.

Write down your own plan and check results. Keep in mind a few principles:

1. digestion must be easy;
2. eat what you need for what you need to do;

3. belly, sleep and skin will be the first three elements that will tell you if you are making progress and applying the method correctly. Your belly will be always flat, you will sleep only when your activities are ended, your skin will gradually improve in hydration and brightness.

## Nutrition - Part III - The Recipes

### III-1/ Crepes and Pancake

Crepes and pancakes literally replace bread and pasta. Recipes are to be considered for one person. Each of them can be cooked on a warm plate or big stone antihaderent plate.

**About measures:** This method is not strictly based on calories nor on exact quantities in terms of ml/oz/gr, but on proportions, as per oral tradition, refining self body perception system, therefore, by way of example:

- 1 spoon, is equal to around 10 ml, and
- 1 water glass (when filled for 2/3) is around 200 ml,
- 1 cup of coffee (when filed for 2/3) is around 50 ml, while
- protein powders servings usually are 1,5oz or 75ml, or 30 gr but what matters is that for one cup of Irish coffee, for example, the measure of whiskey is one spoon.
- 1 spoon of seeds and nuts is around 15 gr and 1 measure is around 40 gr.

Exact measures and calories can be easily calculated upon the case, if necessary, but let's say that each recipe vary from 300 to 600 useful calories.

I made my tests with an electric platform switching the heating from 7 for egg white recipes and cake base to 8 for recipes without egg, roasting vegetables and quick cooking. Fried is at 9 power level of heating.

These recipes are explained for one person, not aiming to compete with high bakery, but expecting to reach great challenging results on a daily basis, while being easily prepared with small cooking knowledge, the minimum tools and in short time: 1) a water glass, 2) a big spoon, 3) a small spoon, 4) a cooking plate, 5) a cover plate, 6) a silicon container.

As a matter of fact, I tested this method along one year, throughout four seasons, while training and the *leitmotiv* of this book, after the blog, is **“body enhancement”**. Recipes are effective as a high impact flow training: a lot of right nutrition and taste in a short time, the right exercises in around 60-90 minutes of daily variable training to keep healthy, strong and flexible.

I hereby publish only the formula and do not give any indications about quantity: **eat as much as you need to feel fine, checking your belly**. Until your belly stays flat, you are right. Whenever you feel the belly growing or not easily twisting, it means you had too much or the bad combinations. If you do not have a flat belly, as a starting point, you can anyway perceive the difference between heavy digestion or “legeresse”. Usually, traditional recipes lead you to long digestion, causing a sense of tiredness, making you fall asleep. With this method you should always feel “full” and “fulfilled” but never “saturated”, always ready to brightly start a new activity, gradually finding your ideal shape. If you feel heavy, you are not applying the method correctly.

Each recipe could take the traditional way, but it would loose its aim. Traditional is good as traditional, no reason to change it. Unless you are vegan or have intolerances, no reason to simply replace butter with margarina or sugar with other sweeteners if the only change is that one and keep other ingredients as they are and the cooking method as it is. A single variant is not a completely new recipe, it does not make the difference in the whole method, unless you change the basic ingredient, for example flour or main spice. When you change the basic ingredient and the cooking way, you create a new recipe. Variants on traditions are always traditions and “only” nuances of

classic. **The aim of this book is not to offer variants on traditions, but a new way to interpret the need of traditional taste, thanks to completely new cooking method, to support performance needs on the long run, avoiding frustrating limitations within food intakes.**

“**1 Measure**” means the measuring of protein powders, corresponding to three full spoons, being the weight variable.

“**Glue**” means the soft fluid dough of crepes and pancakes. All glues in this method have a high protein proportion, low carbohydrates, low gluten, low sugar, no yeast and are enriched with spices and nuts upon the case.

Basically,

**crepes are** subtle and elastic, designed to be folded twice or rolled along one side and eventually cut into rolls, they get cooked in literally 2-3 minutes at high fire,

**pancakes are** thicker and steadier designed to become base for cakes or to be cut and shaped for desserts, appetizers and fingerfood, getting cooked in around 5 minutes at lower fire than crepes, usually pancakes.

Good protein powders for sport match with any “pure natural flour” and helps you significantly to keep control over your nutrition intake.

They have the positive effect to give you a good combination of nutrients, without implying long time in digestion of unuseful or doubtful calories, pre and post cooking, mature or not mature, with pesticide or organic, becoming a “little chemical” inside your house, daily, stressing on all reasoning.

When it goes on enhancing and empowering, they are the right basic tool. All other foods are complementary.

If you are already healthy, you do not need a detoxing fasting, you need enhancing, directly. It all goals on your life speed and challenges. Protein powders have their own taste, studied to stimulate mind

positivity, therefore you could feel “mistrustful” as addicting tastes create habits. Addiction is something human nature experience in many ways, feelings too. This is completely personal. You know your habits, you manage your addictions.

I chose “TheBodyWay”: my body is the only thing I am sure of, therefore what is good to my body, is my practical way to decide how to go on through time and changes. Any other aspect of life can be managed by others, except your body. With your body you have a direct relationship. It is not enough, for life, but it is the basic.

You could create your own recipe with a couple of ingredients, proteins and oat. If you have difficulty to find a good protein powder or you do not want to use it for any valuable reason, you can find here below a list of combinations and basically you have to compensate with egg and oil the lack of nutrients that protein powders have.

As alternative you can choose an enhanced oat mix for sport, not for normal fashion or normal weight watching. A good oat mix, having gluten and additives, can be cooked without addition of oil for cooking if the plate is a good antiadherent. When adding natural flour some sunnyflower should be added for antiadherent and elastic effect.

The rule is simple:

1. for slim crepes to be rolled up and folded, lipids must be added,
2. for dry effect, proteins and gluten carbohydrates are enough.
3. Gluten free flours have to be used if you want to lose or control weight, while gluten flours are good to gain mass. If you train, then you can eat more crepes and add egg white. If you do not train, you'd better choose more smoothies and gluten free recipes.
4. If you train, regularly, one day a week you should detox and let the body recharge.
5. Spices and other vegetables flours can not be replaced simply, as each of them has specific aggregating effect and change significantly with heating. You have to know the replacements to adjust other ingredients accordingly. If you agree to put 2/3 of

- whey proteins you can be reasonably sure that the results is almost fine as they all respect a minimum standard.
6. Legums flours mainly soften the glue and need more cooking accuracy. I prefer eating legumes as they are, simply steamed and made creamy, not in flour version. With this method you create your own “vegetable steak” better with flours from enhanced vegan protein powders, that I rather called “salty and veggie pancake”.
  7. If you mix gluten free flours, You could also add 1 spoon of curcuma: it is a very health spicy having aggregating effect used for flexibility, therefore you could combine the healthy effect with the low gluten. It is also great in cancer prevention. The taste is hard and bitter as many other spices or superfoods such as cumin, ginseng and maca, therefore first of all you need to accept to compromise with the bitter background, as compensating with sugar is not a solution. After some tests, I realized that these bitter spices get sweeter with cooking, as many vegetables, while fruits looses sweets they loose bitter, therefore I found a couple of reasonable compromise with curcuma for sweet version and cumin for salty variant.

## Why and When integrators

*“Hips don’t lie”* Shakira

If you want to reach specific goals or want to heal or improve a part of your body, specifically, in a short time, then integrators are the best solution, as they are concentrated, mixed and keep you focused on your goals. You also can check progress daily. They offer selected and concentrated quantity of what you need. You can also check if they have the expected and stated quality. Unfortunately it may happen that etiquettes are misleading. Unfortunately it may happen you are not having the purest product you would need, but you can check. As you can understand when a fruit is mature, you can understand if you are taking a good product. The great news is that your body does not lie. You have to concentrate on your body and develop a good self

perception, but this is the purpose of this method “TheBodyWay”, improve self perception and reach a high level of awareness. It is not a purpose of this book to open a round table on science results and opinions of medicins and experts as it would be like talking of religion and priests. If you have to ask for five advisory’s before taking s decision on your health, it means that science is one, but that the human interpretation of science is wide. This method aims to empower the self. Therefore, for a daily maintenance and for prevention you can choose the natural way, that is mild, unless you create explosive mix with powders. For specific goals, go stright to the your goals using specific selected products.

To make an example, if you can not take curcumin in capsular form as ginseng for any valuable reason, such as that you can not buy capsules easily, then, as far as taste and benefit is concerned, 1 spoon of curcuma in one crepes is the dose and it is also the daily suggested intake according to certain scientific researches to keep healthy. One spoon can match with protein vanilla flour very well and can be used even for biscuits. You can then proceed to add cocoa powder and cinnamon or honey. However, according to other researchers, Indian ones, if you need curcum for elasticity, the daily quantity would be a complete cup a day, therefore capsules are a better solution.

Curcuma, being in the curry mix together with cumin, can match with vanilla proteins and light hymalaya salt, adding good tea leaves, grated coconut, creating a proteic and healthy crepes with some “oriental” or “exotic” and even “light fumée” flavour.

It all goes on senses and on your environment. You need good basic ingredients and some time to try. As this method is for the long run, you can choose the focus of the season, keeping the rules of good combinations, no yeast, low gluten, no white sugar, and nutrition finalized primarily to body performance not to taste and socialization.

For example, when you eliminate yeast and white sugar you immediately feel the benefit in your skin and mouth: you feel cleaner.

**Easy digestion** has direct impact on your internal humours, water retention and fluids, both in terms of quantity, taste and smell. Digestion itself is a burning calories activity and chewing activate the methabolism, even sexuality. For this reason a “fluid diet” can be difficult as part of the body is really put aside: better eat little and often and chew than do not eat or limiting to drink. Simple carrots and almonds are fine to keep methabolism active, can be afforded by anybody and stored everywhere.

**Water intake** has to be managed too. You can not always afford a bathroom to evacuate the two liters of water usually nutritionists tell people to drink. You can not interrupt an outdoor activity to evacuate your liquids. You need the right hydration for the activity and for your age, the climate of the place where you live. For all these reasons you have to learn the useful combinations to intake the right energy without unuseful nutrients.

**Detoxing** should have its time. Drenating should have its time and ways. This is primary an enhancing method, healing is not the primary purpose.

The first good reason to say “no” or “thank you, but I would rather have” is always your health or body performance, not religion, phylosophy or traditional and family believe, as believes makes you take positions that could not be what you practically need. Nobody will reward your sacrifice as you may need, when dealing of body. You may receive congratulations, but you will keep the body you have. You first must be happy of your body, then the “right” people will congratulate.

Someone calls it “the happiness rule”, I call it “TheBodyWay” as it is very practical and at disposal of anybody wanting to engage with himself. If it enhances you, it is fine. Good things do not have downfall after enhancing effect: in the worst case, you go back to “normality”, but you never go backward. Good things foster your progress. This is how you can recognize them.

### III-2/ Neutral recipe for natural proteic “bread” replacement (crepes and pancake) to become salty or sweet:

**1 measure of oat flour;**

**1 measure of chickpeas flour**

**1 measure chestnut flour;**

*and*

1 spoon of **oil** (better **coconut**, then sunflower);

1 spoon of **honey** (better **chestnut**);

1 pinch of **black pfeffer**;

1 pinch **coriander**;

*and*

1 measure of **water**.

Cook it with one pinch of **Himalaya salt** and 1 small spoon of **sunnyflower or peanuts oil**.

Please note that each honey has properties and chestnut one is very rich with a bitter taste, matching very well both with salty and smoked or spicy flavour as with gentle Himalaya salt and mint or cocoa. It matches also with lemon on salads. Sweeter honeys are much more like sugar syrop, still fine, but not the best ones for this method, as the purpose is not bakery itself, but effective nutrition.

#### III-2.1/For sweet international version add:

*Either*

1 spoon **cinnamon** and **orange** zest;

*Or*

1 spoon grated **lemon zest** and grated **ginger**:

*and*

2 spoons of honey

*and*

1 spoon grated **coconut** or **hazelnut**;

1 measure coconut water/almond milk/milk

*and*

For pancake version: add 1 measure egg white;

For soft cake version: add chestnut flour and decrease oat proportionally.

### III-2.2/**For salty international version add:**

This version is not for sport, before or after training, but for dinner with friends, when you have some more time and can easily become base for salty appetizers to be eaten with vegetable creams, such as avocado and nuts, and fish.

In this version oat can be replaced by **rye** for a lower calories intake and matching better with vegetables, then

*Either add*

1 measure **buckwheat**;

*Or add*

1 measure **corn**;

*and*

1 spoon sesame seeds;

1 spoon spicy Himalayas salt with pepper, cumin, coriander, fennel;

Some more oil and water will be necessary to bind the glue.

Leave the glue resting five minutes before cooking to let seeds release gelly. The cooking is a couple of minutes longer at high heating.

For a quick cooking, add egg white.

For a crispy result, for gourmet purposes, add oil and get a fried product.

Please note that **honey** is great even in the salty version. Honey is a key element in this method. In the salty version, you can replace it with fine grated peanuts, though. As recipes of this method are not as salty as traditional recipes, to avoid thirst and the need to drink more than needed. The intake of salt is low and balanced by sweet flavours not coming from sugar.

Please note that this method uses **egg white**, in place of complete egg, being more proteic and light for digestion. Moreover, egg white has a neutral taste matching greatly with both sweet and salty recipes.

### **III-2.3/Protein Enhanced International version**

When speaking about nutrition, we can not disregard experience. The relationship with food improves gradually throughout time, refining taste and performance. You may have a natural gift of having a good taste, but you have to exercise it to become a sommelier or a taster, recognizing ingredients and quality. For this reason you can not rely on simple advertising and suggestions only, you have to verify each time what is really as declared or should be. Each time you choose a new product, it is a bet. The very last check on quality is you. It is difficult as you have to divide from taste. Something you may like, could not be the right solution and vice versa something new could be exactly what you need and even something you may like. The work on enhancement is committing. Enhancing is more than being healthy. Being healthy is the base. It is not enough if you aim to wellness. You can lead a whole life in a healthy body, without feeling well.

**Enhancing means becoming much more than you have been used to be, improving, discovering limits and challenge yourself.**

Acceptance is not to be Intended as resignation. Acceptance is the “rational” and “honest” starting point for your journey to find your best you. No matter your age, culture or country. Enhancing has only one main meaning. You can take heroes or models to inspire your path, but the meaning stays the same: becoming stronger than you have been and let this strength grow until you break.

This version is for people having confidence or wishing to start with enhanced nutrition, having knowledge of protein powders and

regularly practising sports. It is designed to increase muscles without increasing body mass index, by reducing gluten and increasing proteins, in order to keep body elasticity. No compromise with this recipe, otherwise results will not show as desired.

Other versions are for healthy life style and weight watching, this one is for enhancement. The concept is simple: if you are already performing, but you wish to improve, then use these recipes. If you need to detox and purify, use the other recipes and keep half salty. The sweet way is for training. You do not need chocolate and vanilla before an office meeting, exciting senses. You'd better need ginger and superfood combinations, keeping neutral or bitter, not sweet, nor too salty. Milkshakes are also great, giving enhanced immediate hydration. On the contrary, before training keep sweet, as the salty way is less hydrating. These recipes are as digestive as necessary to train for one hour and a half. The ideal preworkout meal is: 1) a sweet crepes garnished with creams mixing fruits, proteins, nuts and yoghurt, 2) coffee or tea with protein cream. The ideal post workout can be also a salty crepes as these recipes have a very limited use of salt, therefore you can have a salty and spicy protein crepes with fish or cow ham ("bresaola"). Better avoiding chicken meat as usually it stores a big quantity of antibiotics and antigravity hormones.

These crepes can be eaten alone at any hour of the day, also as hunger breaker, as the amino intake is blended by oat and rice, and, vice versa, oat and rice are enriched by amino. It can be garnished simply with a pinch of sugar and salt, satisfying the taste needs, both sweet and salty.

I could provide more suggestions and recipes, but this is not a book on fitness or on cooking limited.

**If you wish to increase mass and weight, 1) replace rice/rye flour with oat; and 2) add egg white; and 3) garnish with protein**

**powders cream and fruit such as bananas/pineapple/coconut/cinnamon and nuts such as peanuts. Eat two crepes or one well garnished.**

Basic recipe:

**1 measure rye/rice** (if the goal is losing weight) **or oat** (if the goal is mass gaining) flour **or 1 measure chickpeas** if you want to stay protein oriented and increase endurance

**2 measures protein powders vanilla flavour**

**1 spoon of coconut oil**

**1 spoon chestnut honey or maple syrop**

Plus (sweet version)

1 measure mixed grated **almonds** and **hazelnuts** and/or **grated coconut**

1 spoon **cinnamon**

Best with Coconut or Almond water as needed for the glue

For chocolate version: add **criollo cocoa** as needed

Plus (salty version)

1 measure grated peanuts and sesame seeds

1 spoon Himalaya salt, black pfeffer, coriander

Best with Fennel or vegetable water for the fluidity of the glue

Cook it with Himalaya salt and 1 small spoon of sunnyflower oil.

