

The Principles of the Hypotoxix Diet

A Practical Guide to an Ancestral and Protective Diet

Dr. SAID ALAOUI Moulay Abdellah
Family clinic Editions (2026)





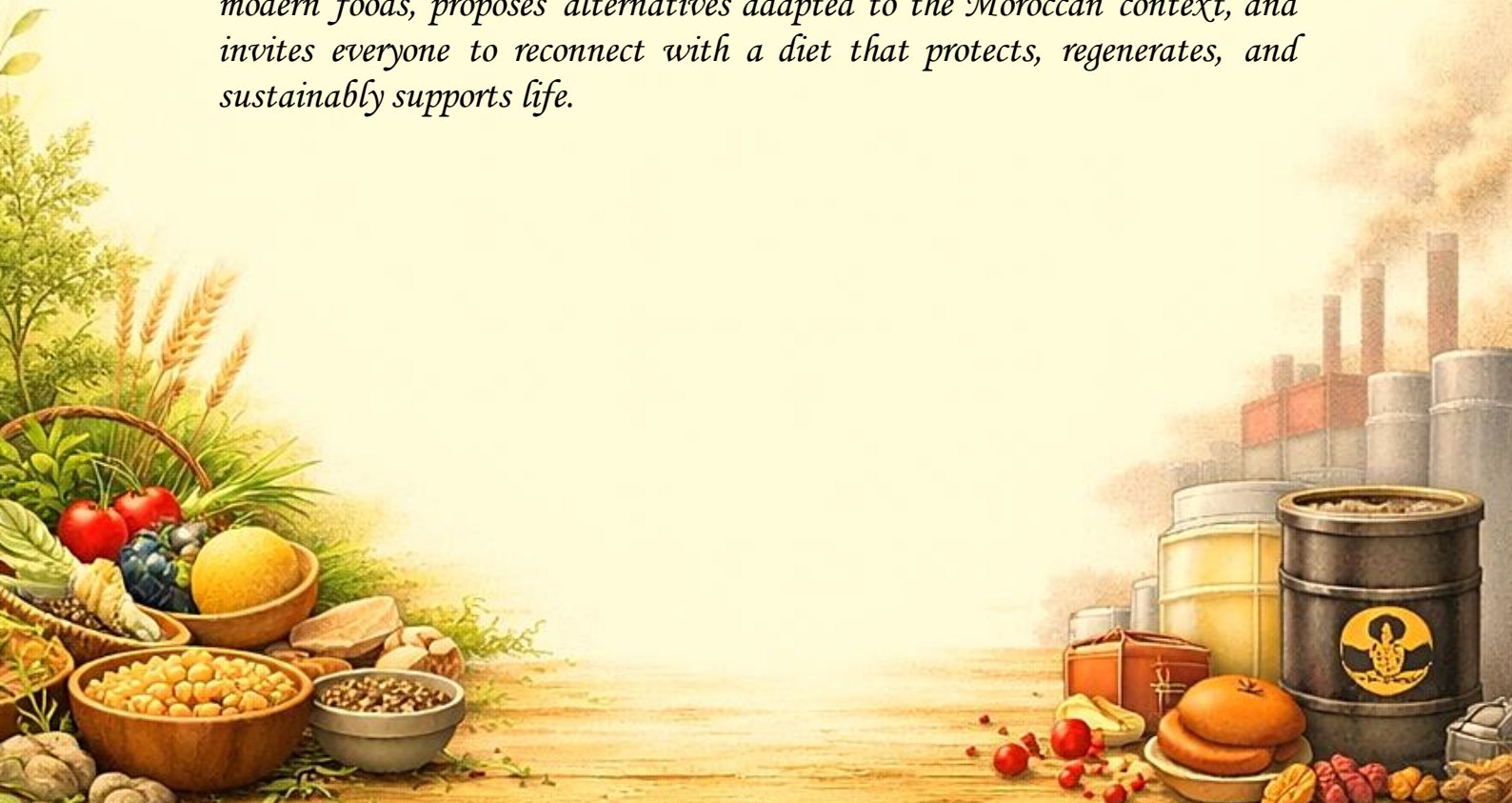
Preamble

Food ecology is a necessity. Dietary prescription is a therapeutic act, just like medical prescription. Since the dawn of humanity, man has nourished himself with what nature offered: fruits, vegetables, meats, fish, seeds, and roots, consumed in their original state. This diet, adapted to our enzymes and our biology, allowed entire generations to live in harmony with their environment.

The agricultural revolution, followed by industrialization, disrupted this millennial balance. Mutated cereals, animal milk, high-temperature cooking, refined oils, and products polluted by additives and pesticides imposed themselves on our plates. These transformations, far from being harmless, introduced new molecules, often poorly tolerated by our bodies, and encouraged the emergence of so-called diseases of civilization: allergies, digestive disorders, autoimmune diseases, metabolic pathologies.

This booklet proposes a return to the principles of an ancestral and hypotoxic nutrition, based on simple, living, and protective foods. It is a health approach: to understand the history of our diet, to identify the ruptures that distanced us from our biological needs, and to rediscover a path more respectful of our physiology.

*In continuity with the book **Cooking to Heal**, this Family Clinic guide offers a practical and educational approach: it highlights the dangers of modern foods, proposes alternatives adapted to the Moroccan context, and invites everyone to reconnect with a diet that protects, regenerates, and sustainably supports life.*





Introduction

*"Food ecology is a necessity."
"Dietary prescription is a therapeutic act."*

These words resonate like beacons in the night. They remind us that eating is not merely about nourishment: it is an act of life, a gesture of health, a way of caring for oneself. Since the beginning of time, man has drawn from nature what he needed: sun-ripened fruits, vegetables eaten fresh and full of sap, meats and fish shared around the fire. This original, simple, and living diet was in harmony with our enzymes, our bodies, and our world.

Then came upheavals: the agricultural revolution, mutated cereals, animal milk, scorching cooking methods, refined oils. Little by little, our plates filled with foreign molecules, too far removed from our biology. And with them came imbalances, diseases of civilization, and invisible fatigue.

The hypotoxix diet, also called ancestral or original, is not a trend, but a rediscovered memory. It invites us to return to a way of eating that respects our physiology: raw or gently cooked foods, virgin oils, abundant fruits and vegetables, non-mutated cereals. A nutrition that protects, regenerates, and accompanies life.

This guide is a bridge between yesterday and today. It does not promise miracles, but it opens a path: that of a diet that heals as much as it nourishes, that enlightens as much as it satisfies. An invitation to rediscover the simple taste of things, and to restore to the meal its primary value: that of an act of health and balance.





Table of Contents

- *Preamble*
- *The Basics of the Diet*
- *Food-by-Food Analysis*
- *Other Dietary Recommendations*
- *Complementary Measures of the Diet*
- *Bibliography*
- *Annexes*

The Basics of the Diet

1. Exclusion of Animal Milk and Derivatives

Cow's, goat's, or sheep's milk was never intended for humans. Designed to nourish the young of each species, it becomes for us a source of imbalance: too rich in complex proteins, too loaded with poorly assimilated calcium. The human body prefers to draw its calcium from green vegetables, dried fruits, or legumes, where it appears in a gentle and bioavailable form.

2. Exclusion of Mutated Cereals (Wheat, Corn)

Modern wheat and industrial corn are "artificial giants," swollen with chromosomes and transformed by human intervention. Their gluten and modified proteins tire the intestine, inflame the mucous membranes, and disrupt immune balance. In contrast, rice, buckwheat, or sesame retain their original simplicity and nourish without harm.

3. Exclusion of Cooking Above 110 °C

Excessive heat denatures food: it breaks proteins, oxidizes fats, and generates Maillard molecules, toxic to our cells. Gentle cooking—steaming, simmering, poaching—respects the life of foods and preserves their vitamins. Eating raw or lightly cooked means offering the body intact nutrients, close to their natural state.

4. Exclusion of Refined Oils

Industrial oils, heated and mistreated, lose their essence. They become opaque liquids, impoverished, sometimes harmful. In contrast, virgin oils, cold-pressed, retain the light of the seed: olive, walnut, or rapeseed oil provide essential fatty acids, protectors of the heart and cells.

5. Limitation of Polluted Products (Preference for Organic)

The earth is generous, but our practices have burdened it with pesticides and heavy metals. Choosing organic foods reduces exposure to toxins and reconnects us with respectful agriculture. It is both a health gesture and an ecological act.



Food-by-Food Analysis

1. Animal Milk

Cow's, goat's, or sheep's milk is not intended for humans. Each milk is designed for the young of its species, but for us it becomes heavy, poorly digested, and a source of imbalance. Derivatives (butter, cheese, cream, ice cream, yogurt) must be excluded without exception.

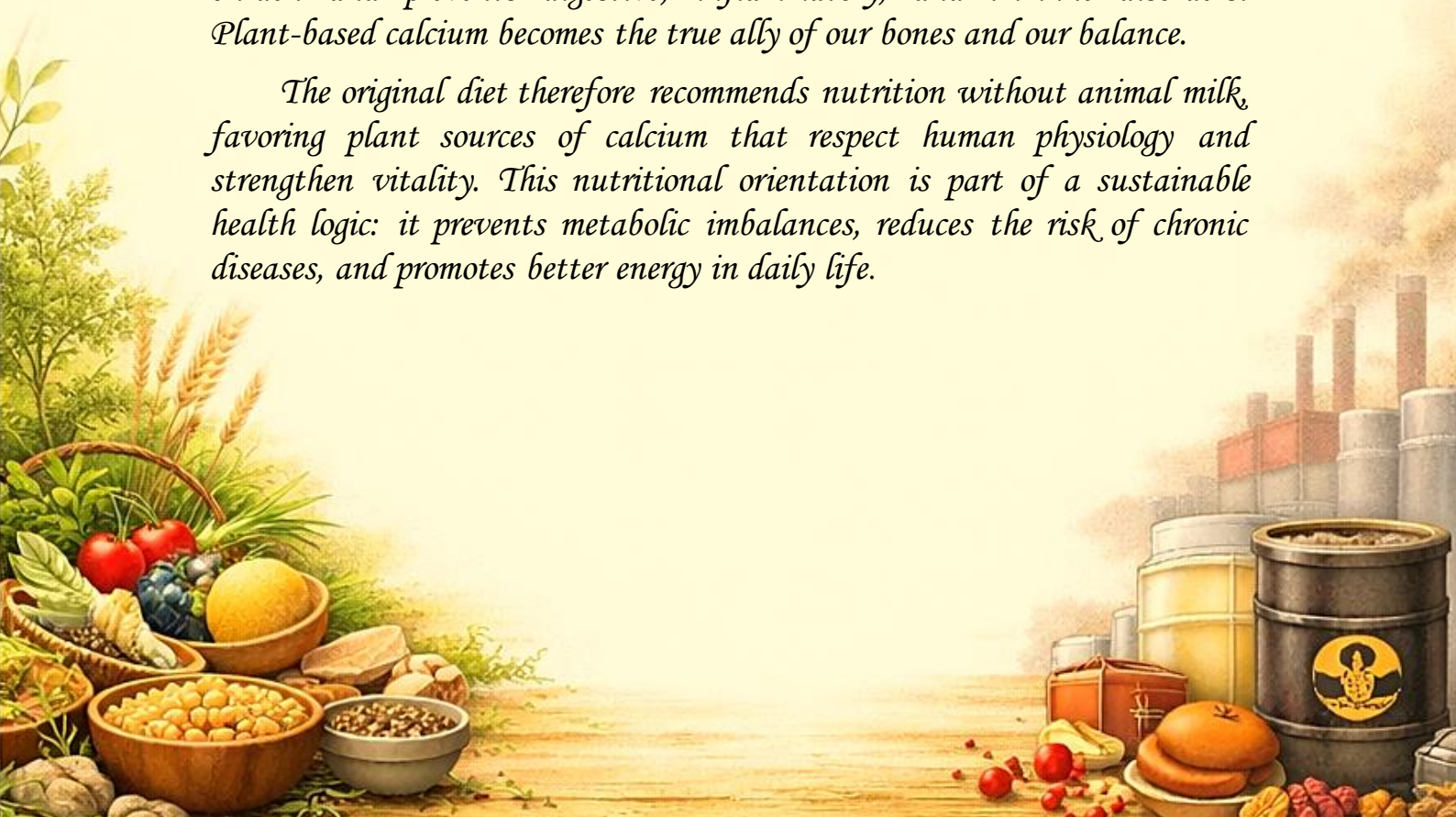
Some patients have tried to replace cow's milk with other animal milks (goat, sheep, mare), but no benefit has been observed. All must be excluded, regardless of origin.

