

The Principles of the Hypotoxix Diet

A Practical Guide to an Ancestral and Protective Diet

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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.

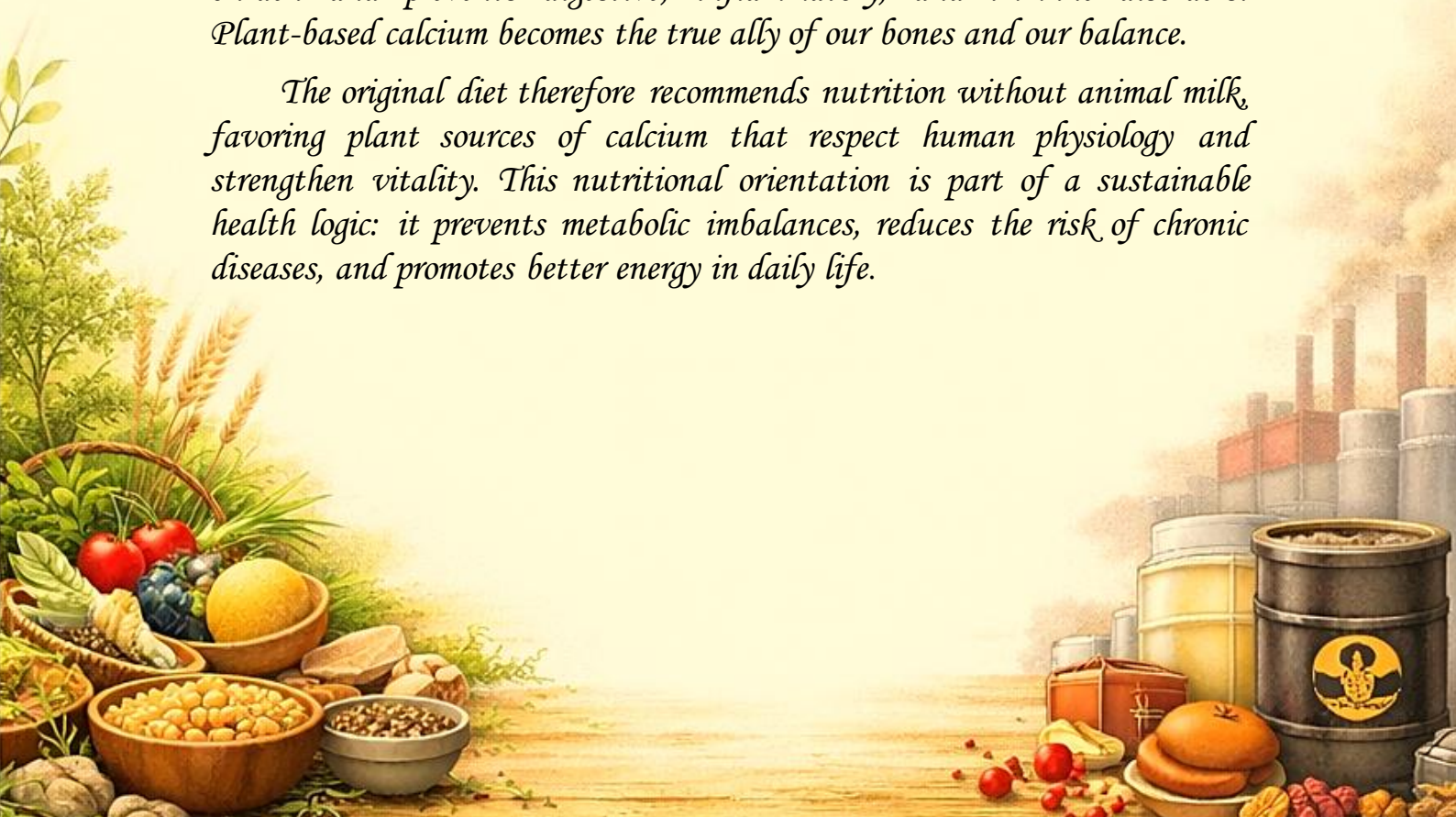
Some patients have tried to replace cow's milk with other animal milks (goat, sheep, mare), but no benefit has been observed. All must be excluded, regardless of origin.

