

A man and a woman are jogging on a dirt path in a natural setting. The woman is on the left, wearing a dark jacket and leggings. The man is on the right, wearing a dark hoodie and leggings. They are both smiling and appear to be in good mood. The background shows trees and a clear sky.

# DE ATLEETFABRIEK



## Wie ben ik?

Florian Alders

Personal trainer

/ Voedingsdeskundige

Medische basiskennis (PLATO/CPION)

Docent Stichting Ortho Health Foundation

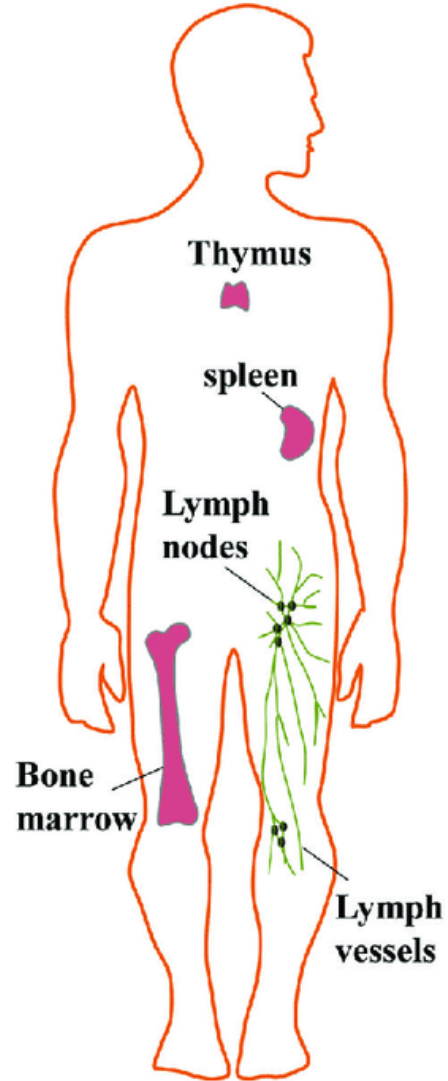
Vitaliteit op de werkvloer

# HET IMMUNUSYSTEEM

Een complex netwerk waarin moleculen, cellen, weefsels en organen samenwerken om een levend wezen te beschermen tegen ziekte en infectie.



# 3 LIJNEN VAN BESCHERMING



1

**FYSIEKE BARRIÈRE:** HUID, SLIJMLAGEN, TRILHAREN, LICHAAMSTEMPERATUUR, ZUURGRAAD (PH)

2

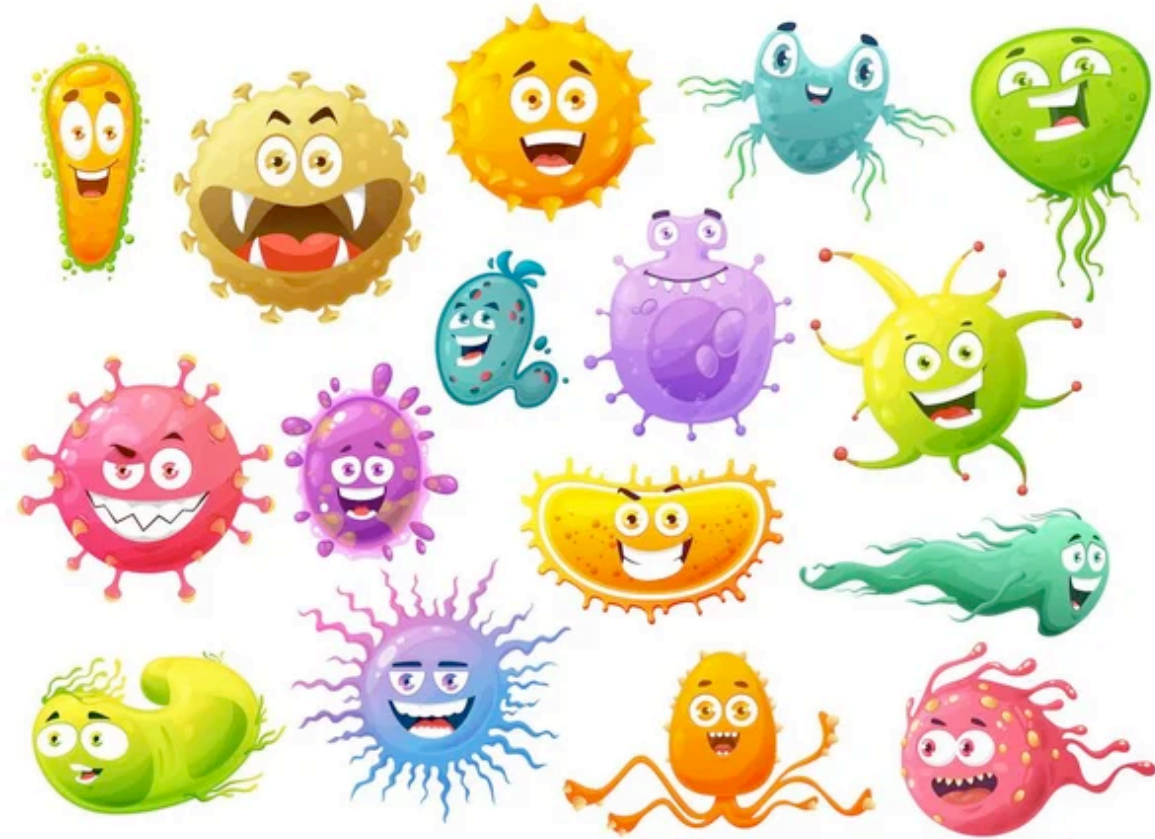
**ALGEMENE AFWEER:** REAGEERT DIRECT WANNEER ZIEKTEVERWEKKERS HET LICHAAM BINNEN ZIJN GEDRONGEN

3

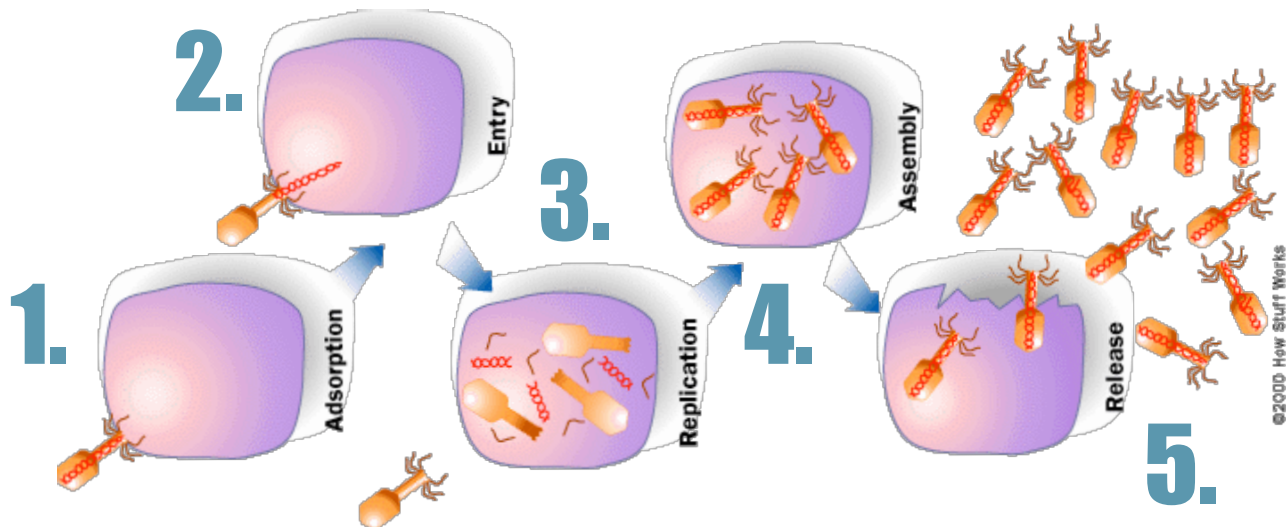
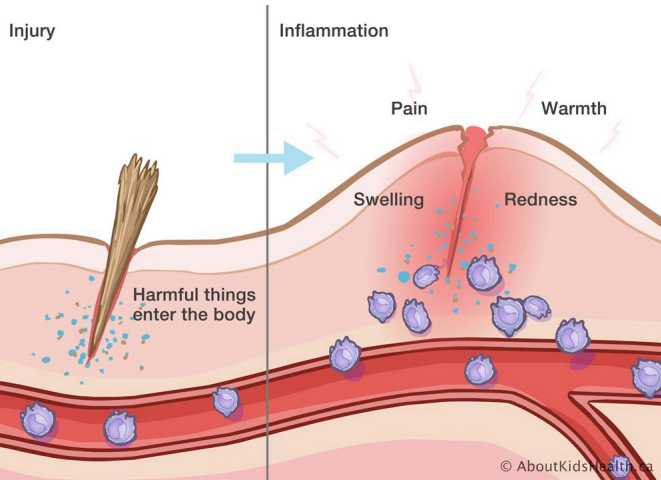
**SPECIFIEKE AFWEER:** RICHT ZICH OP ÉÉN ZIEKTEVERWEKKER

# PATHOGENEN

Ons immuunsysteem beschermd ons tegen virussen, bacteriën, schimmels & parasieten.

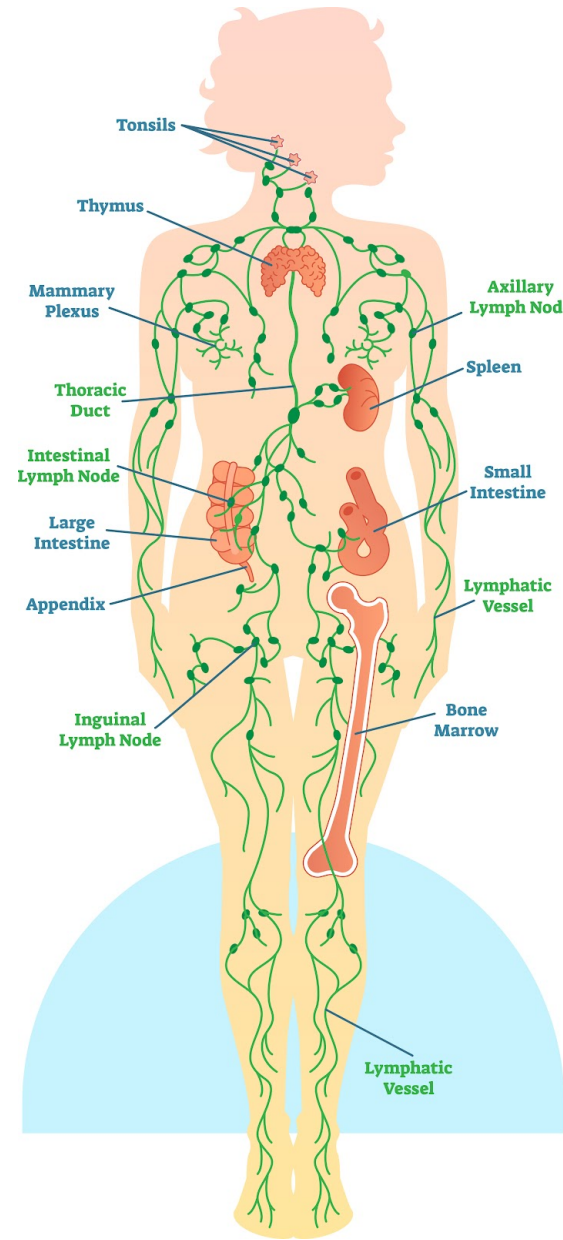
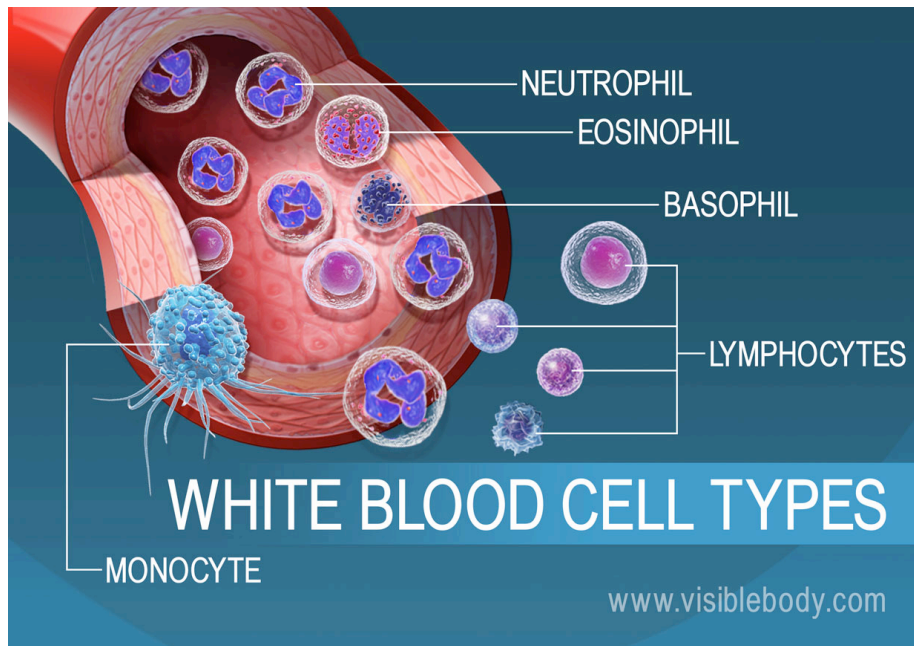


# PATHOGENEN

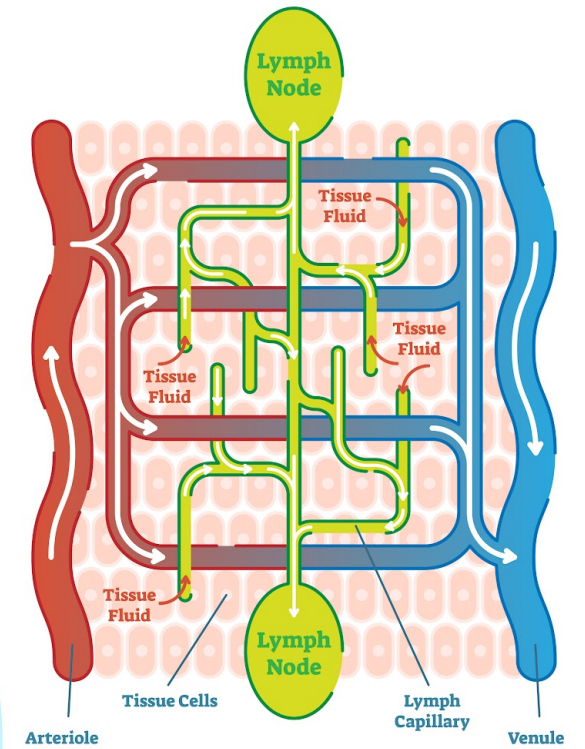


# HET LYMFESTESEL

De huiskamer van ons immuunsysteem...



