

Wondermax® Nutritional extractor

Nutritional Guide

Guía nutricional

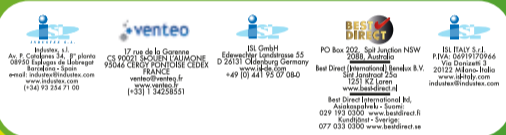
Guide de nutrition

Ernährungsleitfaden

Guida nutrizionale

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Voedingswijzer



Nutritional Guide

Condition	Food
Acne	Carrot, apple
Anti-aging	Celery, orange, tomato, ginger, cucumber, beetroot
Angina	Hawthorn, garlic, willow, green tea
Anemia	Spinach, raisin, pine nut
Arteriosclerosis	Garlic, carrot, spinach
Arthritis	Celery, cherry, carrot, orange, ginger, dried fruit
Asthma	Coffee, ephedra, tea
Bad breath	Parsley, carrots, celery, apple
Cancer	Bilberry, blackberry, garlic, ginseng, mushroom, pomegranate, raspberry, cereals
Cellulite	Orange, lemon, cucumber, asparagus, pineapple
Common Colds	Lemon, orange, kiwi, apple
Irregular heartbeat	Hawthorn, cayenne, apple cider vinegar
Constipation	Kiwi, plum, psyllium seed
Cardiovascular diseases	Berries, dried fruit (walnut), beans (all types)
Cough	Eucalyptus, ginger, honey
Diabetes, Type 2	Cinnamon, garlic, beans, green tea
Diarrhea	Apple, banana, bilberry, raspberry
Diverticulitis	Peppermint
Dizziness	Ginger, ginkgo
Eye strain	Carrot, tomato, spinach
Fatigue	Dark chocolate, coffee, tea
Gastroenteritis	Tea, lemon, carrot
Hepatitis	Artichoke
High blood pressure	Garlic, banana, beans, celery, kiwi, coconut water
High cholesterol	Apples, grapes, strawberry
Indigestion	Chamomile, ginger, peppermint
Irritable bowel syndrome	Chamomile, peppermint
Memory lost	Celery, carrot, plum, raisin
Menstrual cramps	Raspberry, chasteberry
Morning sickness	Ginger, Spinach, dried fruit
Nausea	Ginger, Spinach, dried fruit
Obesity	Pineapple, apple, tomato, strawberry, flax seed
Sore throat	Lemon, honey, milk

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Problema	Alimento
Acné	Zanahoria, manzana
Envejecimiento	Apio, naranja, tomate, jengibre, pepino, remolacha
Anginas	Majuela, ajo, sauce, té verde
Anemia	Espinacas, pasas, piñones
Arteriosclerosis	Ajo, zanahoria, espinacas
Artritis	Apio, cereza, zanahoria, naranja, jengibre, fruta seca
Asma	Café, efedra, té
Insuficiencia respiratoria	Perejil, zanahoria, apio, manzana
Cáncer	Arándano, mora, ajo, ginseng, champiñón, granada, frambuesa, cereales
Celulitis	Naranja, limón, pepino, espárrago, piña
Resfriado	Limón, naranja, kiwi, manzana
Arritmia	Majuela, pimienta cayena, vinagre de sidra de manzana
Estreñimiento	Kiwi, ciruela, semillas de psyllium
Enfermedades cardiovasculares	Bayas, frutos secos (nueces), judías (cualquier tipo)
Tos	Eucalipto, jengibre, miel
Diabetes tipo 2	Canela, ajo, judías, té verde
Diarrea	Manzana, plátano, arándano, frambuesa
Diverticulitis	Menta
Mareos	Jengibre, ginkgo
Esfuerzo ocular	Zanahoria, tomate, espinacas
Fatiga	Chocolate negro, café, té
Gastroenteritis	Té, limón, zanahoria
Hepatitis	Alcachofa
Hipertensión	Ajo, plátano, judías, apio, kiwi, agua de coco
Colesterol alto	Manzana, uva, fresa
Indigestión	Manzanilla, jengibre, menta
Síndrome del colon irritable	Manzanilla, menta
Pérdida de memoria	Apio, zanahoria, ciruela, pasas
Dolores menstruales	Frambuesa, sauzgatillo
Náuseas del embarazo	Jengibre, espinacas, fruta seca
Náuseas	Jengibre, espinacas, fruta seca
Obesidad	Piña, manzana, tomate, fresa, semilla de lino
Dolor de garganta	Limón, miel, leche



