

The Scientific Foundations

Part 4

In “**Part 3**” we discussed **proteins**, **fats**, and **carbohydrates**. Now we will address **vitamins** and **minerals**. I will not rewrite information that you can easily read about vitamins and minerals on **Wikipedia** or any other source.

Many **vitamins** are found in **fruits** and **vegetables**, but attention must be paid: during **heat treatment**, vitamins are destroyed. **Minerals** remain, but vitamins do not. Therefore, from this point of view, it is useless to eat **cooked**, **fried**, or **boiled vegetables** as a **vitamin source**.

Our **ancestors** developed ways to preserve vegetables throughout the winter without **losing vitamins**. For example, they prepared **fermented cabbage** and ate it all winter long. It is very easy to make: take a firm cabbage, finely chop it, grate a bit of **carrot**, add some **salt**, mix everything by squeezing it well with your hands, and leave it in a pot or barrel for three days indoors, in a **warm place**. On top, we can place some **weight** to compress everything. Once a day, use a **stick** to pierce the cabbage all the way down so that the **liquid** spreads everywhere. After three days, our **vitamin-rich mixture** will be ready to eat, and we place it in the **refrigerator**. It will remain fresh and good for the next **three to four months**.

Therefore, we should try to **eat raw fruits and vegetables** in order to preserve **vitamins**. Many vitamins are present in **animal-based products** and are **dissolved in fats**, which are essential for the **absorption of vitamins**. Think about it for a moment: what kind of damage do **vegans** and people who try to **lose weight** by following the **wrong path** do to themselves? So, in order to obtain the full **vitamin supply**, it is necessary to eat fruits and vegetables **without heat processing** and not to be afraid of **butter**, **liver**, **eggs**, and, of course, one must **get sunlight**.

There is a lot of confusion surrounding **salt “NaCl”**. Many people add little salt to their food, and some even eat **without salt** at all. We must understand that in our **organism**, everything is perfectly **balanced**. In our body there are fluids such as **blood**, **lymph**, and fluids **inside the cells**, where a constant **osmotic pressure** is present. **Na⁺** and **Cl⁻** ions, together with **K⁺** ions, regulate pressure throughout the body, ensuring the **optimal functioning of biochemical processes**. If our **diet** is poor in salt, the body will be forced to **recover it** from all possible sources and, at the same time, reduce **body fluids**. Our **skin** will become dry and **wrinkled**.

Speaking about the **water–salt balance** of the body, it must once again be noted that we should not follow modern concepts based exclusively on **economic profit**.

Recently, even some **doctors**, who have taken the **Hippocratic Oath**, insist that we are obliged to drink water—naturally **bottled**, not **tap water**—because, they say, it is not **drinkable**. In the morning, they prescribe drinking water: whether you want to or not, you are **obliged to drink**.

It must be emphasized that our organism **knows by itself** how much fluid we need. There are **receptors in the brain** that respond to **osmotic pressure** and generate the **sensation of thirst** when water is lacking. Thus, **salt** and **body fluids** are in absolute **harmony**. The **concentration of sodium ions in the blood** tends to remain constant. Any **imbalance** activates the production of certain **hormones** that regulate the **water–salt metabolism**. Therefore, there is no need to overthink it: the **organism itself** will give us signals whether to **drink** or to **eat salami**.

Today, even in **supermarkets**, near the **checkout**, on the shelves, we can see **supplements** containing various salts: **magnesium, potassium**. One, they say, is against **fatigue**, another for... who knows... “**sleeping well**.” Of course, if a person practices **sport** and **sweats** a lot, they need **minerals**, but **all the minerals** lost through sweat, not **massive doses of magnesium**.

Balance comes first!