



DE ATLEETFABRIEK



# Wie ben ik?

Florian Alders

Docent Orthomoleculaire therapie KPNI

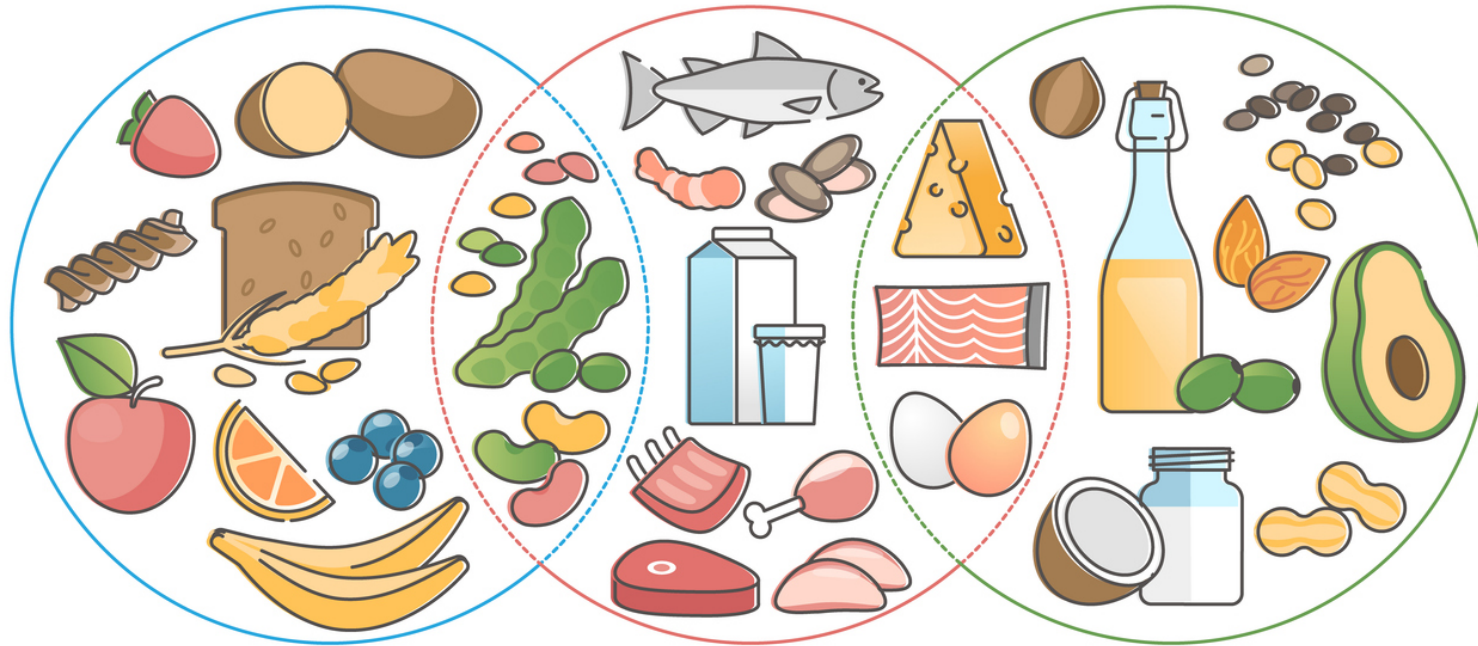
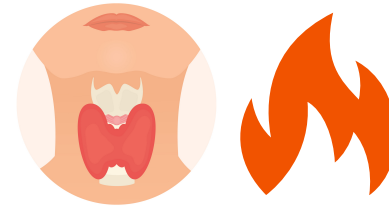
Personal trainer EREPS