Contrary to widespread belief, eliminating dairy products does not cause calcium deficiency. Two major reasons explain this:

- The calcium in cow's milk is abundant but poorly absorbed. The small intestine rejects most of it in insoluble form, eliminated in the stool. This phenomenon is even beneficial, since the quantities of calcium in cow's milk are too high for human needs.*
- Plant-based calcium is widely available in the soil and transmitted through green vegetables, legumes, raw vegetables, and fruits. These natural sources provide bioavailable calcium, assimilated gently and effectively by the body.*

Thus, eliminating animal milk frees the body from an unnecessary burden and prevents digestive, inflammatory, and immune disorders. Plant-based calcium becomes the true ally of our bones and our balance.

The original diet therefore recommends nutrition without animal milk, favoring plant sources of calcium that respect human physiology and strengthen vitality. This nutritional orientation is part of a sustainable health logic: it prevents metabolic imbalances, reduces the risk of chronic diseases, and promotes better energy in daily life.



2. Cereals

Modern wheat has become a true monster. Its proteins, profoundly modified by centuries of selection and mutation, cause inflammation and exhaust the body. Gluten overloads the digestive system, and high-temperature cooking generates invisible toxic molecules. Bread, pasta, biscuits, pizzas, semolina, and all wheat-based preparations must be eliminated. Wholemeal bread, often perceived as healthier, is in fact worse: more cooked, richer in Maillard molecules, it intensifies imbalances.



Spelt (small spelt), a genuine ancient wheat, might be tolerated raw, but spelt bread baked at high temperatures is just as harmful as wheat bread. Barley, rye, and oats, though less transformed, belong to the same family and present the same problems when consumed cooked. Beer, derived from barley, has shown negative effects in some patients.

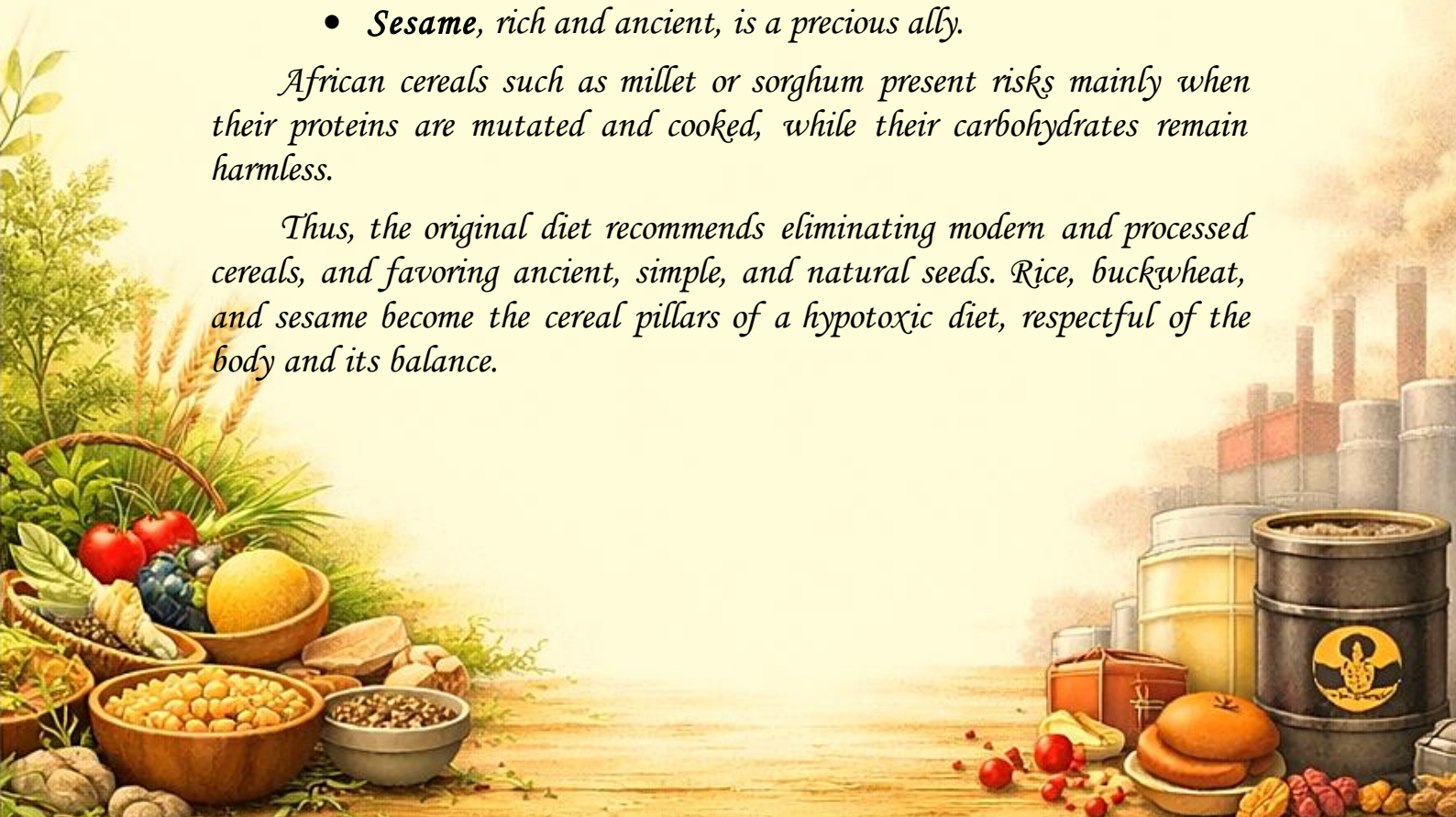
Corn, the second industrial giant, has undergone major genetic modifications. Its proteins have become harmful, and its derivatives (corn flakes, popcorn, corn flour) must be banned.

In contrast, certain cereals remain faithful to their origin:

- **Rice**, still close to its wild form, is almost always well tolerated. Whether white or whole, it nourishes without harm.
- **Buckwheat**, simple and robust, is widely permitted.
- **Sesame**, rich and ancient, is a precious ally.

African cereals such as millet or sorghum present risks mainly when their proteins are mutated and cooked, while their carbohydrates remain harmless.

Thus, the original diet recommends eliminating modern and processed cereals, and favoring ancient, simple, and natural seeds. Rice, buckwheat, and sesame become the cereal pillars of a hypotoxic diet, respectful of the body and its balance.



3. Meats

Meat is an ambivalent food: it can be beneficial when consumed raw, but becomes harmful when subjected to prolonged or intense cooking. Indeed, high heat generates Maillard molecules, mutagens, and lipophilic toxins that disrupt the body. These substances accumulate in adipose tissue and inhibit certain essential enzymes, notably those involved in the synthesis of omega-3 fatty acids, which protect against atherosclerosis and infections.

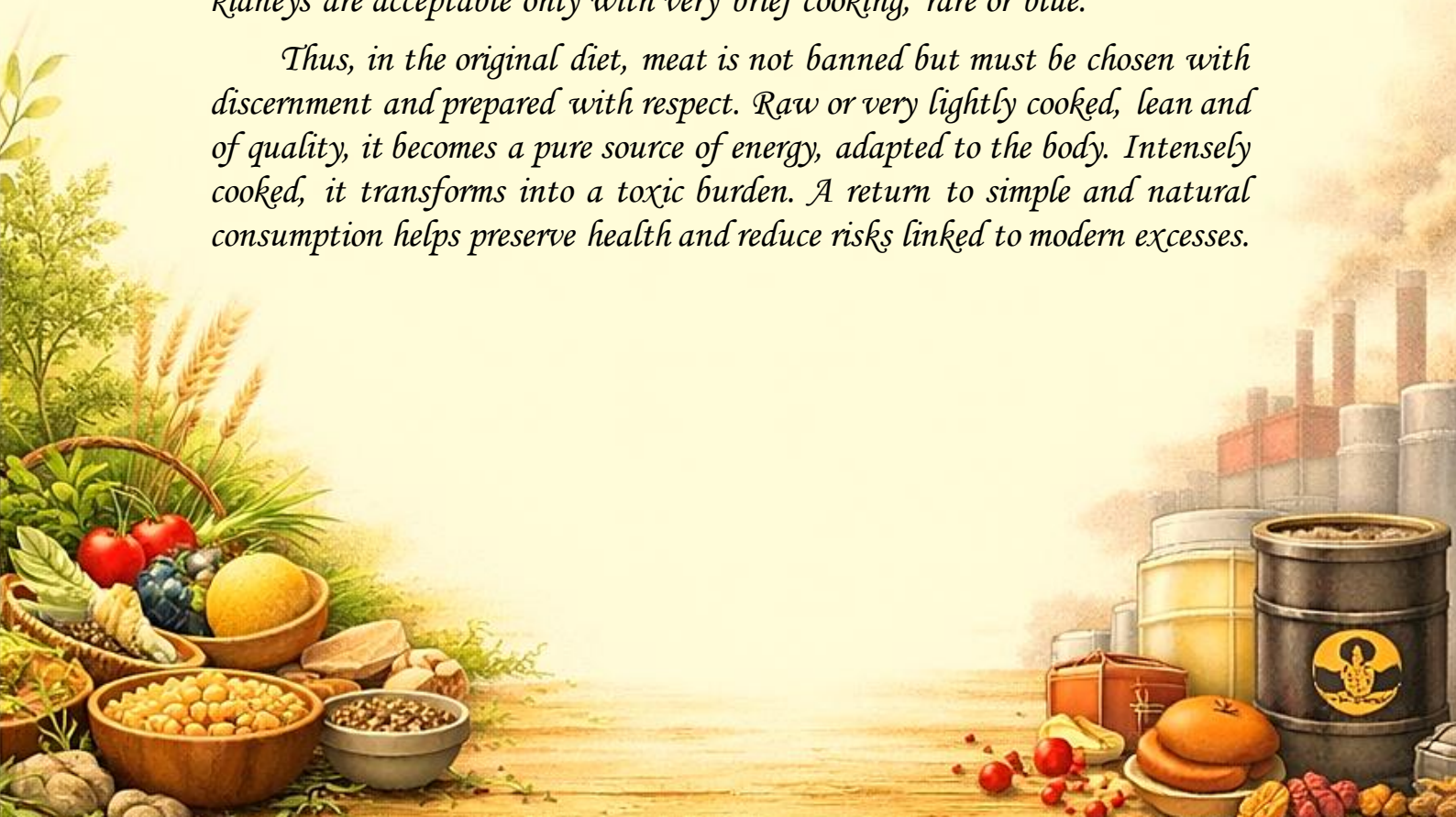


Consuming raw meat (in the form of tartare or carpaccio) respects the vitality of the flesh and preserves its nutritional qualities. For those unable to eat raw, brief and gentle cooking may be tolerated, but always avoiding grilling and frying.

The choice of meat is crucial. It must be of impeccable quality, purchased from a trusted vendor. Lean meats are preferred over fatty meats, since fats concentrate lipophilic waste and pollutants. The species most suitable are beef, veal, mutton, and horse, which lend themselves easily to raw consumption. Lamb and pork, often from artificial farming, are discouraged. Poultry and rabbit, unappealing when raw, should be avoided.

Game, difficult to consume raw, may exceptionally be tolerated when rare, such as hare or wild boar. Offal presents the same issue: liver and kidneys are acceptable only with very brief cooking, rare or blue.