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.



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.

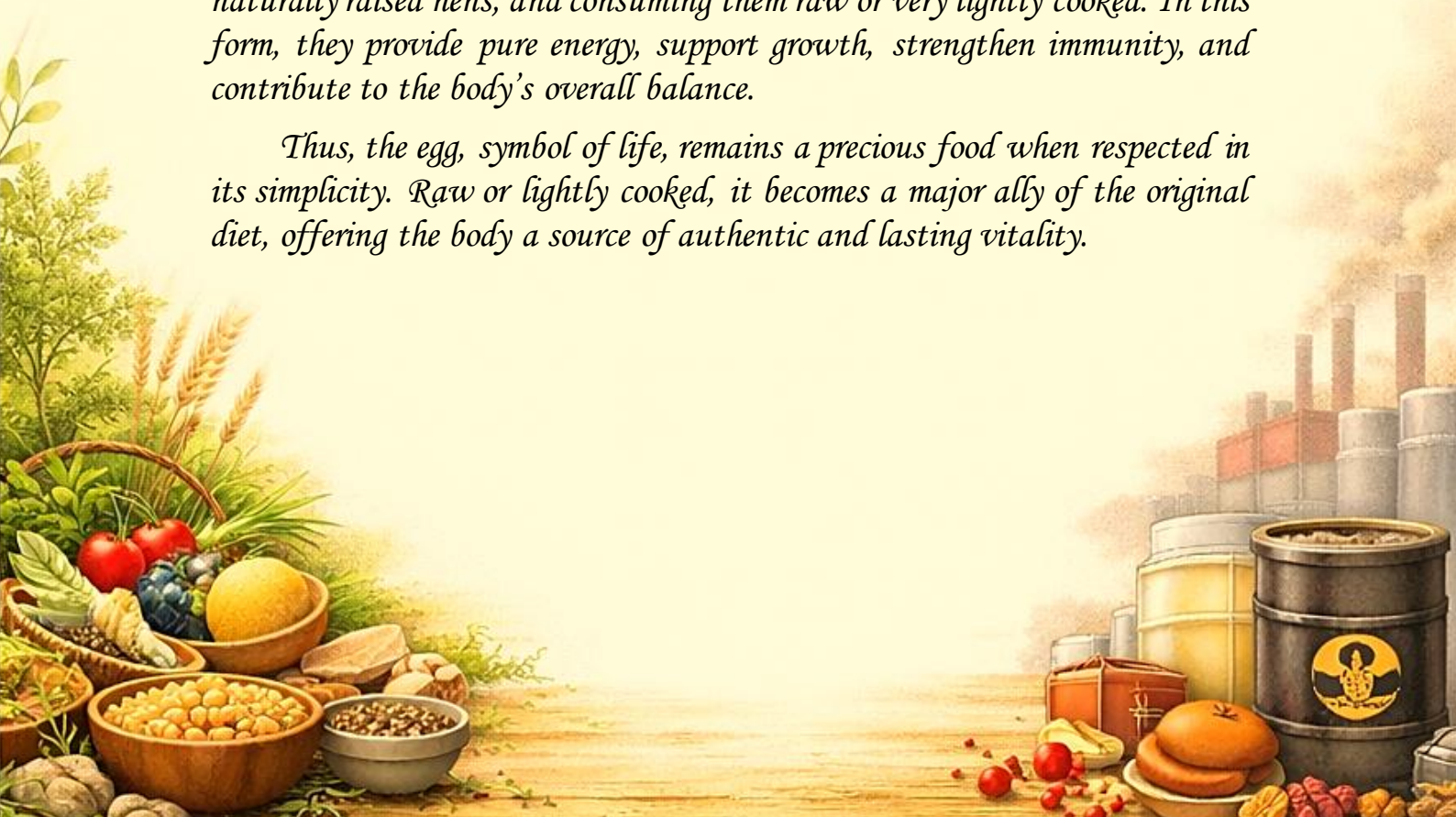
For those who do not wish to consume the egg raw, there are alternatives that respect its vitality:

- **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.



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.