## Lymphatic System





SUNSHINE



EXERCISE



HEALTHY FOOD



HYDRATION



RELAX



SLEEP

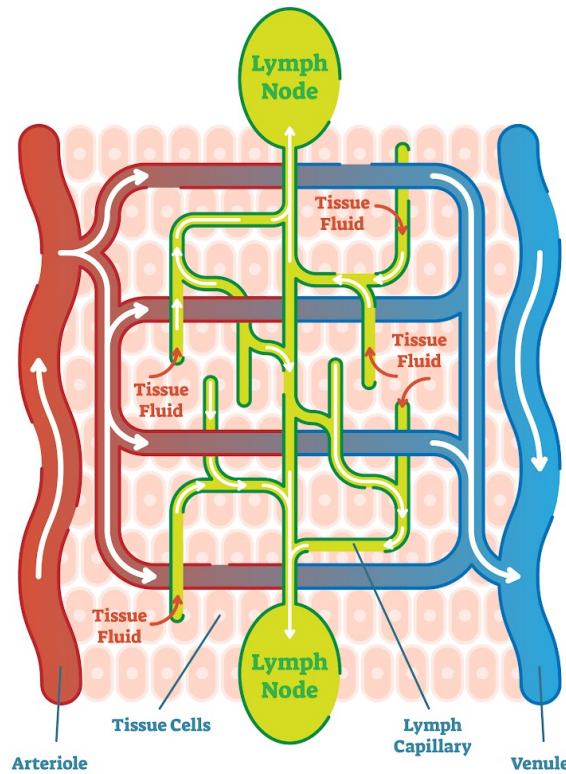
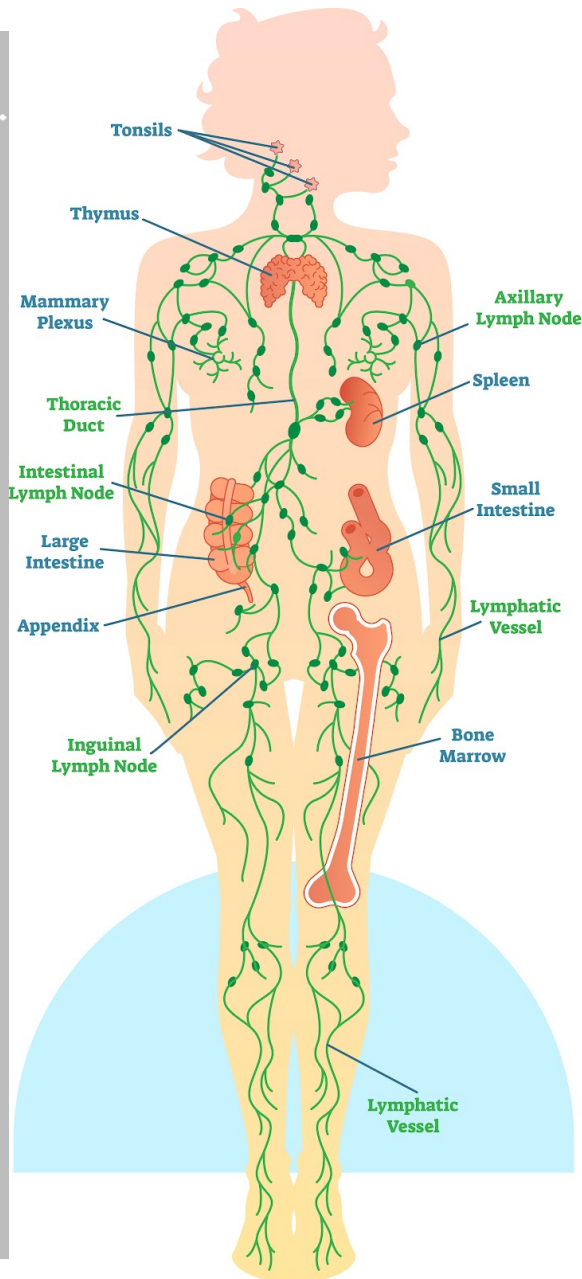
**DRAAI ZELF AAN DE KNOPPEN**



**BEWEGING**

# BEWEGING

## Lymphatic System



- "Movement is not a luxury, its a necessity"



- Vermindert stress, beweegt het lymfesysteem

DE ATLEETFABRIEK



**LET'S MOVE**

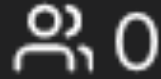


IK ZORG VOOR  
MINIMAAL 2  
BEWEEGMOMENTEN  
GEDURENDE MIJN  
WERKDAG



GO TO  
**menti.com**

ENTER THE CODE  
**8262 8348**



**VRAAG:**

**FEIT OF FABEL?**

**EEN STERK IMMUUNSYSTEEM ZORGT  
ERVOOR DAT WE NOOIT ZIEK WORDEN**



# NIET WAAR

Bij een actief immuunsysteem  
voelen we ons juist ziek.

Het ziek zijn moet alleen niet te  
lang duren.

Kort maar krachtig (niet  
sluimeren)

**LUSTELOOS**

**TERUGTREK GEDRAG**

**DEPRESSIEF**

**PIJN**

**KOORTS**

**BLEEK**

**KORTADEMIG**

**SYMPTOMEN:**

**ROODHEID**

**VERMINDERDE EETLUST**

**VERHOGING**

**VERMOEIDHEID**

**MISSELIJK**

**SLAP**



**VRAAG:**

**WILLEN WE SYMPTOMEN ZOALS KOORTS  
ZO SNEL MOGELIJK DE KOP  
INDRUKKEN OF NIET?**



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**menti.com**

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**3609 8424**

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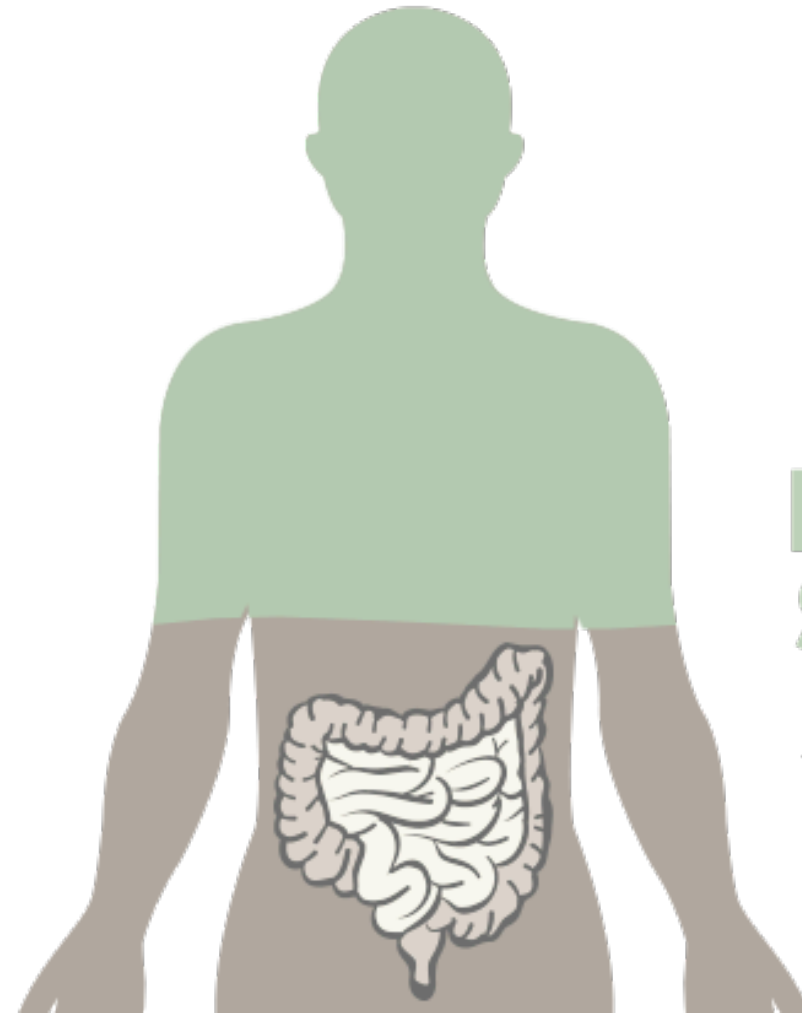
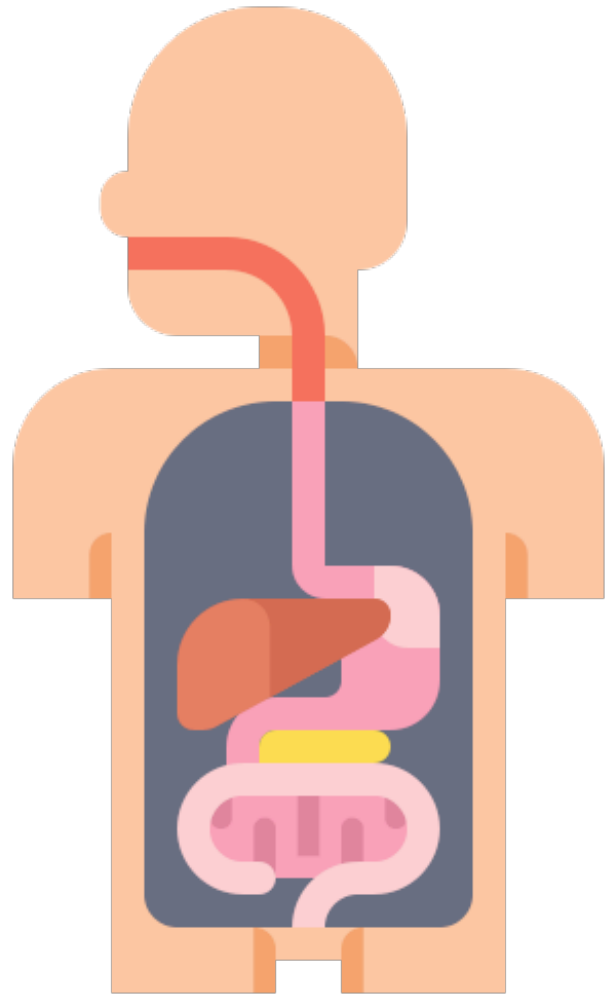
# NIET WAAR

Laat het immuunsysteem even zijn werk doen.

4-5 dagen is geen uitzondering.

Duurt het langer, trek dan aan de bel.

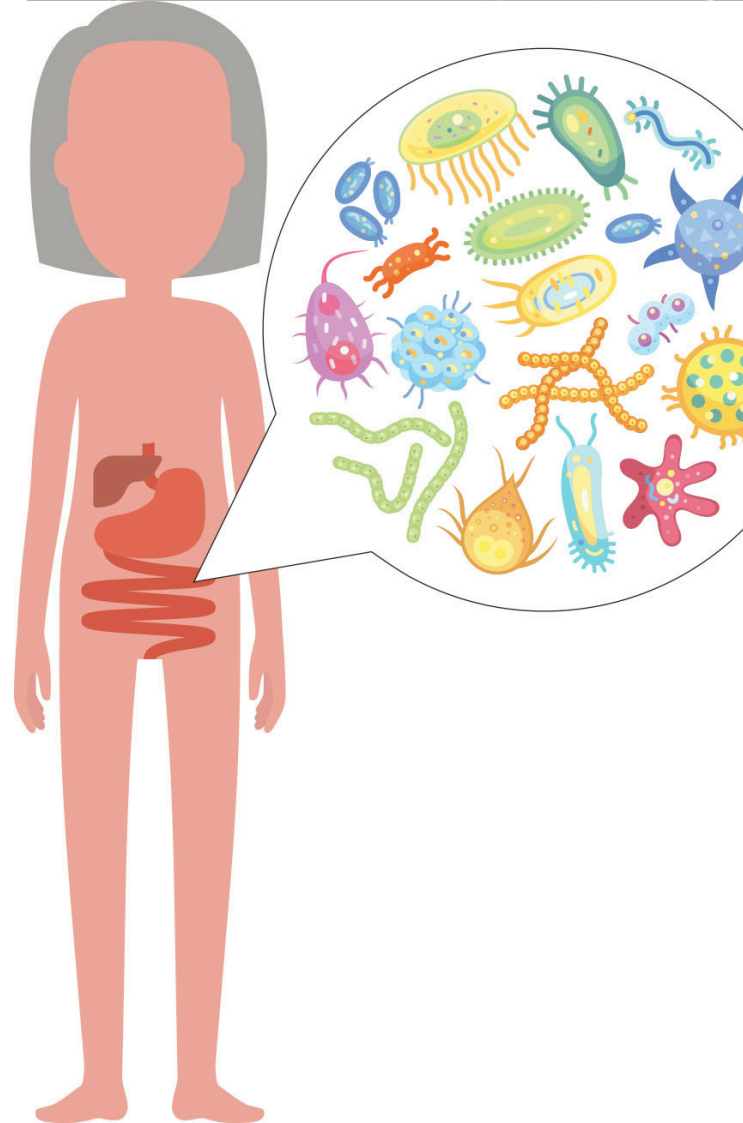
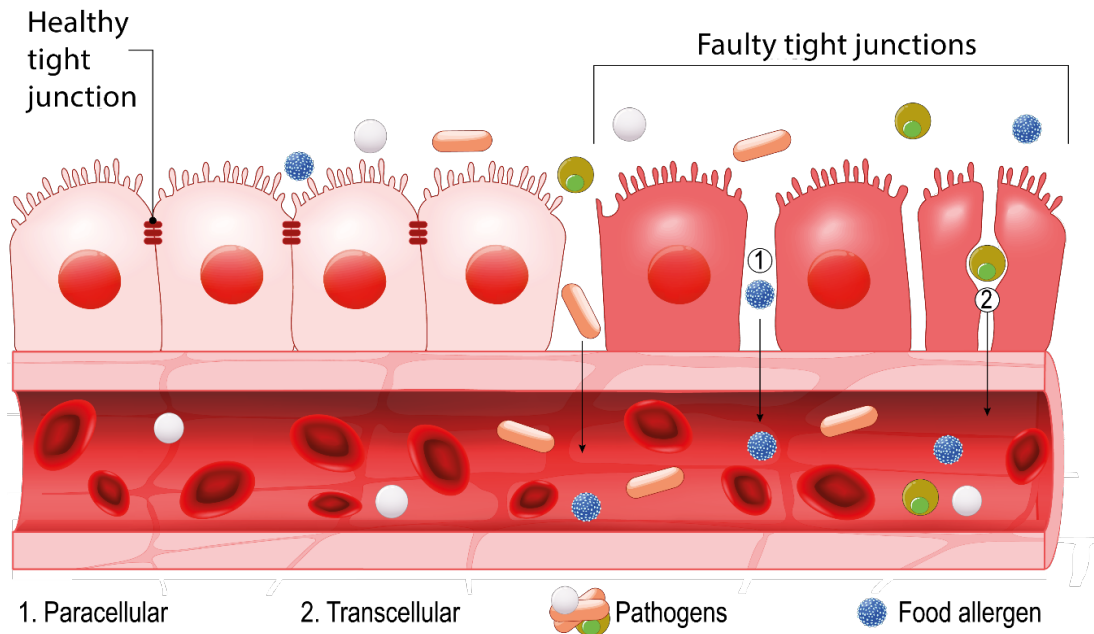