Garnish with **protein cream**, 1) vanilla version enriched with nuts (hazelnuts, almonds and coconut) and deshidrated fruits, 2) cocoa version adding chestnut honey on the base of the crepes, the protein crema, then cocoa powder, hazelnuts, mint and black pfeffer or coriander.

### **III-2.4/Gourmet soft Chocolate and lemon cake version**

The gourmet version is designed for almost everybody, offering great taste with low calorie intake and high protein. It is naturally gluten free.

**1 measure bitter cocoa**

**1 measure chestnut flour**

**1 measure protein powders from AllMax classic chocolate**

*and*

1 measure grated hazelnut/coconut

1 spoon of coconut oil

1 spoon of chestnut honey/maple syrop

Coconut or almond water as needed

Please note that pure cocoa powder is really great and can not be replaced by any flavored powder or milk.

This crepes is very versatile and can be garnished in various ways. It is not as elastic, though, as it is better Kept soft as a cake. For an elastic version to be rolled up, you should replace chestnut flower with chickpeas, as chestnut stays very soft and it is to be enjoyed in slices.

Garnish: create a cream with cocoa and honey or spread cocoa powder and add honey.

You can also add 1) grated. Coconut, or) vanilla cream from VitaminComppany, or 3) coriander, mint leaves and maples syrop, or 4) berries cream or fresh pomegrenate grains, or 5) other fruits and nuts with honey.

### **Gourmet soft lemon vanilla cake base**

**1 measure chickpea flour**

**1 measure vanilla protein from micellar VitaminCompany**

**1 measure egg white**

*and*

1 big spoon of honey

1 grated lemon zest  
1 small spoon grated ginger  
1 spoon coconut butter

Cook it in two minutes with covering. The result is great: soft, elastic, delicate, highly proteic. You can garnish with 1) vanilla cream and nuts, 2) vanilla cream, honey and nuts, 3) honey and nuts, 4) other fruits matching with lemon zest.

Replacing lemon zest with cinnamon, you can garnish with: 1) coconut, cinnamon and honey, 2) red apple cream and pines nuts, 3) ginger slices and honey, 4) cocoa powder and honey, 5) simple maple syrop, 6) vanilla cream, pomegrenate and balsamic vinegar.

## **II-2.5/Special Seeds bases for dessert:**

Sweet for spicies

**1 measure sesame seeds**

**Half measure corn flour**

*and*

**Half measure egg white**

*and*

1 spoon honey

1 measure water

This base is tasty and can be garnished easily with protein creams or honey and create tasty small cakes as dessert. Seeds are all proteic and great for the heart and corn flour, usually used for tacos, in the sweet version gives a nice taste similar to pop corn. It must be cooked at lower heating a minute longer with covering. If you spread it to have more s

It can be eaten alone or the glue can be flavoured easily adding:

- Grated Lemon zest for cream
- Grated coconut for
- Coriander and black pfeffer

For a crispy version, do not put egg white, add water, let it cook without covering to let water evaporate for around five minutes until it becomes crispy. This could be a good snack to be eaten cold during the day whenever you need energy. Without honey it could be garnished salty with avocado cream, celery and fishes such as bottarga.

Sweet soft for creams,

**1 measure grated hazelnuts, sesame**

**2 measures chestnut**

*and*

**1 measure egg white**

*and*

**2 spoons maple syrup**

1 spoon coconut oil

This variant is very easy, elastic, soft, light and tasty alone with some maple syrup or enriched with cocoa and proteins powders. No gluten and low calories. It can be cooked more crispy or kept softer. One pinch Himalaya salt is always great.

### **III-2.6/ The simplest protein solutions**

If you are out of products and have only one small supermarket near you, you can have great results simply with:

Full protein with egg

**1 measure chickpeas flour**

**1 measure egg white** (no water or milk needed)

*and*

**2 spoons of honey**

Cook with covering. It will cook in a couple of minutes and taste great. It will be a good cake base. For very elastic crepes, one more spoon coconut oil. Garnish as you prefer, as it is a neutral

sweet base, still proteic and without gluten. You need some drops of oil only for antiadherent result. With peanuts and honey it is very easy, affordable and tasty. It is great even for celiac people and very digestive even before training. It does not increase mass quickly, but it keeps muscles hard. The release of energy is slow enough for 1 hour and a half training and has a great taste of combined with protein powders under creamy form.

For salty version,

**1 measure chickpeas flour**

**Half measure corn**

**1 measure egg white**

*and*

**1 spoon coconut oil**

Water as needed

Good results even without spicy. Better adding himalaya salt at the end to avoid thirst after eating. It Cook's very easily and stays elastic. It can be easily combined with seeds and spices after cooking as the neutral base has the gourmet taste by corn. Ideal for safran, pfeffer, coriander, fennel. Very digestive, no gluten but still proteic.

For creamy gourmet version,

Do not use egg white. Egg white is fundamental with corn as it is not absorbed as water, and keeps the taste more neutral giving importance to the garnish. Without egg white, the vegetable mix absorbs more water and oil, needs spices inside the glue as the taste is within the glue, increasing thirst and weight, even if the taste is nice and the result is creamy, rather than elastic for rolling, suitable for gourmet variants with fish and vegetables.

For sweet version no egg,

**2 measure chickpeas**

**1 measure chestnut**

*and*

2 spoons of honey and water/milk

*Garnish as the following*

Full proteins with enhanced powders,

**1 measure chickpeas,**

**1 measure vanilla proteins**

*and*

**1 spoon honey and grated lemon or cinnamon**

**1 spoon coconut oil**

*garnish*

**Oat flakes, greated coconut, almonds/muddled banana and protein powders**

You can add oat flakes directly in the glue or in the plate to have them in the purest form delivering gluten and more energy. This crepes is strong, tasty and very digestive, therefore you can eat two if you do not need to lose weight. Very versatile, you take proteins from various sources. Adding egg white you should increase sweeteners.

Protein, high fiber, no egg

**1 measure chickpeas flour**

**1 measure rye**

*and*

**1 spoon of honey**

**1 spoon oil**

**2 measures water**

*and*

1 spoon sesame seeds and coriander

Please note that if you use normal grain flour "00", you will obtain something similar but you will not have the effects of this method, as any method has its logic. If you use normal flour, it does not make any sense to use this method and you can eat normal bakery and patisserie, without making the effort to read these lines.

## Tips

Please note that this version is great if you cook it a minute less as protein powders and cocoa are ready and do not need cooking, to be eaten also alone or used as base for cakes with other garnish, not to be rolled or folded. Heating is intended only to create the pancake, not to cook the single ingredients. It will be soft and very tasty. I suggest to keep it soft. For special dessert you can cook it dry, by purpose.

For a dry version that can be rolled up and folded, simply add 1 spoon of oil, make it more fluid, and cook it more without coverage. Protein powders can be replaced with oat flour and chickpeas flour.

For a pancake very proteic version, simply add 1 measure egg white and cook it more, without coverage.

For a cake base, 1) if salty, add 1 full egg to the egg white and sesame seeds, add hynamalaya salt at the end, use coverage, 2) if sweet, 1 more measure egg whites and use coconut milk, use coverage.

Spices and nuts have specific aggregating effect, as they absorb water, create gelly milk, disgregate flours, therefore if you customize the recipe, do not expect the same result. For example cinnamon is aggregating, curcuma also creates gelly, fresh ginger disgregates (better used in slices or in creams than in the glue), cocoa varies significantly according to the trademark. The best cocoa is the organic and more expensive one, the Criollo, from bio and sport networks. Then, Perugia is fine. For all these reasons, when you apply my recipes, you could have different effects.

Tips on flours:

Each flour is different, very different. Flour is technically the refined reduction of seeds to powders, therefore it all goes back to the originary seeds properties.

Using the same quantities I had very different results changing trademarks. The best flours are the row organic ones, obtained with slow mechanic pressure, or the Enhanced ones.

**Oat** flour is a multipurpose flour with reasonable calories, has gluten and is great to release good energy on the run and to increase mass, while delivering high fiber to belly. You can add pure and integral oat flakes to the glue. Oat flour is great for sweets as it needs a few sweetener and a small water addition and a low quantity of oil. Also for this reason it is the first flour chosen by sport nutritionists.

**Rye** flour is fine for weight loss: very digestive, it gives high fiber, with low calories and low carb, therefore keeping fixed the protein element, you can switch between oat and rye according to your goal. It absorbs a lot of water and increases volume deeply hydrating. It is ideal for neutral spicy dough as it needs more sugar or salt than oat, therefore the sweet or salty part will have to be in the garnish. It is very elastic.

**Chickpeas** and Proteins have the same weight, but chickpeas needs a bit of longer cooking and is very compacting, therefore for a light, slim and elastic effect, more proteins is better. Chickpeas has been a recently found full of positive effects and it is also suggested in the nutrition against diabete. I have to agree. It has been a great discovery also for me, as I used to know it only from a salty traditional recipes. I did not find anywhere specific suggestions to this flour. When I tried it in the sweet way and tested it, I was surprised, then I checked the properties and found a good match with my impressions. I strongly recommend it in all versions and for all uses.

In the proportion of 50% chickpeas and Proteins it is good for microwave oven as Chickpeas flour reacts very well to microwaves. It is great also with egg white. Adding 1 spoon of curcuma you can also take the way to oriental taste. Good combinations will be mainly with

honey and nuts, but also with garlic, coriander, mint and rosemary. Cocoa, too, and coconut well match.

The Curcuma-Chickpeas combination is great for skin, therefore you can choose to eat for two weeks the same combination for specific purposes, such as healing skin or increasing mass or deeply hydrate while keeping muscles and watching weight.

**Rice** flour is gluten free, very light and neutral, with no binding effect, fine for weight loss and for any time you are unsure to what you may add to your mix. Rice is a kind of “diplomatic” filling. You can use it to loose weight as it gives carbohydrates for filling effect not to feel hunger, but not for high energy activity. It has a neutral soothing taste, giving result to garnish therefore limiting the quantity of either sugar or salt and reducing the sensation of thirst and the water intake, even if it needs more oil or egg white, than oat and rye, to bind well, or a spicy as curcuma. Then, you can choose four weeks with rice to loose weight while keeping muscles with protein powders.

**Buckwheat** is gluten free with high fiber and great at evening. Easy for digestion, it has a row taste that matches very well with nutmegs, vegetables and smoked flavours. It matches well with egg white and “segale” which is low impact in terms of calories, but always at high fiber. Therefore the combinations is good in the evening with seeds, such as pumpkin and Sunny’s flower, to give good nutrition for the belly and heart system. It absorbs a lot of water, therefore it is hydrating but must be enriched with coriander and Black pfeffer in the glue with only a pinch of salt, to keep hydration and not cause thirst.

**Chestnut** flour is great for gourmet version, giving a special softness to the glue, being very rich and naturally sweet, gluten free. It is not elastic. It is soft and conceived for soft creations. It is full of vitamins and fiber, folic acid included. It matches very well with cocoa, coconut, honeys nuts and autumn/winter flavours and can be used also to create a cream or ice creams or variant in Catalan cream. As far as this method is concerned, it shall not be mixed with big quantities of gelly spices as it is soft itself and needs hard aggregation from gluten, not gelly effect, but you can still give a scent with curcum.

**Corn** is great for gourmet crispy recipes as it is gluten free, taking easily the sweet and salty way, adding a special taste to other flours. Easy to find everywhere, it matches very well with nuts, spices, fish. I inserted only a couple of recipes, but a small spoon could be added to the main one. It absorbs a lot of water but it is not binding and add that “crispy” taste that you may like.

### Tips on nuts and seeds:

Each nut is different and how fine you grate it makes a big difference. Fresh ones, such as coconut, for example grated fresh coconut are more hydrating and, it could seem a paradox, disgregating than almonds or peanuts or hazelnuts, therefore fresh grated coconut is better as garnish and, if you add it into the glue, you have to keep it together within 1/3, add egg white and prefer oat and proteins to keep the glue together.

Some seeds, such as linen and chia, create a lot of gelly, therefore are better used in cold version.

Honey is rich in enzymes and proteins. Each honey has specific properties and different tastes. In this method and for these recipes, chestnut honey is the recommended one.

Maple syrop is very intense and purifying. The flavor is dominating and woody, therefore it is perfect also for virgin cocktails (without alcohol). If you love cocktails or need to offer drinks for social reasons, you can prepare good cocktails without alcohol or with reduced alcohol, as the goal is exchanging glances and make conversation easier. You can avoid isolation, “Thank you, but I do not drink alcohol, have you got any fruit juice or cola or tonic water, instead?”, and still exchange glasses.

Alcohol is never to be considered for functional nutrition, though being a food, as his function is social and psychological, in very small proportions it helps other nutrients to have more effect, as it

is comprised in certain pharmaceuticals. Daily, people do not drink alcohol to eat, nor to get hydration, nor to get healed. Just drink a glass of wine in the morning instead of water and you will answer yourself. In the morning you can drink anything, from milk to Coca Cola and Energy drinks, except alcoholic drinks. Even going to office after an alcoholic night is challenging. Your belly is still there, trying to manage the all thing and your mind is heavy, your sight is limited, silence becomes noise to your ears, bones are tired and muscles are full of fluid. It is not a problem, but this is not enhancement.

Wines and spirits, are an evolution of vegetables (fruits, seeds, roots and herbs) with specific chemical vasodilation effect, acting almost immediately on circulation and brain and eliminated by liver and blood within some hours or months depending on the quantity you usually drink. Carbohydrates, as a matter of fact, particularly penetrating and combining almost with any other nutrients in different ways.

Maple syrup is perfect for cocktails. It basically reminds smoky whisky and vanilla, therefore it can be validly used to create at least: 1) mint Julip, 2) Irish coffee, 3) mojito, 4) espresso martini, 5) Lynchburg lemonade.

At least, half of the quantity of spirit can be used, for those cocktails, if you use maple syrup. Please note that if you follow this method, you will become very sensitive to alcohol as your body gets purified and is enhanced. An enhanced body is more sensitive to anything. Perceptions are amplified in all directions. Basically, 1) if you have an enhanced body with high mass, you can intake and bear more alcohol, but the day after you need to immediately compensate the water retention and your sport performances will start only after you have eliminated all the alcohol and related water, as alcohol requires to drink more water; 2) if you have an enhanced slim body, with low muscles mass, then effect of alcohol

will come before than “normal” people having more weight and fats, and the day after you will have to drenate your body.

Alcohol is a dominating food, changing body balaces, even sleeping, therefore it is not indifferent what you drink and how often.

In this method, alcohol itself is not comprised of not by way of exception for social reasons as it compromises body performances and it is not needed to get excitement, rather to let the mind break hard rational walls and think laterally. I personally experienced spirits in all forms and I also appreciate the taste of many wines and cocktails, but the truth is that alcohol is always immediately impacting. While other foods work slowly in the body, alcohol works both inmediatly and on the long run, therefore it is true that “life is too short to drink bad wines” as someone said, and it is also true “in vino veritas”. Both statements are true. Alcohol consumption is denied or limited in those countries where social control comes through nutrition and senses inhibition, as in the Middle Ages laughing was seen as suspicious. Food makes the difference. Depending on what you eat, your mind and body will make you take certain decisions rather than others.

Enhancement comes through superfoods, spices and strength from proteins.

### **III-2.5/Protein gluten free version**

This combination is ideal when you need to watch weight and your sport activity is normal. If you do not practice sport with high intensity, then you can replace chickpeas with rice and choose “veg” protein powders.

Simply:

**2 measure proteins**

**1 measure chickpeas flour**

**1 oil spoon**

*Plus (if needed)*

1 spoon Honey and

1 spoons spices (cinnamon, anise) and  
1 spoon nuts (hazelnuts) and grated lemon/orange zest.  
1 pinch of himalaya salt for the cooking on the plate  
*Plus (if you like it)*  
1 measure cocoa/coconut

Cooking tips: This crepe with cocoa is to be cooked at high heating for only two minutes without coverage of lower with coverage as cocoa itself is a very aggregating dry flour not needing heating itself. A higher heating without coverage will cook it quicker creating a crispy outside, while the lower and longer heating will create a softer base cake. You can eat it warm in slices as a “pizza” or cold. You can fold it or create biscuits. This kind of base is useful for various uses. It can be further garnished as you may like it. If you wish a softer (and more energetic) result, you can replace rice flour with chestnut flour, as explained above.

If you cook it at lower temperature, use the covering and create a pancake.

### **Special purposes variations to basic bread:**

For gluten free energetic variation, 1) replace oat with buckwheat. This version is good for a deep sleep.

It can increase momentarily your weight as buckwheat absorbs more oil and matches with salty garnish, but it is full of fiber and soothing for belly.

For gluten free protein variation, 1) replace oat with chickpeas or corn, 2) add grated peanuts/almonds.

This variation is good at midday for slow release of energy. It can be fine also in the evening, adding relaxing and detoxing spices in the glue such as 1) nutmeg and genever, or 2) curcum/garlic/“coriandolo”/cumin/himalaya salt and 3) rosemary.

For natural proteic version, add egg white and 1 spoon fresh grated coconut (hydrating and long energy)/almonds and peanuts (proteic)/hazelnuts (good for tissues).

