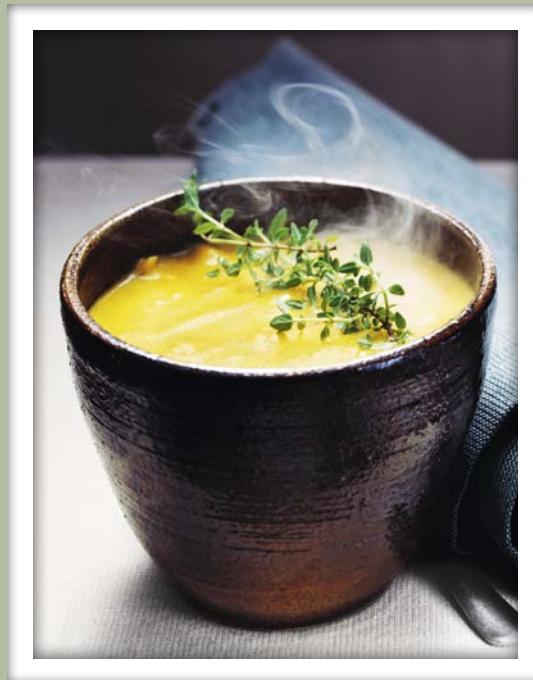


Edited by Dr Christian Harisch

LANSERHOF MEDICAL EXPERTS



THE HEALING POWER OF A HEALTHY DIET



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Thanks to the symbols next to the recipes, you can discover at a glance whether a dish is suitable for you:

-  lactose-free
-  gluten-free
-  vegetarian
-  vegan



Culinary medicine

Our diet plays a central role in our life. On the one hand, it is our biological need and basis for living, giving us energy and supplying our organs and cells with the necessary nutrients. But on the other hand, diet is also culture, an essential part of community, family life and festivities; it is pleasure, habit and – sometimes – addiction. Poor, unbalanced eating habits have now become one of the main reasons for most chronic diseases in society today – diseases that cause great discomfort and often significantly encroach on quality of life. The industrialization of food production and the vast number of unhealthy options on offer have become a major challenge for our health. The list of serious diseases caused by poor diets is very long, and ranges from high blood pressure, osteoarthritis, type-2 diabetes, heart attacks and intestinal inflammation to pain syndromes, depression and states of exhaustion. While modern medicine tries to treat these diseases primarily with medications and surgery, it is usually unable to cure them. Now, however, scientific studies and medical experience are increasingly showing that proper diets and periodic fasting can ease these diseases and complaints, and often even cure them completely. The scientific findings and successes achieved in daily treatments throughout my own professional career have also prompted me to reverse the order of approach; the excellent potential offered by clinical nutrition and a healthy lifestyle should be explored first, before resorting to prescriptions or, indeed, surgery.

Nutritional trends and diets abound, and they seem to be superseding each other faster by the day. But what actually keeps us healthy? And how can we use our diet to help ourselves lead as long and

healthy a life as possible? The Lanserhof Concept has given rise to a method that perfectly combines findings from modern science, medical experience and classic naturopathy. And it reveals that there are three main pillars on which sustainable nutritional medicine is based:

- Wholesome, minimally processed food. Vegetables, legumes, high-quality whole grains, fruit, berries, nuts and spices are essential. At its core, the diet is plant-based or lactovegetarian, that is, supplemented with select, high-quality dairy products. A plant-based diet is the most preferable for humans and for our planet's climate; it enables us to help keep the earth healthy by reducing CO₂ and methane emissions as well as water consumption. Scientists have recently coined the term 'One Health' to indicate the interconnected nature of humans' and the planet's health. But those who don't want to give up meat and fish completely should be mindful of sustainability, locally grown produce and animal welfare – a philosophy thoroughly embraced by the Lanserhof Concept, and which is reflected in the selection of recipes and feature articles.
- Food which is tolerated and easily digested in each individual, and which takes gut health into account. Everyone has seen how a food's digestibility varies greatly from person to person, and that this can also change over the course of a lifetime and in the event of diseases. Lanserhof's extensive medical findings now also come into play here. Naturopathy had long recognized that it isn't just about what was on our plates, but also about how our body digests it. The Lanserhof Concept draws very specifically on this aspect of tolerability and

gut health in its approach to treatment. Food is viewed not only in terms of its protein or micro-nutrient content, but also in terms of whether it is easily digestible and compatible with the body's state and biology. Learning how to chew correctly, being mindful of eating rhythms and factoring in the way food and digestion interact all support the health-promoting potential of a good diet. The latest research on the gut microbiome provides fascinating evidence here of the medical knowledge that has been passed down.

- Fasting and intermittent fasting as the most effective biological method for regeneration that we know of to date. One of the most interesting chapters in the more recent history of medical science revolves around how, instead of a miracle pill, renowned international scientists looking for the secret to a long life and life-long health (true anti-ageing) rediscovered a traditional natural method that proved to be key: fasting. Countless experiments have now shown that, through intermittent fasting, all creatures on this earth can demonstrably prevent disease and live a longer, healthier life. Fasting stimulates autophagy (cell cleaning) in a unique way, normalizing and resetting overloaded metabolic systems in our body and fostering the formation of healthy intestinal mucosa. It also supports a diverse gut microbiome, which is important for our immune system.