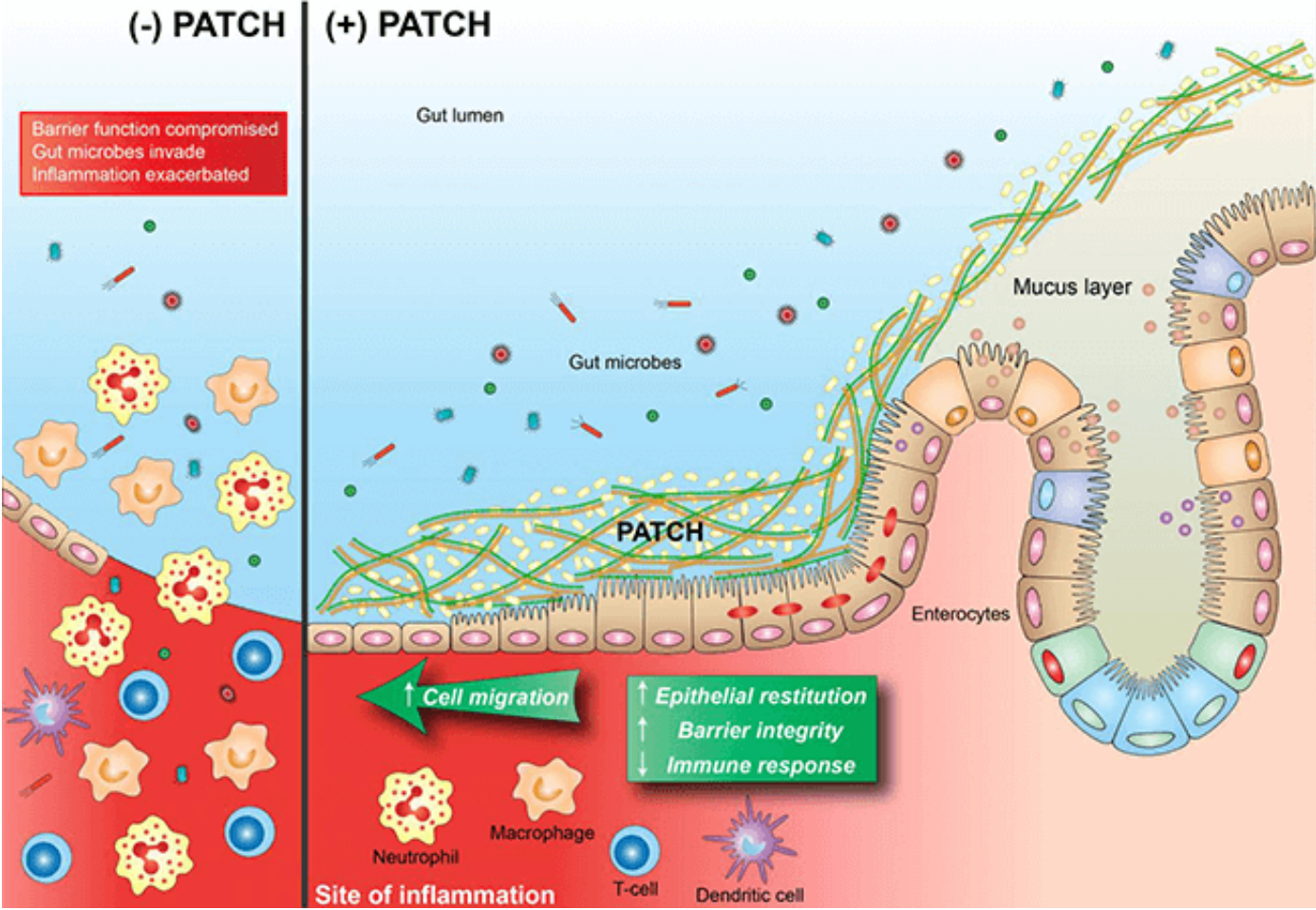
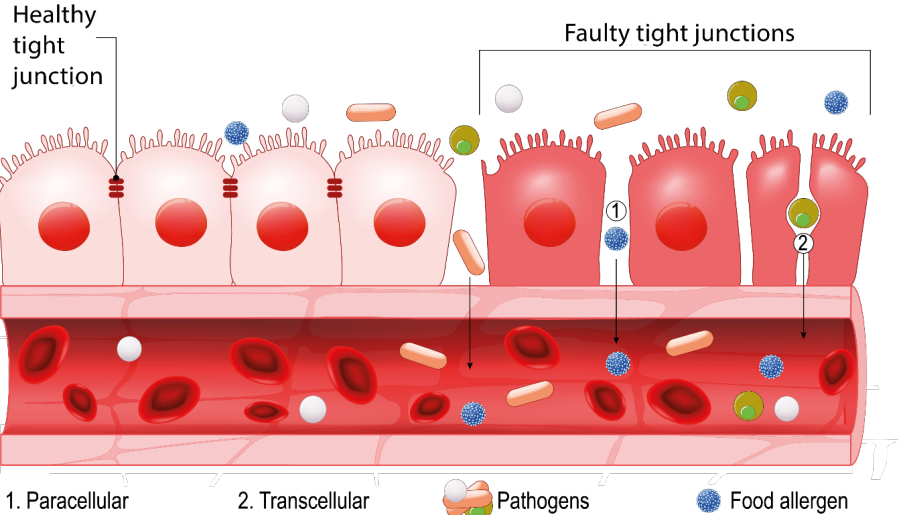


**70%**  
OF YOUR  
**IMMUNE**  
**SYSTEM**  
EXISTS IN  
YOUR GUT

# ONS DARM MICROBIOM

Een zeer belangrijk onderdeel van ons immuunsysteem...







**VRAAG:**

**HOEVEEL BACTERIËN BEVAT ONZE DIKKE  
DARM EN WAT IS HET GEWICHT  
VAN DEZE BEWONERS?**



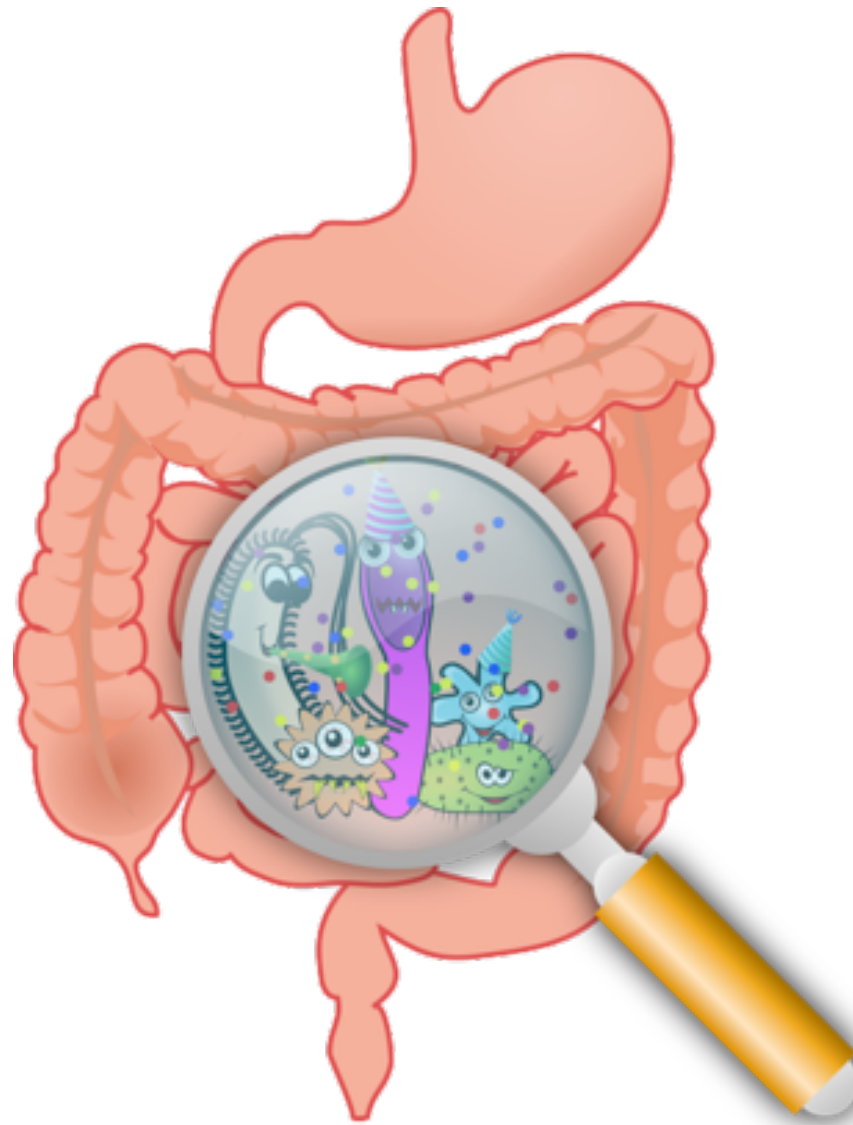
GO TO [menti.com](https://www.menti.com)

ENTER THE CODE  
**2867 4719**

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A QR code is located on the left side of the Menti poll interface. To the right of the QR code, the text 'GO TO' is followed by the URL 'menti.com'. Below this, it says 'ENTER THE CODE' followed by the code '2867 4719'. At the bottom, there is a person icon followed by the number '0'. A small 'x' icon is in the top right corner of the interface.

**ROND DE 100  
TRILJOEN  
BACTERIEN**



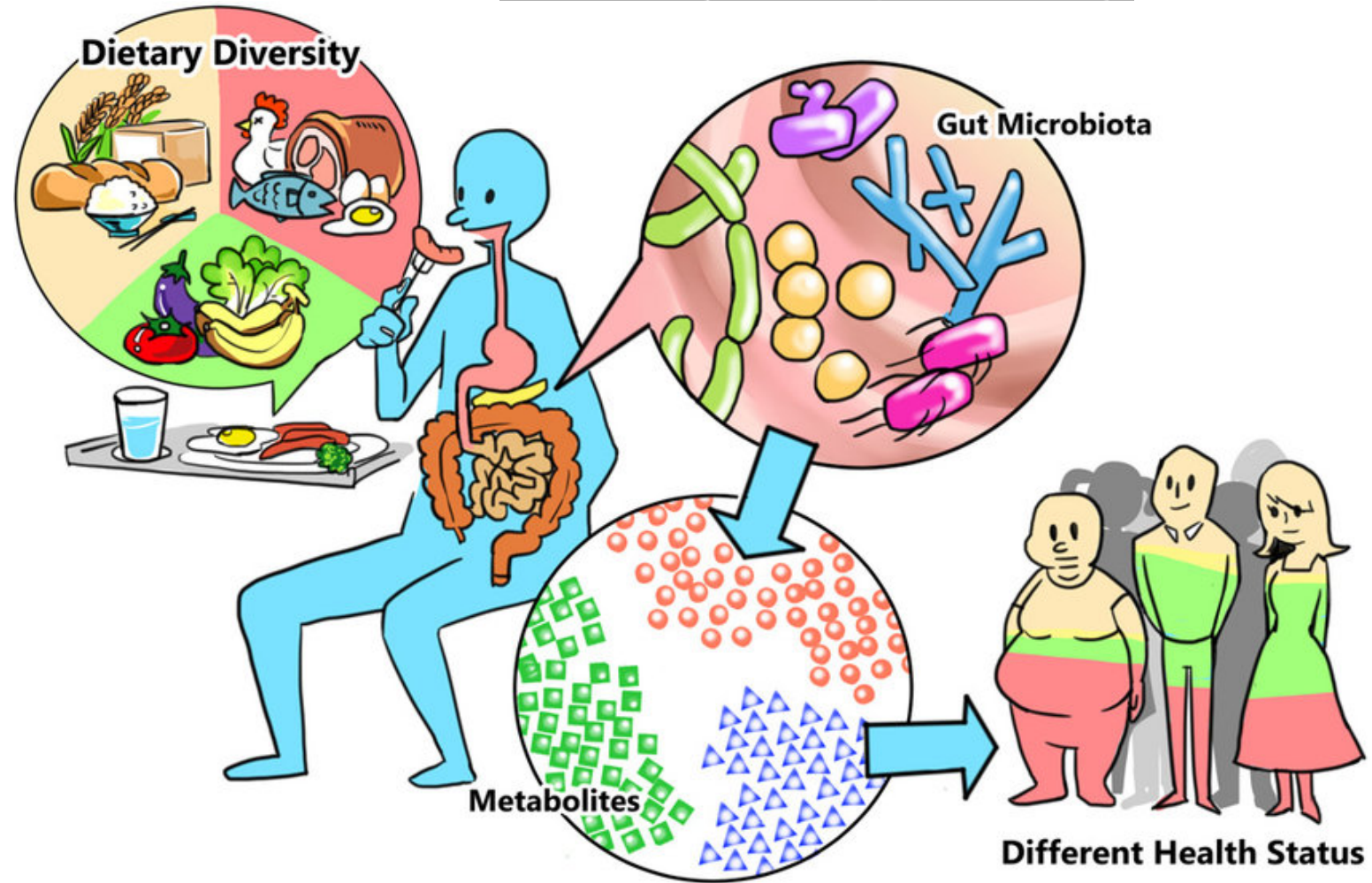
**1-3 KILO  
IN TOTAAL!**

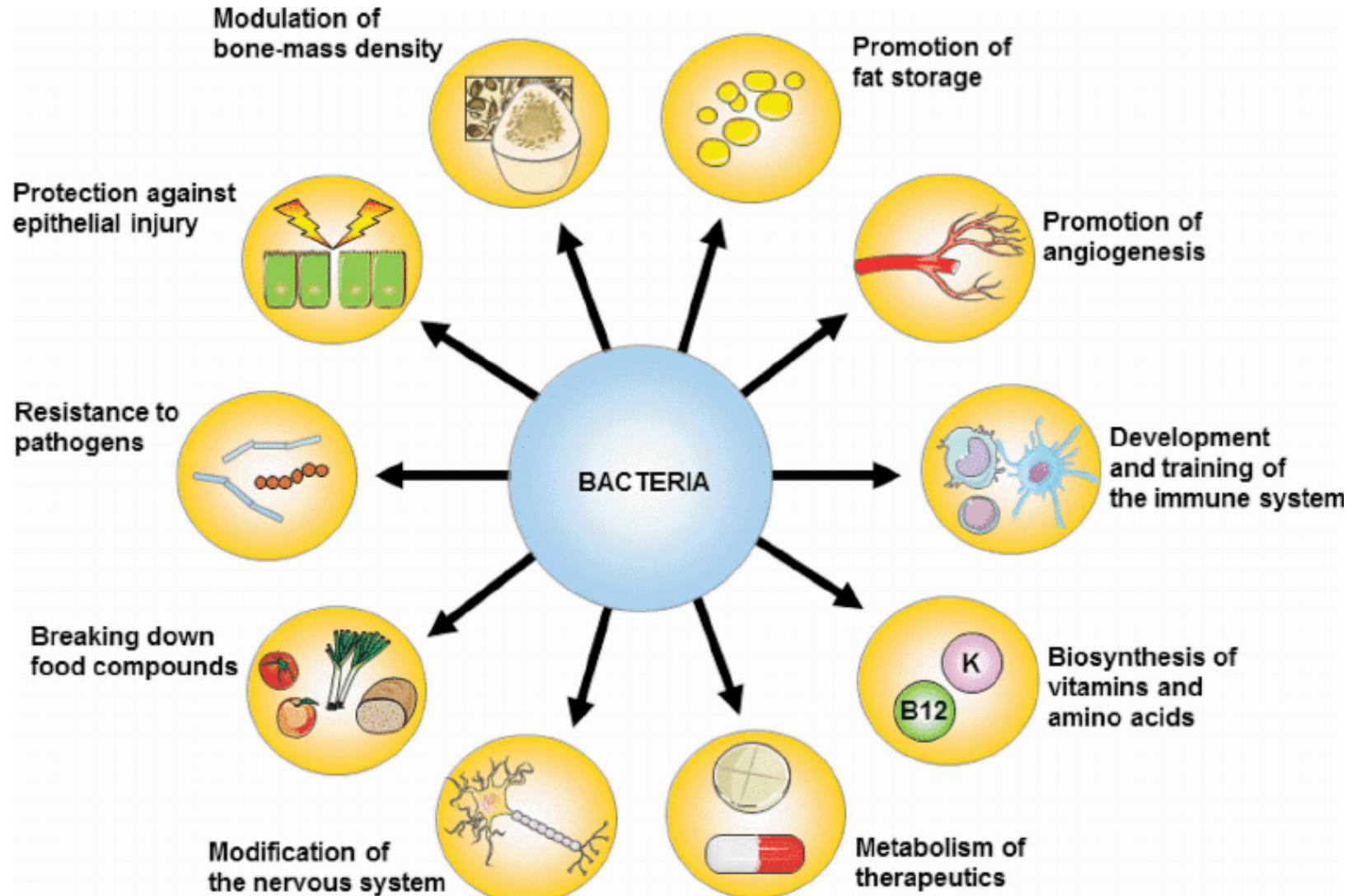
37.2 triljoen cellen

# DIVERSITEIT

Onze voeding is voeding voor de darmbacteriën.