This variant is always fine. Egg white is great in muscles building and fresh coconut gives energy for endurance, while other nuts provide proteins and oils for circulation.

For low carb bread, combine 1) 1 measure of rye, 2) half measure of chickpea, 3) half measure of corn or half measure of rice, then add spices. Please note that with corn you will add more oil and feel more thirsty, increasing the water intake and taking some weight. With rice the taste will remain more neutral and the mix will be lighter.

If you add sesame, only one small spoon as, together with corn, it disgregates and must be compensated with more rye, 1 spoon oil. It is to be cooked slower at 7 heating. This version is very good with vegetables for "green cakes" with 1) spinach and parmesan, 2) zucchini flowers and peanuts, 3) celery and anchoas, 4) coconut and curry, 5) safran, 6) nutmeg, 7) avocado and pfeffer, 8) pistachios and basil, 9) pine nuts and grated lemon zest, 10) ginger, garlic, and peanuts.

The most purifying salty mix, mix 1) 2 measures chickpeas, 2) 1 measure rice, 1 small spoon of curcuma, coconut butter, garlic, coriander, rosemary, black pfeffer, fennel seeds.

The most purifying sweet mix, 1) 1 measure chickpeas, 2) half measure rice, 3) half measure coconut, 4) 1 small spoon curcuma, 5) 1 spoon cinnamon, plus Black pfeffer, coconut oil.

Light hydrating coconut mix, 1) 1 measure rice or chickpeas, 2) half measure corn, 3) one measure egg white/protein vanilla powders, 4) half measure grated coconut in the glue, honey, black pfeffer. Very delicate, can be enriched even with zucchini flowers.

Gourmet chestnut natural: 1) 1 measure chestnut, 2) half measure rice or chickpeas, 3) 2 spoons of honey and 1 pinch of salt, then, eventually, cocoa, finally water. With rice it is lighter and less elastic, but more neutral. With chickpeas the result is more elastic and the taste is stronger. With chickpeas you can add spices, while with rice it would be better to add egg white. You can garnish easily in various ways: with chestnut the result is always very tasty.

Gourmet chestnut protein: 1) 1 measure chestnut, 2) 1 measure vanilla protein from whey (BiotechUSA is great), 3) half measure vanilla proteins from casein (VitaminCompany is great), then add 2 measures water, 1 spoon chestnut honey, 1 small spoon coconut butter. It will be very soft but still very elastic with a crispy side. You can garnish with grated coconut and maple syrup for strong taste or with a delicate honey and pine nuts with mint and pfeffer or with cocoa cream. This is very gourmet and very easy. No need to add egg white, as it would need more sweetener and would become tougher rather than staying soft. If you need, though a higher protein intake and tougher cake, add egg white.

For classic crepes, 1) replace water with milk, 2) add complete egg. This variant needs good fresh milk and good egg. This is not for weight watching. This version increases weight and requires more sweeteners or salt.

### III-3/Special garnish for crepes:

Please, find hereafter a short list of great tastes to garnish your crepes according to your needs for the long run: social dinners or business lunches, nice combinations respecting others traditions and health needs.

All these combinations are balanced and do not represent a simple creation for taste. Some are detoxing, others are increasing proteins. Moreover they all take into consideration seasonal products. As this method is for the long run sustainability and for people having some principles of cooking I expect people to understand differences by simple reading.

### Salty:

1. smoky salmon with nutmeg and gin drops, *(nice at midday or dinner, especially with some delicate flavored Gin such as Hendrick's, where you appreciate the rose, or Gin Mare, where you appreciate the rosemary. Do not choose a low quality spirit, as when you use a few drops to add a special touch, as in perfumes, you need to use the best ones, the most intense ones,*

- the essence, the elixir, this is not the right time for dilution or saving money, better without those few drops.)*
2. fresh tuna with sesame seeds and cucumber slides; (*nice at midday or dinner*)
  3. blue fish with handmade mayonnaise, "ortica", black pfeffer and grated lemon zest; (*nice at midday and dinner*)
  4. "bottarga"/kaviar with pistachios, celery and green apple cream plus black pfeffer; (*nice in summer at any time*)
  5. avocado, pfeffermint, peanuts and lime cream with light rum drops; (*nice in summer at midday and evening*);
  6. avocado and cashew cream with zucchini and shrimps;
  7. bresaola/sweet Parma ham with fresh "origano" and sesame seeds; (*nice at midday*)
  8. Cranes and shrimps with hummus mayonnaise; (*nice as appetizer*)
  9. Curcuma pure powder, black pfeffer, Himalaya salt, "coriandolo", oil drops. Light oriental version as "crackers". You can add deshidrated tomatoes, roasted garlic, subtle roasted zucchini slices or white cauliflower and celery (if creamy, only lightly steamed); (*nice when you need oriental taste*);
  10. Ginger, carrots and potatoes roasted slices with sesame and pumkin seeds, *plus* Parmesan slices to melt down. (This garnish can be turned into a snack);
  11. Slices of cucumber, zucchini, Himalaya salt, black pfeffer, sesame seeds, peanuts.
  12. spinach and parmesan, zucchini flowers and peanuts, celery and anchoas, coconut and curry,, safran and lavender, nutmeg, coriander and coconut, avocado and pfeffer, pistachios and basil, pine nuts and grated lemon zest, ginger, garlic, and peanuts.
  13. Celery, white cauliflower, white melon, green apple, lemon, pfeffer, sesame (this garnish is in small pieces and can be turned into salad);
  14. Buckwheat, Megnut, zucchini flower, anchoas and fish, linen seeds (*always use linen seeds, not flour*).
  15. Chickpea flour *plus* rice/corn flours *plus* curcuma and rosemary/garlic, to be garnished with peanuts or celery and

anchoas cream, for strong oriental taste and cleaning effect. The cleaning effect will take place within 12 hours from consumption and visible effects will be on skin and teeth.

16. Green salad with pfeffermint, hazelnuts and pfeffer/ cocoa and basil/ hazelnuts, pfeffer and mint.

## **Sweet:**

### Winter flavors:

Vanilla and chocolate proteins can be added almost anywhere aside or in the tea or in the coffee and in the glue, therefore you can decide the quantity of proteins and the richness per serving.

1. banana, walnuts and chestnut honey;
2. Peers, grated chocolate, hazelnuts, cinnamon, cocoa powder;
3. Peers, walnuts, Parmesan, chestnut honey;
4. Roasted carrots, almonds, cononut and cashews;
5. Green apple slices, pineapple slices, "pinoli", sesame seeds, honey;
6. Berries, prunes, almonds and linen seeds;
7. Red apple, cloves, "pinoli", lemon slice and grated zest, honey;
8. Honey and cocoa powder cream with "pinoli";
9. "Cachi" cream plus cashews and chestnut in the glue.
10. Maple syrop, Black pfeffer, coriander and mint.

### Middle season (spring and autumn) flavors:

1. Roasted red onions, orange zest, with walnuts, sesame seeds and coconut sugar, and melting Parmesan (to be eaten at dinner, red onion losing bad smell if roasted with sugar);
2. Smashed ginger, kiwi and green apple, sesame seeds and honey; (fresh for morning)
3. Peanuts butter *and* honey *or* cucumber slices *or* coconut slices *or* shrimps and avocado slices *or* roasted ginger and roasted carrots *or* fresh white cauliflower;
4. Fresh smashed banana and strawberries cream or simply smashed strawberries with lemon, linen seeds and coconut sugar; or vanilla protein and smashed banana; or vanilla protein with coconut water or smashed banana alone;
5. Figs and walnuts in the glue not as garnish;

6. Dates and almonds in the glue not as garnish;
7. **Vanilla protein** plus roasted ginger, orange and lemon zest;

#### Summer flavors:

1. **Vanilla proteins** plus White chocolate pieces alone or with anise or with pfeffermint leaves and grated lime or bergamot zest;
2. Pineapple, sesame seeds and cinnamon;
3. Pineapple, grated ginger and honey;
4. White melon, himalaya salt and black pfeffer;
5. **Vanilla proteins**, grated coconut, lime and pfeffermint leaves;
6. **Vanilla proteins**, Smashed mango/peach and bananas with lime;
7. **Vanilla protein powders**, grated lemon and passion fruit.

### III.4/ Smoothies, Creams, Drinks. Break hungers

Smoothies, salads and soups reach the maximum effect of taken alone, allowing their detoxing function to express freely. For this reason, they should be taken generously, as neutraceuticals, between protein meals. Therefore less than 300 ml will not be that useful. They also help hydrating the body, so that drinking too much water becomes not necessary. Drinking 2 liters of water is usually necessary in diets with high intake of meat and pasta. The protein intake with this method does not require to drink so much water.

#### III/Problem solving use of spices and nuts

For skin: rosemary, curcum, cloves, peperoncino.

For liver: ginger, curcum, coriander, genever

For sight: fennel, berries, basil

For brain: Black pfeffer, ginseng, cocoa, safran, cashews, sage

For articulations: curcum, Black pfeffer

For circulation: "peperoncino", ginseng, guarana, maca, mate, ginger, blackberries, grapes seeds, cocoa, dried tomatoes, sesame

For antioxidation and energy: pomegranate, ginger

For disinfection: ginger, garlic, laurus, red onion

For digestion: anise, mint, sage, coriander, basil, petersilie

For belly: linen seeds, coriander, almonds, petersilie

For correct assimilation: cinnamon, coconut, vanilla

For heart protection: walnuts

For breathing and throat: cloves, black pepper, honey, ginger

For teeth: anise, cloves, garlic

For sleeping regulation: nutmeg, safran, mint

Highly detoxing herbs and vegetables: fresh (eaten as salad not cooked) "cicoria" (great with black pepper and mint), rucola and celery plus ginger, garlic, lemon. Eating big quantities in the evening will have good effect during the night. You can enrich the salad with sesame, sunflower and pumpkin seeds and parmesan and with coriander and "origano". The result is bitter, but really healthy. Not to be eaten if your goal is quick mass gaining, as this combination is highly draining. Please, consider that petersilie alone increases the water intake as it covers salt, therefore you should watch when using it, as you could feel the need of adding salt or drinking more water, unless you dress it with lemon.

Consider that the "**gelly effect**" that you experience in the mixing, plays a great role inside your body for elasticity, hydration and deep maintenance. Spices are like oils for car machines. You do not only have motor and fuel, you also need different oils and filters to keep the car performing. All together and alone on the long run, they help in cancer prevention, thanks to daily cleaning, avoiding inflammations and cells madness. It is practical to take capsules when you need them, but you can integrate them in your daily nutrition if you have good quality ones.

Life is long and body is a machine needing maintenance for performance.

### III-4.1/ **Detoxing and antioxidant**

It is important to drink around half liter of smoothies each time to be sure to have positive effect, therefore two big glasses or one big beer glass.

1. Grapefruit/orange/lemon and ginger plus curcuma and black pfeffer (better early morning). In case of flue, add warm water and honey.
2. Pomegranate and grapes (late morning);
3. Green apple, fennel and lemon (early afternoon);
4. Cucumber, green apple, white melon (all the day or after training);
5. Blueberries and cranberries and "prugna" (all day, evening too);
6. Warm tomato juice with red onion and fish, plus vin brûlée/Genever and "coriandolo" seeds (evening only).

### III-4.2/Antinflammation

For the frozen version, add vanilla proteinpowders and ice.

1. Pineapple, carrot, ginger;
2. Pineapple, green apple, celery;
3. White melon, celery, ginger;

*Plus*

1. Integrators with curcumin and black pfeffer,
2. Bromelin (pineapple extract) and arnica (homeopathic pills).

### III-4.3/ High hydration during the day and post training

Mixed smoothies. Post training needs proteins to build muscles. For simple hydration limit to fruity and vitamin/mineral combinations. No vegetables immediately after training, as vegetables do not restore the necessary vitamin and glucose but add unuseful water to muscles. Therefore, better avoiding salad and salty food after training.

1. Pineapple, red apple plus ginger;
2. Mango, peach, ginger, red apple;
3. Peach/mango/pineapple, banana, **vanilla proteins**;
4. Coconut water, grated coconut, **vanilla/chocolate proteins**;
5. Pomegranate, grapes, cranberries;
6. Orange, grapes, red apple.

### III.4.4/Smashed antioxidant creams for garnish

One of the most important aspect is to create these creams as fresh as possible with manual smashing or using ceramic knives, steam for cooking, not burning in any way the nutrients. This method uses nutrients as they are, not deteriorated by cooking methods or conservation. One of the problems in contemporary nutrition is, simply, that we eat “dead” food. Death is something that does not affect only meat, as vegan people say, but also vegetables. Once you kill nutrients, the food is only a dead mass of molecules and water.

1. Basil, “pinoli”, black pfeffer;
2. White steamed cauliflower and almonds;
3. Green steamed cauliflower, fennel seeds, pistachios;
4. Celery, sesame seeds, lemon, salt, white melon, cashews;
5. Spinaches, Black pfeffer, sesame, garlic;
6. “Porro”, “asparagi”, celery, sesame seeds, lime/lemon/“bergamotto”;
7. Sweet pumpkin, sweet potatoes, salty peanuts;

### III-4.5/ Refreshing waters

Water is important, as we are made around 70% of fluid and when most nutritionist tell you to drink 2 liters per day, then water really makes the difference. As general principle, in the morning it is better to start with a still water depurating liver with low fix residual and high minerals. At lunch or dinner, to help digestion, a bicarbonate water is better. It is better to drink far from meals. Then, waters can be addictioned with some fruits, herbs and spices giving taste and refreshing effect. If you start your morning drinking water, you will refine your taste and start appreciating the difference between waters. It may happen you do not have a good water, but only a heavy tap water. In that case, better to boil it and create infusions or adding lemon or adding specific vitamin powders helping the taste and the necessary intake while cleaning the water itself. A good water, is good alone and can validly replace wine, if you are not at a social event where wine has a social purpose.

1. Water and cucumber slice;

2. Water and mint leaves;
3. Water, bicarbonate and Lemon slice;
4. Water with grated lemon zest/ginger and papaya seeds;
5. Coconut water;
6. Almond milk and coconut water;
7. Coconut water and anise seeds.

### III-5/ **Energizing Superfoods**

Please, note that these superfoods are so strong that it is difficult to find them free in commerce. You mainly find them in capsules or you find them under impure form, therefore deponiated. These powders need knowledge and can not be eaten as normal flours, in particular ginseng and guarana. No problem for “polline” and “criollo cocoa”, currently.

Under this method they are assumed regularly, free or in capsules, at any hour of the day, according to activities and needs.

1. Criollo cocoa powder;
2. Maca powder;
3. Ginseng powder;
4. Guarana powder;
5. Mate powder;
6. Ginkgo biloba;
7. Polline di api.

### III-6/**Energy drinks**

Please note that high hydration drinks should be taken alone. Better not eat anything for one hour before and after. These drinks are great in fasting periods and in spring and summer time, preventing from sun and heating effects. They can be natural or enhanced.

- Natural smoothies and juices: as above listed, sweet fruit full of water' in particular exotic fruit such aspineapple, coconut, white melon, pomegranate, water melon, grapes, but also green apple and various berries with a specific antioxidant effect. Lemon,

oranges and grapefruit are not the most hydrating, but the suggested one in the morning to deliver vitamin C and clean internal organs, having antiseptic function. Antiseptic food may stress your body instead of hydrating. Hydrating implies nurture, not cleansing action. As you first wash your face then you put the cream, the same you do with the body. First you clean, then you hydrate and nurture.

- Integrators: you have many on the markets. Some of them are multivitaminic, others have minerals and aminoacids. Simply choose what is best for you. They all are under Ministry control, therefore unless you have overdose, you will not get any harm. Integrators only miss one important thing that fruit have: fiber. They are ready to be assimilated and do not require the body to work hard for digestion. Coca Cola, better if zero, itself is hydrating and available to everybody everywhere. Internationally, Bolero is a good sweetener offering various flavored and can be consumed during all the day.
- Energy drinks: energy drinks are all added with sweeteners, therefore you have to find compromise with nutrition and taste. I have tried many since when I was in my twenties, starting from RedBull, which is great and which I took also when I used to drive motorbike and stay out for the day. While others had a coffee, I had my RedBull with orange juice or water. Very powerful is BigBang preworkout by Scitec. I would need to try more. An energy drink is fine if it works within twenty minutes from assumption and keeps you strong and hydrated for at least one high intense hour of workout. An energy drink is fine if it keeps you awake when it is late at night and drives you safely home, without incurring in sudden fall asleep. A good energy drink must keep you awake and tighten your tissues.

### III-7/ Breakers

Resisting to hunger is more difficult than it seems. You need a strong will or a good motivation to do it, as a hungry body changes metabolism and divert concentration from normal activity. Fasting

should be limited, for example to some hours, or compensated with hydration.

Eating the wrong thing when you feel that something is mourning in your belly is the biggest mistake that many people do. If you feel hungry, unless it is wanted, fasting is not a solution, you need to give something to your body, possibly the right food.

No matter if you are in the office or at home, you can bring with you some fruits, nuts or a protein bar. These intra day small meals will keep you hydrated and energetic, all ensuring concentration.