Thus, in the original diet, meat is not banned but must be chosen with discernment and prepared with respect. Raw or very lightly cooked, lean and of quality, it becomes a pure source of energy, adapted to the body. Intensely cooked, it transforms into a toxic burden. A return to simple and natural consumption helps preserve health and reduce risks linked to modern excesses.



4. Cured Meats

In the original diet, cured meats occupy a particular place. They are not all banned: some may be tolerated, while others must be excluded. The distinction lies in their method of preparation and their quality.



Raw cured meats (such as raw ham, dry sausage, chorizo, salami, figatelli) are permitted, provided they come from quality products. Their preparation better respects the vitality of foods and limits the formation of toxic molecules. They must, however, be chosen with discernment: an artisanal product, carefully prepared, is preferable to an industrial cured meat saturated with additives.

Conversely, cooked cured meats (such as cooked ham, pâté, rillettes, blood sausage, and andouillette) are discouraged. Their prolonged cooking and high content of animal fats encourage the appearance of harmful substances. They become heavy, difficult to digest, and sources of imbalance.

One exception deserves to be highlighted: foie gras. Goose and duck fat, renowned for its nutritional qualities, is considered beneficial. It contains protective fatty acids and appears to play a favorable role in preventing cardiovascular diseases. In certain regions, such as Gers, this consumption is associated with remarkable longevity, particularly among centenarian women.

Thus, the hypotoxigenic diet does not condemn all cured meats, but calls for an informed choice. Raw products, carefully selected, may be integrated in moderation. Cooked cured meats, however, should be avoided to preserve health. Foie gras, consumed with measure, remains a precious exception, symbolizing a balance between pleasure and benefits.



5. Eggs

The egg is a complete food, bearer of life and vitality. But its value depends closely on the way it is consumed. Raw, it retains all its nutritional richness; cooked too long, it loses much of its benefits and becomes loaded with undesirable molecules.



The yolk, a concentrate of essential nutrients, is considered a true dietary pearl. It contains quality fatty acids, fat-soluble vitamins, and indispensable minerals. Swallowed raw, it remains intact and perfectly assimilable. The white, composed mainly of albumin, is less interesting nutritionally and may be avoided by those who find it unappetizing.

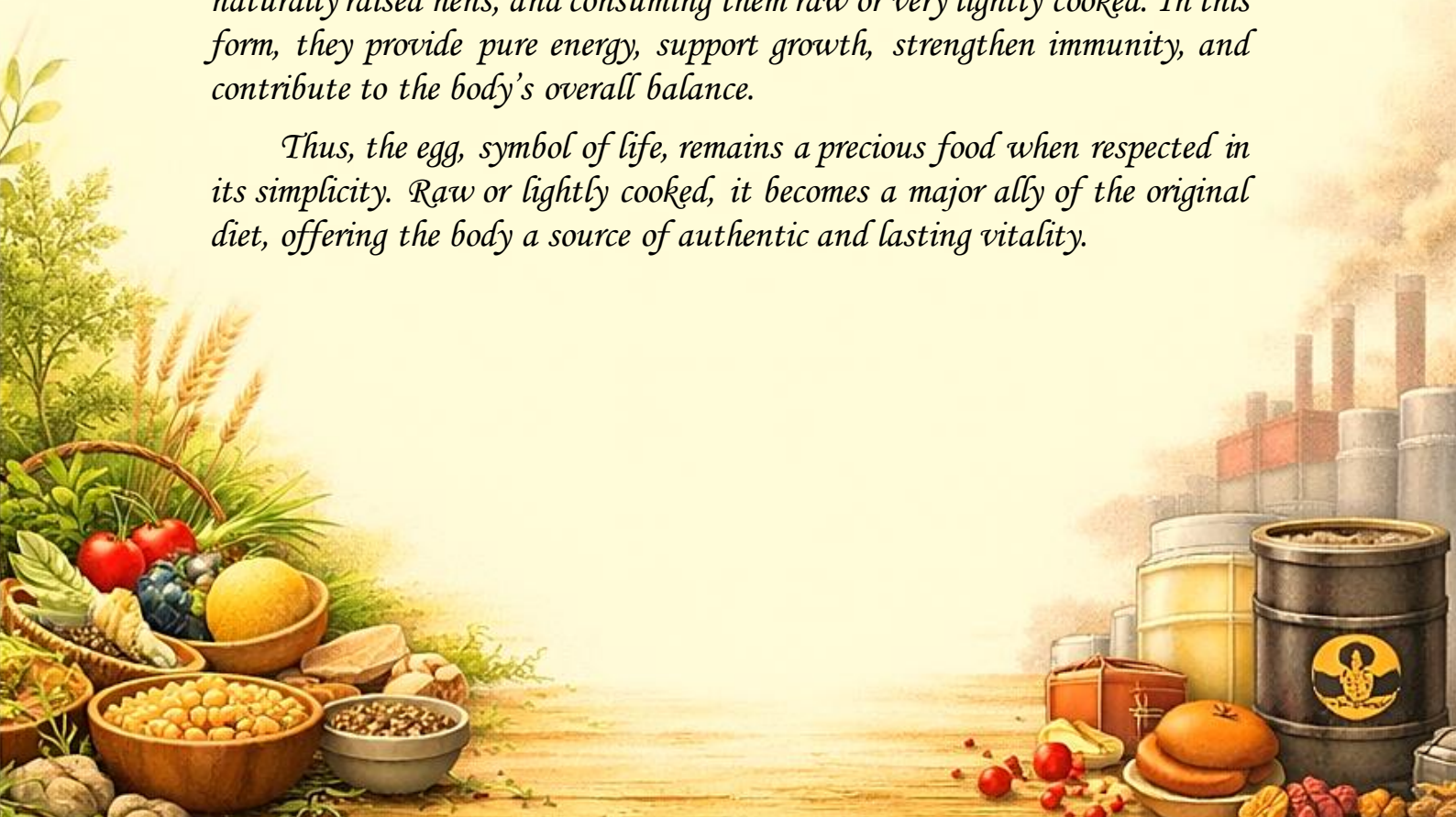
For those who do not wish to consume the egg raw, there are alternatives that respect its vitality:

- **Soft-boiled**, cooked at moderate temperature, it retains a supple texture and intact nutritional value.
- **Light omelet**, gently seared, it still preserves part of its qualities.

On the other hand, overcooked eggs (hard-boiled, fried, or prepared at high temperature) become heavy, oxidized, and lose their original value. They turn into denatured foods, generators of toxins.

The hypotoxic diet therefore recommends favoring organic eggs, from naturally raised hens, and consuming them raw or very lightly cooked. In this form, they provide pure energy, support growth, strengthen immunity, and contribute to the body's overall balance.

Thus, the egg, symbol of life, remains a precious food when respected in its simplicity. Raw or lightly cooked, it becomes a major ally of the original diet, offering the body a source of authentic and lasting vitality.



6. Fish

Fish, like meat, reveals all its value when consumed raw or very lightly cooked. Its flesh, delicate and rich in nutrients, retains its original freshness and protective qualities as long as it is not altered by excessive cooking.



Raw fish may seem unappealing when presented without preparation. Yet it becomes a refined dish when carefully prepared. Japanese or Tahitian traditions offer magnificent examples: thin slices of salmon or tuna marinated in lemon juice, enhanced with olive oil and flavored with coriander, dill, or basil. This type of preparation, simple and natural, preserves the benefits of fish while making it delicious.

When cooking is necessary, it must remain gentle and respectful. Light steaming is ideal: it softens the flesh without denaturing it, preserving its essential fatty acids and proteins. Grilling, frying, or high-temperature cooking, on the other hand, generate toxins and destroy part of the nutrients.

The choice of fish is also crucial. In a world where industrial pollution affects seas and rivers, it is illusory to find fish completely free of contaminants. However, certain criteria bring us closer to their original state:

- *Prefer **sea fish** over river fish, which are more exposed to local pollution.*
- *Choose **wild fish** rather than farmed ones, often artificially fed and less rich in natural nutrients.*
- *Ensure **freshness**, by buying from reliable merchants attentive to quality.*

Thus, fish occupies an essential place in the hypotoxigenic diet. Raw or lightly cooked, prepared simply and chosen with discernment, it becomes a protective food, rich in omega-3, light proteins, and indispensable minerals. It supports cardiovascular health, strengthens immunity, and provides pure energy.



7. Seafood

Seafood (crustaceans, mollusks, and shellfish) holds a privileged place in the original diet. They are considered pure foods, rich in minerals and trace elements, and perfectly suited to the human body. Their consumption, especially when raw, brings vitality and balance.

Shellfish such as oysters, mussels, clams, and scallops are particularly recommended. Their tender flesh and richness in zinc, iron, calcium, and iodine make them nutritional treasures. Consumed raw, they preserve all their qualities and stimulate the immune system. They are also a valuable source of light proteins, easy to digest and perfectly assimilable.

Crustaceans (shrimp, langoustines, crabs) provide a variety of essential nutrients. Consumed raw or lightly cooked, they retain their freshness and nutritional value. Mollusks, such as squid or octopus, can be included in moderation, preferably prepared simply, without excessive cooking.

Vigilance remains necessary: the quality and freshness of seafood must be impeccable. Dubious shellfish or spoiled products should be avoided, as they may carry bacteria or parasites. Choosing a reliable and attentive vendor is therefore essential to ensure food safety.

Within the framework of the hypotoxic diet, seafood represents a precious alternative to modern meats and cereals. They provide protective fatty acids, light proteins, and minerals indispensable to the proper functioning of the body. Regular consumption, respecting freshness and preparation rules, helps strengthen vitality and maintain nutritional balance.

Thus, seafood, consumed raw or very lightly cooked, becomes a major ally of the ancestral diet. They embody a simple, natural, and protective nutrition, faithful to the original spirit of the hypotoxic method.



8. Green Vegetables

Green vegetables are one of the pillars of the original diet. They are all permitted and recommended: artichoke, asparagus, eggplant, avocado, beetroot, broccoli, mushrooms, cauliflower, green cabbage, red cabbage, zucchini, spinach, fennel, green beans, turnip, leek, salsify, as well as exotic vegetables. Their diversity offers a palette of flavors and colors that enrich daily nutrition.