Hoe meer diversiteit, hoe beter de bescherming.





**HACK YOUR HEALTH**  
THE SECRETS OF YOUR GUT

**Modulation of bone-mass density**

**Promotion of fat storage**

**Modification of the nervous system**

**Metabolism of therapeutics**

of is

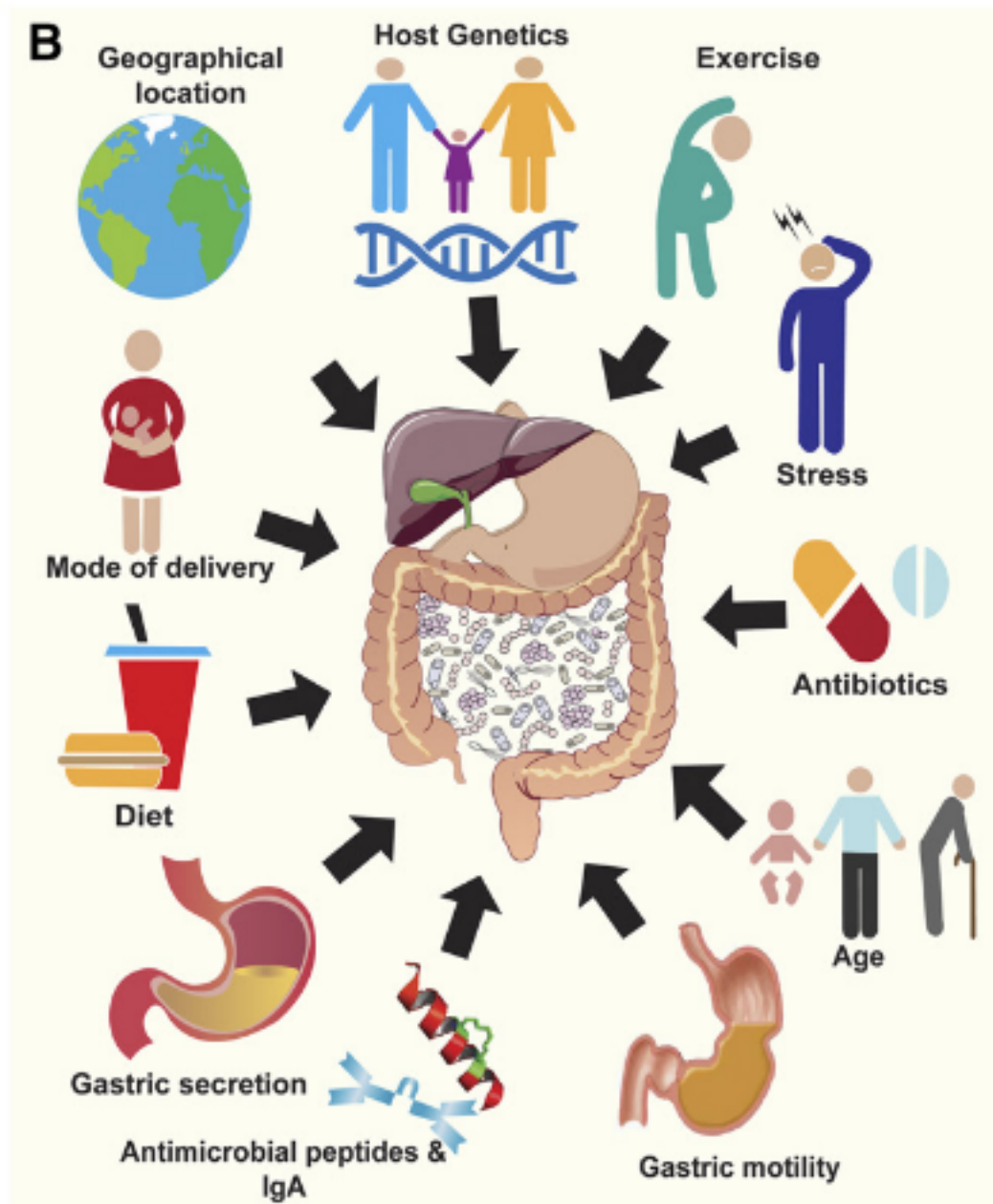
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**VOEDING**

# EET BACTERIEN

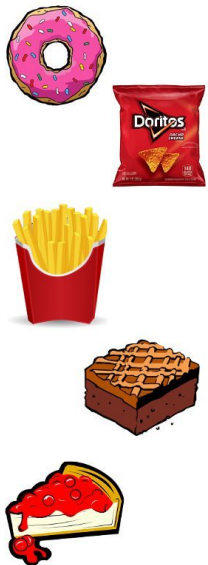


# EN GEEF ZE TE ETEN

LET OP: BOUW LANGZAAM OP IN HET GEVAL VAN GASVORMING

# FOCUS OP NUTRIËNT RIJKE VOEDING

Caloric-dense foods



Nutrient-dense foods



Caloric and nutrient-dense foods



GRASS-FED LIVER



SHELLFISH



SALMON



EGGS



KALE



CACAO



AVOCADO



SARDINES



SHIITAKE MUSHROOMS



SPINACH



SEAWEED



ALMONDS



GRASS-FED BEEF



BOK CHOY



TOMATOES

**KWALITEIT OVER KWANTITEIT, ONBEWERKT**

# NUTRIËNT RIJKE VOEDING



# 30 VERSCHILLENDE PER WEEK, WIE REDT DIT?

DE ATLEETFABRIEK



# TOP NUTRIËNTEN VOOR IMMUNITEIT

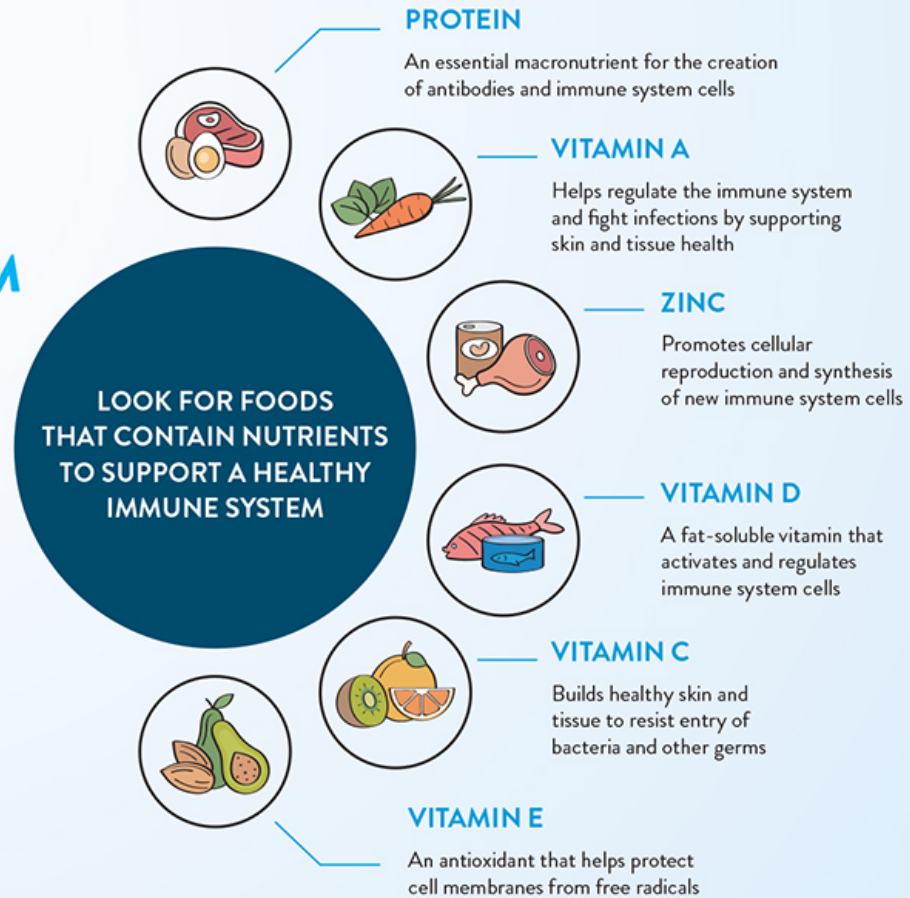
Top nutrients for immunity	Good for	Found in
<b>Vitamin A</b>	Good for mucus membranes (1st line defense) and more	Liver, carrots (juice), sweet potato, pumpkin
<b>Vitamin C</b>	Skin health, arterie health, gum/mouth health, adrenal support (stress) and more	Sauerkraut, Acerola cherries, Kakadu plums, Chili peppers, Guavas, Blackcurrants, Parsley, Kale, Cruciferous vegetables (broccoli, brussels sprouts), Papayas
<b>Vitamine D</b>	Accuracy and speed of the immune-system and more	Sunlight (especially in summertime), Fish (a little), supplementation
<b>Zinc</b>	Inhibits viruses to replicate, important for stomach acid production and more	Seafood (Oysters, crab, lobster, mussels, shrimp), Legumes (chickpeas, lentils, beans), Seeds (hemp, sunflower, pumpkin, sesame), Nuts (pecan, almond, pine)
<b>Proteïen</b>	Building-blocks for antibodies and more	Liver, (red )meat, chicken, fish, eggs, dairy). Preferably grass fed, grass finished or wild). Lentils, beans, nuts and seeds
<b>Diversity in vegetables</b>	Great for our gut microbiome (1st line defense) and more	Jerusalem artichoke (aardpeer), asparagus, kale, sauerkraut, carrots, avocado, green bananas, pickles, beets and basically all other vegetables and fruit

# MICRONUTRIËNTEN VOOR HET IMMUUNSYSTEEM



## SUPPORT YOUR IMMUNE SYSTEM WITH GOOD NUTRITION

There are times when it's essential to strengthen your immune system. Good nutrition plays a vital role by providing key nutrients for immune health support.







**HYDRATEREN**

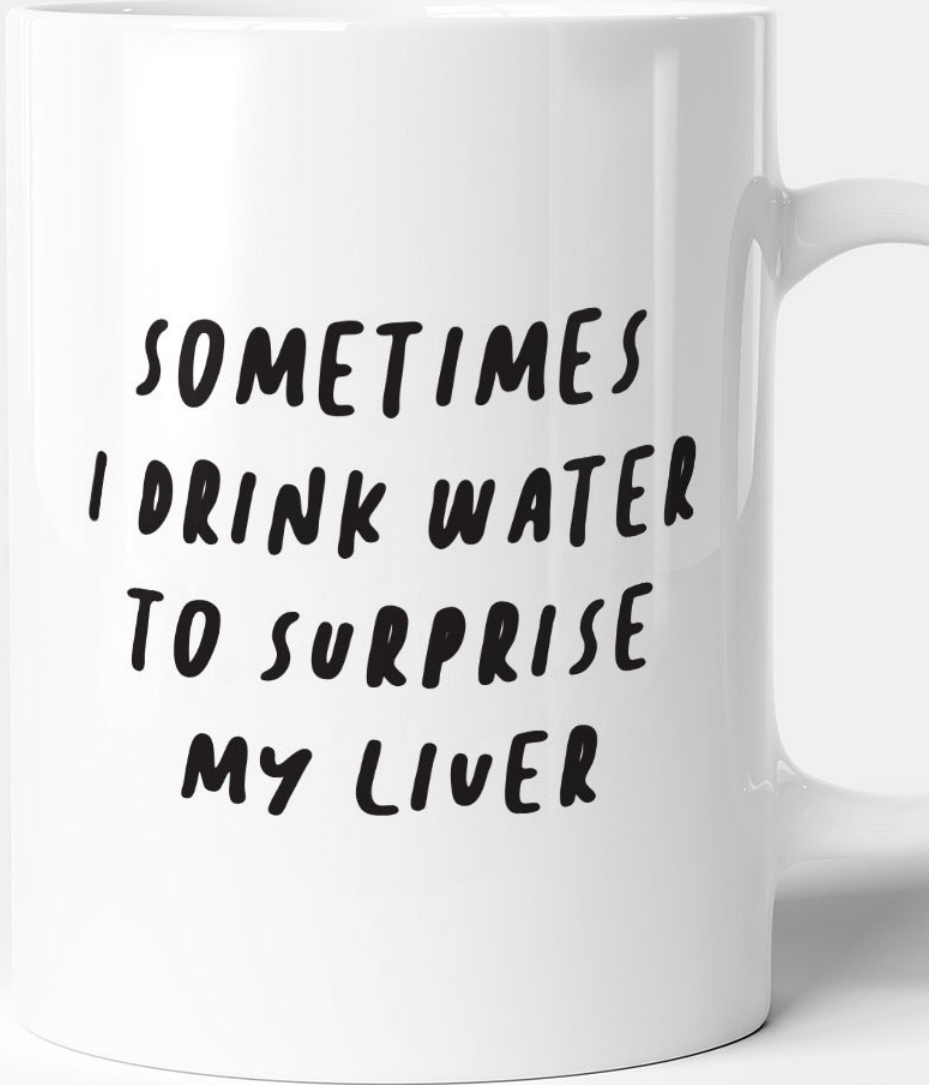


## HYDRATEREN

ONGEVEER 55% VAN HET  
BLOED BESTAAT UIT WATER

- Chronisch te weinig drinken =  
dehydratie = stress en verminderde  
functie lymfesysteem