Having too many coffees at the automatic machine with a cigarette is what ruins the outfit of many people. Bad habits are the most difficult to be left, as they are those little dose of comfort we give ourselves during the day. Bad habits make people normal little by little every day and burn any competitive advantage.

1. Simple crepes and pancakes with protein powders and seeds;
2. Long protein powders milkshakes;
3. Vegetables and nuts, in particular:
  - Almonds and deshidrated kiwi;
  - Almonds and deshidrated papaya;
  - Pineapple and cashews;
  - Figs and nuts;
  - Almond and dates;
  - Almonds and carrots, better if lightly cooked;
  - Peanuts, Coca Cola Zero/American coffee/ green tea, fennel seeds tea;
  - Deshidrated tomatoes, celery and peanuts;

## 4/ Special desserts

Very simple variations, in cooking, change the final result as some notes can change a complete melody or as some mechanical parts can change a car, or as some colours can change a picture or as tissues can change a dress. As in mathematics, it all goes on which

are the elements of the equation that you keep as fixed and which one you consider variables.

As of today, according to all the tests I made, fixed in this method are: 1) AllMax classic chocolate, 2) VitaminCompany micellar vanilla, 3) Other vanilla whey protein as a Scitec, more fluid, or Biotech USA, lighter and gelly. With the AllMax classic chocolate or vanilla you can really prepare great desserts in any form, from crepes to shaken and baked.

With Vanilla micellar by VitaminCompany you create great creams, from the ones for cakes garnish with yoghurt and fruit to the ones for shaken creamy cocktails and smoothies.

With other whey micellar vanilla proteins you can create other cakes, to be eaten alone or with fruits, tea leaves and nuts. 4) A pre and post workout blend such as Scitec Big Bang and BiotechUSA complete the line, for great vitaminic and mineral fresh and fruity smoothies. With 4 products you really do a lot.

As far as the "ProteinParadise" is concerned, protein are the fixed variable as concept, then you can switch the source, according to your needs.

The protein intake in this method is high and the source is wide. Flours, too, are a basic ingredients, then you switch according to needed results. The cooking is mainly with a plate and a covering.

Basically, protein powders could stay alone, with only some oil coconut, if you buy good quality ones such as AllMax, but recipes of this method integrates with other organic flours to keep nutrition rich.

Another fix element is time: all recipes are very quick and express. The focus is on sweets, as the method is designer for sport and as

sweets are often the first food people have to renounce when on diet.

With this method you can eat sweets that are very similar to traditional recipes without compromising body performances.

#### 4.1/**Pudding, mousse, tiramisu and tea biscuits with protein powders**

##### **Tiramisù**

traditional version with chocolate: 1) MicellarVanilla from VitaminCompanh; and 2) AllMax Classic Chocolate are the two proteins to be used for a great tiramisu.

You shall create two levels with bitter cocoa powder and chestnut honey between them. The result is great. You can add a chocolate base. Put in refrigerator for 15 minutes.

**Rice Pudding and Cake**: you need a bit of cooking experience.

Cook rice with vanilla flowers, cinnamon, grated almonds and hazelnut until it absorbs all the water; when cooling down add 1 spoon of honey (chestnut is great), 1 spoon vanilla protein powders/1 egg. Put everything in a shaped container and let it cool down at least 1 hour. It will have the shape of the container and you can serve it as dessert with garnish.

For cake version, create the base separately as a dry crêpes with cinnamon, add a light cream with honey and sesame seeds, put the rice shaped pudding on it, garnish everything as desired.

For fruity pudding, add fresh fruit mousse at the end of cooking and let it absorb.

For cocoa pudding, you do not need rice, simply cook cocoa and almond milk until it boils, then add honey and coconut butter. Let it cool down in a container.

**Fruity Mousse**: no season, no region, you can do it everywhere.

Use fresh fruit such as bananas, apples, pears and make them creamy with manual smashing; add vanilla protein powders. Add grated peanuts or cashews to create a very strong protein and energetic mousse. With other fruits such as strawberries, mangos, apricots, figues, simply

reduce them manually into a cream and do not mix with protein powders but juxtapose them on the cake tasting them.

**Cocoa mousse:** great in winter or any time you need to warm up.

You can create your tasty mousse in two different ways: 1) mixing vanilla protein powders with bitter pure cocoa powder and almond milk plus honey or coconut sugar in case you like it sweeter, 2) mixing bitter pure cocoa powder with honey.

**Lemon mousse, biscuits and cake:** simple and great at any season.

1) create a dense glue for crepes with only vanilla proteins and rice flour, 2) add grated lemon zest, 1 spoon of honey and 3) coconut or sunny flower oil. Cook it as a crepes. Then you can choose whether cut it into small biscuits to be garnished or keep it as a crepes to be folded or rolled up. Best garnish is: first, cream of vanilla protein with grated lemon zest, then roll up and spread white chocolate powder, some drops of fresh lemon juice and some honey. It is great and matches well with any tea and at the end of any meal with vegetables and fish. No spices in this recipe to keep the taste very easy and delicate. Should you prefer a stronger taste, add fresh grated ginger to the cream.

Cinnamon spicy version: if you like cinnamon, use previous recipe, replacing 1) rice flour with oat flour, 2) lemon zest with orange, add a lot of grated cinnamon and a pinch of himalaya pink salt. You can garnish with simple cinnamon and a pinch of coconut sugar, or with vanilla protein and smashed apple, or, with a balsamic vinegar and honey cream.

The cinnamon version is better after meat and first courses, rather than fish and vegetables.

#### **4.2 /For sweet local version of crepes and pancake, add:**

1 measure chestnut flour;

1 spoon grated hazelnuts;

1 spoon grated coconut;

1 spoon honey;

For chocolate version add:

2 measures dark cocoa;

#### **4.1.2/ For protein powders sweet version of crepes add:**

1 measure protein powders from whey, vanilla flavor;

1/2 measure of almond or coconut milk;

#### **4.1.3/For protein powders sweet version of pancake add:**

1 measure protein powders from whey, vanilla flavor;

1 measure egg white;

1 measure grated coconut/hazelnut;

1 spoon honey/maple/agave/apple syrop.

Pancake needs to be cooked a couple of minutes more than crepes, it will be more a base for a cake, than a rolling or folding dough. It can be eaten without garnish, if you add to the glue 1) nuts (such as hazelnuts, walnuts, "pinoli" and peanuts), 2) pieces of fresh fruits (such as pieces of apples, pineapples, peers), 3) pieces of desihdrated fruits (such as berries, dates, figues, papayas), 4) pieces of chocolates.

## **4.2/Cooking tools and related methods**

This method is very quick, therefore it uses mainly 1) one plate with 2) covering and 3) manual muddler, as the one for mojito, and a couple of words must be spent for oven, microwave oven and Pressure pan.

Choose the right cooking tool for your preferred recipe. It all goes on fluidity of the glue, on the flour you choose, on how much egg white you add or not. Despite my recipes, you can find yours. Do not add yeast and keep within the two or three spoons of honey. A few oil or butter needed.

**About microwaves:** when it goes on technology I feel very serious. Technology is impacting and can make the difference. I do not

recommend microwave for the for its physic principle, the waves themselves penetrating and compacting nutrients, in fact microwave oven is not suggested to cook eggs and fluid dough with water, nor vegetables themselves. Protein shall keep their main structure and be destructured inside the body. Food shall not be compacted as nail lacquer or street pavement. Food shall keep nutrients, as much as fresh as possible. It is on body the job to disassemble, starting from chewing and generating digestive fluids. Any nutritionist will confirm you that during digestion your body burns calories. Living itself, even breathing, is a burning calories activity: you need energy even to perform your breath and let your heart pumping blood. For all these simple reasons, right food combinations and cooking can make you loose weight or enhance, by simply fostering your metabolism, in other words, by making you not only burn more calories, but also the right ones, to perform the same actions. Cooking is like sewing or building a house: you need the right tools to transform materia. Materia matters. Bricks matters, glued, oil, matters.

I also wonder that it is used in professional places, as microwaves really alterates the structure of food, violently and quickly. Everything becomes gummy or dry. You can not distinguish easily the originary ingredients, as you can do with other cooking methods.

I made a lot of tests with different flours and the successful ones where under my standards with respect to cooking on the plate.

In addition, a good reason not to use microwave oven is that so many tests were wrong: despite official declarations, my impressions is that those waves compromise food.

Notwithstanding this, as per scientific results, you will not get immediately hurt from using it, therefore it is simply a matter of how "orthodox" you want or need to go with your eating style.

Among all the flours I tried, the strongest and most suitable ones were the AllMax proteins and among natural flours Peacock flour and coconut react better than others to microwaves, but my

researches were not focused on microwave, therefore you could still find your perfect recipe.

Using the **grill** option, however, that is more like a small oven, you can create at least a kind of **Catalan cream** in only fifteen minutes.

Simply, 1) create a dense mousse with good whey vanilla proteins and micellar, 2) add 1/3 egg white, 3) cook it and finish with maple syrup. You can aromatize the proteins before cooking with a pinch of curcum/cinnamon/honey/coconut/anise or a pinch of himalaya salt as per your taste. The egg white will create a nice covering.

You can try a variant with chestnut flour, mixing 1) 1 measure vanilla proteins, 1 measure chestnut and 1/3 egg white.

**About oven:** oven is nice and great for traditional bakery, and too long for this method, that is designed for people having even not space in the kitchen for a big oven. You could use this method in a wood house in the mountains or on a boat with small cooking corner or in the city in a small apartment. A plate and a covering is all you need.

**About pressure pan:** if you do not have a pressure pan, you can simply use water and a covering to cook with steam.

With this method vegetables are eaten fresh or roasted or in smoothie form, therefore cut and mixed up. When steamed, ten minutes in the plate with a bit of water and a covering are enough as vegetables are never to be completely cooked.

**About other cooking tools:** if you love muffins and plum cakes and can not manage oven, you can find in commerce at a great price, cooking plates having the shape with antiadherent stuff designed for muffin. They are simply great. Heating itself cooks. With a good antiadherent stuff, you can reduce the oil you need to cook.

If you give heating on both sides of the glue, you have a great cooking with pumping effect. I had great results trying even with firestone for traditional recipes. You are not obliged to create crepes, you can create biscuits and plumcakes. Time will be a bit

Longer, but if you have it, then keep the combinations and vary quantities as necessary.

In microwave oven:

The recipe is the same as pancake, but 1) without egg white; and 2) with more oil, to obtain a less fluid glue.

Despite of official recipes I found on specialized reviews, the cooking is at the lowest power of waves (luckily enough), altering as less as possible the structure of nutrients. At high waves you will dry and burn the dough losing the properties.

In case of cocoa powder, the cooking is very very quick, lasting around 1 minute una 4x2cm container, in case of vanilla plumcakes with fruit pieces the cooking is around 5 minutes, both at minim power, 500 Watt.

The size of the shaping container is fundamental for the action of the waves (as it is not for traditional oven), therefore you have to make a first test and find the perfect timing according to your containers. Do not follow any official recipes, as I did for my tests, as containers make the difference. The correct final result is still gummy soft. Please note that if the final result is dry, you burned all proteins. I do not have recipes for microwave oven as it is basically not comprised in this method for the explained reasons. If you have the time to use traditional oven, then with the pancake glue you can cook both salty and sweet small appetizers. Simply remember that in oven the glue must be less fluid.

In case of gluten free flours mix (rice, rye, chickpeas, chestnuts) cooking time will be higher and the dough must be hard creamy. As being without gluten, you need to add oil. Better to cook it with the cover, then. Linen flour is not suitable for microwaves. Curcuma is. I tried other flours such as linen, lentils but did not inserted any recipe as this is not a cooking book and I did not have the time to test them. I inserted the most effective ones in my research.

In case of not creamy dough, with not enough oil, you will get an unfolding and disgregating result. Flours are different, therefore the quantity of oil will vary, accordingly. If you accept to use protein powders and egg white, you will limit oils or even avoid oils as the proteic structure keeps the flours together exactly as muscles to with the body. For a 100% Healthy glue, you can replace oils with linen. seeds, and some additional sunnflower and sesame plus maple/honey: it will all stay tight without disgregating obtaining a final soft and dry effect. For elastic effect to be subtle and rolled up, you necessarily need to add oil as lipids attach to carbohydrates, compensating gluten, as they do in the body. What you should avoid is to awkwardly combine proteins with glucose: when the combination of protein and glucose is wrong and not suitable to your daily activity, then you will have storage of fat and slowly start an inflammation process. Sugar usually is to avoid. Honey, agave, maple syrop are the best ones, then raw coconut, raw canes and sweeteners. Unfortunately refined white traditional sugar does not match with an easy weight watching and wellness goals. Should you start tasting sugars as you may have tasted wines, oils, waters, you will realize how much it "attaches" to body parts without the useful melting effect that has, for example honey in case of flue and inflammatory throaght. Sugar is not toxic, but it is not comprised in this method as it weakens the body instead of enhancing it.

Body is daily exposed to pollution and emotional or physical stress. Nutrition should not add stress to stress, but offer high quality energy to face daily challenges.

In the plate: the recipe is the same of basic pancake, adding at least one measure of egg white depending. The cooking must be at the very beginning high, then lower as the glue is thick and deep and the surface shall not burn.

### 4.3/Frozen and ice cream;

Basic version, Simply create a **strong mousse with protein powders vanilla flavour** and grated hazelnuts or peanuts, then put in the shaper for cookies and in freezer for only 15 minutes (quantities according to your recipient); when out you can add some maple syrup or other fruity cream to make it taste greatly. You can put it on a cake base. If you mix 1) vanilla proteins by Biotech (AllMax and Scitec are fine, too) with 2) vanilla proteins by VitaminCompany the result is great, as the density of the two is right for ice cream.

For cocoa version, add 1 measure cocoa powder and 1/2 measure of almond milk or add cocoa pieces.

For winter tastes, Chestnut flour can be added if you want to add walnuts for winter flavours such as figue.

For frozen milkshake, for one person use 2 measures of protein powders, 1 measure grated hazelnut/ coconut, 2 measure almond milk (200 ml), 1 spoon of honey or maple syrup, add ice cubes and shake energetically or add almond milk and put in the freezer if you do not have ice. When out, add and mix with the fruit cream you like, from bananas to passion fruit or strawberries.

Yoghurt variation: you can add 1/3 of a good full fat yoghurt or creamy yoghurt, such as Muller, before putting the cream in the freezer, in order to keep it soft. With a yoghurt and protein tough cream, you can create a summer dessert, simply spreading the cream on the crepes base.

Fruit in pieces or simple grated nuts and honey/maple syrup always finish giving a sweet sensation without impacting too heavily on metabolism. Do not let the cream become too icy. Twenty minutes should be enough.

Great combination is with Black pepper, mint, honey and peanuts.

### 4.4/Warm cake with ice cream heart:

Tasty and easy by requires ability.

1. use protein powders to create separately pancake; and 2) ice cream in biscuit shapers, then assemble them together manually

in some minutes: delicious contrast between warm outside and cold inside. Attention: do not let the proteins get too icy. Leave them in the freezer around twenty minutes so that you can have them fresh creamy, instead of iced. It is also aesthetically nice for a social dinner.

2. You can further garnish with protein vanilla cream or fruits and nuts or warm liquors, such as “nocino” (walnut liqueur or batida) after having burned alcohol. It is possible if you leave the pancake very soft, not dry or crispy, so that you can still manipulate it and fold it around the frozen ice cream. The Chinese call it “fried ice cream”, but the building method is different. This dessert is really great. It reminds “profiteroles” and can not but be appreciated by dessert lovers. You can realize it also with design, with a more subtle dough.

#### 4.5/ Milky Tea and Coffees

Everybody has right to “it’s best” cup of tea or coffee, to “its pleasure” and both can be delicately enhanced by sweet vanilla proteins and other flavors such as cocoa, hazelnut, pfeffermint, coconut.

Maybe it is more difficult to find a good tea than a good coffee, but if you find it, you can choose to have it traditionally or with milk, in the English way, replacing milk with proteins.

If you find a real good coffee, you can taste it also as a cup of tea, therefore the American way, but prepared in a good Steel moka, where the steam raises slowly.

A good tea is like a good whisky. You drink it slowly tasting any fumée or other scented flavour. It is for meditation, company and soothing moments of the day and inhibits hunger, therefore it is great in those days when you have to rest and help with fasting. You can use tea leaves, after infusion, to prepare delicate protein crepes or pancake to be eaten with the tea as good tea leaves have really a great taste and will be a great company to tea. Better preparing the crepes to be eaten

as it is, only with some honey, using delicate vanilla flavoured proteins, cinnamon and Himalaya salt, a neutral gluten free flour such as rice and fiber strong one such as buckwheat.

A good coffee is to wake up and give you a push into your todo list of activities. It wakens the metabolism fast and prepares your belly to eat the necessary food for the day.

While coffee quality can be confused in the cappuccino strong sweet creamy taste, the quality of tea is essential. If you do not have a good tea, no way, you can not appreciate and benefit from tea.