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Problème	Aliment
Acné	Carotte, pomme
Vieillesse	Céleri, orange, tomate, gingembre, concombre, betterave
Angine	Cenelle, ail, saule, thé vert
Anémie	Épinards, raisins secs, pignons
Artériosclérose	Ail, carotte, épinards
Arthrite	Céleri, cerise, carotte, orange, gingembre, fruits secs
Asthme	Café, éphédra, thé
Insuffisance respiratoire	Persil, carotte, céleri, pomme
Cancer	Myrtille, mûre, ail, ginseng, champignon, grenade, framboise, céréales
Cellulite	Orange, citron, concombre, asperge, ananas
Rhume	Citron, orange, kiwi, pomme
Arythmie	Cenelle, poivre de Cayenne, vinaigre de cidre de pomme
Constipation	Kiwi, prune, graines de psyllium
Maladies cardiovasculaires	Baies, fruits secs (noix), haricots (de tous types)
Toux	Eucalyptus, gingembre, miel
Diabète de type 2	Cannelle, ail, haricots, thé vert
Diarrhée	Pomme, banane, myrtille, framboise
Diverticulite	Menthe
Étourdissements	Gingembre, ginkgo
Fatigue oculaire	Carotte, tomate, épinards
Fatigue	Chocolat noir, café, thé
Gastroentérite	Thé, citron, carotte
Hépatite	Artichaut
Hypertension	Ail, banane, haricots, céleri, kiwi, eau de noix de coco
Cholestérol	Pomme, raisin, fraise
Indigestion	Camomille, gingembre, menthe
Syndrome du côlon irritable	Camomille, menthe
Perte de mémoire	Céleri, carotte, prune, raisins secs
Douleurs menstruelles	Framboise, gattilier
Nausées pendant la grossesse	Gingembre, épinards, fruits secs
Nausées	Gingembre, épinards, fruits secs
Obésité	Ananas, pomme, tomate, fraise, graines de lin
Mal de gorge	Citron, miel, lait



Ernährungsleitfaden

Problem	Nahrungsmittel
Akne	Möhre, Apfel
Altern	Staudensellerie, Apfelsine, Tomate, Ingwer, Gurke, rote Beete
Halsentzündung	Hagedornfrucht, Knoblauch, Weide, grüner Tee
Blutarmut	Spinat, Rosinen, Pinienkerne
Arteriosklerose	Knoblauch, Möhre, Spinat
Arthritis	Staudensellerie, Kirsche, Möhre, Apfelsine, Ingwer, Trockenobst
Asthma	Kaffee, Meerträubchen, Tee
Respiratorische Insuffizienz	Petersilie, Möhre, Staudensellerie, Apfel
Krebs	Blaubeere, Brombeere, Knoblauch, Ginseng, Champignon, Granatapfel, Himbeere, Zerealien
Cellulite	Apfelsine, Zitrone, Gurke, Spargel, Ananas
Erkältung	Zitrone, Apfelsine, Kiwi, Apfel
Herzrhythmusstörung	Hagedornfrucht, Cayennepfeffer, Apfelweinessig
Verstopfung	Kiwi, Pflaume, Psylliumsamensamen
Herz-Kreislauf-Erkrankungen	Beeren, Nüsse (Walnüsse), Bohnen (jeder Art)
Husten	Eukalyptus, Ingwer, Honig
Typ-2-Diabetes	Zimt, Knoblauch, Bohnen, grüner Tee
Durchfall	Apfel, Banane, Blaubeere, Himbeere
Divertikulitis	Minze
Schwindel	Ingwer, Ginkgo
Asthenopie	Möhre, Tomate, Spinat
Ermüdung	Dunkle Schokolade, Kaffee, Tee
Gastroenteritis	Tee, Zitrone, Möhre
Hepatitis	Artischocke
Bluthochdruck	Knoblauch, Banane, Bohnen, Staudensellerie, Kiwi, Kokosmilch
Hohe Cholesterinwerte	Apfel, Weintraube, Erdbeere
Verdauungsstörung	Kamille, Ingwer, Minze
Reizdarmsyndrom	Kamille, Minze
Gedächtnisverlust	Staudensellerie, Möhre, Pflaume, Rosinen
Menstruationsschmerzen	Himbeere, Mönchspfeffer
Schwangerschaftsübelkeit	Ingwer, Spinat, Trockenobst
Übelkeit	Ingwer, Spinat, Trockenobst
Fettleibigkeit	Ananas, Apfel, Tomate, Erdbeere, Leinsamen
Halsschmerzen	Zitrone, Honig, Milch



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Problema	Alimento
Acne	Carota, mela
Invecchiamento	Sedano, arancia, pomodoro, zenzero, cetriolo, barbabietola
Tonsille	Frutto del biancospino, aglio, salice, tè verde
Anemia	Spinaci, uva passa, pinoli
Arteriosclerosi	Aglio, carota, spinaci
Artrite	Sedano, ciliegia, carota, arancia, zenzero, frutta secca
Asma	Caffè, efedra, tè
Insufficienza respiratoria	Prezzemolo, carota, sedano, mela
Cancro	Mirtillo, mora, aglio, ginseng, champignon, melagrana, lampone, cereali
Cellulite	Arancia, limone, cetriolo, asparago, ananas
Raffreddore	Limone, arancia, kiwi, mela
Aritmia	Frutto del biancospino, pepe di Cayenna, aceto di sidro di mela
Stitichezza	Kiwi, prugna, semi di psillio
Malattie cardiovascolari	Bacche, frutta secca (noci), fagioli (qualsiasi tipo)
Tosse	Eucalipto, zenzero, miele
Diabete di tipo 2	Cannella, aglio, fagioli, tè verde
Diarrea	Mela, banana, mirtillo, lampone
Diverticolite	Menta
Nausea	Zenzero, ginkgo
Stanchezza oculare	Carota, pomodoro, spinaci
Stanchezza	Cioccolato nero, caffè, tè
Gastroenterite	Tè, limone, carota
Epatite	Carciofo
Ipertensione	Aglio, banana, fagioli, sedano, kiwi, acqua di cocco
Colesterolo alto	Mela, uva, fragola
Indigestione	Camomilla, zenzero, menta
Sindrome del colon irritabile	Camomilla, menta
Perdita di memoria	Sedano, carota, prugna, uva passa
Dolori mestruali	Lampone, agnocasto
Nausea da gravidanza	Zenzero, spinaci, frutta secca
Nausea	Zenzero, spinaci, frutta secca
Obesità	Ananas, mela, pomodoro, fragola, semi di lino
Mal di gola	Limone, miele, latte