**SOMETIMES  
I DRINK WATER  
TO SURPRISE  
MY LIVER**

**IK DRINK 2L PER DAG**

**IK MAAK BEWUSTE  
KEUZES M.B.T. WAT IK  
DRINK**



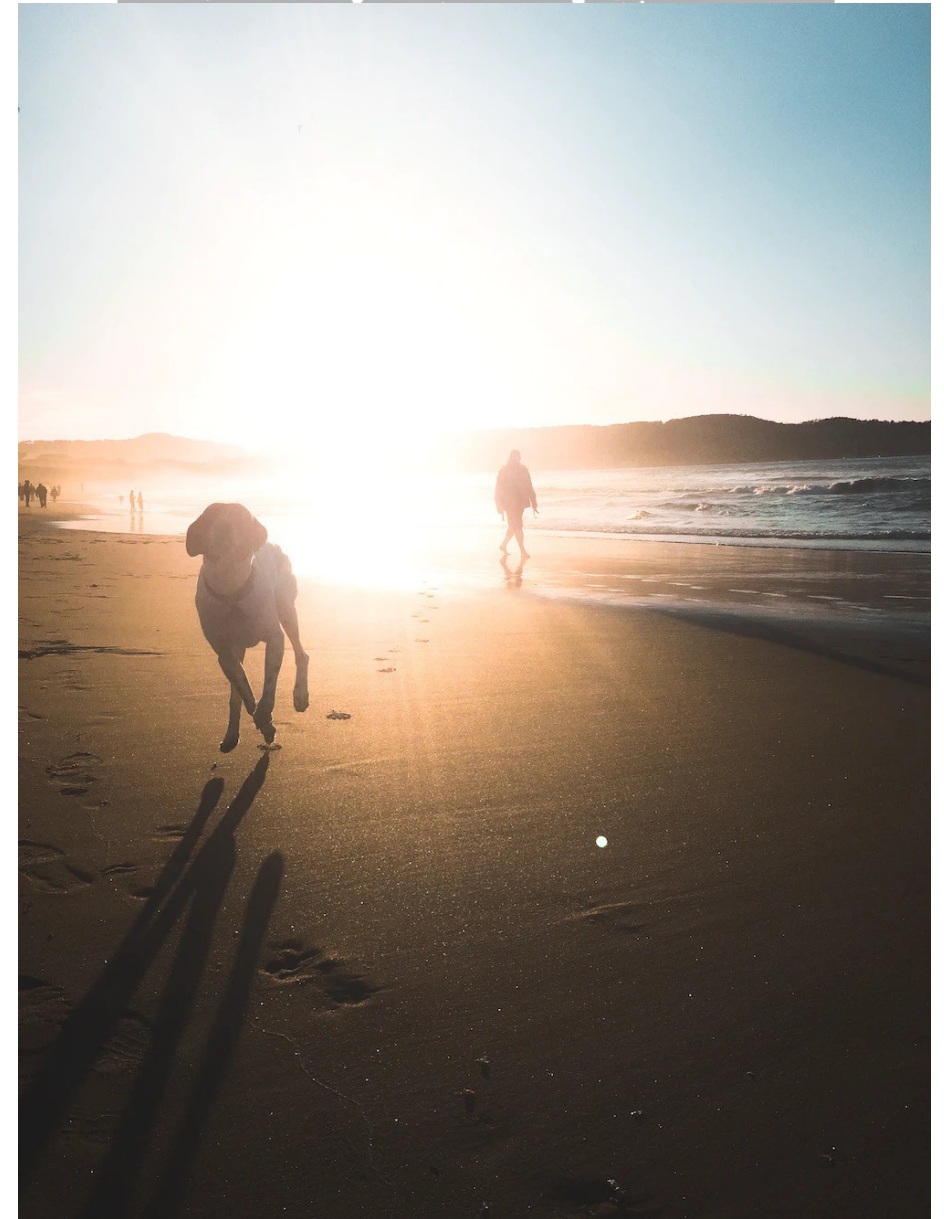
**ZONLICHT**



# ZONLICHT

EEN GOED HUMEUR EN GUNSTIG  
VOOR HET IMMUUNSYSTEEM

- Vitamine D
- Heeft ook positieve effecten op botten, slaap en stress
- Het is ontstekingsremmend en cruciaal voor een goede immuunfunctie





1. IK BEN IEDERE  
DAG 15-30 MIN  
BUITEN

2. IK EET  
VOLDOENDE  
VOEDING MET  
VITAMINE D

(STREEF NAAR BLOEDWAARDE VAN 80-100 25 OHD)

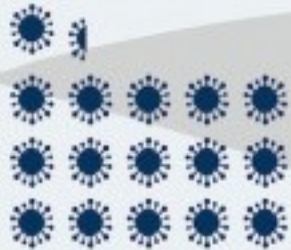


**RELAX & SLAAP**

# Sleep Protects Against The Common Cold

Chances of Catching a Cold When Exposed to the Virus (%)

17.2%



22.7%



30%



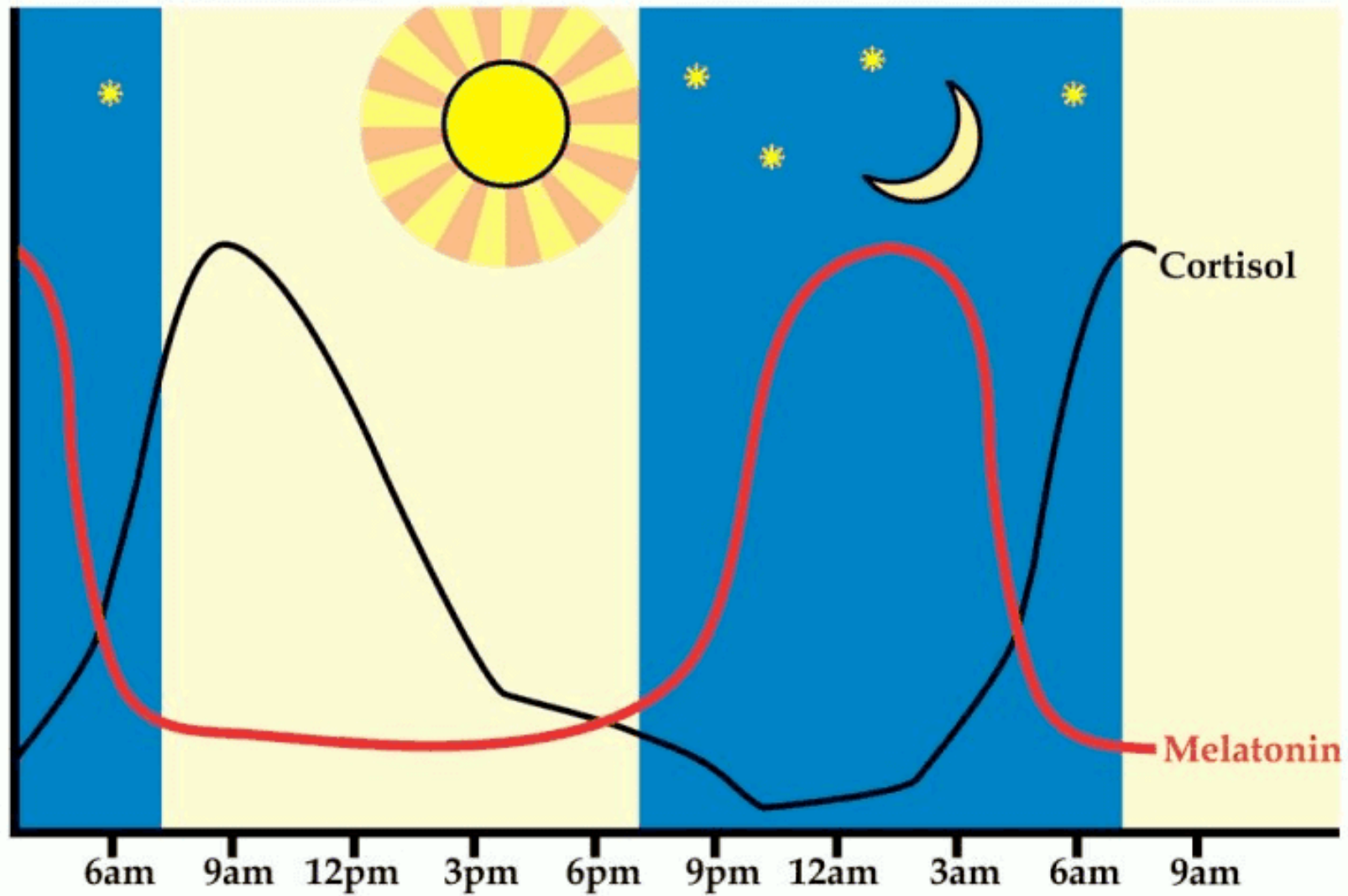
45.2%

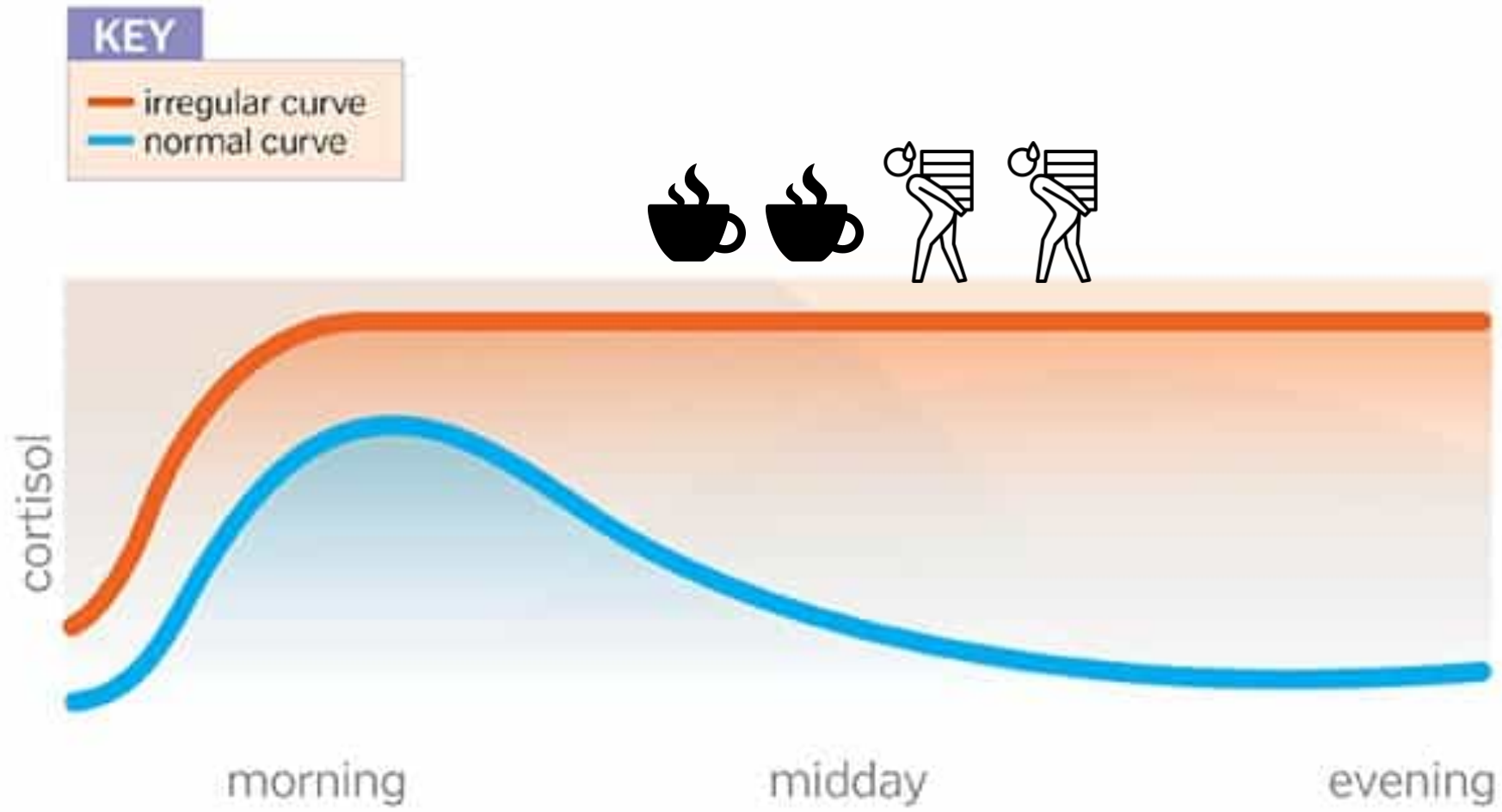


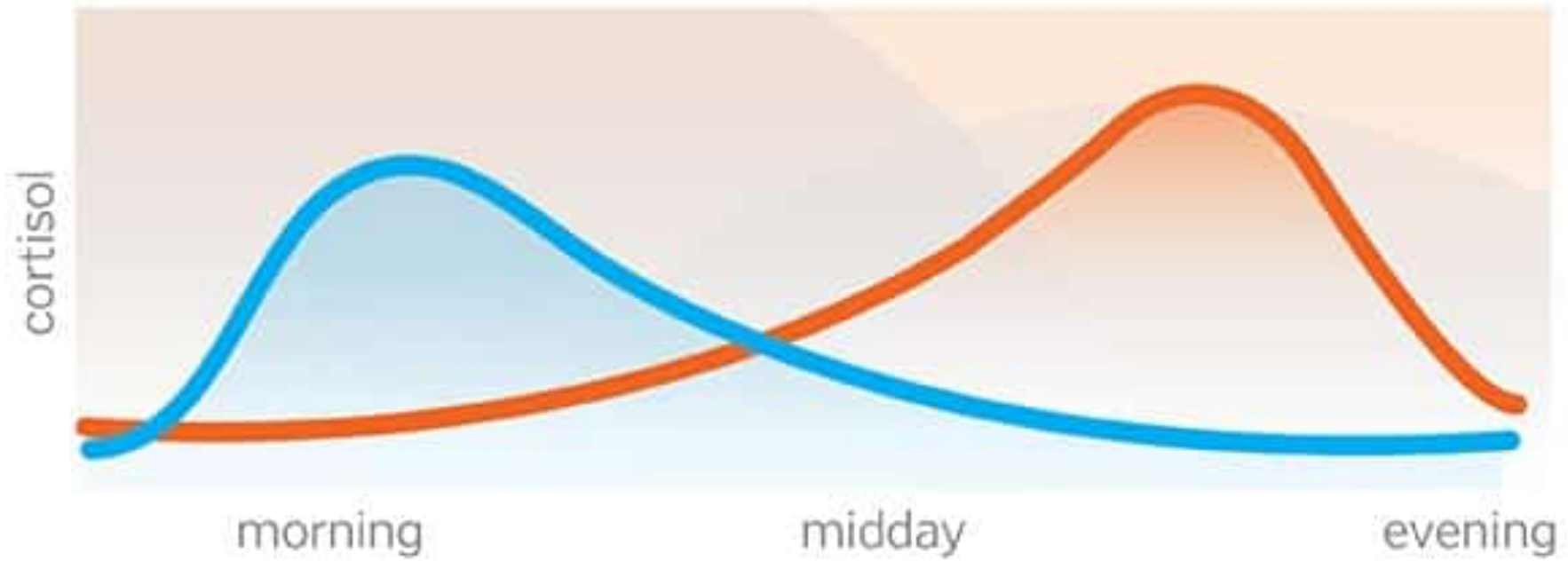
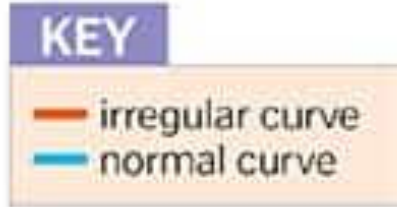
SLEEP DURATION