In both cases, thanks to proteins, you will overcome intolerance to lactose, if you have any, choosing the Biotech without lactose or the vegan from soy, rice, lentils and peas, vanilla scented. Biotech proteins without lactose with low sweetener are better for tea, while proteins from whey with high sweeteners and cocoa are better with coffee for cappuccino, obtaining a nice creamy effect.

**Milky Tea:** important to prepare a good antioxidant and flavored tea such as Taylors, then add a very light vanilla protein cream three minutes after the tea has cooled down, as protein powders do not need to be cooked. The result is very comfortable to the taste remains very strong.

**Capuccino:** create a cream with vanilla or chocolate proteins (1 or 2 spoons according to taste), then let the coffee melt in it gradually or add the protein cream letting it sink;

**Coffee sunk Ice cream:** put the protein powders, a mix of VitaminCompany and AllMax will be fine, into a container for biscuits and in the freezer for no more than half an hour, then put it in the coffee cup.

**Energy cappuccino:** put the content of two ginseng invigorating capsules into 1 big spoon protein powders, create the cream and let coffee in. Ginseng is very bitter, more than maca and guarana. The energizing mix will keep the taste bitter and the result less creamy than

simple cappuccino with protein. If you are in a hurry, this is the strongest and fastest way to wake up after a glass of water. Within ten minutes you will start to feel the energy. Do not take it if you are not going to train or go out, as it really has thermogenic effects on the body. Great for running or swimming in the early morning. Great for men.

**Energy detoxing infusion:** if you have the main need to detox but also to get immediate energy for intellectual purposes, not for training activity, and you have ten-fifteen minutes, and you have all the ingredients, and you are great at manual job, and you do not feel like having coffee for any reason, you can 1) grate fresh ginger, 2) add three capsules of ginseng, 3) add 1 small spoon curcum and black pfeffer together, 4) add 1 big spoon honey and 1 lemon juice, 5) add sesame and linen seeds, smash altogether and add very warm water/tea. Great for everyone, special for women and belly.

**Irish coffee with smoked tea dessert:** incredible but true, a good bourbon vanilla flavored such as Wild Turkey matches vere well with Wooden smoky tea such as Taylors. The wooden Smokey background is really nice and exhalts the soft vanilla taste.

Basically, "the ways to sweet" are three: 1) cocoa, 2) vanilla, 3) fruits. These are the three directions you find when you want to go sweet. Matching the three of them is very difficult. Matching two is easier. This is one of those ways. Usually chocolate takes the way with milk, vanilla takes the way with eggs, fruit can stay alone and take the lemon-sugar way. So, let the wooden smoky background make you taste two nice coffees.

If you prepare the biscuits or the crepes with whey vanilla proteins and add vanilla cream melted with tea leaves and some bourbon drops on the dough, that delicate smoky taste will match well with a cappuccino with vanilla protein cream and bourbon itself. You do not need a lot: 10 ml (=1 spoon) are enough to give that special background flavour for evening conversation. It all goes on nuances. 1) first put a small spoon of chestnut honey with 10 ml of bourbon in the cup, then 2) prepare aside the micellar vanilla proteins with the smoky tea, 3) let the warm coffee come out into the cup and 4) add the Smokey tea

cream. Simple but very tasty. Replacing whisky with vodka and using a martini glass, you will have a nice variation of martini coffee.

For the coconut version, use coconut sugar in place of honey and coconut milk with the micellar vanilla proteins from VitamiCompany.

For the chocolate version, very similar to Alexander cocktail, use chocolate classic proteins from AllMax, having a great balance between cocoa and sweeteners.

**Cocolada:** if you love coconut and mint, you will surely appreciate this combination.

Prepare a basic crepe with 1) 2 measures vanilla whey proteins/egg white, 2) 1 measure chickpeas (proteic and steady, gluten free)/oat (high fiber and energy, steady with gluten) flour, 3) sweet coconut milk/sweet almond milk/water plus 1 spoon of coco butter and 1 spoon honey 4) grated coconut and mint leaves, then garnish with grated coconut and peanuts plus honey.

This version is very versatile, can be eaten alone or easily and tasty garnished with:

1. Cream obtained with VitaminCompany micellar proteins melted with coconut, white chocolate and honey;
2. Spreading pure cocoa powder and honey;
3. Spreading fresh mint leaves and VitaminCompany Cream;
4. Grated peanuts and honey;
5. Grated hazelnuts, honey and mint/chocolate cubes;
6. Grated lemon zest, ginger and honey.

Please note, that If you add 1 small spoon of curcuma, necessarily Ceci must decrease proportionally, as curcuma is very binding. With curcuma you still keep the sweet taste, but you will take the oriental taste way, therefore good combinations will be mainly with honey and nuts.

## 5/ Quick recipes inspired to tradional cuisine

Certain traditional recipes with a very small change in the manufacturing can be validly used to support your style in the long period, offering a choice of socialization or simply keeping your body challenged with necessary diversification.

As a general rule, salty natural recipes gluten free flours are better in the evening, to clean, sooth and relax body, absorbing eventual excessive airs due to fermentation, even if very low, of sugars during the day and relaxing brain. Sweet recipes are better immediately before sport in the morning or in the afternoon or each time you need to nurture your senses and feel charged. Before sleep even protein can be fine, if you practiced sport in the evening or if need to practice immediately when you get up in the morning, with no time to seriously eat and digest.

Among these:

- Hand made mayonnaise with vegetable cubes, carrots, peas, celery, tuna/sardina (so called Russian salad, any season, good as appetizer);
- Hand made egg pasta with buckwheat in place of grain, Parmesan, nutmeg, then snake shaped and cooked in vegetable soup (so called Passatelli and great in winter ); with this kind of dough you can prepare small balls filled with fish or meet and you can cook it also with oil or in oven;
- Vegetable double cake with egg in the dough spinaches, herbs and Parmesan (so called Erbazzone, great as appetizer);
- Tomato soup with fish, onions carrots and basil (so called "gaspacho" with fish, great at any season);
- Hand made egg pasta with "segale" or buckwheat in place of grain, filled with fish and vegetables (so called "tortelli" or "ravioli");
- Guacamole with deshidrated tomatoes.

## 6/Passovers and Cocktails

Please note that this nutrition method Will purify your body from exceeding toxins and fats, enhancing metabolism, so that it will become much more sensitive to alcohol and pharmaceuticals. In case you assume, reduce or expect to have new reactions.

## 6.1/ Warm Passover

1. **Elisir ginger and lemon:** on the fire lemon juice, “acacia/eucalyptus” honey, grated ginger, papaya seeds, grated lemon zest, *plus* genever seeds and gin or vodka, according to taste, one more bitter the other sweeter.
2. **Vin Brûlée:** a good merlot/Cabernet Sauvignon, plus lemon zest, orange zest, cloves, Cointreau. Burn the alcohol. Add honey.
3. **Walnuts liqueur brûlée:** make the brûlée adding cloves, and genever seeds.
4. **Anise coffee:** prepare the smashed anise seeds, add a couple of salty peanuts and a couple of coffee beans, use warm coffee and leave 5 minutes to infuse. No sugar needed as anise seeds are sweet.
5. **Genever coffee:** same procedure of anise coffee, replacing anise with geneve seeds and one small spoon of gin to let the seeds better release their property. This one being more bitter and “drenante”, while the anise One being more digestive and for “mouth taste” (alito).

## 6.2/Cold Passover

1. **Ginger and lemon:** smash fresh ginger and lemon, add black pfeffer and genever seeds, leave ten minutes in gin to let the nutrients come out, shake with ice, add sugar and salt on the glass as garnish, so that you can choose if have it or not. This Passover is fine after fruity sweet and fish.
2. **Cold coffee with anise and proteins:** leave anise 10 minutes in a spoon of gin to let it have effect, prepare a short cream

with vanilla proteins, then shake everything with ice and coffee. The result is good against thirst and leaves mouth cleaned. Not too bitter, not too sweet. Do not exceed with gin, 10 ml /1/3 oz for one coffee gives a already a light perception of drink and exhales anise. The more you will add Gin you will cover anise and contrast with vanilla proteins. This is not a cocktail, but a digestive Passover and matches well after legumes and salty cereals “rustico” recipes.

3. **Mint leaves and vanilla proteins:** nice shaken with ice after chocolate desserts. Refreshing and cleansing from desire of additional chocolate. It closes with necessary sweet without unuseful fats. You can replace vanilla proteins with a good almond milk at your convenience.

## 6.3/Cocktails

With maple syrup you can create good virgin cocktails as what mainly many people really look for when drinking is not alcohol itself, nor effects of alcohol on their body, but that fair, light sensations given by many things except alcohol: bubbles, sparkling, cleaning, acid, freshness and, last but not list, smiling together. Cocktails are like “magic potions” created with art for the pleasure of spare time, poured into nice glasses, in places where people go to get relaxed.

You do not drink spirits after a marathon to get hydration. The needs of alcohol comes not from body, but from mind.

You do not drink wine to get your vasodilation for healthy reasons, you drink it because 1) you like the taste. 2) you like the perfume, 3) you like the history, 4) you like the kind of balanced sweetness and acidity they have (our body goes on Ying and Yang, acid and basic), as you may like other foods, 5) you like the situation you create while taking with others, exchanging glancing, tasting, taking time, observing how nice a cocktail has been created in

terms of design, 6) you like the show around alcohol, finally, 7) you drink alcohol because your mind needs a help to get released, the soft anesthetic effect of wines and spirits, enhancing sense perceptions usually strict controlled by mind. Not too strange, as there are people taking big quantities of herbs and Prescribed pharmaceuticals to get relaxed and have a deep sleep.

People who really need alcohol for psychological reasons usually drink low quality drinks alone or drink it regularly in place of water or to make normal conversations easygoing, as without alcohol they could not sit face to face with others. This makes the difference. Then, alcohol is to be limited and controlled as gluten and yeast, as its effects are immediate, within half an hour alcohol gets to blood and brain. As a matter of fact, if you need to weaken your body to open to others, it will expose people to understatement, as both parties know they needed some “fog” in their mind to accept each others. If it is wanted, it might be fine, if it is an habit, it is not.

Yeast, gluten and alcohol are all part of the same family of nutrients easily generating fermentation, heavy for liver and unwanted effects on performances.

## Thoughts on Sports

*If it doesn't challenge you, it won't change you*

No doubt that sport is life. Practising activity have direct impact on your body and on your life. According to what and how you practice, your life can significantly change in various ways. There are countries where women can not practice sports and have to keep fit differently, for example with intense yoga practice.

I practiced many sports in my life with results adapting to the places where I lived. I currently practice Enhanced Yoga, a style of yoga enhanced by the lifting of weights, with the aim to strengthen and sculpt my body, gaining elasticity from yoga and with the concept of continuous flow of movements. I also warm up with an aerobic part with bike or running. I practice mainly indoor, but also in open air.

According to my experience, basic principles are simple, it is the application in time and competition that makes sport difficult.

Therefore first of all, to find the right activity or correct the one you are practising, you should stop a while to answer a few "simple" questions:

1. **What is the main goal you want to reach through physical activity? Which are the limits you want to challenge, if you have any?**
2. **What exactly would you like to do with your body?**
3. **How much time do you have for your body every day?**
4. **To which activities can you renounce to give space to your body?**

Answering to these simple questions will give you direction. No matter the answers, if the activity you have taken does not challenge you, it will not change your body and your mind, therefore you'd better experience a different one. Personally, I felt I wanted to sculpt my body, keeping endurance and enhancing elasticity.

## Basic principles

*"When it burns, make some more"*

As a general principle, everybody needs aerobic to activate metabolism and make heart pump and test the breathing and circulation. Then, each activity has a technical side. Some activities are individual, others are in team while others are individual but with comparison to others. Which one is for you? Do you use sport to socialize? Do you need to express your abilities inside a team or are your challenges limited to yourself? As being a solitary individual person, I always practiced

individual sports and finally came to this fusion of yoga and body building, two opposite activities that have in common to work specifically on the body with slow movements, needing deep concentration and being high intense.

*“You never know your real limits, until you break”*

The challenging aspect about body and sport is that you have genetics and science, but then you have to live your body. It is only between you and him. Your Mind and your Body. You might have experts explain and testing theories on you, but, at the very end, you are never sure hundred per cent what happens inside, therefore it is on you and him. After you have taken the prescribed dose, then, on the ring, it is between you two.

In general, through repetitions and muscle isolation you build mass, while through flows you build elasticity. The combination of both is to me the great challenge. Which is your challenge?

Aerobic activity is fine for everyone: enhancing heart and circulation keeps people healthy and performing. Breathing helps detoxing and increases performances, in particular anaerobic activity where your body needs to be trained to manage a limited intake of oxygen and nutrients. Anaerobic is not for everybody, as it trains the body to effort and limits and working under low oxygen needs an enhanced body. Results are very different. Body sculpting does not come from aerobic sports, as the activity is not focused on body itself but on sport, on matches, on plays, on goals, points, timing. To have a sculpted body you need a specific body sculpting activity. No matter the sport you practice, you need to integrate, otherwise your body, at its maximum expression, will have the features required from the sport itself. The great difference between body building and yoga (no Kundalini, only hatha and ashtanga), which are very similar under this aspect, and sports, is that for these two activities body is the focus, while in sports body is the tool you have to participate to an individual or team play and competition.

Therefore, you first have to clarify what you want to do with your body, then you can set your goals.

## **A matter of age**

Age is very important. Any principle must be applied to a specific body with a specific age. Mind, too, is conditioned by the age factor, therefore it may happen you are convinced you can not do something, until you do it.

According to my long experience in sports, as in nutrition, female bodies have no problems until around 32 years old. No problem means that the recovery time from excess is very fast. You do not need two nights to recover from 48 hours without sleeping. You do not need three days to recover from one day when you have eaten too much. You do not need to watch weight as you have to do when you are forty or fifty. After 35 years old, consistency is winning. Many women start their new life after “the turning point of the forties”. Your body clearly shows the passing of age not only through skin, but through hair. Yes, hair changes. It is not only a matter of white colour, it is a matter of epilation, too. The great news is that with this method, you take care of your hair, nails and teeth, while enhancing muscles. Better circulation and hydration for sport has great results on periods and on fashion aspects of body, then you can manage your beauty in a more effective and successful way.

A two or three days weekly workout is a good starting point, a daily practice would be great. No matter if you run or swim or attend fitness lessons or crossfit or spinning or Pilates and yoga. It is all fine on the long run and if it is the right activity for you, that means that part of the day you dedicate to yourself, finding your “unity”: your mind and body should find in that lapse of time the relaxation or stimulation needed to balance the all day. It is not only a matter of calories, but also of relations. Once you feel you have spent time for yourself, you will feel ready to face others more comfortably than you would not do jumping down from the bed in a hurry and rushing to the beginning of your day

and keeping all the day rushing everything, without really focusing on the essentials or on the turning points.

### **Not only sports**

Body does not only need activity but also stimulation and soothing. Resorts for body have great effect. One day or one weekend in a resort can really reset and recharge your body. These magical places called "resort" make you change time dimension and give you the change to experience sensations you would not know otherwise. Natural healing is usually long, but in these cases it is concentrated. Some great waters, massage and full immersion in relaxing places, where you are obliged to keep calm, breath, relax, and feel your naked nature, alternating cold and warm, perfumes and silences. Yes, silences. There are various kind of silence. Silence from city noise, silence from voices, silence from technologies, silence from our thoughts. Many people can not go to these places alone. They need to be in group or in couple. There you understand how many people can not even relax alone.

### **Performing or body sculpting? Socializing or finding your Ideal body form?**

*"Through repetitions comes the magic"* Nico Luce

Whatever your goal - elasticity, strength or endurance - repeating the training is the key. Then, choosing the right flows, circuit sequence or exercise set, is what matters. Your body improves gradually doing the same exercises.

Changing the number of repetitions of the same sequence or the weight lifted is the key. Time is limited and varying numbers within the same sequence is the improving factor. For example, using weight to ankles, changing the loaded weight changes the geometry of the body and the intensity of the training.

If your goal is to be sculpted, then it becomes really challenging. Sculpting the body is more than having an athletic body. You can be athletics without being really sculpted, as what matters in athletics is

performance results, not body shape. Sports are focused on performances and develop the body you need for that performance, they are not focused on your body itself but on plays and competitions such as “running 10 km”. No matter your body shape, if you run your ten km, you will fine.

Body sculpting is very challenging because you face each part of your body alone and together with the other ones.

Trying to sculpt my body I never stopped to practice sports for many good reasons, first of all because I believe in integration and variety, then because sports enhance agility, breathing, heart, sight and senses.

The most challenging part of my sculpting is keeping impact energy and elasticity with low fat. When you reduce fat under 8 per cent metabolism changes significantly, becoming very sensitive to anything. Nutrition must be changed accordingly. The point is that body can be sculpted in two ways: 1) increasing mass, 2) drying everything. The first way is easier: giving a shape adding weight is like building a statue adding material. The second way is more difficult as when you are thin, you do not have materia to sculpt. AB usually show the difference: people with sculpted AB usually have an underlying base of muscles. Having sculpted AB with a very slim belly is the challenge. The balance between carbohydrates and proteins is very delicate. The water intake becomes a critical issue. You start checking your weight more times a day to verify how what food and activity impacted on your weight. Repetitions may become annoying training must be updated almost daily. Sometimes your body is tired, sometime it explodes of energy. Sometimes it needs fresh air, sometimes focus and isolation. When it goes on sculpting, the job is very difficult and every day you bet to what will happen to your body, because your body has its own self regulating system. You have to listen to your body.