With their mix of tradition and modern science, including high-quality diagnostics, these three pillars are combined coherently and rigorously as part of the Lanserhof Concept. All three elements are integrated into a finely tuned, multi-stage approach – with defined therapeutic and health-resort-treatment phases. This has an extensive, beneficial anti-inflammatory effect and optimizes what is known in naturopathy as 'vitality'. The result is a form of culinary medicine known as 'LANS Energy Cuisine', which turns eating and fasting into both an effective medication and a form of pleasure.

'Energy Cuisine' is not simply a slogan here; it's a claim the Lanserhof Concept actually puts into practice.

This book provides insights into the modern and successful Lanserhof dietary concept, and into the link between diet and health based on modern science. The selection of recipes shows how effective nutritional medicine can actually coexist with mindful indulgence. This combined medical approach, a sustainable, healthy, plant-based diet, fasting treatments and an awareness of gut health enable us to do the best we can from our end to help you achieve a greater state of health and live the longest and healthiest life possible.

Best wishes,

Prof Andreas Michalsen, Berlin



Beetroot carpaccio with goat's cheese

Serves 4 | Preparation: 30 mins | Cooking: 1 hr 30 mins | Per serving c. 285 kcal, 8g protein, 16g fat, 25g carbs



CARPACCIO
 800g beetroot
 1 large onion
 3 bay leaves
 500ml vinegar
 50g salt
 1 tsp cumin seeds

200ml maple syrup
 100g goat's cream cheese
 1 small black truffle
 (about 30g)
 80g small salad lettuce leaves
 (e.g. lettuce heart leaves)

DRESSING
 1 tbsp maple syrup
 2 tbsp lime juice
 2 tbsp truffle oil
 2 tbsp olive oil
 1 tbsp truffle paste

1. To make the carpaccio, wash the beetroot, then peel and halve the onion.
2. Put the beetroot and the onion halves into a large saucepan together with 5 litres of water, the bay leaves, vinegar, salt, cumin and maple syrup. Bring everything to a boil, cover, then simmer over low heat for about 1½ hours until the beetroot are soft, depending on their size. They are done when you can insert a knife or a fork right to the middle of the tubers without feeling any resistance.
3. Leave the beetroot to cool in the cooking liquid, then lift them out and pull off the skins. If you like, return the beetroot to the cooking liquid, cover and leave to marinate for 1 day.
4. To make the dressing, thoroughly whisk the maple syrup, lime juice, truffle oil, olive oil and truffle paste in a bowl until well combined.
5. Brush a little of the dressing onto a large serving platter or onto four individual plates. Cut the beetroot into thin slices using a vegetable slicer, then layer them overlapping like roof tiles on the plates or platter. Brush with the remaining dressing.
6. Crumble the goat's cream cheese over the carpaccio and thinly slice the truffle on top. Wash the salad leaves, pat or spin them dry and place them onto the plates or the large platter.

TIPS

The beetroot cooking time depends on the size of the tubers. As a rule of thumb, a tuber of about 4cm diameter needs about 1 hour until it is soft in the middle; for every additional centimetre the cooking time needs to be increased by about 15 minutes.

If you haven't got the time to cook the beetroot, you can also use precooked and peeled vacuum-packed beetroot. These will need only to be cut very thinly with a vegetable slicer.

Oat & asparagus pan with tomatoes

Serves 4 | Preparation/Cooking: 50 mins | Per serving: c. 815 kcal, 20g protein, 42g fat, 88g carbs



1 carrot (about 100g)
1 parsnip (about 100g)
2 red onions (about 150g)
40ml toasted sesame oil
500g avena nuda (naked oats)
(gluten-free if necessary)

350–450ml vegetable stock
1kg green asparagus
10 cherry tomatoes (mixed
colours)
150–200g vegan feta alter-
native (e.g. cashew based)

50g pine nuts
freshly ground salt
freshly ground pepper
1 punnet watercress
(or mustard cress)
1 handful basil

1. Trim and peel the carrot and the parsnip, then cut them into 5mm cubes. Peel the onions and cut them into cubes of the same size.
2. In a large frying pan, heat the sesame oil. Add the carrot, parsnip and onion and lightly sauté them over medium heat. Fold in the oats and sauté everything for another 2 minutes. Pour in 350ml vegetable stock, bring the oat mixture to a boil and simmer everything for 2–3 minutes. Then cover and leave to cook over low heat for 20 minutes.
3. Meanwhile, wash the asparagus and cut off the woody spear ends. Peel the lower third of the spears and cut them into 1cm pieces. Wash and halve the tomatoes. Grate the feta alternative, if possible. In a non-stick frying pan without fat, dry-roast the pine nuts until golden brown.
4. Stir the asparagus pieces into the oat mixture in the frying pan and leave everything to simmer for about 5–7 minutes. If the mixture is too dry, add a little more
- vegetable stock. Fold in the cherry tomatoes. Season the oat and asparagus mixture with 1 level teaspoon of salt and 2 pinches of coarsely ground pepper. Stir in half the pine nuts and half the feta alternative.
5. Divide the oat and asparagus pan mixture between four plates and sprinkle with the remaining pine nuts and the remaining feta alternative. Cut the cress off the punnet and sprinkle on top. Wash and shake dry the basil, then use it to garnish the dish.