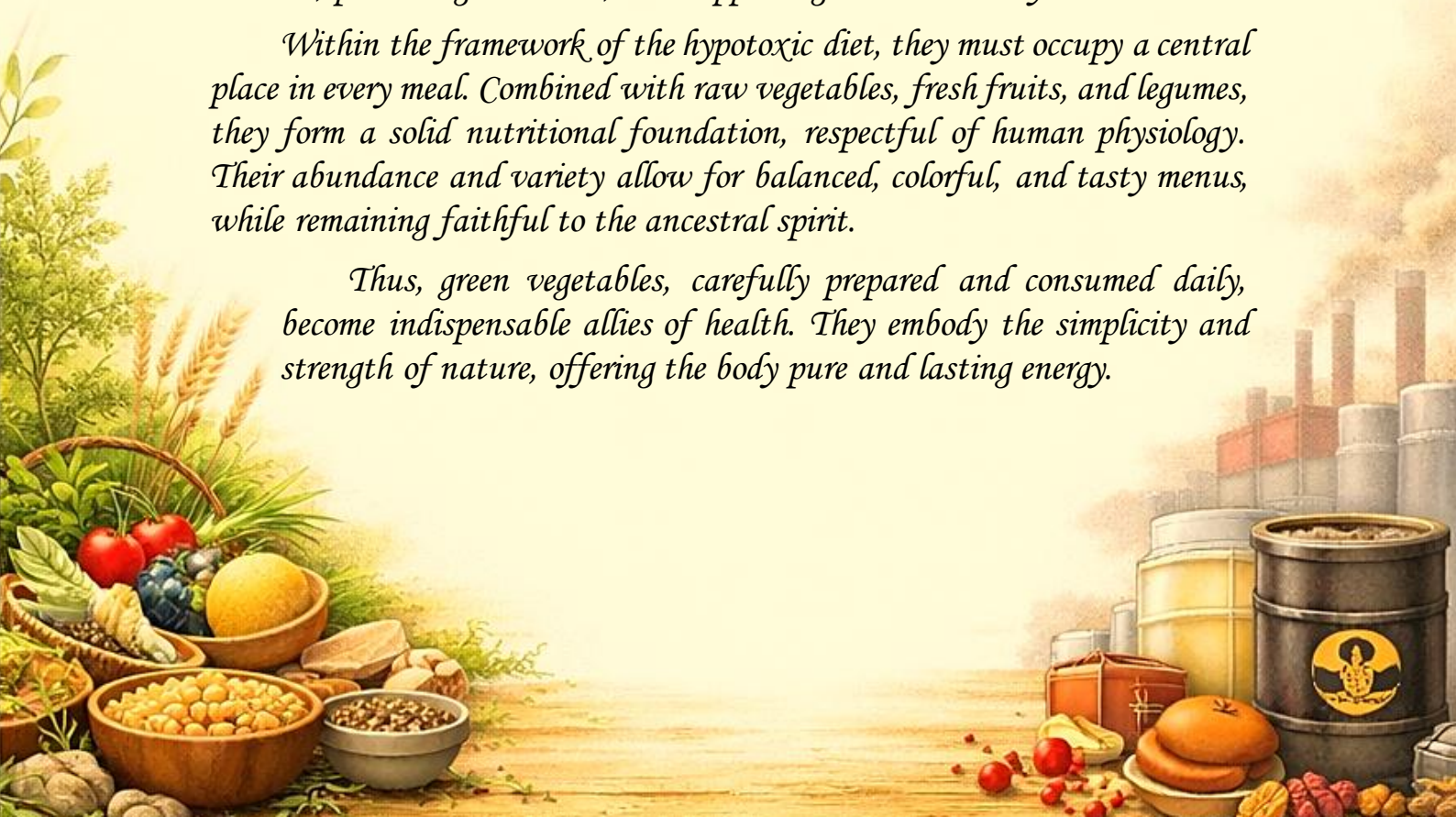


However, their often firm texture makes it difficult to consume them entirely raw. To preserve their nutritional qualities while making them digestible, it is advisable to cook them gently with steam, braising, or in a pressure cooker. These cooking methods respect the vitality of vegetables, prevent the destruction of vitamins, and limit the formation of harmful molecules. Unlike grilling or high-temperature cooking, gentle steaming preserves the freshness and color of vegetables while making them tender and pleasant to eat.

Green vegetables are rich in fiber, minerals, and antioxidants. They help maintain the body's acid-base balance, promote digestion, and strengthen the immune system. Their regular consumption contributes to preventing chronic diseases, protecting the heart, and supporting overall vitality.

Within the framework of the hypotoxic diet, they must occupy a central place in every meal. Combined with raw vegetables, fresh fruits, and legumes, they form a solid nutritional foundation, respectful of human physiology. Their abundance and variety allow for balanced, colorful, and tasty menus, while remaining faithful to the ancestral spirit.

Thus, green vegetables, carefully prepared and consumed daily, become indispensable allies of health. They embody the simplicity and strength of nature, offering the body pure and lasting energy.



9. Legumes

Legumes constitute a family of essential foods in the original diet. They include chickpeas, lentils, white or red beans, fava beans, peas, sweet potatoes, quinoa, soy, and cassava (tapioca). These seeds, rich in plant proteins, fiber, and minerals, provide a deep and lasting source of nutrition.



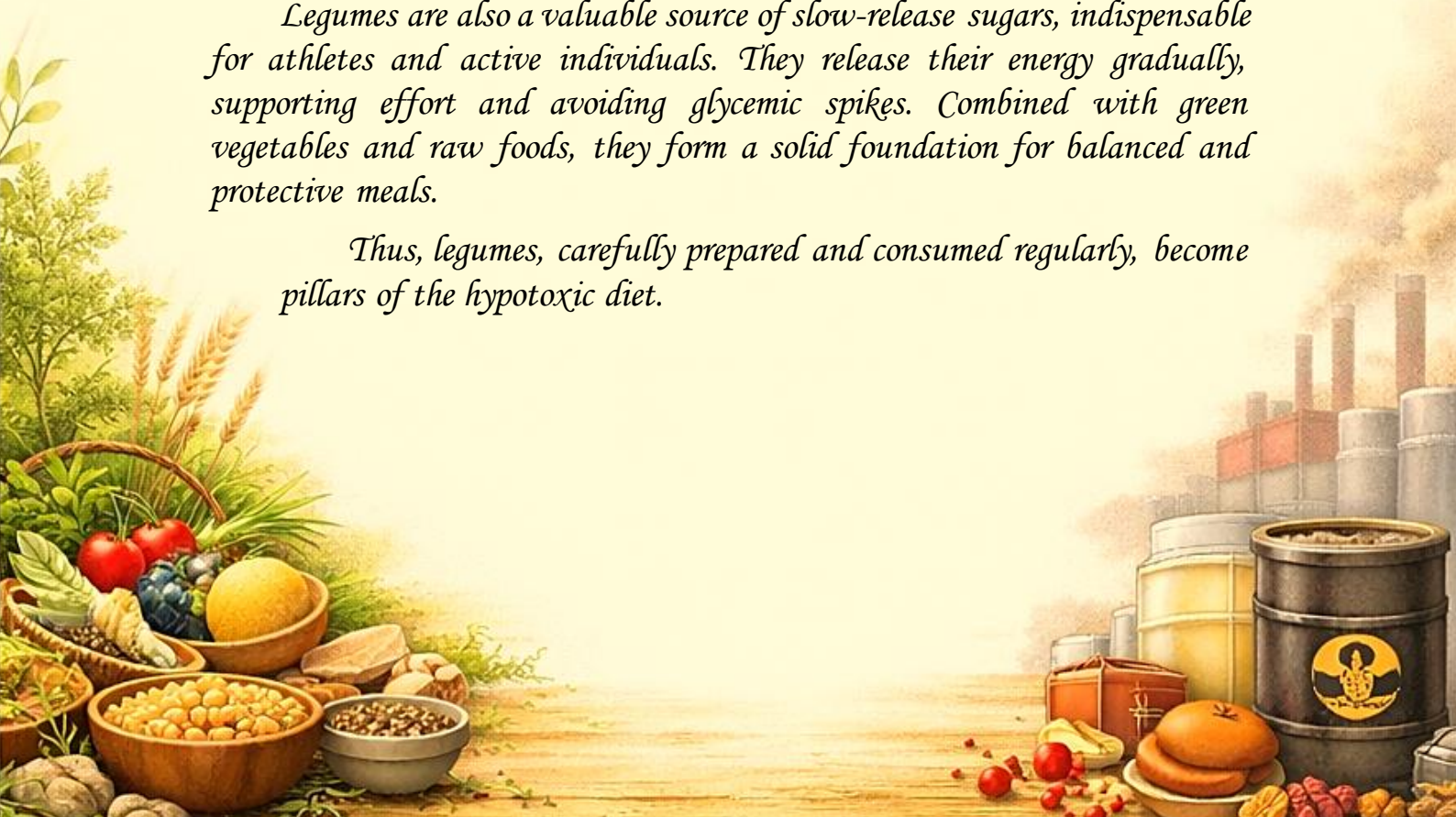
Their regular consumption brings natural satiety and supports the body in its vital functions. They are particularly suitable for replacing modern cereals, often harmful, and for balancing daily energy intake. Legumes also contribute to maintaining the acid-base balance, as they are less acidifying than meats or dairy products.

Cooking plays a decisive role. Too hard to be eaten raw, they must be prepared by gentle steaming or braising, like green vegetables. This method respects their vitality, preserves their nutrients, and makes them digestible. Unlike aggressive cooking, it avoids the formation of toxic molecules and retains the natural richness of the seeds.

Soy occupies a special place. Soy milk and soy yogurt are good substitutes for dairy products, allowing the replacement of cow's milk and its forbidden derivatives. However, consumption should remain moderate, as soy presents certain drawbacks when consumed in excess.

Legumes are also a valuable source of slow-release sugars, indispensable for athletes and active individuals. They release their energy gradually, supporting effort and avoiding glycemic spikes. Combined with green vegetables and raw foods, they form a solid foundation for balanced and protective meals.

Thus, legumes, carefully prepared and consumed regularly, become pillars of the hypotoxic diet.



10. Raw Vegetables

Raw vegetables represent the very essence of the original diet: to bite into raw food is to bite into life. They are simple, fresh, colorful, and full of vitality. Carrot, tomato, cucumber, radish, lettuce, celery, pepper, watercress, endive, lamb's lettuce, onion, or even melon: each raw vegetable is a direct gift from nature, consumed without transformation, without cooking, and therefore without nutrient loss.

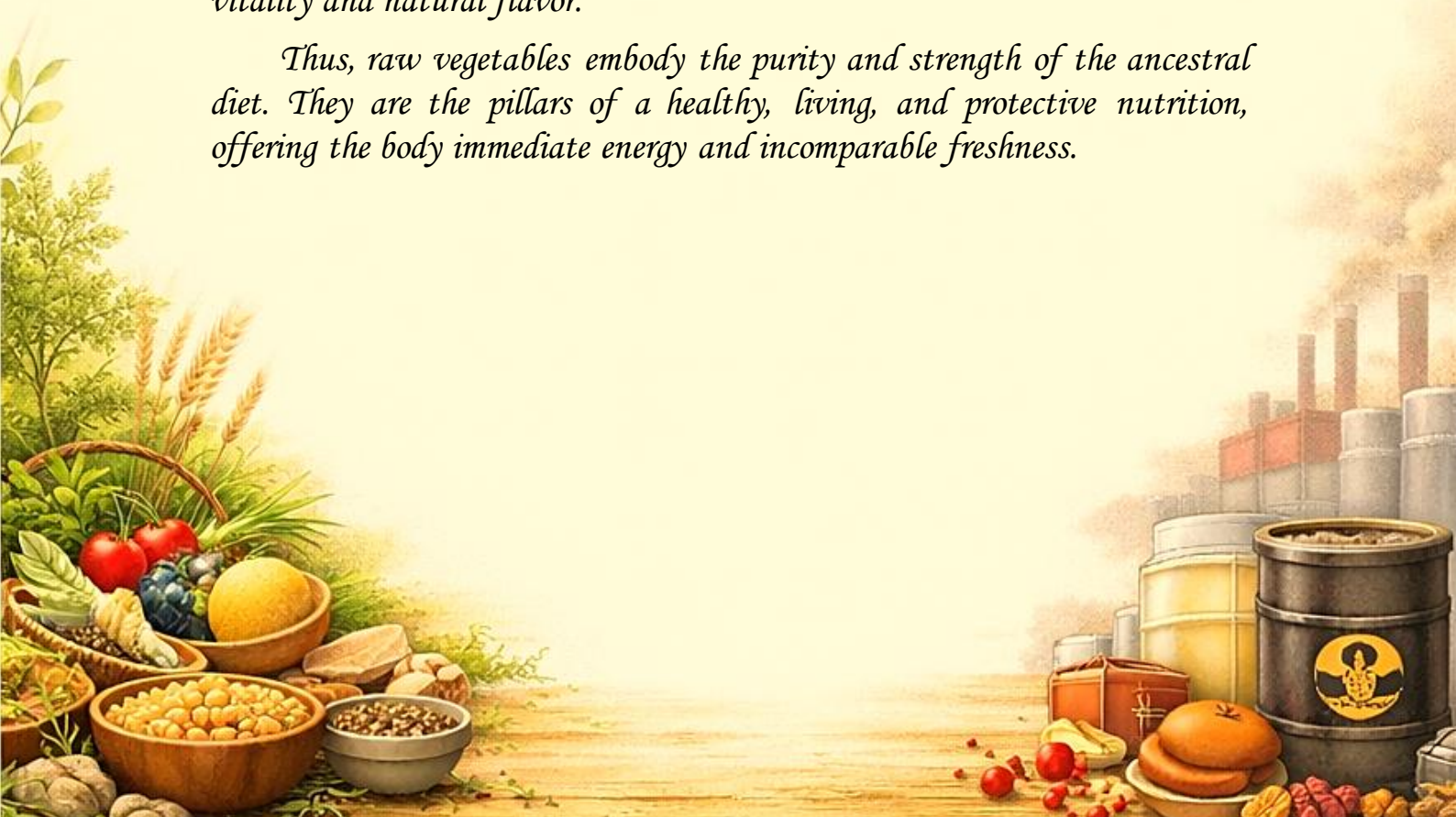


Their richness in vitamins, minerals, and fiber makes them protective foods. They support digestion, strengthen immunity, and contribute to maintaining the body's acid-base balance. Raw vegetables are also a precious source of antioxidants, which fight free radicals and prevent cellular aging.