I love sculpting my body, because it makes me feel “alive and kicking”. When I look my body, I do not feel the weight of age, any suffering disappear. I developed a training method that gives me a lot of freedom, as I can train almos anywhere. As my mood is somehow variable, thanks to this method I am free to choose where and when

doing my training, without running to a crowded lesson with no space or finding a wellness center closed when I mostly need it.

The great news is that changing your body, really changes your life. Changing your metabolism not only changes your views and approaches, but also your daily little movements. You start sleeping in a different position, and doing any daily activity in a different way. You understand how limited you have been until that moment and you ask yourself how much you can still improve.

## Focus on EnhancedYoga

*“No muscle works in isolation”* Yoga Anatomy

“EnhancedYoga” is a training style arising from researches to HomeFit, combining some Yoga Flows with repetitions and weight to ankles and wrists, designed to enhance muscles, heart and flexibility. The body never stops moving from beginning to end of the functional flow, alternating isometric positions of endurance and repetitions, made challenging by weights. Basic movements are simple, as simple is kicking a ball or lifting a weight. What makes the difference is the flow itself, the number of repetitions, the seconds of endurance, and, the weight you apply to your arms and legs. Each position can be made at different level of perfection as it happens in any sport where a champion does it better. This training style leads gradually and harmfully to body sculpting, as you understand when it is time to put more weight.

Notwithstanding the theories of muscles isolation of fitness equipments and body building, muscles can not work in isolation. You can not completely isolate, you can only “mainly” isolate. Any movement you do even with one leg or one arm involves back and/or AB as a lifting base. I realized this personally and throughout friends experiencing

backbends and muscles hurts, even when working in isolation. It was evident there were, at least, “reflexes”.

This training style isolates muscles inside isometric flows, therefore while sculpting body, has also healing effects on one side and enhancing on the other, as it corrects bad postures and stimulates even internal organs, inducing inner passive and active massage.

This training method consider extensors and flexors together without isolating single muscles, but isolating body parts, mainly working on axis and isometrics. It has in common with body building the slow movements for balance and strength effort required by weight lifting. It supports for strength sport preparation or helps for stretching after hard trainings.

It can be practiced almost anywhere and intensity can vary upon life moments. It needs specific nutrition. Back is hardly trained in the lumbar and spinal areas, chest is put under pressure and breathing becomes deep.

Blood is pumped upside down more times in a short time, therefore this training method can be defined, definitely, a high intense flexibility flow. Combined with regular aerobic activity it seriously enhances body.

## Thoughts on Fashion

*“Fashion is about how your mind introduces your body to the world”.*

Ipse dixit

Fashion is at the base of seduction and no viagra or food will ever make you fall in love or generate sexual attraction. A glance, a smile, or any relevant detail can be the “quid” the starting point of a

relationship or the opening of a crisis. Managing love is also a matter of crisis management as love is a feeling for the long run.

Seduction changes his codes. Seducing in office is very different from seducing in a gym, in a park, in a cocktail bar, on a train or in any place where people meet. Communication is at the base of seduction and fashion is the first tool of contact. If you do not pass the first test for your outfit, you will not easily have access to second step. It is not discrimination, it is affinity and sympathy. Let's say the if you are not appealing, the important thing is not to be repelling. When you are neutral, you can get nearer and take time. Emotional intelligence and neurolinguistic techniques do not work outside in the Wild, where people are not subject to the same rules. Outside a ruling environment such as an office, it goes more on "basic instincts", therefore your real You will determine the match. Fashion codes changes. If you do not have dress restrictions and time to observe others, then shocking might be a strategy. If you are in a park, doing your gym, and meet somebody interesting, you do not have a lot of time and chances. In a gym, you might have more chances to see someone more than once. On the working place, you are obliged by the firm to sit next to people and chances are there, every day. Fashion is leading in all cases. You first approach someone physically. Falling in love by email exchange has something Fashion, too, as, maybe, having a certain writing style created in your mind expectations on the outfit, and here we go back to fashion. Even people who declare to love "natural style" they are choosing a specific fashion kind, someone buying bio and organic creams and products, rather than others. "Fashion is about how your mind introduces your body to the world".

*"Beauty will save the world"* Fedor Dostoevsky

Have you ever found pleasure in experiencing anything "ugly" or "not accurate" or "ruined" or "not functioning"? Unless your mission is recovery, archeology, rescuing, healing, I guess the answer is "no. Therefore, yes, beauty can save the world, because beauty is a gift you have been given when you were born, but you have to work to keep it all along your life and this requires choices and consistency.

Consistency requires motivation and inspiration, endurance, strength and also flexibility.

### **Beauty is a value.**

I could tell stories of many people keeping their beauty notwithstanding material sufferings. If you struggle for beauty, you love yourself. Beauty is more than being healthy and taking care of main physical aspects, it is the aim to look good during time, despite age and troubles, finding new solutions to changes due to time and give up culture. When people say, I wish I will be as you are at your age, you got it: you overcome your limits and your beauty shines out as a value.

**Beauty is a very practical aspect of life**, that gives immediate pleasure when you feel your body shape or mirror yourself anywhere, feeling comfortable, but beauty requires training and this mixture of abilities can make people commit to their best instead of wasting time otherwise. Beauty gives you freedom, too.

I remember that each time I had an argue with a woman or a man I was listened and my words were meaningful. Why? It was not for my *cum laude* graduation, it was not for my communication abilities, it was simply because I was healthy and beautiful, therefore it was evident my words were honest and free from any “envy” or “understatements” concern: my words were taken as they were, with their primary intention and meaning. If I had been not healthy, people could have defend simply arguing that my words were not inspired by a balanced person. As far as communication with people is concerned, manners and intentions are more powerful than content itself. Unless you are writing a legal document, a financial analysis, any kind of legally binding script, the real power of wording is in their contest. In this framework, beauty and style become the leading factor. I would not rely on the words of someone who can not manage his own body, as mind is hosted by body and is chemically influenced by his status of health and harmony. Aggressiveness, for instance, is only the wrong transformation of energy. If you practice the right sport or have the right

cultural activities, you express that energy in the right direction instead that on the wrong person.

### **Self control itself is an ability.**

Being good or bad to everybody is not a solution, learning to change behavior and communication according to situations is an ability and fashion and beauty are functional to this goal. Body is the carrier. Body is the example.

### **Body stays there,**

facing judgement of people and any public situations in silence when mind is anywhere. Body and beauty do not need words, words can enhance and better explain body. For this reason we use the expression: "Body of Evidence". Misunderstandings are only "in the eye of the beholder". If people have no analytical ability, they simply should limit to appreciate or not, without interpreting. Body stands there to be publicly appreciated, not interpreted.

### **Body does not need interpretation, it is the soul, who needs understanding.**

For all these reasons, Fashion becomes a leading choice, as it will be the first tool to express yours ideas, it will come before words, your eyes, your face, your style will introduce your words, your intentions, your feelings. No matter if you are in a gym, in supermarket, in an office, in a court: your style will be your business and identity card. Taking care of beauty may seem easy, but is not. Choices take over your present and will shape your future.

You may have money restrictions, you may face lack of opportunities, you may face many uncomfortable obstacles to take care of yourself as you would wish. For this reason, the first ways to beauty are three: knowledge, nutrition and sports. The more you know and keep on informing, the more you will keep your standards high and correct what needs to be improved or be able to find the right direction wasting less time than you would do without studying. There are a lot of products and for commercial reasons, they all are promoted as to be the best ones, but they are not. You have to test them all or learn to

understand which one could be the best to you from a limited quantity of information. You can.

### **Fashion comes from daily training and commitment.**

Each day you have the chance to test your look, your new make up in order to be ready to choose when you will have a short time or limited Financing. You can not wait for a marriage to have a good dress in your wardrobe, you must have it, ready to be used. You can not wait the first business meeting to have a good business dress, you must have it ready. Fashion is not only about creativity and expressing yourself, Fashion is also the result of training to social relations. If you want to live special experiences, you need to prepare to take them when they are in front of you. You can not lose them because you do not have the dress or because your shape is not the right one. You do not need to have everything, you need to have a good piece for any situation you wish to live.

They call it: “must have”. Defining your style and working on your body will lead you to understand your points of strength and weakness, therefore to define your best list of must have and manage your budget accordingly.

As a coach, I can tell you a list of check to enhance your awareness:

1. **know your numbers:** take measures of your body, not only size, height and wrist, you have to understand proportions, therefore how many muscles, bones, water, your neck, shoulders, legs, in order to buy the good shirt for the neck, for the shoulder. You may have the same weight of another person, but a completely different shape for muscles and bones, for a short or long neck, for squared or triangle shoulders, for slim or strong legs. The size is not enough. Sometimes one centimeter can really make the difference.
2. **About your shape and outfit:** have a good relationship with the mirror, observe your lines and the way you move and find which tissues, colours and shapes suit you most. If your look is in

harmony with your body, you can face also unsuspected situations;

3. **About social rules and dress code:** ask for and respect dress codes, do not pretend to enter anywhere with t-shirts and sneakers, as emotions raise from fashion itself and senses: dress codes create atmosphere as music and taste, do not be the “only note” out of the concert, be one note in the melody;
4. **About dress style:** if your budget is limited, you have to choose the most important factor of seduction and decide how to allocate your money. If you have a good shape, you can give less to dresses and invest more in accessories. If your shape is not ideal, then any accessory will compensate or divert attention as needed from the dress. **Classic style** usually is generous to both men and women. Thanks to jackets and shapes, classic style can easily enhance and hide imperfections. On the contrary, when you choose design and trend, your body will be more exposed to sharp lines and judgments. Design can be elevator but it can also put you on the limelight when you are not ready to face it. For this reason Fashion needs training. For both, men and women, face, hands and feet are not secondary details with respect to shoulders, belly and basic body structure and mass. The style you give to them speaks of your nuances beyond the basics, it anticipates the way you will treat others, it tells about the way you spend your time. Many people have nice clean hands, despite heavy jobs, it means they are accurate.
5. **A good skin, a good smile, a good smell, good hair are also basic.** Smoking smell can be not appreciated. Shaving is central for men as hair for women. Colours are strategic for both. Colours combinations change all the appearance. Strong colours such as red, electric blue and acid colours create immediate impact. On one side they are easy, on the other side they need personality. If you have weakness you can choose two opposed strategies: Classic to rest comfortable and deal gradually with people, or strong design to divert attention and express yourself through a couple of messages. If someone knows you, define your style. I

personally love pearls, bracelets, red or French nails, high heels or sneakers and boots, shorts, scarves, back, curly free hair, no eyeliner. I also love my back and laces. I love my ankles. My style is made of “light points” and laces on basic silhouette and shapes. I rarely wear prints and hard design as my body is athletic and is sculpted itself. If you are very slim, hard shapes are better, if you are overweight you have to choose the right shapes, compensating your abundances.

6. **Walking style also matters. Eating style also matters. Shaking hands also matters. The distance you keep from people when speaking with them also matters.** You can say hard words, but if you are physically far, those words will not be so hard, as you are showing respect keeping distance. Anything you say from distance could generate embarrassment, though, as other people may be listening and become uninvited guests to the conversations. On the contrary, if you get too close to whisper simple words, you may cause uncomfortable and defense situations as you entered in that particular personal area where you become intimate with smell, details, even body temperature. Contact is always a personal issue and always generates emotions. Fashion is about style and style is also about communication rules and choices. I personally have a high voice volume. People around me can hear my conversations in public places without coming too near. This is my style. When I am in public I like people to hear and be put in the position to comment or answer without problems. I usually never talk of private issues in public, I usually tell stories about life and love or speak about wellness philosophy, fitness, nutrition, any issue to which anybody listening can freely contribute without generating embarrass to anybody. A smile should be the end of any public conversation. This is my style, in a few words. Usually my topics are coherent with my look: if I do not show lingerie, no reason to speak of seduction without appropriate introduction.
7. **About skin.** Skin deserve further attention. It is not only about cleansing, hydration, tonification, bronzage, it is also about spots,

aesthetics surgery, scars and tattoos. The law of attraction is very clear, you find yourself comfortable with affinities and feel challenged by diversities, for this reason whatever choice you make with the language of your body, it is important you are aware and you think over the message you want to transfer to others, not only to your personal pleasure. For example I am in favor of aesthetic surgery, though being a completely naturally grown person. I wear a tattoo with maximum comfort and a piercing, too. I am still young and benefit of good Brest, I like my nose and face, but I think it normal to get operated if you do not feel as I feel, naturally. As I work to sculpt my body with integrators and exercise, as I work to sculpt my legs, in principle I think others can surgically improve their aspect. Please, only remember that surgery only makes some structural changes, but the basic stricture is always natural and depends on your nutrition, sport and fashion style. Therefore, you have to ask yourself how much a single surgery detail will impact effectively on your life. **Practical tips:** when you have limited money, you can still take good care of skin attending spas, creating natural masks with spices and vegetables such as curcuma, lemon, honey, cucumber and ginger, or scrubs with sugar, oils. You can plump your lips with good cream and massage. Pay attention to natural mix as nature can be effective. Do not underevaluate nature mix. For men: if you have problems with your hair, mainly it is a problem of hydration and detoxification, therefore with a good nutrition you should solve your hair problem.

8. **About “boobs”, natural or with surgery?.** Decide after having had children, when you are sure your shape is the definitive one. Decide around thirtyfive. I would like to have fully ones, now that I have a sculpted body. Surgical boobs require a sculpted strong body, otherwise they become a sad silicon application to a slim deshidrated body, creating disarmonic contrast and making people spend more time asking whether it is natural or not and taking moral position rather than enjoying it. As I always had nice normal brest, a third measure, losing a bit of filling with age was not a real problem: men never paid too much attention to my

Brest and I still hope I can find some filling without surgery. As we have nice ialuronic filler for lips, I hope we soon find some nice filling for brest. The weakness of surgery is that it is personal and static: it is a man who make it, a piece of art, and you can not change with nutrients or sport what you created with surgery. If you have small boobs, you can still play with lingerie and dresses, if you have surgical ones, you'd better have many people appreciating them naked, as under a shirt you can not see the differences so clearly. If you make a tattoo, think carefully to your style, so that you will never be prevented any experience, as you should not take it away.

9. **About hands and nails:** hands are important for both men and women. Men must have good nails to have contact with accurate women and have to choose how to manage their rings and bracelets, being ready to explain the meaning of any jewel. A woman always pay attention to these details. Hair on hands, too, are important. A woman could select a man by his having or not having hair on the hands, but she will never say the truth, she will decline with courtesy without explaining why. About women, nails are definetely fundamental for men today. Find your style and show your hands without hesitation, so that a man can select since the beginning if he wants to spend some time with you or not. The truth is that having good natural nails is difficult. Pollution and stress weakens nails. If you take the way of permanent treatment, you will have beautiful nails, but the effect is very artificial and you can not change according to your dresses. At the end, nails will be weaker. If you choose the traditional nail lacquer, you have to learn manicure yourself as you will not have the time to have it always perfect. You also have to find the right nail lacquer for you. In general, small brushes are for people with good firmy hand and good density. Large brushes are for less expert hands and more gelly nail laquers. Red colour is fine with different trademarks, while the smoothing base and light colours vary very much. The top coat is fundamental. Find a good one. Chanel is great. Collistar, too, has good nail lacquers. Mavala has good products for complete health care. You can find

good nail lacquers in various trademarks, let's say that certain trademarks are really specialized and any product is fine, while others have one or two good items, therefore you could find one single item that is valuable as it happens with music: one song can be the leading one, while other are complementary.. A nail lacquer is good when it has a good fluidity and it lasts until the end of the container. That is quality: it does not oxidate. Classic colours are light creamy rose and white and deep red. All other colours are seasonal. If you work in a restaurant where lights are high, light and French are the ones., if lights are low and it is a cocktail bar, then red nails become interesting. In Hands, in a restaurant are more important than smile. You can serve your client with no smile but perfect hands letting him understand you are doing your job, that is not hooking or entertaining but preparing and serving. If you work anywhere else, it depends on the place itself. The same can be applied to men: waiter and bartender should not have hair on hands. If you have them, keep them away. Hands must be as clean as possible.

10. Great and affirmed trademarks usually have good products in any area of makeup, with specialization, while new ones, usually, have a one or a couple of products, then the others to complete the production. Dior is for the show: products are for explicit attraction and mainly for light skins. Chanel is for discreet and classic style, great also for Mediterranean skins. Estée Lauder is very American, for "mixed" skin and colours, best for middle age women. Guerlain is mainly for dark skin, Sahara and bronzed ladies, giving light. Yves Saint Laurent is for young ladies, with very seductive style inspired to exotic combinations and contrasts. Lancôme is mainly fresh and delicate, very dolly. Shiseido has combinations for very light skins with oriental style, matte colors mainly, not dimensional. Personally, I change products according to season as my skin is very light in winter and deep bronzed in summer, therefore everything changes. With experience, you will understand your skin type and choose beauty care accordingly.