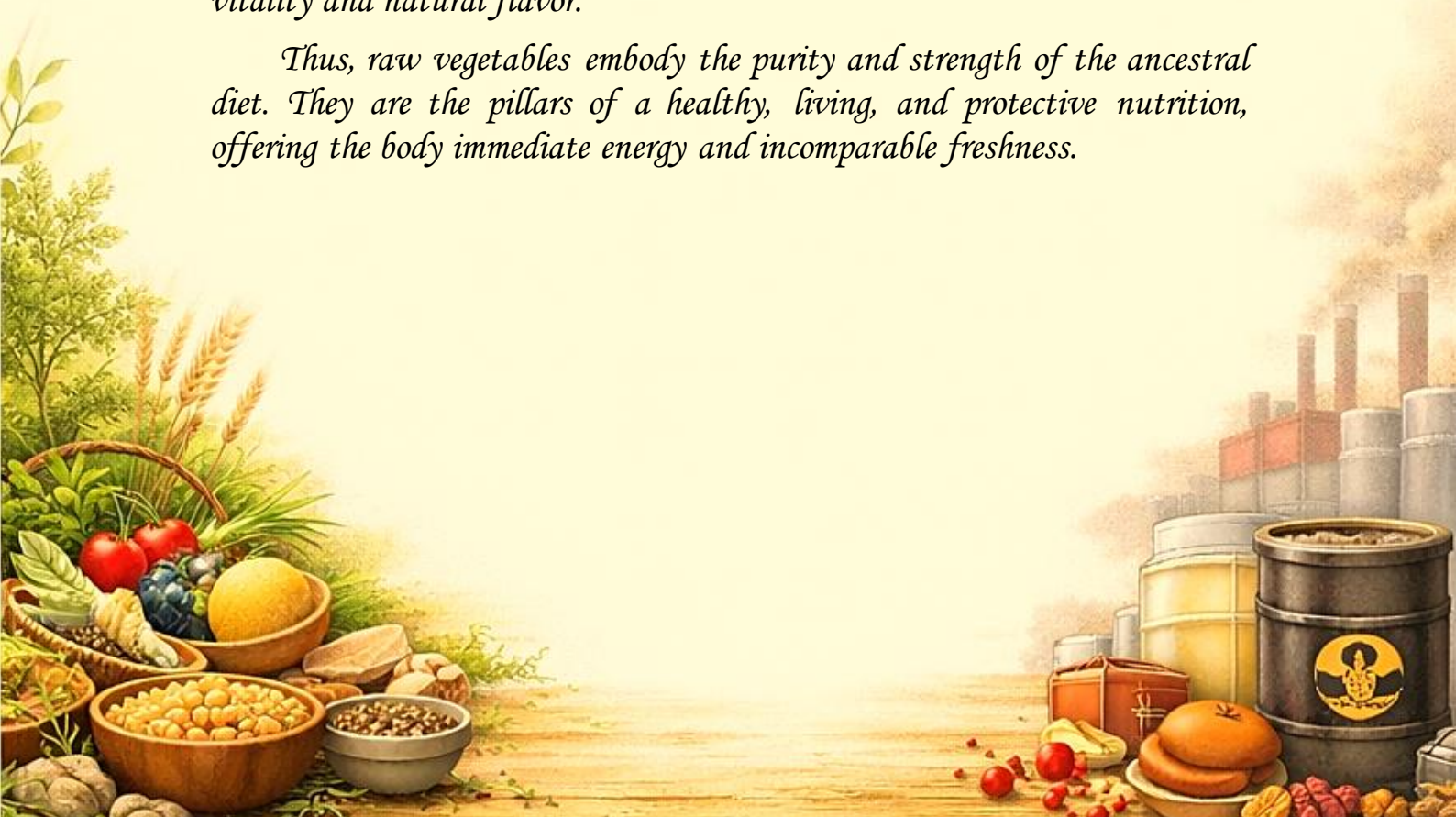


Their richness in vitamins, minerals, and fiber makes them protective foods. They support digestion, strengthen immunity, and contribute to maintaining the body's acid-base balance. Raw vegetables are also a precious source of antioxidants, which fight free radicals and prevent cellular aging.