In the hypotoxic diet, they must occupy a central place at every meal. They bring freshness and lightness, balance the richer intake of legumes or animal proteins, and encourage a varied and colorful diet. Their regular consumption helps prevent chronic diseases and maintain lasting energy.

The simplicity of their preparation is a major advantage: it is enough to wash them carefully and eat them as they are, or to season them lightly with cold-pressed virgin oils, lemon, or aromatic herbs. This approach respects their vitality and natural flavor.

Thus, raw vegetables embody the purity and strength of the ancestral diet. They are the pillars of a healthy, living, and protective nutrition, offering the body immediate energy and incomparable freshness.



11. Fresh Fruits

Fresh fruits are at the heart of the original diet. They represent the purest expression of nature: colorful, fragrant, rich in slow sugars and vitamins, they bring energy and joy to every meal. Apricots, apples, pears, oranges, grapes, strawberries, raspberries, cherries, peaches, mangoes, pomegranates, blueberries, watermelons, or pineapples: the diversity of fruits allows pleasures to vary while nourishing the body gently.



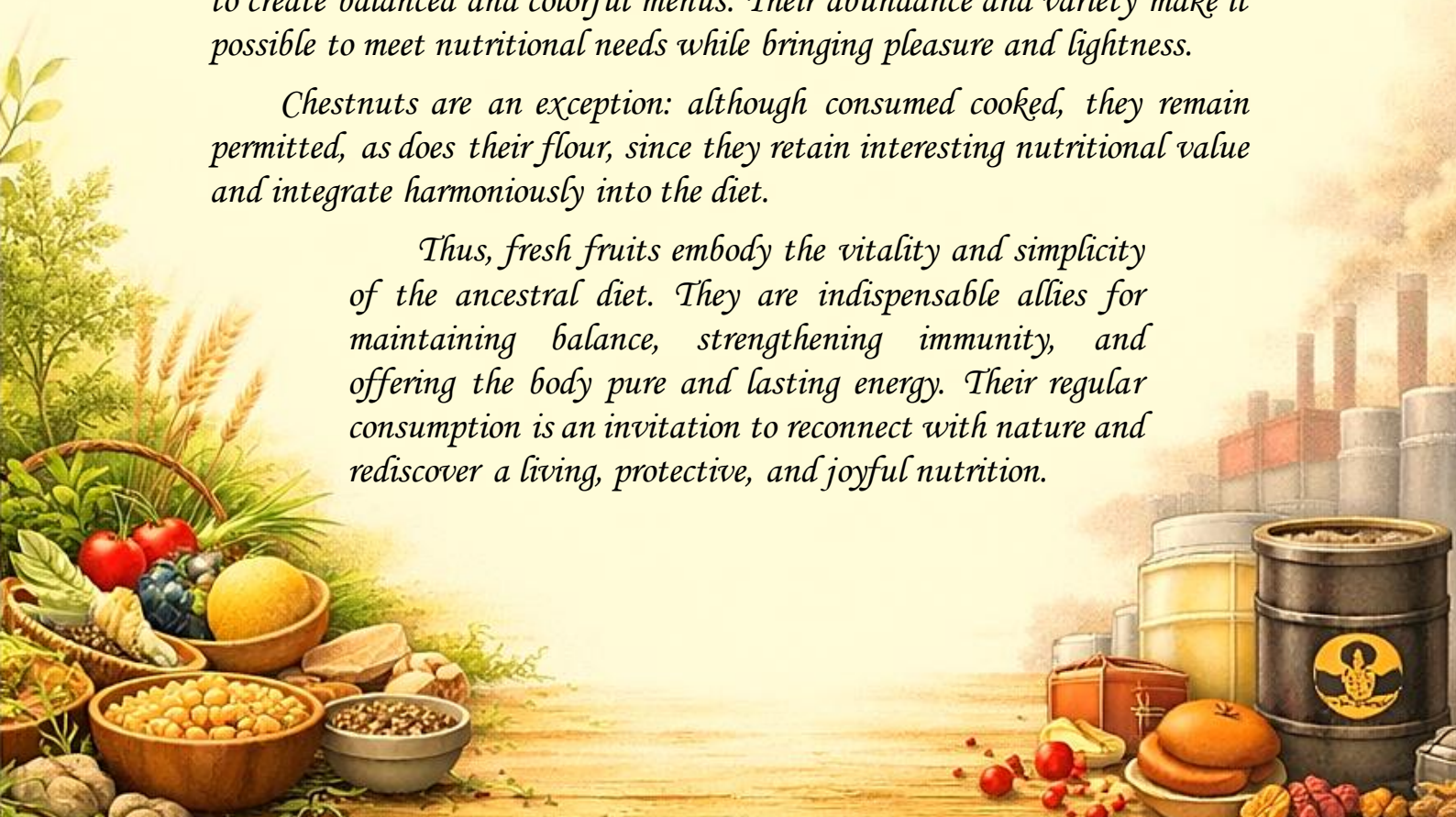
Their richness in fructose, a slow-metabolizing sugar, makes them an ideal source of energy. Unlike fast sugars from refined products, the fructose in fruits is assimilated gradually, avoiding glycemic spikes and supporting physical effort. Athletes find in fruits a natural reserve that improves performance and endurance.

Fresh fruits are also a precious source of fiber, which facilitates digestion and regulates intestinal transit. They provide powerful antioxidants, capable of neutralizing free radicals and protecting cells against premature aging. Their regular consumption contributes to the prevention of cardiovascular diseases, cancers, and metabolic imbalances.

In the hypotoxigenic diet, fruits should be consumed daily, ideally at every meal. They can be combined with raw vegetables, green vegetables, or legumes to create balanced and colorful menus. Their abundance and variety make it possible to meet nutritional needs while bringing pleasure and lightness.

Chestnuts are an exception: although consumed cooked, they remain permitted, as does their flour, since they retain interesting nutritional value and integrate harmoniously into the diet.

Thus, fresh fruits embody the vitality and simplicity of the ancestral diet. They are indispensable allies for maintaining balance, strengthening immunity, and offering the body pure and lasting energy. Their regular consumption is an invitation to reconnect with nature and rediscover a living, protective, and joyful nutrition.



12. Dried Fruits

Dried fruits hold an important place in the original diet. They concentrate the energy of nature and provide exceptional nutritional richness. Almonds, walnuts, hazelnuts, figs, dates, olives, raw peanuts, pine nuts, or prunes: each of these foods is a reserve of vitality, provided they are consumed raw and not roasted.



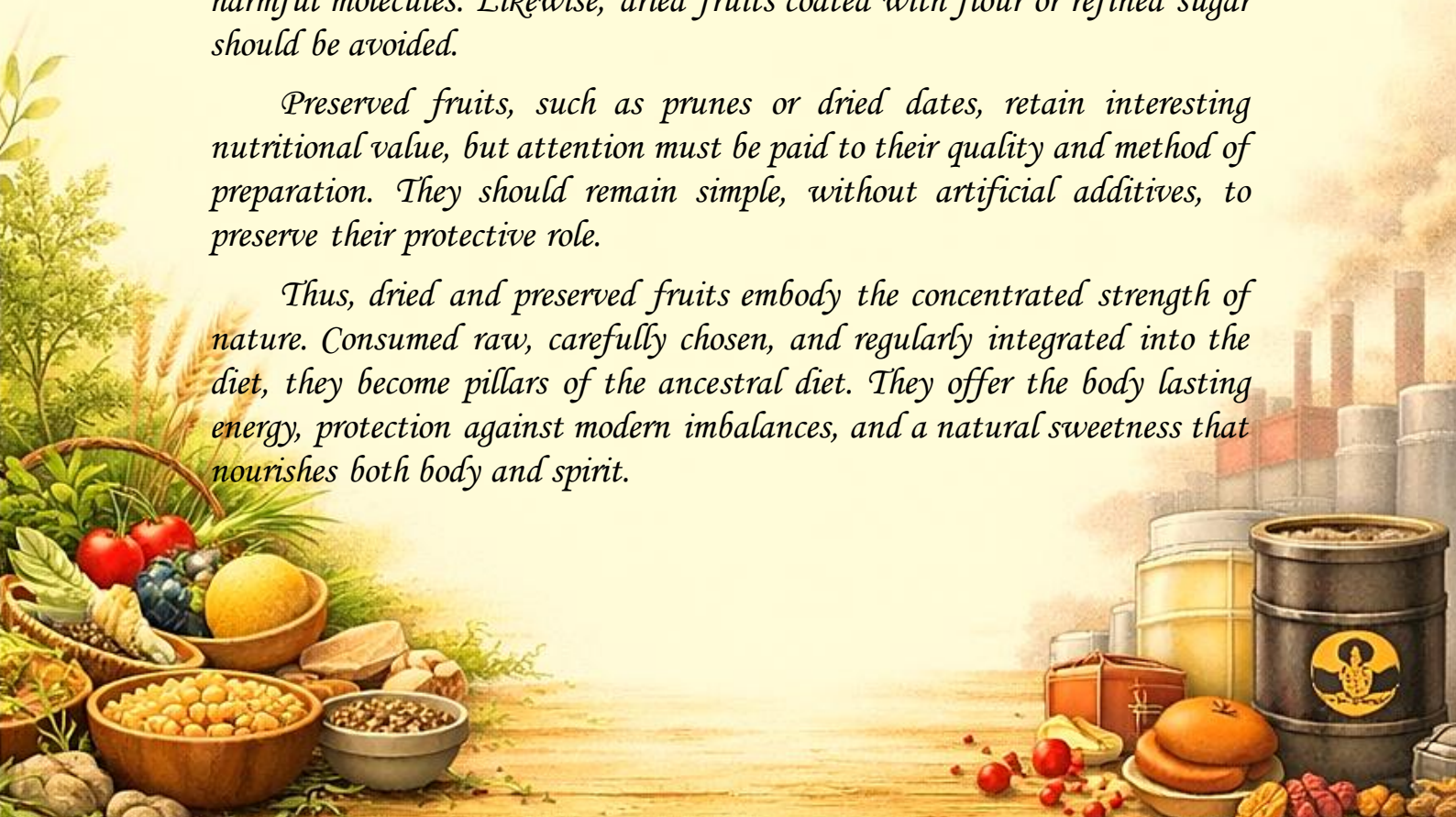
Their value lies in their nutritional density. They supply quality fatty acids, plant proteins, fiber, and a wide variety of minerals: magnesium, potassium, calcium, iron. These elements support the proper functioning of the nervous system, strengthen bones, and sustain energy balance. Dried fruits are also rich in antioxidants, which protect cells against aging and external aggressions.

In the hypotoxic diet, they are considered precious allies, capable of replacing modern snacks that are often too sweet or processed. Their regular consumption brings natural satiety and prevents cravings. They are an ideal source of energy for athletes, growing children, or active individuals.

Caution is necessary, however: dried fruits must be consumed in their most natural form. Roasted peanuts, for example, should be avoided in favor of raw peanuts, since cooking destroys part of the nutrients and generates harmful molecules. Likewise, dried fruits coated with flour or refined sugar should be avoided.