Guia nutricional

Problema	Alimento
Acne	Cenoura, maçã
Envelhecimento	Aipo, laranja, tomate, gengibre, pepino, beterraba
Anginas	Pilrito, alho, salgueiro, chá verde
Anemia	Espinafres, passas, pinhões
Arteriosclerose	Alho, cenoura, espinafres
Artrite	Aipo, cereja, cenoura, laranja, gengibre, fruta seca
Asma	Café, efedra, chá
Insuficiência respiratória	Salsa, cenoura, aipo, maçã
Cancro	Mirtillo, amora, alho, ginseng, cogumelo, romã, framboesa, cereais
Celulite	Laranja, limão, pepino, espargo, ananás
Constipação	Limão, laranja, quivi, maçã
Arritmia	Pilrito, pimenta-de-caiena, vinagre de sidra de maçã
Prisão de ventre	Quivi, ameixa, sementes de psillio
Doenças cardiovasculares	Bagas, frutos secos (nozes), feijão (qualquer tipo)
Tosse	Eucalipto, gengibre, mel
Diabetes tipo 2	Canela, alho, feijão, chá verde
Diarreia	Maçã, banana, mirtillo, framboesa
Divertículos	Hortelã
Tonturas	Gengibre, ginkgo
Cansaço ocular	Cenoura, tomate, espinafres
Fadiga	Chocolate preto, café, chá
Gastroenterite	Chá, limão, cenoura
Hepatite	Alcachofa
Hipertensão	Alho, banana, feijão, aipo, quivi, água de coco
Colesterol alto	Maçã, uva, morango
Indigestão	Camomila, gengibre, hortelã
Síndrome do intestino iritável	Camomila, hortelã
Perda de memória	Aipo, cenoura, ameixa, passas
Dores menstruais	Framboesa, pimenteiro silvestre
Náuseas da gravidez	Gengibre, espinafres, fruta seca
Náuseas	Gengibre, espinafres, fruta seca
Obesidade	Ananás, maçã, tomate, morango, semente de linho
Dor de garganta	Limão, mel, leite



Voedingswijzer

Probleem	Voedingsmiddel
Acne	Wortel, appel
Veroudering	Selderij, sinaasappel, tomaat, gember, komkommer, rode biet
Angina	Meidoorn, knoflook, wilg, groene thee
Bloedarmoede	Spinazie, rozijnen, pijnboompitten
Aderverkalking	Knoflook, wortel, spinazie
Gewrichtsontsteking	Selderij, kers, wortel, sinaasappel, gember, gedroogde vruchten
Astma	Koffie, Ephedra, thee
Kortademigheid	Peterselie, wortel, selderij, appel
Kanker	Bosbes, moerbeï, knoflook, gember, champignon, granaatappel, framboos, granen
Cellulitis	Sinaasappel, citroen, komkommer, asperge, ananas
Verkoudheid	Citroen, sinaasappel, kiwi, appel
Hartritestoornissen	Meidoorn, cayennepeper, appelciderazijn
Verstopping	Kiwi, pruim, psylliumzaad
Hart- en vaatziekten	Bessen, gedroogde vruchten (walnoten), bonen (alle soorten)
Hoest	Eucalyptus, gember, honing
Diabetes type 2	Kaneel, knoflook, bonen, groene thee
Diarree	Appel, banaan, bosbes, framboos
Diverticulitis	Munt
Duizeligheid	Gember, ginkgo
Oogmoeheid	Wortel, tomaat, spinazie
Vermoeidheid	Pure chocolade, koffie, thee
Buikgriep	Thee, citroen, wortel
Hepatitis	Artisjok
Hogedruk	Knoflook, banaan, bonen, selderij, kiwi, kokosmelk
Verhoogd cholesterolgehalte	Appel, druiven, aardbei
Indigestie	Kamille, gember, munt
Prikkelbare darmsyndroom	Kamille, munt
Geheugenverlies	Selderij, wortel, pruim, rozijnen
Menstratiepijn	Framboos, monnikspeper
Zwangerschapsmislijkheid	Gember, spinazie, gedroogde vruchten
Mislijkheid	Gember, spinazie, gedroogde vruchten
Zwaarlijvigheid	Ananas, appel, tomaat, aardbei, lijnzaad
Keelpijn	Citroen, honing, melk