Source: Prather et al, 2015

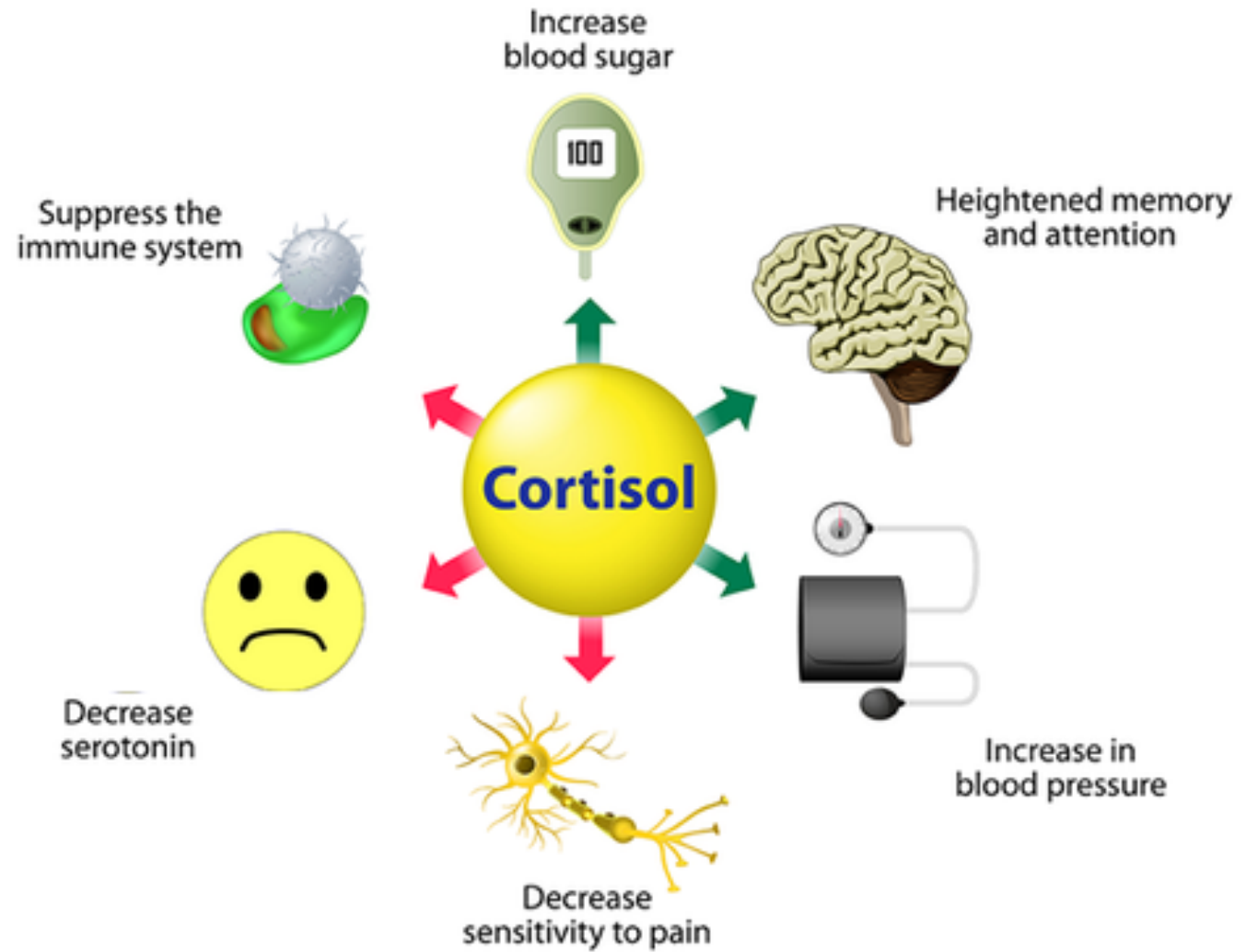
UCSF







# CORTISOL



NEW YORK TIMES BESTSELLER



# Why We Sleep

UNLOCKING THE POWER OF  
SLEEP AND DREAMS

Matthew Walker, PhD

*"A neuroscientist has found a revolutionary way of being deeper, more attractive, slimmer, happier, healthier, and of warding off cancer—a good night's shut-eye." — THE GUARDIAN*

IK GUN MEZELF 7U  
SLAAP PER NACHT



# LET'S BREATHE

NAAR DE BUIK



IK MAAK BEWUSTE  
KEUZES OM  
(MICRO)RÛST  
MOMENTEN IN TE  
PLANNEN, OOK  
TIJDENS EEN  
WERKDAG



# VRAAG:

## WAT KUNNEN WE ZELF DOEN OM EEN GOEDE SPIJSVERTERING TE STIMULEREN?



# 4 TIPS

1. 3-4 eetmomenten (variatie voor de darmbacteriën en voedingsstoffen)
2. 2 liter water per dag
3. Bewegen in de buitenlucht (hartslag goed omhoog / darmperistaltiek)
4. Rust (7-8 uur slaap/vasten)

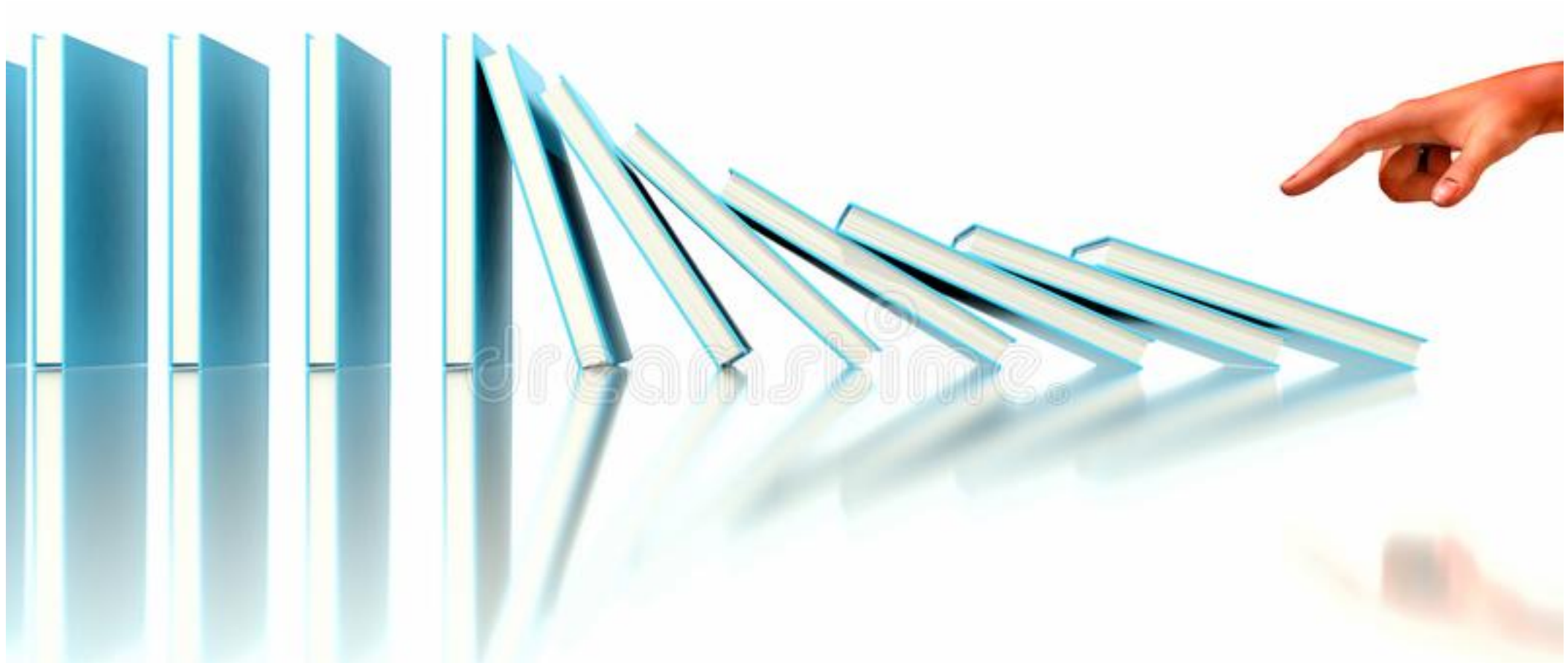
**Een krachtig immuunsysteem is een marathon**