Preserved fruits, such as prunes or dried dates, retain interesting nutritional value, but attention must be paid to their quality and method of preparation. They should remain simple, without artificial additives, to preserve their protective role.

Thus, dried and preserved fruits embody the concentrated strength of nature. Consumed raw, carefully chosen, and regularly integrated into the diet, they become pillars of the ancestral diet. They offer the body lasting energy, protection against modern imbalances, and a natural sweetness that nourishes both body and spirit.



13.Sugars

Sugar is one of the most insidious enemies of our modern era. Refined, bleached, transformed, it invades our tables in multiple forms: candies, pastries, sodas, biscuits, industrial chocolates, ice creams, jams, syrups. These products, seductive in taste, are in reality sweet poisons that tire the body and disturb its balance.



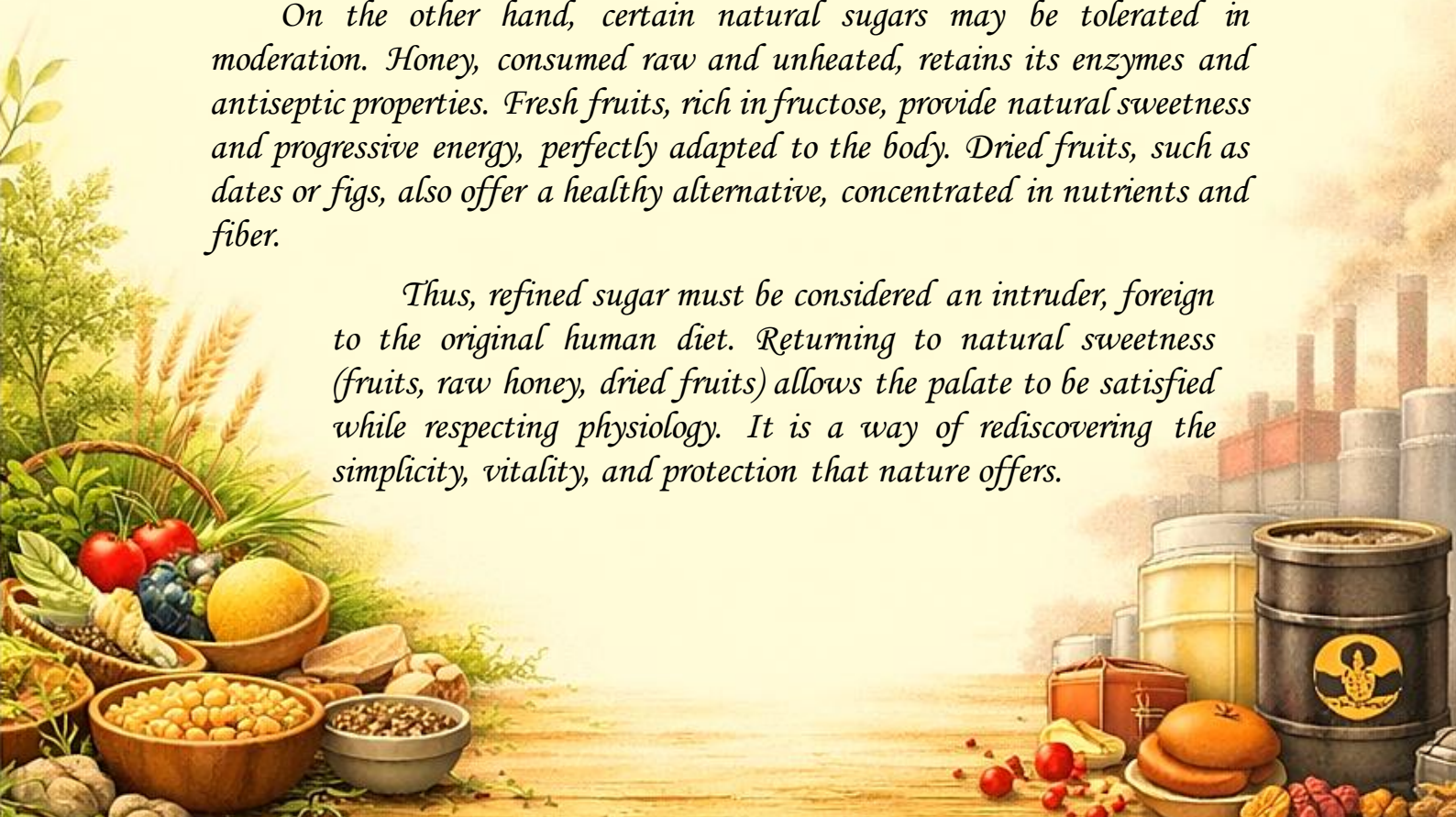
White sugar, derived from beet or cane, is devoid of fiber, minerals, and vitamins. It provides only brutal energy, rapidly assimilated, which provokes glycemic spikes followed by sudden drops. This cycle of excitation and fatigue exhausts the pancreas, promotes insulin resistance, and opens the way to diabetes, obesity, and cardiovascular diseases.

Refined sugars are also acidifying: they upset the internal environment, weaken bones, and encourage chronic inflammation. Their regular consumption is associated with increased risks of cancer, digestive disorders, and premature aging.

The original diet therefore recommends the total exclusion of refined sugar and its derivatives. Candies, pastries, and industrial desserts must be banned. Artificial sweeteners, often presented as alternatives, are not a solution: they disrupt metabolism and maintain dependence on the sweet taste.

On the other hand, certain natural sugars may be tolerated in moderation. Honey, consumed raw and unheated, retains its enzymes and antiseptic properties. Fresh fruits, rich in fructose, provide natural sweetness and progressive energy, perfectly adapted to the body. Dried fruits, such as dates or figs, also offer a healthy alternative, concentrated in nutrients and fiber.

Thus, refined sugar must be considered an intruder, foreign to the original human diet. Returning to natural sweetness (fruits, raw honey, dried fruits) allows the palate to be satisfied while respecting physiology. It is a way of rediscovering the simplicity, vitality, and protection that nature offers.



14.Oils

Fats are a fundamental element of nutrition, but their quality and method of consumption determine their impact on health. In the original diet, they are not banned; on the contrary, some are indispensable, while others must be avoided.



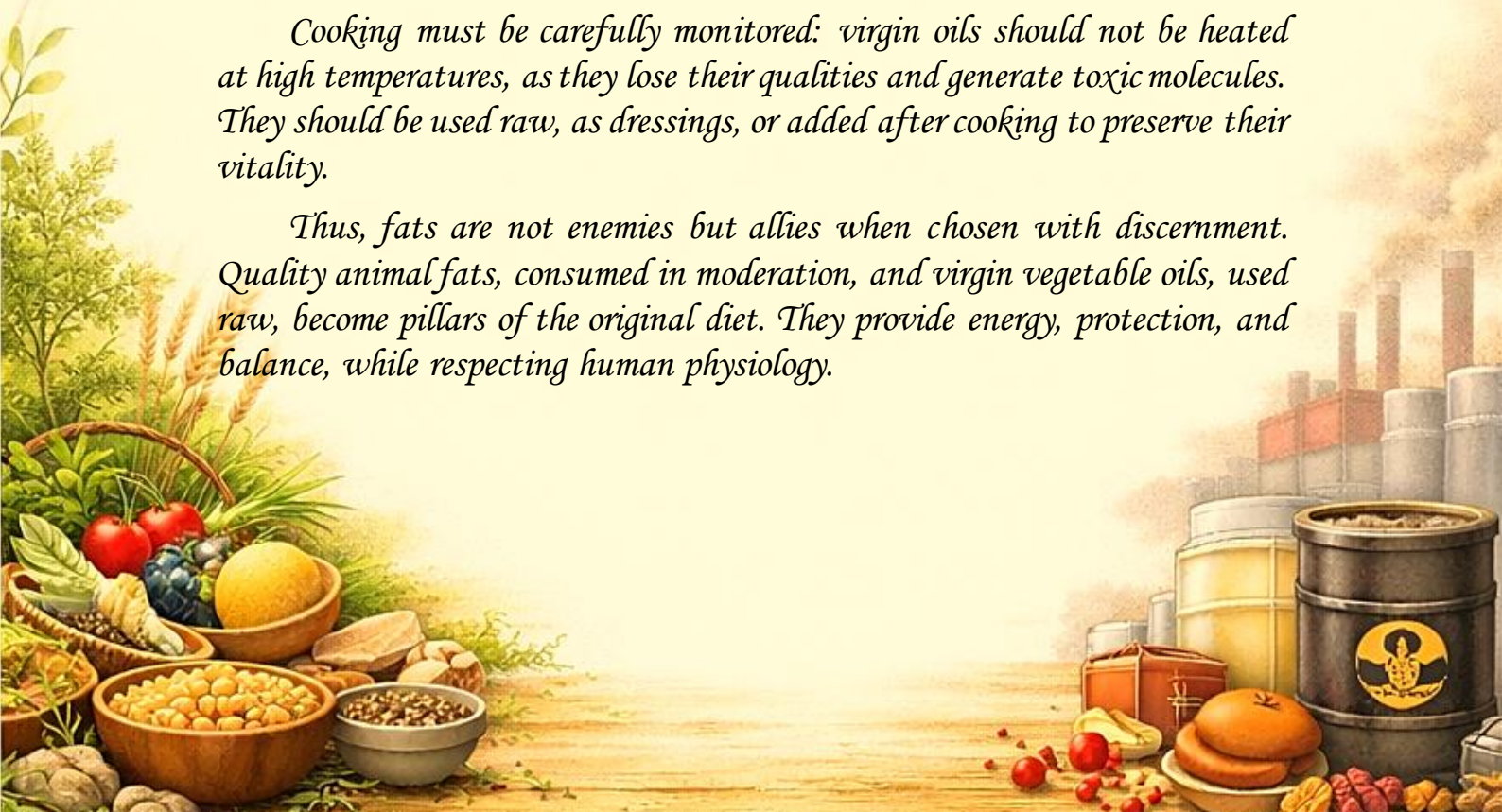
Animal fats, when derived from fatty meats or cooked cured meats, concentrate lipophilic toxins and harmful molecules produced by high-temperature cooking. They become heavy, difficult to digest, and promote chronic inflammation. Their regular consumption is associated with cardiovascular and metabolic risks.

Conversely, certain animal fats are considered beneficial. Goose and duck fat, for example, are rich in protective fatty acids. They appear to play a favorable role in preventing cardiovascular diseases and contribute to the longevity observed in certain regions, such as Gers, where foie gras is consumed in moderation.

Vegetable fats occupy a central place in the hypotoxic diet. Virgin oils, cold-pressed, retain their essential fatty acids and vitamins. Olive oil, rapeseed oil, walnut oil, and sesame oil are particularly recommended. They provide omega-3 and omega-6, indispensable for proper nervous system function, cardiovascular protection, and regulation of inflammation.

Cooking must be carefully monitored: virgin oils should not be heated at high temperatures, as they lose their qualities and generate toxic molecules. They should be used raw, as dressings, or added after cooking to preserve their vitality.

Thus, fats are not enemies but allies when chosen with discernment. Quality animal fats, consumed in moderation, and virgin vegetable oils, used raw, become pillars of the original diet. They provide energy, protection, and balance, while respecting human physiology.



15. Miscellaneous Foods

Miscellaneous foods bring together natural treasures that do not fall into the classic food families but play an essential role in the hypotoxigenic diet.

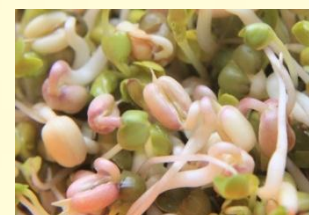
Raw honey, a true nectar, is rich in enzymes, trace elements, and antiseptic properties. It supports immunity, soothes mucous membranes, and advantageously replaces refined sugar. It must be consumed without heating, as heat destroys its virtues.



Pollens are concentrated sources of life. They provide proteins, B-group vitamins, minerals, and antioxidants. Their regular consumption strengthens vitality, stimulates hormonal balance, and supports the body's natural resistance.