In the hypotoxigenic 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.



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.

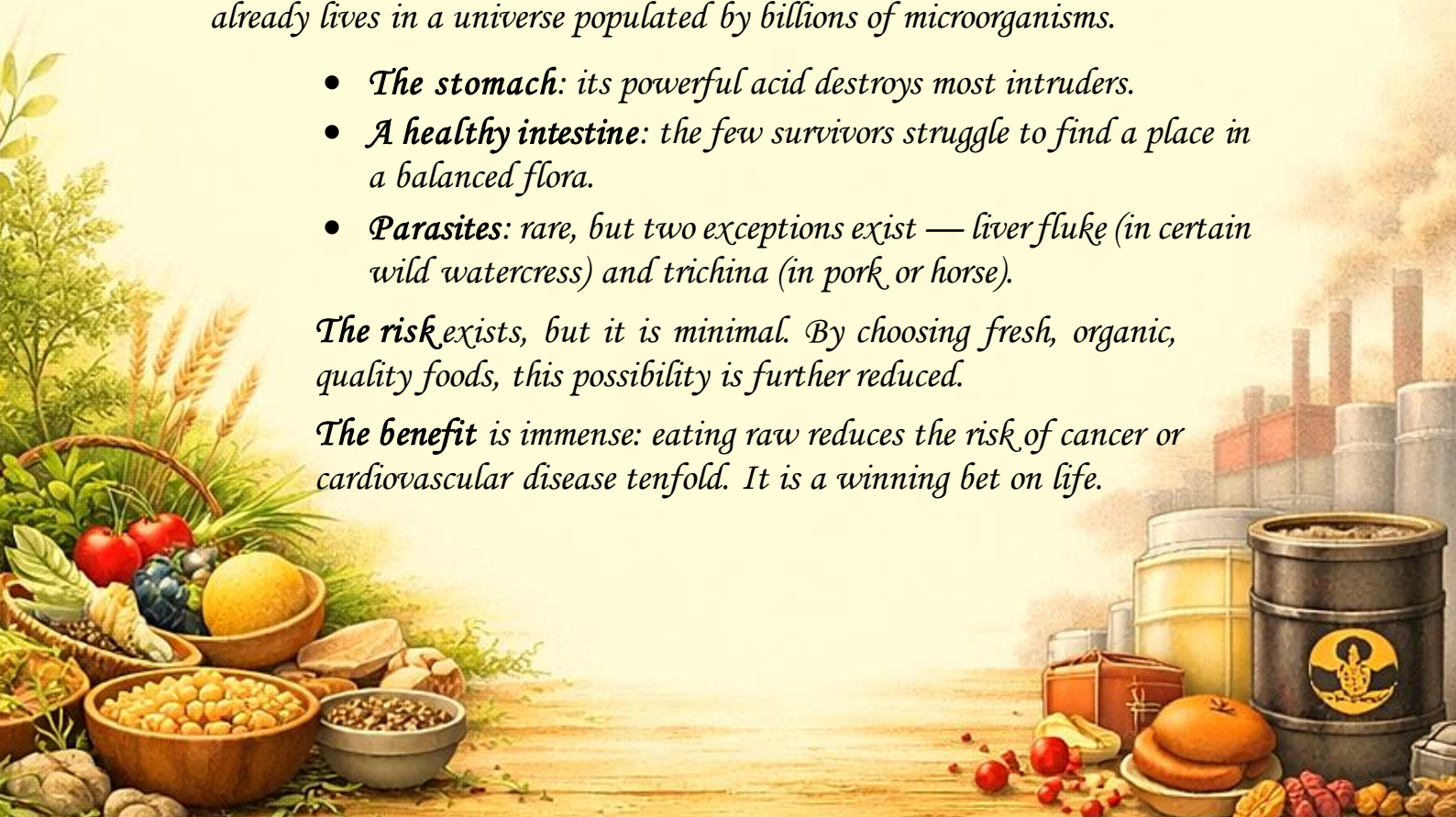
2. Are there dangers in eating raw?

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.



Annexes

Forbidden, Discouraged, and Recommended Foods

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