# JE BENT WAT JE GOED VERTEERT



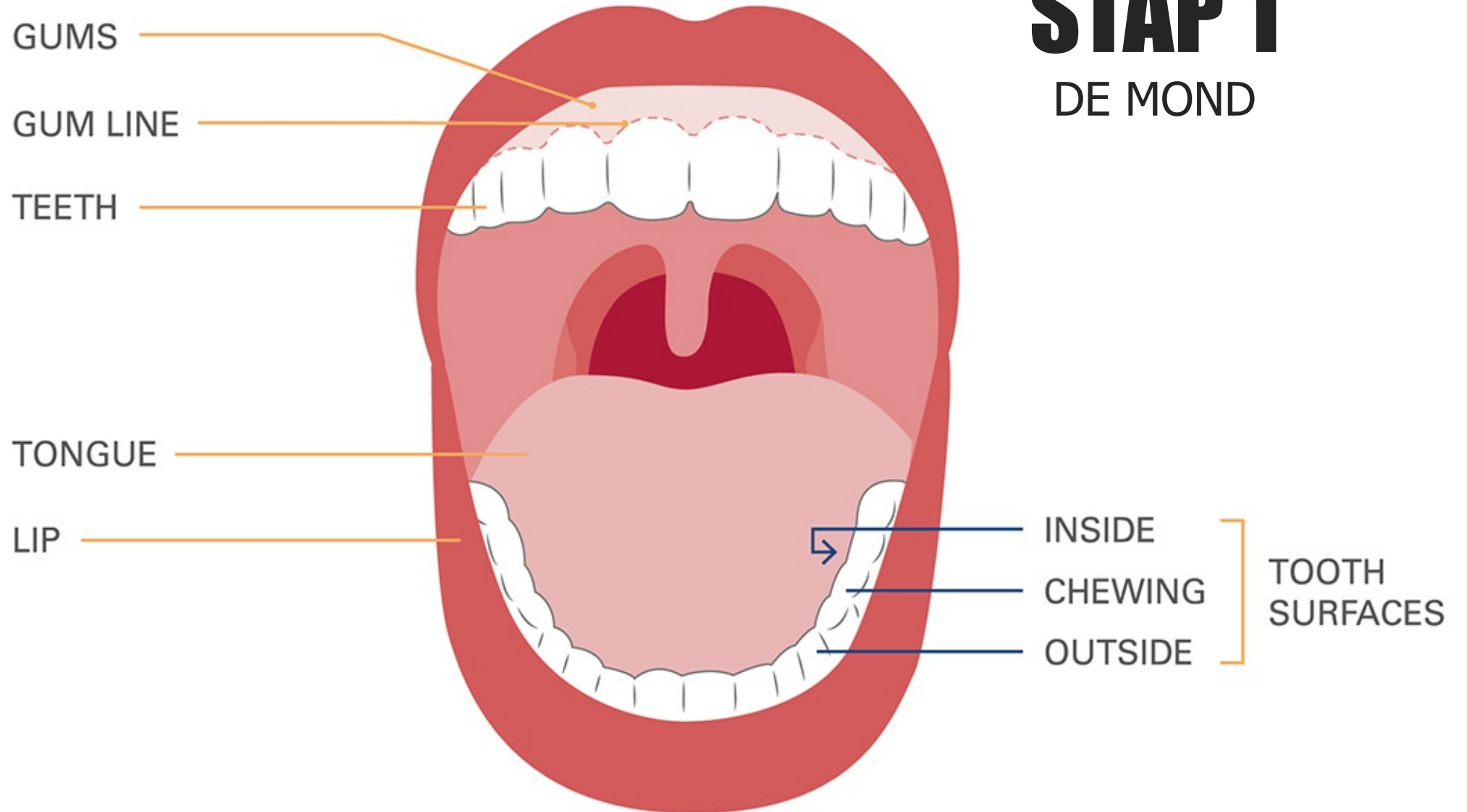


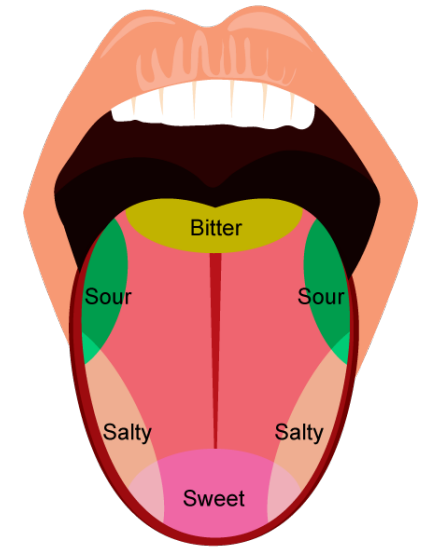
# KETTINGREACTIE



# STAP 1

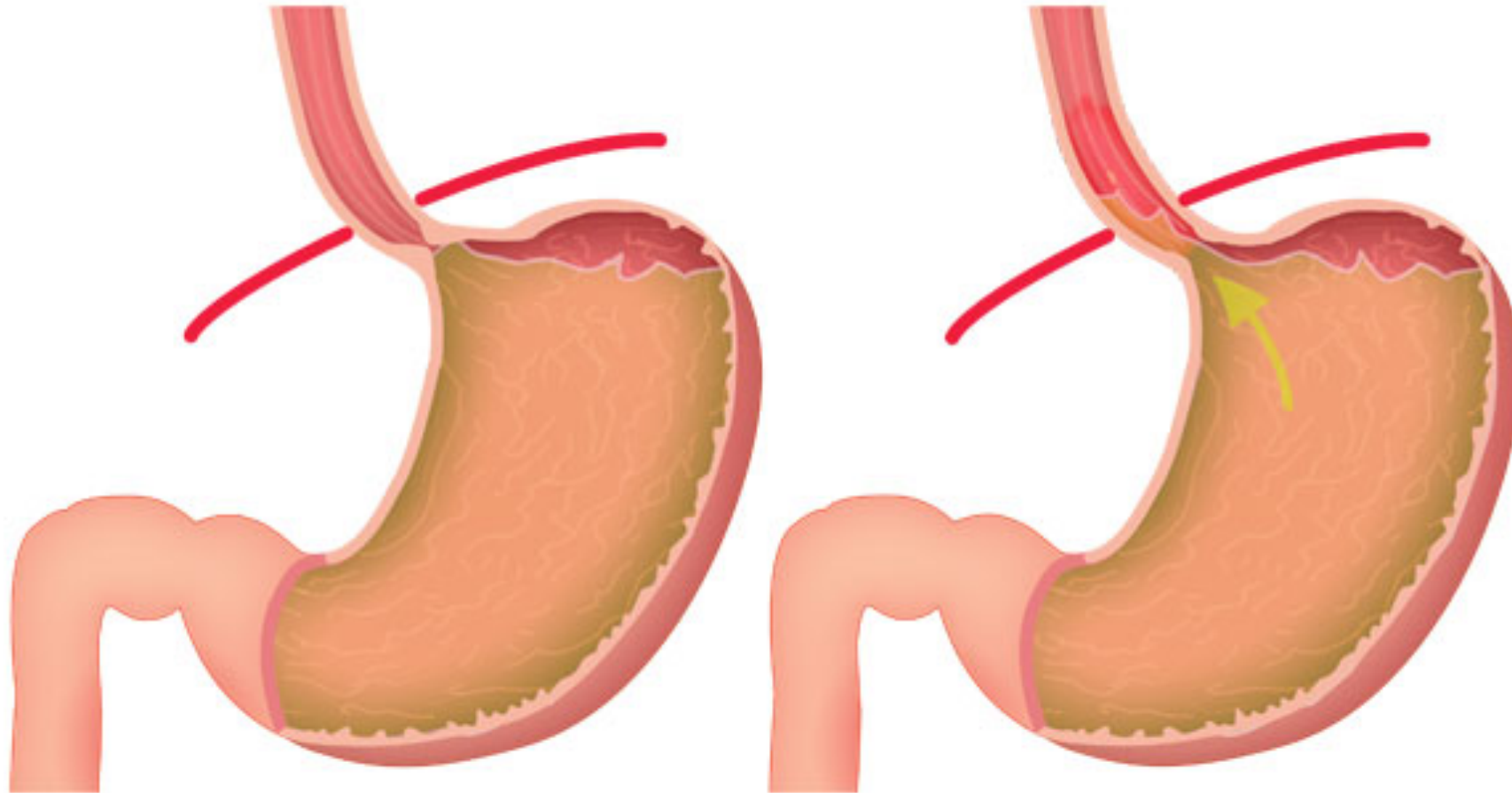
## DE MOND



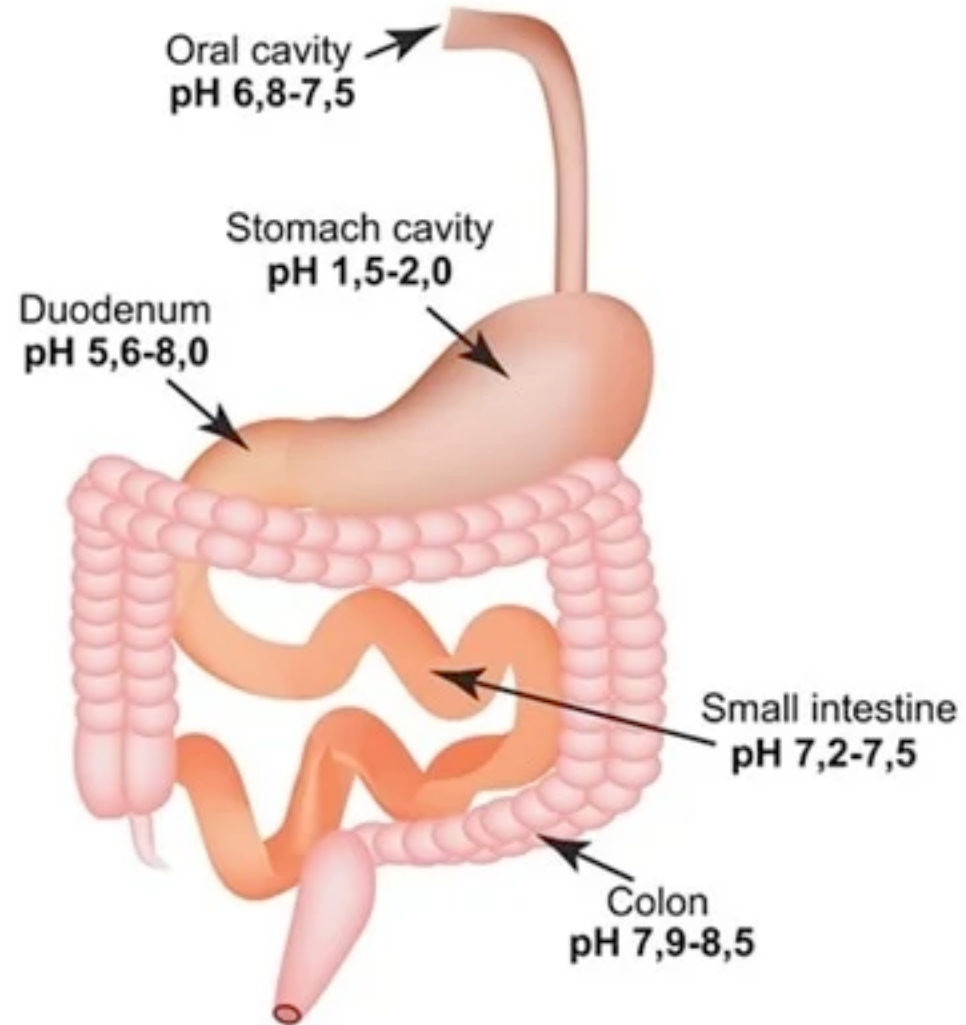


# STAP 2

DE MAAG



## pH of the gastrointestinal tract



# 10 Ways to Improve Stomach Acid

1 Use Liquid Nutrition Throughout the Day



2 Use Ginger



3 Super Hydrate Outside of Meal Times



4 Drink Very Little With Meat Containing Meals



5 Hold Off On Water After a Meal



6 Use Lemon and Apple Cider Vinegar



7 Eat Protein Foods at the Beginning of the Meal



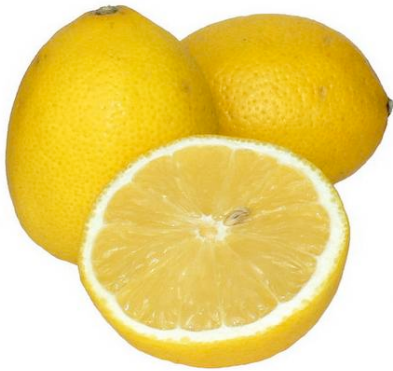
8 Use Fermented Veggies



9 Use Fermented Drinks



10 Eat Your Largest Meal When You Are Most Relaxed

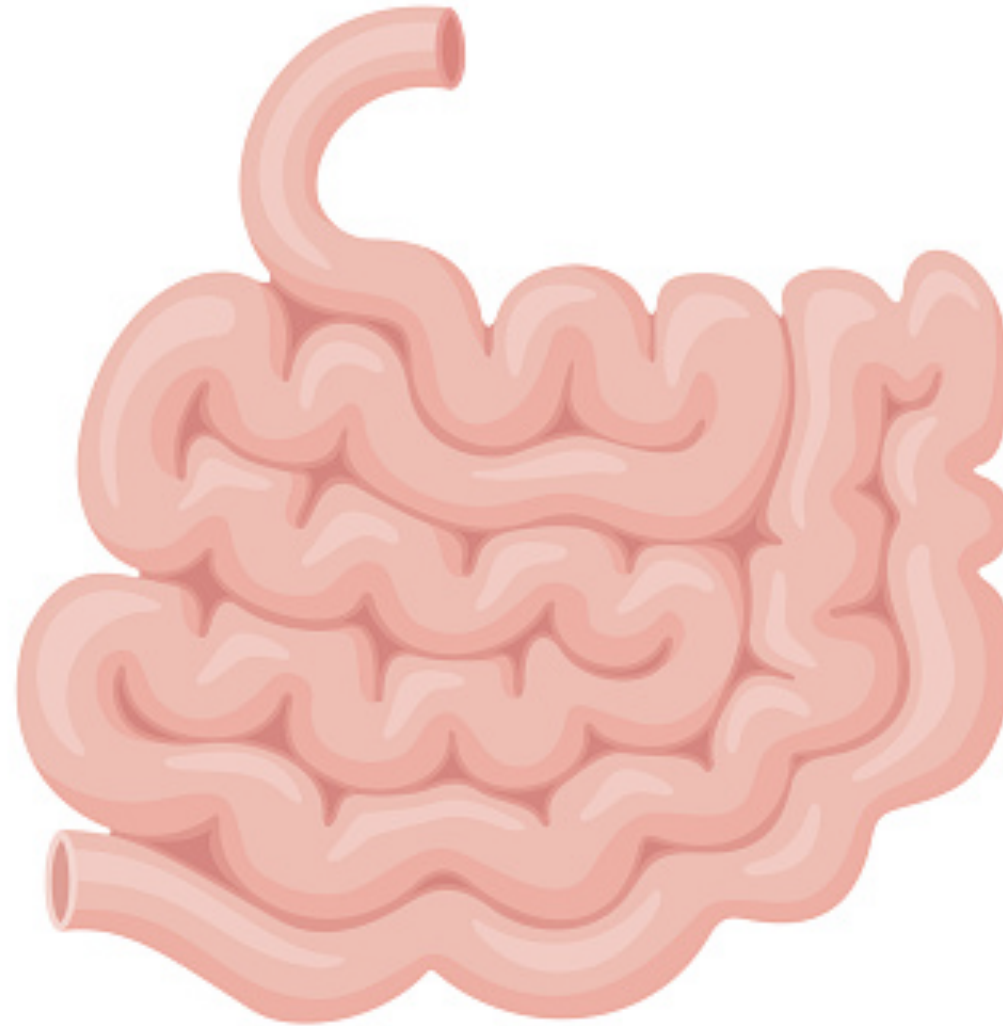
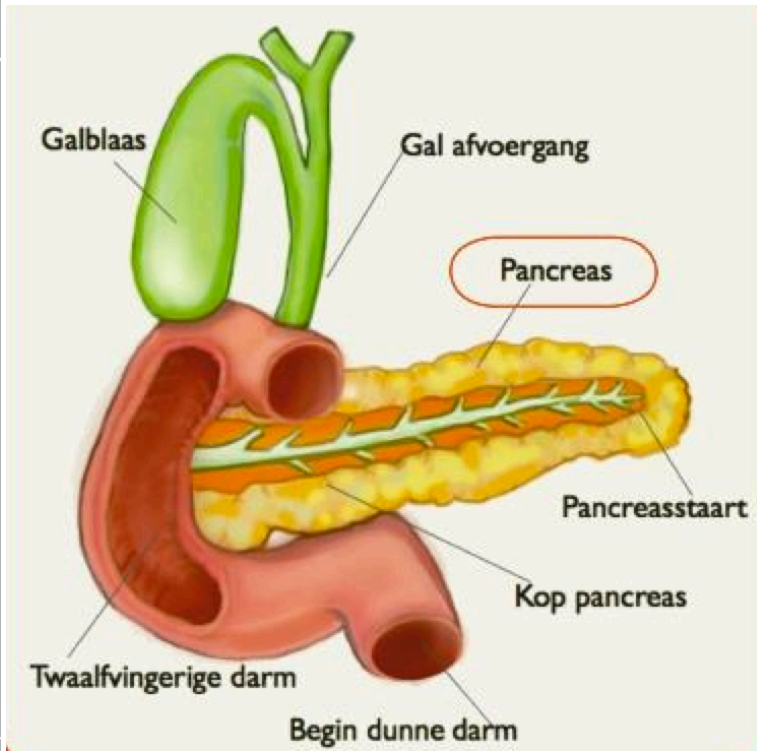


DRJOCKERS.COM  
SUPERCHARGE YOUR HEALTH

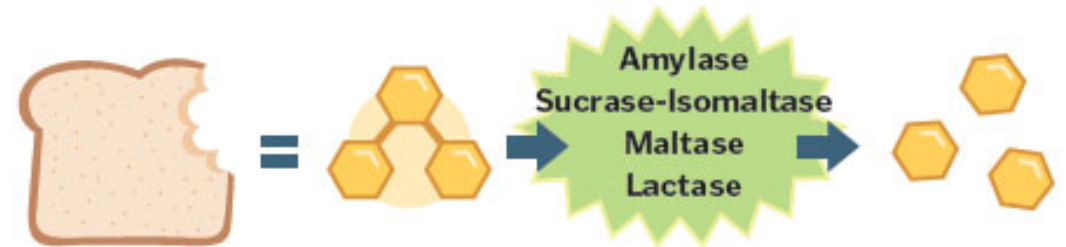
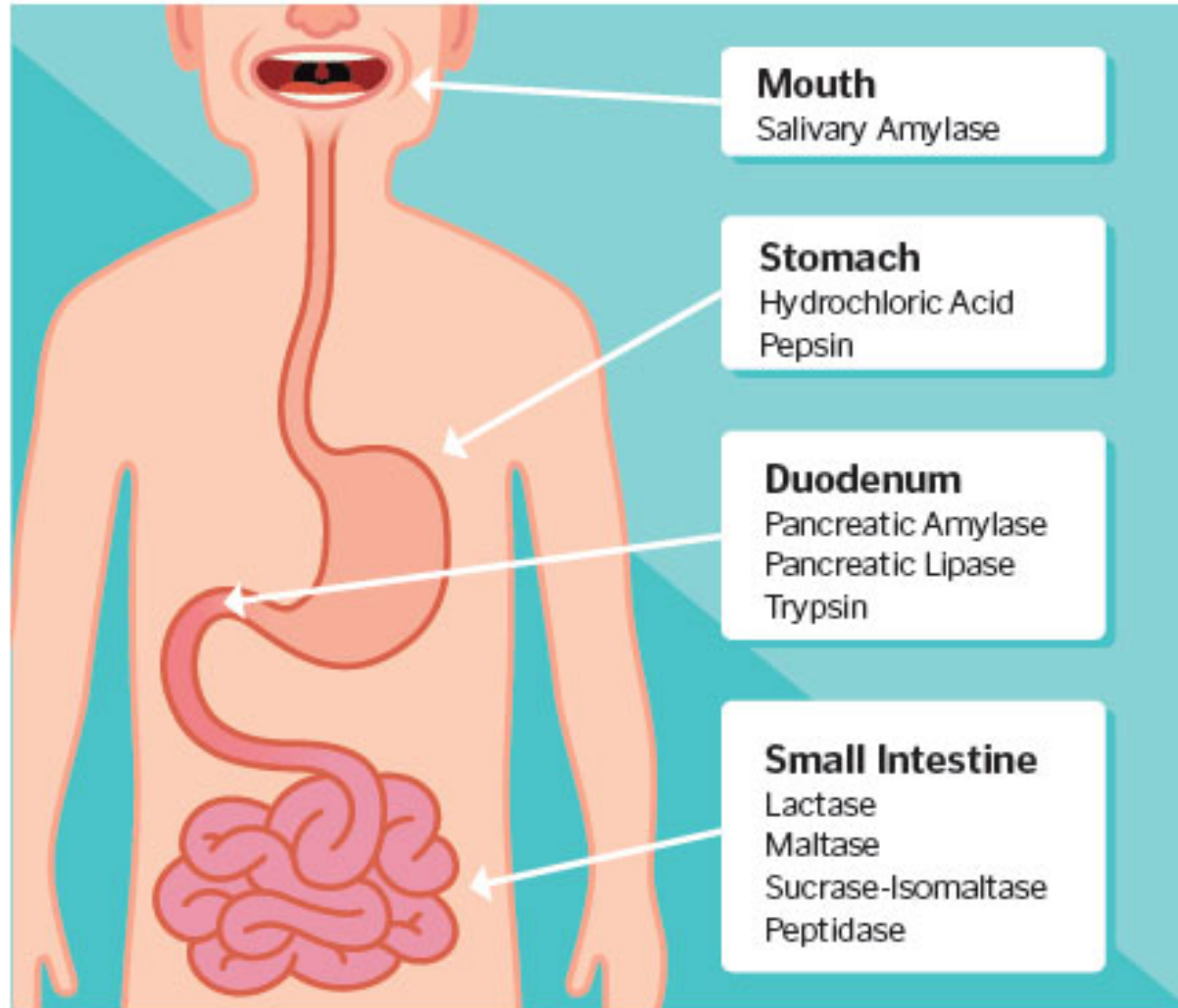