Sprouted seeds embody life in motion. Wheat, alfalfa, lentils, or chickpeas, once sprouted, concentrate vitamins, enzymes, and chlorophyll. They bring incomparable freshness to salads and energize daily nutrition.



Finally, **dark chocolate** (minimum 70% cocoa), consumed in moderation, remains a tolerated pleasure. Rich in magnesium and polyphenols, it stimulates the nervous system, improves mood, and protects the heart.



These miscellaneous foods complete the original diet by bringing vitality, pleasure, and balance, while respecting human physiology.



16. Condiments

Condiments are the discreet companions of meals. They enhance dishes, bring flavor and diversity, without altering them.

Unrefined or sea salt, rich in minerals and trace elements, is recommended. In contrast, refined salt, devoid of vitality, should be avoided as it tires the body and promotes water retention.

Pepper stimulates digestion and adds a spicy note. Aromatic herbs (parsley, coriander, basil, thyme, rosemary) enrich dishes with their fragrances and medicinal virtues. Spices such as cumin, ginger, turmeric, or cinnamon bring warmth and protection: they are anti-inflammatory, digestive, and sometimes antiseptic.

Used in moderation, these condiments allow variety of flavors, prevent monotony, and add a sensory dimension to food. They embody the simplicity and richness of the original diet.



17. Drinks

Drinks are a fundamental aspect of the hypotoxic diet.

***Water** remains the queen of drinks. Pure, clear, and non-carbonated, it hydrates the body, supports vital functions, and promotes the elimination of toxins.*



***Chicory, tea, or coffee** may accompany meals, but must be consumed in moderation. Chicory is gentle and digestive; tea, especially green, provides antioxidants; coffee stimulates but should not become an excessive habit.*



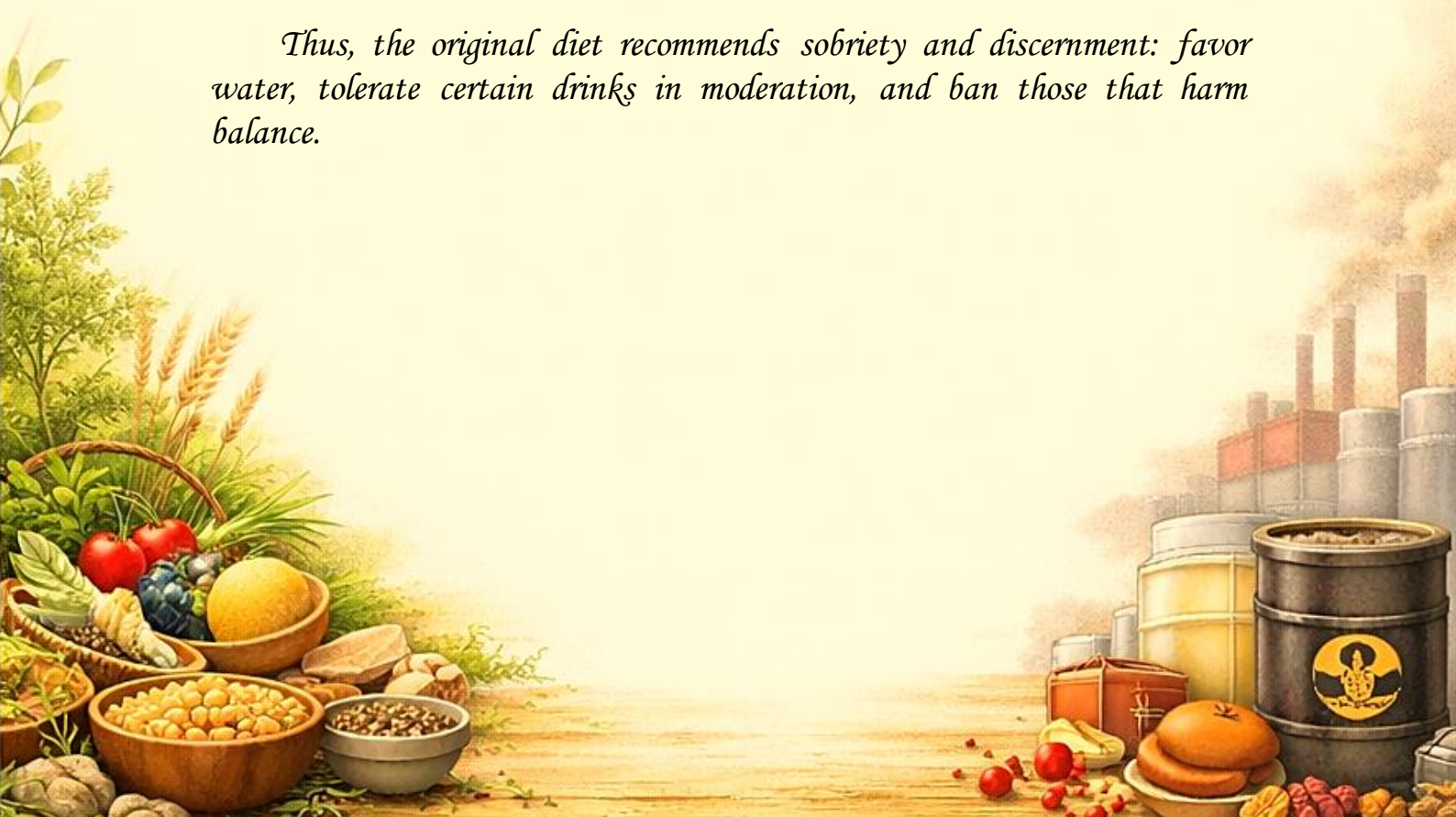
***Red wine**, taken in small quantities, is recognized for its protective virtues for the heart thanks to its polyphenols. It must remain an occasional pleasure, integrated with discernment.*



***Beer**, on the other hand, is banned. Derived from barley, it contains problematic proteins and produces negative effects on the body.*



Thus, the original diet recommends sobriety and discernment: favor water, tolerate certain drinks in moderation, and ban those that harm balance.



Other Dietary Recommendations

1. Avoid cooking as much as possible

Cooking is a major chemical transformation of food. The higher the temperature, the more it breaks molecular structures and generates invisible, sometimes harmful compounds.



- **Beyond 110 °C:** meats and fish accumulate toxins, oils oxidize, flavors are denatured. Maillard molecules, polycyclic aromatic hydrocarbons, and isomers appear, increasing the risk of cancers and inflammatory diseases.
- **Extreme cooking methods** (grilling, frying, barbecues) reach 300 to 700 °C and produce powerful mutagenic substances.
- **Gentle cooking** – light steaming, braising, poaching – is a caress that respects the life of foods. It preserves vitamins, colors, enzymes, and vital energy.

Eating raw or lightly cooked means staying close to nature, reducing chronic inflammation, and protecting the body.

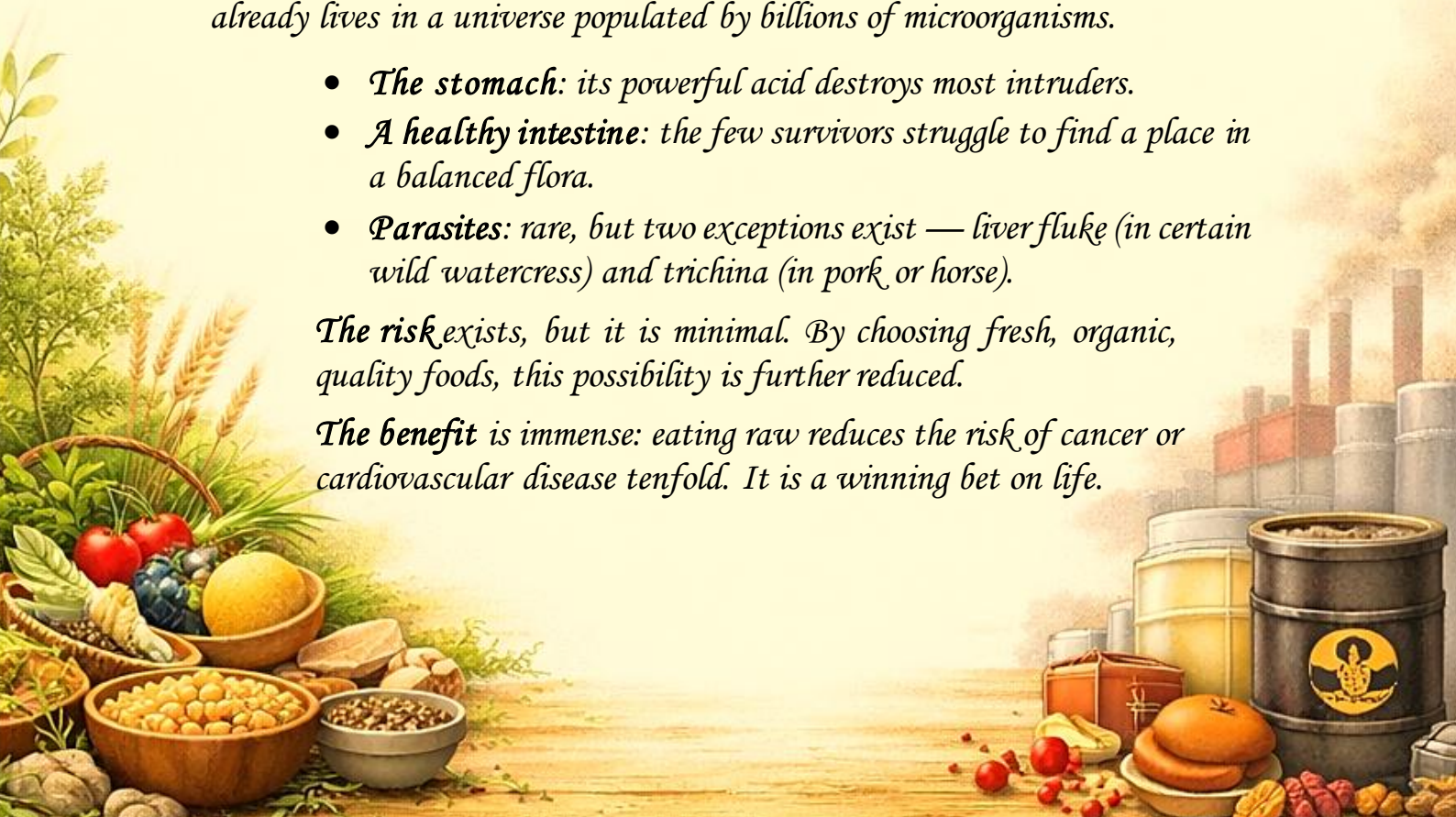
2. Are there dangers in eating raw?

Since Pasteur, fear of bacteria and parasites has taken hold. Yet our body already lives in a universe populated by billions of microorganisms.

- **The stomach:** its powerful acid destroys most intruders.
- **A healthy intestine:** the few survivors struggle to find a place in a balanced flora.
- **Parasites:** rare, but two exceptions exist — liver fluke (in certain wild watercress) and trichina (in pork or horse).

The risk exists, but it is minimal. By choosing fresh, organic, quality foods, this possibility is further reduced.

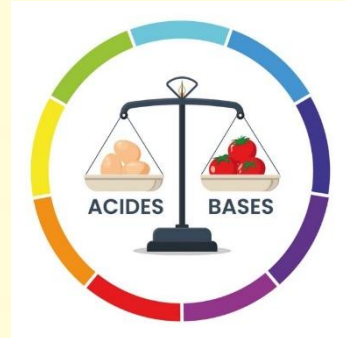
The benefit is immense: eating raw reduces the risk of cancer or cardiovascular disease tenfold. It is a winning bet on life.



3. Balance Between Alkaline and Acidic Foods

Our body thrives on balance: its pH is slightly alkaline, around 7.4.

- **Excess of acidic foods:** fatigue, demineralization, chronic inflammation.
- **Alkalinizing foods:** green vegetables, raw vegetables, ripe fruits.
- **Acidifying foods:** meats, fish, eggs, refined sugar, coffee, tea, alcohol, chocolate, mutated cereals.