11. **perfumes** can make the difference. I still remember the perfume of my first man and I remember others. You may argue with someone but if you have shared beauties those moments, on the long run, will come back to your mind as moments of pleasure, abstracting from the memory itself. When you are in a closed office, on a metro, just after the gym, perfume speaks of you. Wearing it is already a message: you are open to connection, you are looking for someone, you are entering the space of others through perfumes, it reaches others from far as your voice. The way you wear it, too, speaks about your mood of the day or your character. Certain people wear no perfume at all and smell, smell of smoke or of cooking. Other people have one perfume for all seasons and life, other people have more than one. As I used to work in office, I had three perfumes: one for the office, one for the dinners at any season and one for summer. Now that I do not work in closed rooms and business places, I still have around three perfumes: an easy after gym, and still a dinner one and a summer one. I would have two more, one for spicy nights and one for sensual relaxing nights. When something smells well, then you have a perfume. Bodies have different smell according to metabolism and nutrition. You can change your body smell, changing your metabolism. It is evident when you are ill. The sweating during flue is not the same during sport or laying under the sun. The perfume you buy will change on your skin accordingly. Controlling sweating is a way to a sweet perfume.

### **About fashion types**

Dresses. When I look at men I see mainly three kinds of: 1) business, 2) sport, 3) casual fashion. If you are business , you have a dress code very appealing and easy but challenging in the way you wear it, so that the mobile phone you use could become part of your fashion style. If you are of the second kind, sport, you'd better express clearly your passion for sport and let hormones reach ladies. If you are of the casual fashion type, good luck, as it is the most difficult way to seduce a lady, as you put her in conditions to decode you through your jeans, rather than your shoes and t-shirt or hairstyle. Very difficult if you expect to

be seduced rather than to seduce. While the first two kind of men give clear messages and linguistic codes, the third kind of men gives uncertainty, therefore the action is on him.

There is also a fourth category, the intellectual ones, but unfortunately I do not easily notice them, here, outside, in the Wild.

.

# Thoughts on Seduction

*“I forgot how beautiful you are”*

a lover of mine after a night together.

## Remember to love

Images, sounds, touch. Seduction travels on the way of senses, imagination and memory. To love somebody, you need to remember how much joy or pleasure you had with that person. Without memory, you lose love.

Seduction, too, is made of memory. You are always attracted by someone who reminds you of someone else or who makes you feel better if compared with other experiences you had. In both cases, memory is important. The law of attraction is made also of memory and comparison: the affinity you feel with somebody is an anthropological concept. “You make me feel like a natural woman” said Aretha Franklin. “When I am with your it’s paradise. You kiss me once, I kiss you twice”. “Ti sento”. On seduction it goes more on “feeling” than on “seeing”.

Facing some couples dividing and in my personal relationships, when we got to crisis, I got back and made two lists: the list of the joys and of the list of sufferings. Memory is important and selective. You do not always remember all, but all you need to survive or to get out. To stay

together, people should recovery and enhance the list of joy, unless they agree to share suffering because sharing is the source of love, but this would not be Wellness.

## **We are all strangers, before we know each other**

*"Kissing strangers until you find someone you know"*

As a matter of fact, we are strangers until we know each other.

I would take the chance to quote also Frank Sinatra's most famous song, explaining how love can start from a sharing night: "strangers in the night, exchanging glances, it turned out so right, for we were strangers in the night, lovers at first sight, ever since that night we have been together".

Being completely strangers is not possible, as you need to share identity with concierge at hotel, with security cameras everywhere and with money transfers. People worrying on identity are out of the seduction and pleasure playground, as they stay behind social barriers.

Being complete strangers is not possible, but the meaning is that sharing the minimum data for these practical aspects of life, is not sharing your personality.

Receiving a money transfer is not knowing a person. Sharing bodies is something different than having a legal name and a fiscal code.

Moreover, I would add that with a stranger exchanging glances is not enough. As far as I am concerned, exchanging a good meal, a good cocktail, some expressions and movements inspired to the music or the environment, exchanging perfumes or smiling to the same event in the same room, is necessary to have the first contact. Even as escort, hooking is an ability. You have to be an expert for senses, able to capture those magic moments that lead someone coming nearer, being interested in you and becoming your next client. Glances are not enough.

The greatest lessons of seduction come from cinema and songs. If you take the time to think over wording, scenes, you will find a lot of seduction tips and explanations to sentimental affairs. From explanation of what is “fast love”, to the “the sweetest taboo”, as a woman you can find ways to be “every woman” and say to a man “do what you want with my body” or shout “hit the road, and do not come back”, “at first I was afraid, I will survive”. You can take it as a “freeway of love” or relax to other women “first be a woman”. You find really a lot of inspiration. On a man side, you could shout “don’t you see that I am naked”, “baby, a little higher, do you dare?”. Songs give you inspiration, teachings of seduction and of love, and if you are not sure how to approach somebody, you simply start being present, smelling, watching, listening, seeing reactions, exchanging glances, looking for affinity and making proposals. Simple concrete proposals of meeting. Look firmly in the eyes and leave a business card. Let the person think over it. Be discreet, do not expose the person to public announcement. Do not ask for social identity as the person may not feel like sharing his social identity with unknown people.

To seduce, You first have to give something: your business card and time. This is the first concrete seduction behavior you can have, safely, almost anywhere. Be direct but keep confidentiality. Give your beloved person the power to choose to call you back. “Call me”. Famous song wording. The seduction play must start easily and roles must be defined and respected since the beginning.

Fashion is the first key to seduction in any field and who ever disregard it, lies to himself. Each morning when you decide with which clothes, shoes, colors, hair, tie, bag, perfume face the world, you have done a specific fashion choice.

Fashion is a language. Across religions, ages, cultures, fashion communicates values and messages, therefore in a free emancipated society, awareness and choices become more important. Where you do not have express rules, you have to learn to understand implicit messages. Whether you are man or woman, ask yourself what the other person would like to communicate, avoid judgement, avoid simple “I

like it, I do not like it", because you could be misled by your personal filters as you may see what is secondary to the other.

Understanding intentions is difficult, particularly when someone is out of your social environment and do not share your rules and codes. Judging and classifying is easy.

## **We all wear trousers**

In contemporary society, where we all share life activities, expressing what makes us different and to be appreciated can be challenging.

Masculinity and Femininity express through various aspects in different cultures: body shape (muscles, fat distribution, curves, proportions), gestures, voice, body parts (from nails to hair), accessories (from perfumes to dresses and home or car keeping), private property objects (from car to house or animals), culture and dialogue (conversation, even written). Man and relationships are determined more by the "how" than by the "what". If someone does the same thing in a way appealing to you, than attraction is inevitable. The way you take care of your objects expresses the kind of man or woman you are or might be. Seduction can be the result of one single element or of a complex process of data and perceptions. You might feel attracted once, or you might feel attracted after having seen a person several times. Being attracted on the seat of a train is not like feeling attraction in an office. Looking for attraction on the web. Searching for an escort is something dealing with the virtual world of wishes and the practical world of needs and budget, of do's and don'ts, something very deep and superficial at the same time.

## **Why not?**

*"There's nothing holding me back"* Harry Styles

Many relationships begin simply with a "why not". You might not have a good rational reason to do something, but you might not have a good one not to do it. This is enough to take action.

If you feel attracted for one reason, do not stop for something you do not understand. Follow your attraction, instead, and take the risk, accept the challenge. Why is that person attracting you more than another one? Try to discover it. Try to have access to the world of that person. Try to give an answer to your instinct. Be ready to delusion, or to surprise. Instincts are images of our subconscious coming out when facing other people as mirrors. When you see someone attracting you, that someone involuntarily let your deep and trapped emotions come out. Follow them. In a public place, does your attention fall more easily on beauty or on ugliness? Is your attention driven more often by imperfections or by beauty? Are you looking for someone to criticize or someone to enjoy and admire? Before criticizing, ask yourself why you are looking that person instead of another one. Any reason?

Many people need comparison, not enjoyment. This is not helpful for seduction and relationships. If your focus is on comparison rather than on benefiting of what appeals to you, you will always find imperfections anywhere, as perfection does not exist. Reality is defined in space, time and features, therefore something can be perfect only in a very limited context. When dealing about the relationship of men and women, is a limited context valuable? When dealing of human relations, are strict limits really shared and, moreover, can these limits convey emotions? Will feelings, shivers, pleasure rise from strict standards and expectations?

Seduction is not only a matter of couples, it is the the chemical process by which individuals apply the law of attraction to communicate with people declaring who they are, who they would like to be, who they would not prefer to deal with, how they feel that day. If you always wear the same clothes, it probably means you fear judgement and prefer to show always the same look. If you wear working clothes, it means you accepted the dress and ethic code of the company. It happened to me to refuse a job, because I did not find myself comfortable in the clothing they gave to personnel.

There is really a lot that could be said about fashion and clothing. For sure, you first come in touch with dresses, as the sight is the main of the five senses used in our society, the first selezione filter, the first

barrier, delivering messages to mind. Then you have hearing, then smells, touch and finally taste. First you see, then you listen, you smell, touch and taste. These are the steps to seduction and to pleasure. It may happen that you follow a perfume in a populated metro train and find, with your sight, a person.

Who is wearing this perfume? You follow it and finally see the person. This is an exception.

**Senses are, at least, five.**

*"The sweetest taboo"* Sade

Usually sight comes first. Usually you search in people for those details that gives you sureness, instead of following instincts, for example you may look obsessively for a certain kind of nails or of hair, because you remember a past experience, and you may judge any new meeting with the eyes and memories of the past pleasure. This happens very often and make people lose chances of pleasure. Sight is powerful, but it is also not free. Sight, more than other senses, is subject to mind and moral control, while other senses are more instinctive. Personally, I always smell food before eating. I trust my senses. I sometimes had relations with people not being at their maximum according to sight parameters, but being fine for other senses. When it goes on pleasure and on relationships reality is multidimensional. Time and place are the first variable conditioning the value we will give to our sensations: if it happens we feel attraction for someone, will this attraction find a way in that given time and space? Moreover, is this attraction absolute or determined from that particular space and timeframe? Here the talk would continue on events creations, rules and roles. Nothing new. When attraction is absolute it leads to stable relationships, otherwise it is something limited to a certain mood and situation. Back again to senses, judgement and pleasure: is it worth judging if the attraction is limited to a certain situation?

Unless you are in a beauty contest, no. Pleasure will never come from judgement, pleasure can only arise from respect of differences and

sharing. The job of any public employee is to deliver service to anybody under certain security conditions. Sharing requires rules. Pleasure comes from aware acceptance of rules. Once the framework of the relationship is agreed, then senses and perceptions can develop free. It is more difficult to find a good professional to trust, than giving mandate. Once you have found your trustful lawyer, accountant, dentist, baby sitter, then everything comes naturally. Selection is always hard. No matter if you are applying as employee or as member in a private club, the process is shivering as it takes time and touches stakes.

Pleasure comes after selection, when you are relaxed and fully enjoy your choice. In this framework, judgement becomes useful if under the form of a reasonable rating.

Ways to seduction are mainly two: 1) through roles, 2) through instincts and management of female and masculine instincts.

I would take the chance to use two songs to explain both briefly: "First be a woman" and "Do what you want with my body". These two songs explain the opposite ways, the first one choosing the role appealing to others, saying "if you act like Juliet, he will be Romeo" and the second one choosing his own way and offering it to others, simply choosing a man and saying I am here, then, now, do what you want. The first one is more "sentimental", about hooking and playing slowly, while the second one is more about basic instincts and offering a change, an all in bet. If you can alternate or conciliate both, then you become a master of seduction. Difficult to say which one comes first as they both need natural attitude, experience and training. Let's say that the second one, offering, is more challenging and physical as it commits the self daily on the long run and requires strength to impact. The first one requires endurance, consistency, patience three virtues that are easily usable without return, therefore it goes more on diplomacy. The first one is more on knowing and accepting differences to come to a meeting, while the second one is more on exchanging pleasures without asking for preliminary changes. The first one require time, the second one is quick. The point is: who do you need to seduce in which time and for which goal? It may happen you have a few second to strike

someone or a series of opportunities. Understanding who you want to seduce is the first step.

## **About sex, love, emancipation and money**

*"Fast Love is all I got on my mind"* George Michael

I will stay a short time on this issue. Money is the unity of measure thanks to which we exchange anything, therefore no reason to divide feelings from money. Without money you can not even afford a good instruction or health. Without money you can not invite your beloved to a dinner to declare your feelings. Money is a way to get time and expertise from people. Why discriminating sexual time itself? Once people have selected each other and agreed a time, a place, and useful details, why should they not exchange money to share, also, intimacy without promises of love? Money makes people responsible: you have to make calculations to get married as well as to get divorced or to have children. Love and family are based on money calculations and sex is part of them, as many couple stay together for economics, while spending money for lovers.

## **The playground of human relations**

*"This used to be my playground"* Madonna

Each of us has a playground. Understanding which one is not a lesson of marketing, but a due action to ourselves. The playground is not only to be intended in terms of geography, but in terms of culture.

Mainly, human relations are played on the borderline of what you want, what you need and what you can afford.

As I am forty, I can say I tried, because of education, the first way, without success. I realized, maybe late, I am more of the second kind. Endurance led me not to the right men, as my deep nature was, trapped inside, of the second kind and when men came to touch it, simply left me or I left them, or it happened that I met men wanting to have only

quick meetings of the second kind, without having the accuracy and education of men of the first kind, therefore I am here writing these notes on seduction.

### **The emotional exchange for remuneration**

All the above said on Fashion is usually valid for seduction between people wanting to build couples, no matter if for long or short time. Fashion is for seduction at first sight and hooking. Mind is for feelings and stability on the long run. When it goes on relationships based on temporary emotions on an escorting base, then, seduction rules change. What matters is awareness. What matters is the emotional exchange itself, not seduction. Attraction is always necessary for a quality exchange, as any exchange should be an unforgettable one, and attraction is possible without rigid seduction rules. One side offers to realize desires of the others side, the paying one, therefore the seduction playground is more at a second level, not at a first sight, as both parties first talk is pushed by this common goal: the emotional exchange upon request and for remuneration. Finding an agreement on the main feature of the event is itself source of attraction between the parties, sharing a common wish. Then, awareness does the outstanding job. As the main party needs the realization of a wish, the offering party will adapt, as possible, to his/her seduction needs and preferences. Then, the main party is responsible of fair communication of his/her wishes and related remuneration. There is no official market nor official rule for this kind of play. Each time is a new one. Each time is something exclusive. When there is awareness and fair communication, then seduction is not really necessary.

Seduction is for lovers and potential lovers or for people wanting to take advantage from you, through seduction.

## **Thoughts on Economy**

*"Know your numbers"* JTFoxX

I could quote many famous people from economics to military strategists, but as the aim of this script is very pragmatic, body based, I chose a pragmatic quote from one of my last coaching experiences.

Tips in this field are very "easy", as they vary from being very technical or very strategical. The difficulty is mostly personal: understanding data, analyzing data and taking decisions.

According to my experience, there are no magic equations or rules: if you make the wrong analysis, then you lose money. If you can not obtain the right data, then your analysis will be maybe right in the reasoning but wrong in the premises, then you lose money.

If you perform a good data gathering and analysis, but you can not set goals proportioned to your 1) capabilities, 2) abilities, 3) environmental tools, 4) personal sources, 5) time, then you lose money. You can activate legal tools to defend your money, as part of the money itself goes on claims and related transactions, but if you choose that way, you first need to assess your personal sources in terms of country you live, money reserve and nerves. That is a very long and consuming way. Some people adopt it as a strategy, organizing incidents for insurance indemnifications, but you first should respect your nature and your world and values. Usually those people are not wellness oriented and body based. Energy is renewable but also limited: how do you prefer to allocate it? Energy is money. Time is money. Many aspects of life are transformed into money, depending on your ability to make a business of them, therefore it is not indifferent the way you allocate your energies.

Moreover, our contemporary society is knowledge based. Even if you have a "handy and manual non intellectual" job, you need to keep up to date to competitors and technology and finance as the world is global and if you have a little great restaurant you may loose clients simply because you are not on the web and new people would not even know you exist, while old people, mean time, simply got tired of your great traditional cooking and taste.

As far as economy and finance is concerned, it all goes on numbers and expectations. On one side you have to position yourself in the world and know the numbers of your life, then, you have to design a strategy to find the activity that enables you to increase your numbers.

This is the most difficult reasoning for anybody. Once you have completed at least the first reasoning, you can start planning a strategy.

Technicalities are unuseful, as they change very quickly. Basically, we live in a world where credit card is the most important tool of money distribution for future debt and passive rates, as our economy is debt based, and business is based on leverage and project Financing. Once you have found your sources, it all goes on Small Numbers which determines your marginalities, then choices become always between investing little by little or making big changes. Saving money is always good, when saving comes from an activity implying lower taxes or restoration and recovery or back payments. When saving is simply accumulating or not spending, it is not that useful.