TIP

Simply cook the asparagus peelings in a little water and use this vegetable peel stock, for example, as an aromatic base for an asparagus soup.



Char in coconut coating on mashed vegetables

Serves 4 | Preparation/Cooking: 1 hr | Per serving c. 430 kcal, 38g protein, 24g fat, 14g carbs



800g broccoli
3 parsnips (about 360g)
80g desiccated coconut
½ tsp dried rosemary

2 organic limes
4 char fillets (about 150g each;
ready to cook; with skin,
without bones)

2 tbsp coconut ghee
½ bunch chervil
salt
pepper

1. Trim and wash the broccoli. Cut the florets off the thick stalk and set aside. Cut the stalk into small chunks, removing the woody ends. Trim and peel the parsnips, then also chop them into smaller pieces. In a saucepan with a little water, cook the broccoli stalk pieces and the parsnips for about 5 minutes until soft.
2. Meanwhile, crush the desiccated coconut with the dried rosemary with a pestle and mortar. Wash the limes under hot water and pat dry, then halve them.

3. Pat dry the fish fillets with kitchen paper. Heat a non-stick frying pan over medium heat, add the coconut ghee and melt it. Press the fish fillets with their skin sides into the desiccated coconut mixture until the skin is completely coated. Place the fillets skin side down into the frying pan. Add the limes. Cook the fillets over medium heat without turning for 7–8 minutes.
4. Meanwhile, blanch the reserved broccoli florets in boiling salted water for about 5 minutes until they are

firm to the bite. Lift them out of the water, rinse under cold water and leave to drain.

5. Depending on the desired consistency of the mash, roughly crush the broccoli stalks and parsnips in the saucepan with a potato masher or finely purée them with a handheld blender. Wash and shake dry the chervil. Pull the leaves off the stems and finely chop them, then stir them into the mash. Season the vegetable mash with salt.
6. Just before serving, season the fish with salt and pepper, turn it over in the frying pan and cook for about 20 seconds on the skinless side until done.
7. Divide the mash between four plates and place the fish fillets beside it. Briefly sauté the blanched broccoli florets in the fish frying fat in the pan, then arrange them next to the fish. Serve with the fried lime halves.



Avocado & mango dessert with coconut milk

Serves 4 | Preparation: 40 mins | Per serving c. 375 kcal, 3g protein, 31g fat, 20g carbs



200ml coconut milk
1 tbsp cornflour
about 2 tbsp agave syrup
2 avocados
1 lime

1 mango
1 vanilla pod
1 small piece of red chilli
(frozen) or a pinch of
chilli powder

PLUS
cream dispenser (if available)

1. In a saucepan, bring the coconut milk to a boil. Stir the cornflour into a little cold water until smooth. Pour the mixture into the boiling coconut milk, stirring constantly, bring back to a boil and allow to thicken. Sweeten the coconut cream with the agave syrup, pour it into a cream dispenser, if available, and let cool.
2. Meanwhile, halve the avocados lengthways and remove the stones. Spoon the flesh out of the skins. Halve the lime and squeeze out the juice.
3. In a tall jug, purée the avocado flesh with a hand-held blender until smooth. Flavour the purée with the lime juice and the agave syrup to have a fruity-sweet taste and divide between four glasses.
4. Peel the mango. Cut the flesh from the stone, then cut it into small cubes.
5. Slit the vanilla pod open lengthways and scrape out the seeds using a sharp knife. Now stir the seeds into the mango cubes.
6. If using, finely grate a small pinch of the frozen chilli into the mango mixture (or flavour the mixture with a pinch of chilli powder). Spoon the mango mixture on top of the avocado cream in the glasses.
7. Just before serving, squirt the coconut cream onto the mango mixture in the glasses. If you do not have a cream dispenser, beat the coconut cream with a whisk, then spoon it onto the mango mixture.



EFFECTIVE NUTRITIONAL MEDICINE AND MINDFUL EATING PLEASURE

What really keeps us healthy? And which diet gives us a life that is as long and healthy as possible? Over many years of research and development work, the doctors, cooks, nutritionists and sports scientists at Lanserhof have developed the unique Lanserhof Concept to strengthen the body's own self-healing powers – a symbiosis of first-class medicine, naturopathy, recognized therapy methods and scientific know-how.

Well-founded expertise, practical tips, product knowledge and a large selection of recipes for breakfast, snacks, lunch and dinner demonstrate the healing powers a balanced, health-strengthening and natural diet can unleash.

SUITABLE FOR EVERYDAY USE AND WITH ALL THE NUTRIENTS THAT KEEP BODY, MIND AND SOUL IN PEAK HEALTH.



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