The hypotoxic diet favors alkalinizing foods and limits acidifying ones. In this way, balance is maintained naturally, effortlessly, and the body remains at peace. This acid-base balance is a key to longevity and the prevention of modern diseases.

4. Other Practical Advice

- **Canned foods:** to be avoided, as they often hide industrial fats and oils.
- **Smoked products:** to be consumed sparingly, as smoke generates carcinogenic substances (benzopyrenes).
- **Frozen foods:** safe, if the food is compatible with the original diet. Freezing preserves the life of molecules.
- **Organic foods:** to be preferred, to reduce invisible pollution and rediscover true flavor.
- **Vigilance:** always check product composition, as wheat and refined sugar slip in everywhere.

These practical recommendations help remain faithful to the spirit of the original diet and avoid the traps of modern food industry.

5. Meal Composition

A meal does not need to be heavy to be complete. Frugality is a key: eating little, but well, lightens the body's workload and prolongs life.

- **Breakfast:** raw honey, moderate dark chocolate, fresh and dried fruits, chicory or tea.
- **Lunch:** assorted raw vegetables, green vegetables, nuts, colorful fruits.
- **Dinner:** raw vegetables, legumes, a portion of raw or lightly cooked animal protein, fresh fruits.



This simple organization respects biological rhythms, promotes light digestion, and prevents metabolic overloads.

6. Quantity of Food

Quality takes precedence over quantity.

- **Excessive meals:** tire enzymes, saturate the liver, accelerate aging.
- **Frugality:** protects and regenerates. Experiments on animals show that eating moderately sometimes doubles lifespan.



In humans: caloric restriction improves longevity, reduces inflammation, and protects against chronic diseases. Eating less, but better, offers the body rest, regeneration, and increased longevity.



Complementary Measures of the Diet

1. Eliminate Tobacco

Tobacco smoke is a toxic haze: it contains thousands of substances, dozens of which are carcinogenic. Each puff is a silent assault on the lungs, the heart, and the blood vessels. It weakens, clogs, and destroys. Renouncing tobacco is to offer the body a new breath. It is to restore purity to breathing and clarity to life.



2. Other Lifestyle Measures

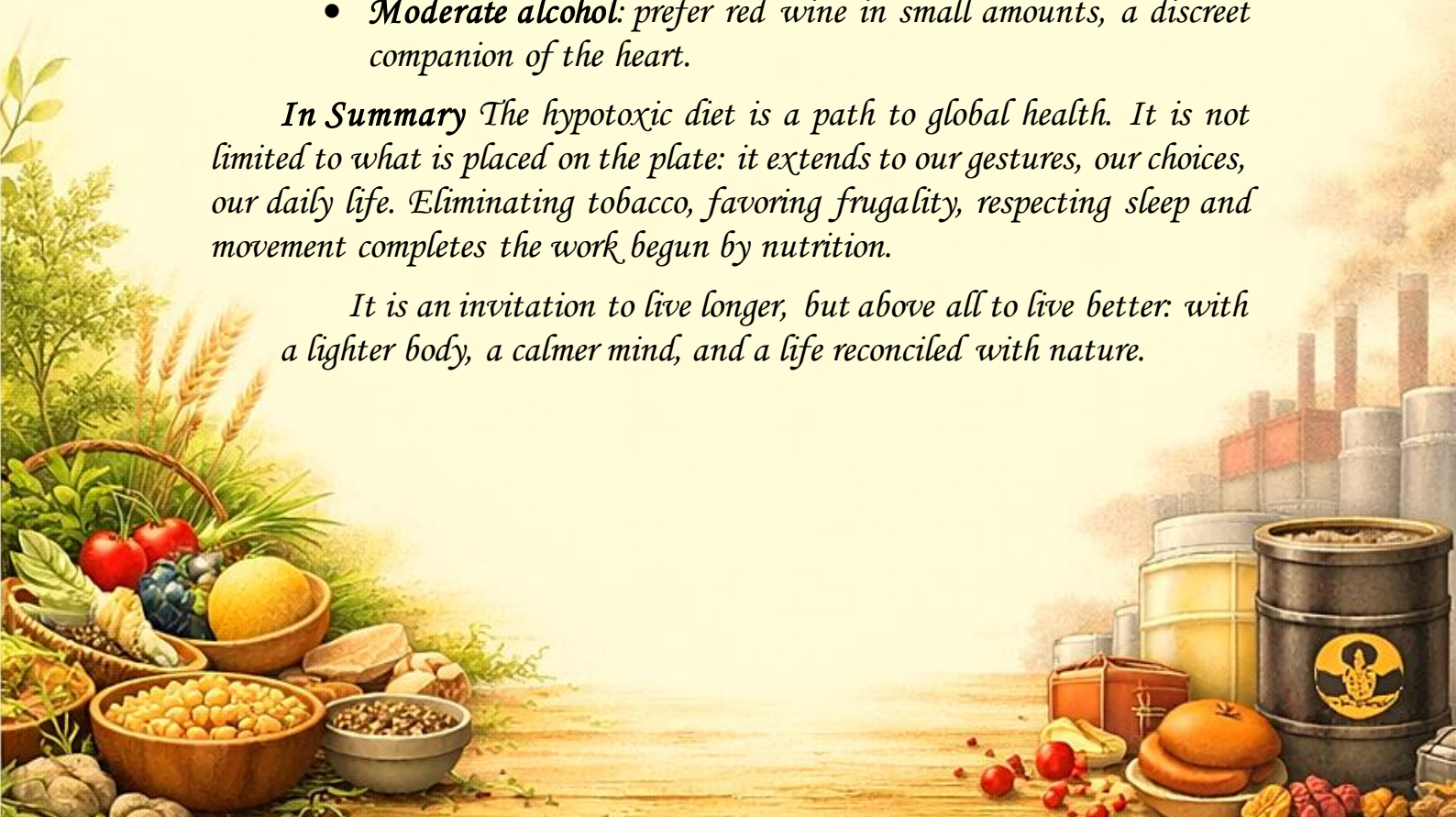
The hypotoxic diet is not an isolated island: it is accompanied by an art of living.

- ***Move every day:*** walk, breathe, feel your body in motion.
- ***Sleep regularly:*** rest is an invisible medicine.
- ***Savor meals in peace:*** digestion begins in serenity.
- ***Share the table:*** food is also a social bond, a common joy.
- ***Moderate alcohol:*** prefer red wine in small amounts, a discreet companion of the heart.



In Summary *The hypotoxic diet is a path to global health. It is not limited to what is placed on the plate: it extends to our gestures, our choices, our daily life. Eliminating tobacco, favoring frugality, respecting sleep and movement completes the work begun by nutrition.*

It is an invitation to live longer, but above all to live better: with a lighter body, a calmer mind, and a life reconciled with nature.



Bibliography

- **Burger (1988)** – *Studies on the Evolution of Diets: analysis of cereal mutations and their consequences.*
- **Comby (1989)** – *Preventing Civilization Diseases through Nutrition: a plea for an original diet.*
- **Eaton & Konner (1985)** – *Paleolithic Nutrition: foundational study on the Paleolithic diet and its impacts on modern health.*
- **Fradin (1991)** – *Research on allergies and food intolerances.*
- **Joyeux (1994)** – *Work on nutritional prevention of cancers.*
- **Renaud & de Lorgeril (1992)** – *Studies on the protective role of fatty acids and the Mediterranean diet.*
- **SAID ALAOUI M. A. (2026)** – *Cooking to Heal, Family Clinic Editions: practical guide of hypotoxic recipes adapted to the Moroccan context.*



Annexes

Forbidden, Discouraged, and Recommended Foods

Category	Forbidden (to be avoided)	Discouraged (to be limited)	Recommended (to be favored)
Animal milks	Cow, goat, sheep, derivatives (cheese, yogurt, ice cream)	Industrial plant milks that are too sweet	Soy milk, natural plant-based drinks
Cereals	Modern wheat, corn, kamut, barley, rye, oats	Cooked wholemeal bread, beer	Rice, buckwheat, sesame, millet, sorghum
Meats	Grilled, fried, pork, industrial poultry	Cooked offal, overcooked game	Lean meats raw or lightly cooked
Cured meats	Cooked ham, pâtés, rillettes	Industrial products	Raw ham, artisanal sausage, foie gras
Eggs	Hard-boiled, fried	Overcooked omelette	Raw eggs, soft-boiled, lightly cooked omelette
Fish	Fried, polluted farmed fish	Intensely cooked fish	Raw fish, gently steamed, marinated
Seafood	Spoiled or doubtful products	Overcooked mollusks	Fresh oysters, mussels, crustaceans
Green vegetables	Grilled, fried	Prolonged cooking	Gentle steaming, braising
Legumes	Overcooked, fried	Excess soy	Chickpeas, lentils, beans, quinoa
Raw vegetables	—	—	All fresh raw vegetables
Fresh fruits	Sweetened preserves	Overripe fermented fruits	Varied fresh fruits
Oils	Refined, heated	Margarines	Cold-pressed virgin oils (olive, walnut, rapeseed)
Sugars	Refined, confectionery	Heated honey	Fruits, raw honey
Drinks	Sodas, strong alcohol	Excess coffee	Water, herbal teas, fresh juices

Typical Hypotoxic Meal Composition

- **Breakfast:** Fresh fruits + raw or soft-boiled egg + plant-based drink (soy, almond)
- **Lunch:** Assorted raw vegetables + legumes lightly steamed + raw or lightly cooked fish
- **Snack:** Fresh or dried fruits + handful of nuts or almonds
- **Dinner:** Green vegetables lightly steamed + lean meat raw or rare + green salad
- **Collations:** Crunchy raw vegetables, fresh fruits, seeds (sesame, sunflower)

Glossary

- **Polyploidy:** artificial multiplication of chromosomes in modern cereals.
- **Gluten:** protein from modern wheat, inflammatory for the intestine.
- **Mucins:** glycoproteins protecting digestive mucosa, weakened by processed foods.

Chronology of Dietary Evolution

- **Paleolithic:** original diet (fruits, vegetables, raw meats, seeds).
- **Agricultural Revolution:** introduction of mutated cereals and animal milks.
- **Industrialization:** refining oils, high-temperature cooking, chemical additives.
- **20th century:** explosion of civilization diseases linked to modern diet.
- **21st century:** return to hypotoxic nutrition, respectful of physiology.

Comparative Table – Human Milk vs Cow's Milk

Criterion	Human Milk	Cow's Milk
Proteins	Gentle, adapted to infants	Too complex, poorly assimilated
Calcium	Bioavailable	Poorly absorbed, rejected by intestine
Fats	Rich in essential fatty acids	Saturated, heavy
Biological adaptation	Designed for humans	Designed for calves
Health effects	Protective, immune-supportive	Source of digestive and inflammatory imbalances



Acknowledgments

This guide is the fruit of a collective effort and a profound conviction.

- *Thanks to the patients who inspired and validated the principles of this diet.*
- *Thanks to fellow physicians, nutritionists, and researchers for their observations and advice.*
- *Thanks to the collaborators of Family Clinic for their editorial and educational support.*
- *Finally, gratitude to nature, the primary source of health and vitality, which reminds us every day that food is an act of life.*



The Principles of the Hypotoxic Diet

“For millions of years, humans lived in harmony with a natural diet, adapted to their enzymes and environment. The agricultural revolution, followed by industrialization, disrupted this balance.”

This booklet retraces the history of our nutrition and highlights the principles of the hypotoxic diet:

- *Exclusion of animal milks and mutated cereals*
- *Limitation of high-temperature cooking*
- *Preference for virgin oils and living foods*
- *Pursuit of an acid-base balance respectful of human physiology*

A clear, accessible, and scientific guide, intended for all those who wish to reconcile health, pleasure, and nutrition.

Dr. SAID ALAOUI Moulay Abdellah
Family clinic Editions (2026)