That said, once you have known your numbers, you can start planning your life on a monthly, quarterly, yearly, base. Choices and risks are simply to be valued as return on investment. Any money you spend today is supposed to be an investment on something that will give you some kind of return. Even your body. If you spend your money on your body, you should do it thinking to a future return, not only in terms of present pleasure, which is not to be underestimated, though, as many wrong choices are taken on the base of frustrations arising from incapability of enjoying present.

Mourning people usually are not good strategists. Traditionalists usually are not good strategists. Mourning and traditionalists are fine if inserted into a team where they can watch quality as far as traditional steps are concerned. A good strategist finds objective for every source. A good team has "reserve" ready to jump into the play when the best ones are tired. Reserves are trained together and not disregarded or left behind, as they are those ones who could avoid a hard lost. Maybe your team will not win, thanks to Reserved, but when you are playing

in the long run, it is not the single match that makes you win, but all the seasons match.

Therefore, if you see your life as a long run play, you first have to know your numbers, then start to set goals based on different timing and start investing accordingly. Life is long and unpredictable. There will always be something or someone you have not calculated or for which you are not prepared. A good finance planning knows when it is time to bet all in and when it is time of saving.

One big truth is that money helps happiness and wellness. There are several ways to enhance yourself and to challenge your limits. The first way is doing the maximum at the minimum resources and the second is having unlimited choices and understanding the best formula. In the middle, usually, you do not reach any kind of wellness. Enhancement can be found at the extremes, as in both cases you have to reason in enhanced way. It is to say that reasoning with limited resources carries limits itself. You are limited as a matter of fact and your enhancement will be limited, too. In case you have unlimited resources your enhancement could reach really unexpected results. In both cases you need knowledge and experience, but choosing the best among the limited is not like choosing the best among the best. Unlimited sources is for a few people for billionaires. All others have to cope with what they can afford and find the best combination within the environment they live and the money they have. Enhancing is a practical process. Even knowledge and culture requires money as attending a museum and seeing work of arts with your eyes, experiencing directly what you see on books, may be expensive: you must take a flight to get there. Feelings, too, can be expensive. You give money to make a gift, to reach someone you love, to share a holiday. No matter the experiences that might enhance your life, they have a price. Learning to choose experiences is a starting point and financial planning is made of a list of yes, of no, and of when. Usually, a “no” takes place in the present, a yes can have a place in the future, but it is necessary to express the “when” of the “yes” to give value and verify results. There is no “may be” in accounting. It is a black and white world with grey nuances for different values, but still a binary world. For this reason, expectations

play a big role, as they can change the list of “yes” at certain dates or simply they can change the daily list of “no”. Accounting is a process of the mind, using unity measures, not limiting to currencies, but to any form of measure of energy. A wellness plan for enhanced results needs a good accounting. Setting goals, setting budget, choosing the strategy accordingly, then, the job is hard as it is human. If you set a strategy for a daily plan, then you have to give priority to it. Endurance is hard. Consistency is hard. Changing the plan on the way requires “exit strategies” or “alternatives”, being compatible with the same budget and quality. Reaching wellness is more than reaching single goals, it is being able to manage situations and face unexpected events keeping high your fulfillment. Quality is transferable. Money spent for quality is “love” transformed into matter even intellectual, not only industrial. Choosing quality is always a good choice. There is no waste, in principle, in quality. The point is performance. As resources are limited, the choice is between where to allocate quality, if to recover weaknesses or to enhance strengths. In order to make this choice, you have to know the timing of your choices: how much time will a certain product quality need to get you to the goal? On a short and medium terms, you may choose to set apart certain quality products as their timing is not compatible with your goals. For this reason, formulas and combinations are the “key” of a winning planning. Repetitions are important, too: how much and how often do you make use of a certain quality product? Quality has a certain “action time”. Therefore, at the very end, after having positioned, time is the first data to be defined, then if budget is given, you can change goals, if goals are given, you can change budget, finally, you can write down the shopping list.

Until you got to valuable results, you will not be sure that your choices were the best ones, but still you can feel fine if your choices have been awareness and wellness inspired as, on the long run, failures become experiences and victories can become only “lucky events”.

“So what”? The good news is that if you spend time to know your numbers, you will feel fine, even if you do not always make the right choices. Awareness can not but be helpful.

\*\*\*

## About food, sport, fashion, money and sex

Yes, they are connected, intimately connected and afrodisiac effects exist. Some differences, though, need to be done. People have different metabolism, culture and experiences therefore, despite the concrete and chemical impact of food on the body, personal culture and tastes can make the difference, as, when it goes on sex, the issue is more or on psychology than on physics and biology. The point is that you can not eat the afrodisiac foods to have a great night if you disregard to say the right words or give the right glances to your lover. Vice versa glances, words, smell and touch can be significantly supported by the right food. When it goes on sex, you are facing the whole of the person. Sharing food is can be already something intimate itself. Sitting at the same table, tasting water, choosing the menu, alternating chewing and conversation, eating, waiting the meal to end, is definitely a piece of life. Sex is about this, sharing a piece of life, not only a piece of body. You can get there in various ways and you have to learn what to do or not to do to better keep control and distance or to abandon and life a full timeless moment. Which are the senses you have more developed and that gives you access to better sex? Probably you should enhance those ones or take better care of others, to let the leading one manage the deal. As multisensorial person, to me, being soothed by food is a base, being healthy is a daily routine, time, fashion and money appeal to mind making a difference in motivation, while body is the last variable for complete experience.

Everything can make the difference and each time is a new one. Luckily enough, sex is a free playground where there are rules, but where rigid application is not guarantee of a complete fulfillment. Even when you face a professional on sex, personal expectations have an influence on your sensation. That said, food is used to control senses in many cultures. Some foods stimulate the brain or circulation more than others, therefore when you get to body sharing, body is prepared. Other food have a depressing effect on

senses, that might be still fine, if you are an hyperactive person needing to calm down and sooth to enjoy or even to be able to share. The point is that “positioning” is the base: who are you and which is your metabolic type? Do you need to be enhanced and stimulated or soothed to freely share body? What do you feel the need to eat after sex? I personally feel the need either of very fresh fruit or of meat depending on the meeting: an easy one leads me to fruit a strong one leads me to meat a medium one leads me to fish. My time for a steak is after sex, not before. During my life, I have loved more those men having known how to make me eat food, make me loose the dimension of time, make me forget everything that is not enjoying. As far my knowledge of married couples are concerned, I guess this is not possible as a daily experience, therefore when talking about food and sex, you have to divide and “find a way” to “feel fulfilled” within daily and ordinary activity, which I did not choose, and think can be chosen only within a giuridical and economical agreement which is called marriage.

At my age, marriage is out of planning, being Eros an energy I live and express within other dimensions, sublimating it into art and design, fashion and sports. Fashion and sports being more physical and impacting more directly, art being more intellectual.

How do you recognize an afrodisiac food? Easy: if it makes detach from what you are doing and think to pleasure, it is afrodisiac. Then, if you materially have sex and the performance is fine, and you feel your skin more sensitive than it would without that food, then it is afrodisiac. If you feel Enhanced sensations and your breath changes, then it is afrodisiac. Sex itself can be something very physical. I experienced sex sessions where I felt almost nothing. As I have a trained body, my perceptions and body are in a way more sensitive on the other way more resistant and need higher levels to reach pleasure. I am never sure when exactly a certain button is turned on, but I am sure about what keeps it off.

Sex, as other aspects of life, is influenced by time. The right food combination is the one that produces effects with the right time. Therefore, if you have daily relationships and need endurance, or if you have a few meetings and need higher impact performance, you have to eat accordingly. Light and music to me are important too. Music and lights activate or deactivate that button. I met my best sexual partners in the night and bringing them to the light of the day was the challenge. Vice versa, I do not easily remember of any partner met during the day who successfully passed the night, unless the day was only “a first touch”, keeping the suspense till the night and postponing a deeper soul knowledge after sex. As far as sex is concerned, for ladies, it all goes on expectations, if you need sex to bind someone to you and get compensation and protection or if you need it as part of the beauty of your life, in its mysteriousness and pureness. You can have stable relationships without sex, but you will need to bind the couple with other common interests such as values and money. Sex is a strong binder and afrodisiac effect could come even by money, not only by food. This is the reason why many young men feel attracted by older and richer women.



### **My biography**

I am a 40 years old lady, currently, professional as wellness coach. I travelled and moved several times.

### **Nutrition history**

I have always been benefitting of a great health in my life, and looking back I realized I have been eating proteic since when I was a child and I soon started enhancing my diet with superfoods.

In my land “egg pasta” is a main dish and I was taught to have breakfast with whipped pumped sweet eggs or sweet chocolate milk. Fruit and vegetables always present and meet only of high quality. Flours mixed in many “street food” ways, in various traditional recipes, teaching me since then, it all comes from powders, coming from seeds, proteins, roots and

even certain fruits. I started mixing ginseng powder with yoghurt to keep studying all the night long, then, day by day, I came to this book, where I could not write everything, as it would have become a cooking book, not a method of nutrition.

During my travels I have been always visiting not only museums, but also normal living areas with supermarkets, curious to understand what people find on their shelves. Well, supermarkets are very different. Some countries do not even have big ones, as they mainly have markets, while others have multilevel buildings. Doing shopping varies very much from country to country even when you talk of the basics: food and house. What I did, today, was summing up all and come to a useful conclusion.

During the years I simply had to face some normal diseases and watch weight, because of traditional recipes and many “social dinners”, until I decided to go further and build my perfect body, therefore to refine the diet and the training. My agenda have always been full of recipes. I have been tracking myself since ever, finally coming to awareness, that particular state of mind where you communicate with your body understanding his material and psychological needs, keeping energy high and self healing.

My academic expertise in food and sport is rooted in the years before university, where I finally had a dissertation on **biotechnologies and gmo**. The principles of **biodiversity** and precaution have been at the base of my dissertation and I could not imagine I would have found them again, today, under this new form. There are times when you do not realize the deep meaning of what you do: you simply follow your instinct and do it. It may happen you find the reasons many years after. I can not even remember why I choose to write a final script on biotechnologies. I liked the issues, I did it.

During the university timeframe I started assuming superfoods such as ginseng and guarana, and energy drinks such as RedBull. I never stopped integrating my diet with superfoods and energy drinks since then. Lately, I specialized in Milan in industrial property management.

During my 30es, I tried different diets: vegetarian, vegan, egg, zone, smoothies for detoxing, weight watching, for social dinners with friends or simply academic curiosity. I also attended some wine and oil tasting exhibits, refining my abilities to distinguish tastes, until, at the age of 38, I

attended a course and became a bartender. Even if I exercised the job only privately, as basically I do not drink alcohol if not exceptionally, I learned about spirits and mixology and even flair art. Within this course I created my first cocktail with gin, Cointreau and pomegranate, "**Amanda for Ladies and Gentlemen**", then I participated to a Sambuca Molinari contest with "**Molinari Neige**", then I created "**Balsamic Healing**" with balsamic vinegar. This book is not about cocktails, but I could prove my experience is rooted in the years. I received also the **first degree certificate for Flair by the World Flair Association**.

My journey into nutrition never interrupted along the years being one of my ways to release my body from intellectual job. What I missed were only two things: method and motivation, which I have today. I was healthy and good looking and it seemed to me to be enough, which was not.

At the age of 40 years old, I stated my time should have a price, as my life was not divided into "private" and "public": as single, I do not have any division. I felt the need to be much more than healthy, aiming to body perfection through body sculpting, pushing my body to its limits to work with image and life pleasure, with perfect weight and silhouette, always healthy, always fine.

I also had a great experience helping my grandmothers with their animals, feeding them, then had fishes and cats. I try recipes even with them and I tasted myself food for bunnies and cats.

During my researches for body sculpting, I virtually and personally met various instructors, in particular an American one, Shawn Wells, explaining how to keep metabolism high and leading me through the jungle of "rise and fall" of combining foods for correct assimilation. I thought his burning fat principles were revolutionary and I needed to find a way to apply them to my case. I finally succeeded and decided to share them in a book.

This book is not only about dieting, as it may seem, but about wellness, therefore I will lead you also through sport and fashion journeys, as wellness comprises everything.

Rules of wellness can be found in any field: as you first wash your face, before shaving beard and spreading your hydrating cream, as you first wear lingerie, before wearing shirt, tie and jacket, as you first introduce yourself, before explaining your needs to someone you do not know, there are certain

rules that need to be known and respected to give you access to a comfortable experience, everywhere in the world.

With respect to my basic dieting, which was already very healthy and balanced, I reached my goals, basically,:

- **keeping the protein approach,**
- **introducing protein powders,**
- **introducing spices, nuts and seeds;**
- keeping all basic elements of nutrition (carbohydrates, proteins, vitamins, minerals, fats), but mixing them in different ways, from different sources, with different way of cooking, integrating with recipes from the world and from other diets creating, at the end, a new nutrition method, that I am sharing throughout this book. I understood I could not eliminate anything when studying muscles growth and nutrition for sports. The point was “reorganizing” efficiently.

## **Sport history**

Since when I was a child, I have been very dynamic and practiced various sports even at competitive level. I started from artistic dance and classic then roller skating, skiing (regional competitions), athletics (regional competition), handball (national teens championship), swimming, running, bike, capoeira (green belt), wing chun (first level certificate), Fitness and now I practice yoga and weight lifting. From 2010 to 2016 I also had a Hornet 600 (safety and speed guide lessons). I changed activity according to the city where I lived and the job I did from time to time. Last but not least, in recent 2017, I attended a course for foot massage therapy and a basic course on Shiatsu.

## **Fashion history**

I always paid attention to fashion since a teenager and started creating my own t-shirts or decorating jeans and cushions. As adult, I had experiences as artistic model, I painted oil on canvas from 2009 to 2013 seriously. Then I created interior design complements. To me, Fashion and design have always been a way to express myself and communicate with the world. Not only

word. I love “material aspects of life” as they allow to enjoy life, and have a natural attitude to collectionism.

### **Sentimental history**

The first time I experienced sex, completely, was not for love, but for emancipation. I chose “my first time”, very late, at eighteen. I chose the best possible partner among my friends. I never got married and never had children. I had some medium and long relationships, one for each step of my life: university time, entry into job world, thirty years and marriage season. In the first two relationships I loved my partners without being in love: they were my partners and I loved them for the beautiful moments we shared together. Later, in the thirties, I believed to have fallen in love, but I realized it was a special chemistry due to the natural instinct of maternity, that I am happy to have experienced.

Before, between and after these three relationships, I had the sexual life of any healthy lady looking for someone to share good time in a big city. I mainly met my partners in the spare time: during the nightlife, on the web, practising sports, but I never had relationships on the job.

My men have been very different, but they all had in common to be physically very healthy, intellectually very logical, good at speaking and at accounting. I do not remember any discussion about “who pays the bill”.

Now that I am forty, I still feel interest for men, but I do not feel like sharing my life with anybody. Being single has become my way of living and “do it yourself” is one of my favorite rules.

I also lost many friends and people along the journey of life, for many reasons: removal from cities, colleagues, being single and not having a partner or children for a social life couple based.

Sociality is based on sharing. Sharing values, sorrows, experiences, dreams, expectations, whatever, but sharing. When you do not

even have at least similar problems to share and solve together, the relationships naturally end.

\*\*\*

### **Summing up**

I am currently single and do not share my body if not for professional reasons.

I became a wellness advisor, I still would like to see places I haven't seen, taste foods I haven't tasted, do things I haven't done, yet, and keep my thoughts on wellness updated.

### **Basic bibliography**

Please consider that I have been experiencing recipes since when I was a teenager and attended tasting sessions on wines, oils, that I have visited vineyards, local farmers and also tested pharmaceuticals undergoing medical treatments. Moreover I have always been practising activity. Therefore I could not write an exhaustive list of sources, as even attending sommeliers and chefs should be considered a source of information and education itself.

This book is for experienced people and express use, being it the result of pure researches and experiences, that should be applied according to specific cases. Official bibliography would be too long and would turn it into a university dissertation, as I should make a list of all the professionals I met on my journey since when I was a teenager, including my grandmothers.

As far as the economics part is concerned, I am graduated and have lived trying experiences. As far as fashion and seduction are concerned, I mainly took part to make-up sessions and was taught by professionals on the job, read magazines, books and made trials. As I am a single and an artist, making tests to me has always been a pleasure in the journey of knowledge, even testing

seduction, as I have been using my spare time for my interests rather than for strict couple dynamics, repeating over and over in the stability of long relationships, the longest human relationship I experiences being the one with my parents, that I left within the university, though, and to whom I wish to get on well.

As I wish to continue this journey into wellness, a next edition focused on a single issue might have the related full biography.

\*\*\*

This draft is still in progress. As evolution of a first Italian edition and of the blog [www.awaytowellness.blog](http://www.awaytowellness.blog) and is expected to be further developed. The table of contents and the bibliography are under construction.

For queries, please write to: [info@bodyandsoulfit.online](mailto:info@bodyandsoulfit.online) or to [bodysoulways@gmail.com](mailto:bodysoulways@gmail.com).

Releasing, May 23, 2018