# STAP 3

## DUNNE DARM



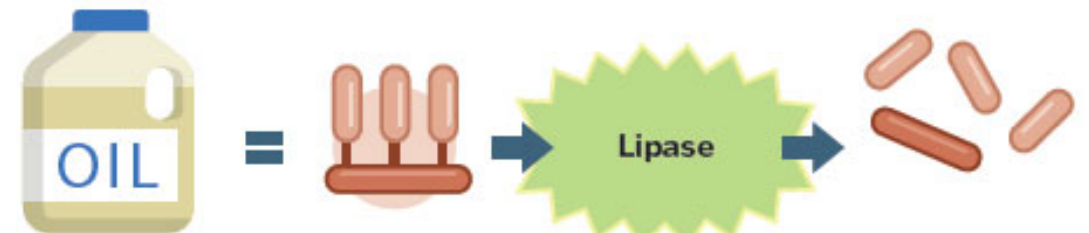
**GAL +**  
**ENZYMEN**  
**ONTZUREN**



Carbohydrates are broken down into sugars by enzymes like amylase, sucrase-isomaltase, maltase, and lactase.



Proteins are broken down into amino acids by enzymes like pepsin, trypsin, and peptidase.



Fats are broken down into fatty acids by the enzyme lipase.

# TOP NATURAL SOURCES OF DIGESTIVE ENZYMES

## FOODS



## FOOD SUPPLEMENTS



## 5 LIVER-FRIENDLY FOODS



**GARLIC**



**BEETS**



**CRUCIFEROUS  
VEGETABLES**



**ARTICHOKE**

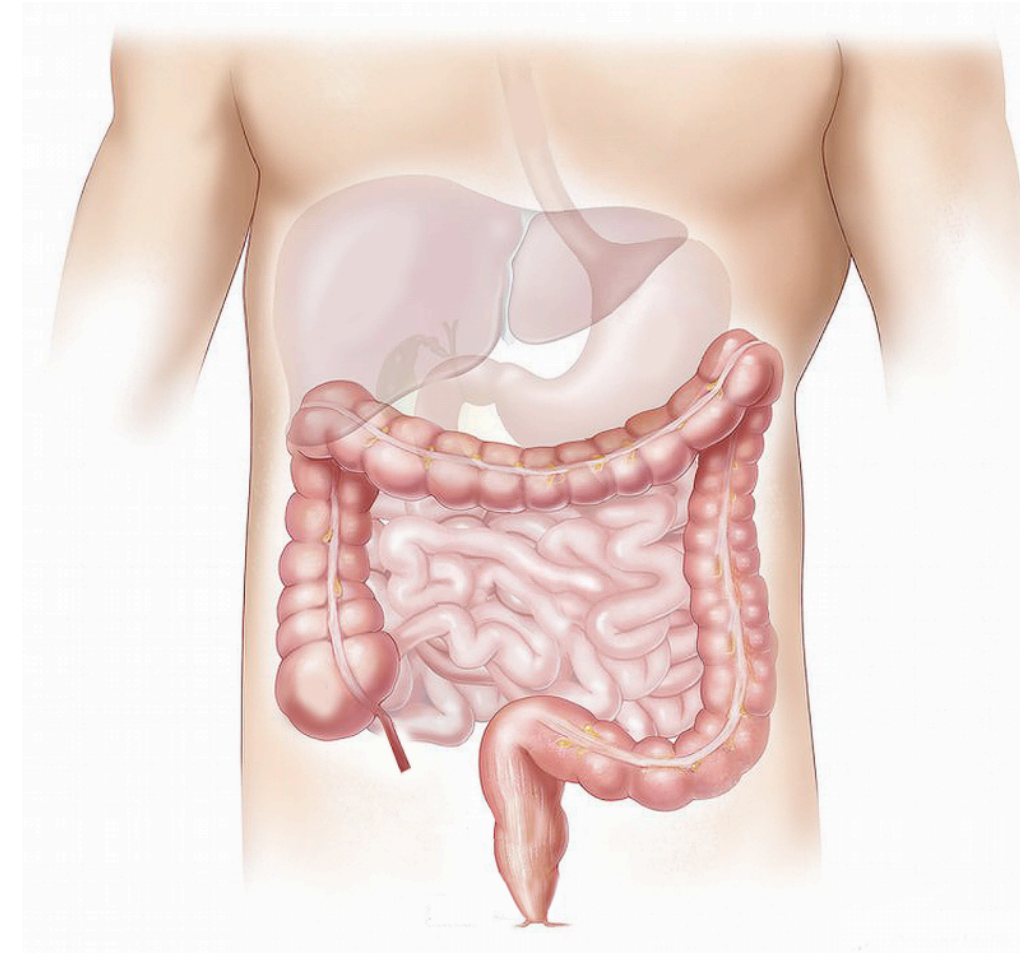
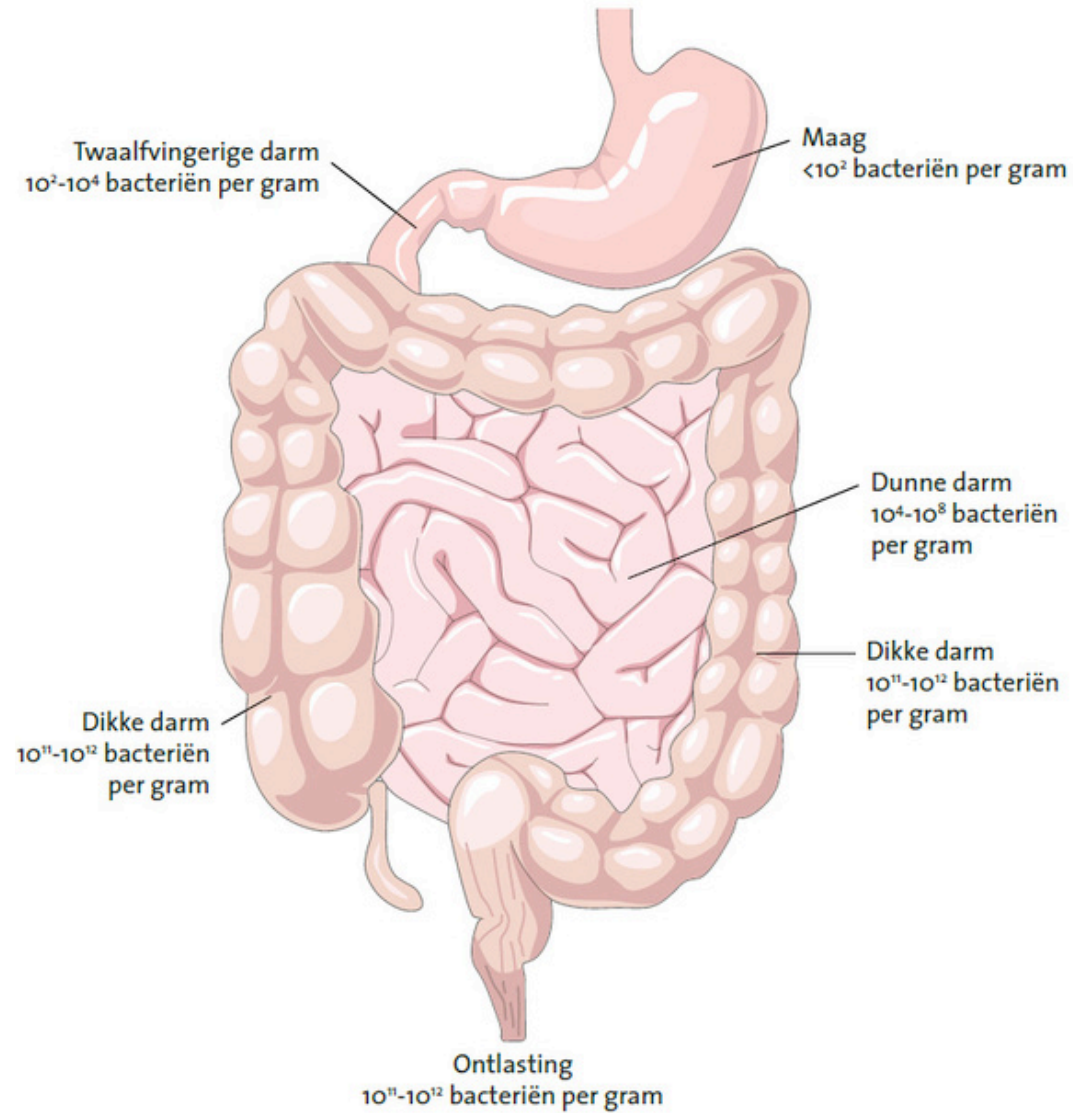


**MILK  
THISTLE**

**ZWAVEL  
RIJKE  
VOEDING  
(BITTER)**

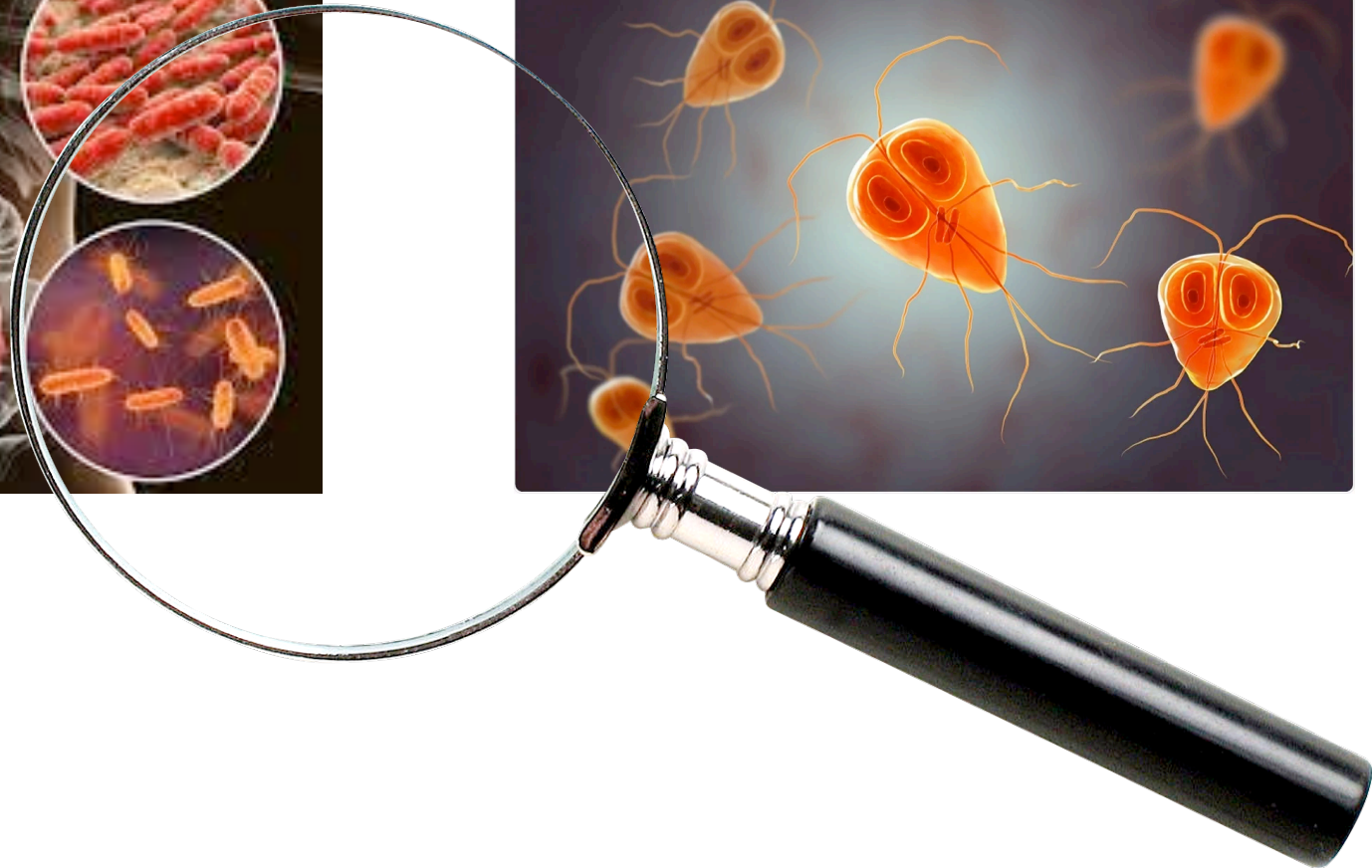
# STAP 4

## DE DIKKE DARM



# DISBALANS?

Ondanks alle interventies



**STAP 1:** Eerst de pathogenen zien weg te krijgen

Suikers er uit + makkelijk verteerbare voeding

**STAP 2:** Zorg voor een goede rustige darmwand

Slijmvlies herstel: vitamine A, Glutamine (eiwit) rijke voeding

**STAP 3:** Gebruik prebiotische voeding

**STAP 4:** Onderhoud met pre-biotische voeding

\* Natuurlijke antibiotica: Knoflook, Zwarte walnoot, Oregano, Gember, Kruidnagel

WAT IS GEZOND?

Z

Wat is gezond?  
Houdt de balans  
Houdt de balans

# DE ATLEETFABRIEK