Medische basis PLATO



# EIWIT

BOUWSTENEN  
4 KCAL PER GRAM

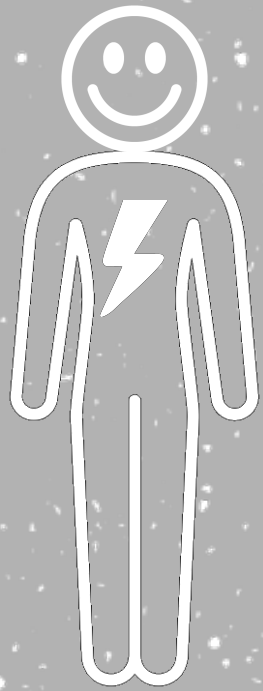


# KOOLHYDRATEN

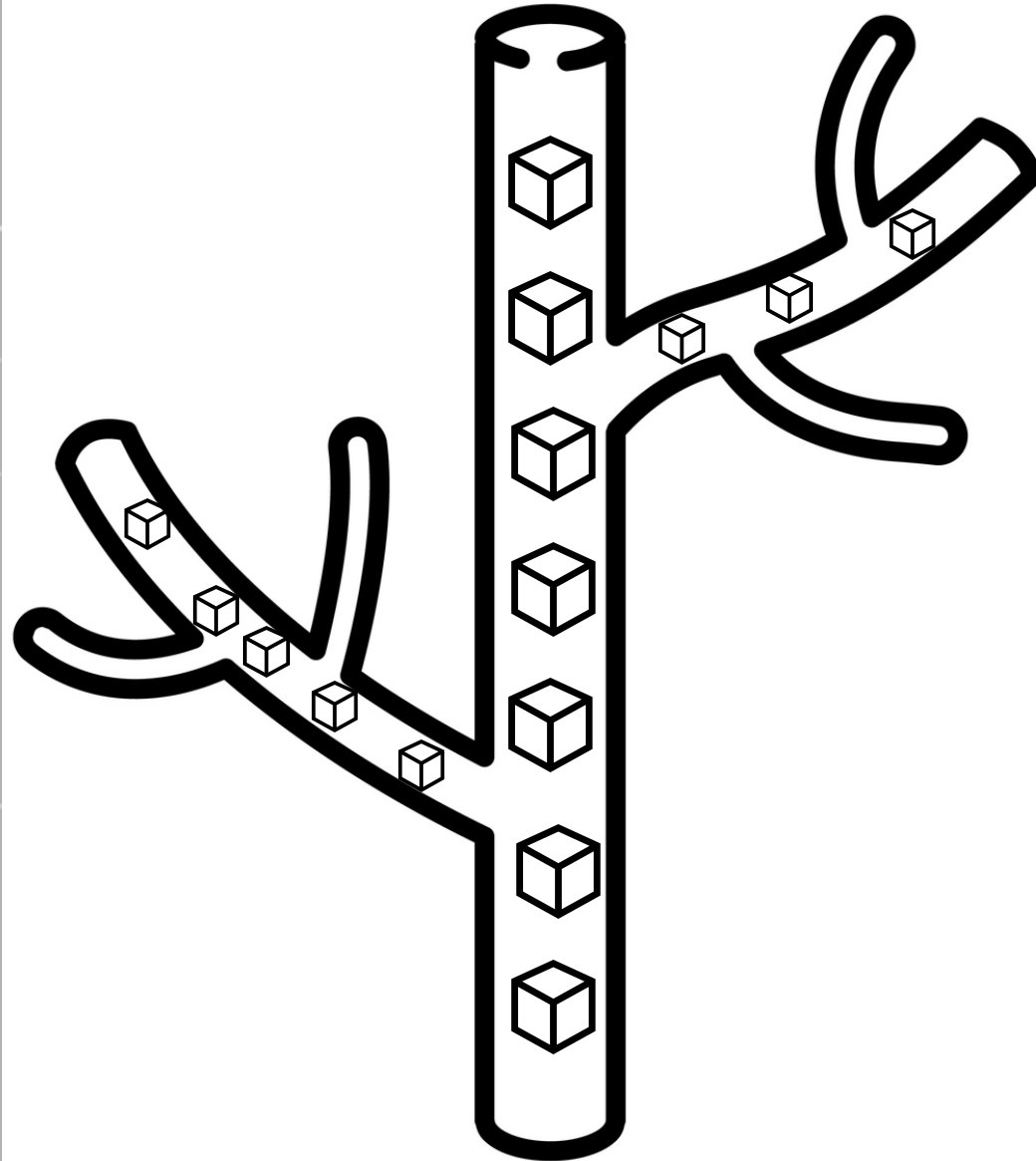
SNELLE ENERGIE  
4 KCAL PER GRAM

# VETTEN

DUURZAME ENERGIE +  
BOUWSTENEN  
9 KCAL PER GRAM



SUIKERS  
VOOR  
ENERGIE



SUIKERS  
OPGESLAGEN  
ALS VET \*



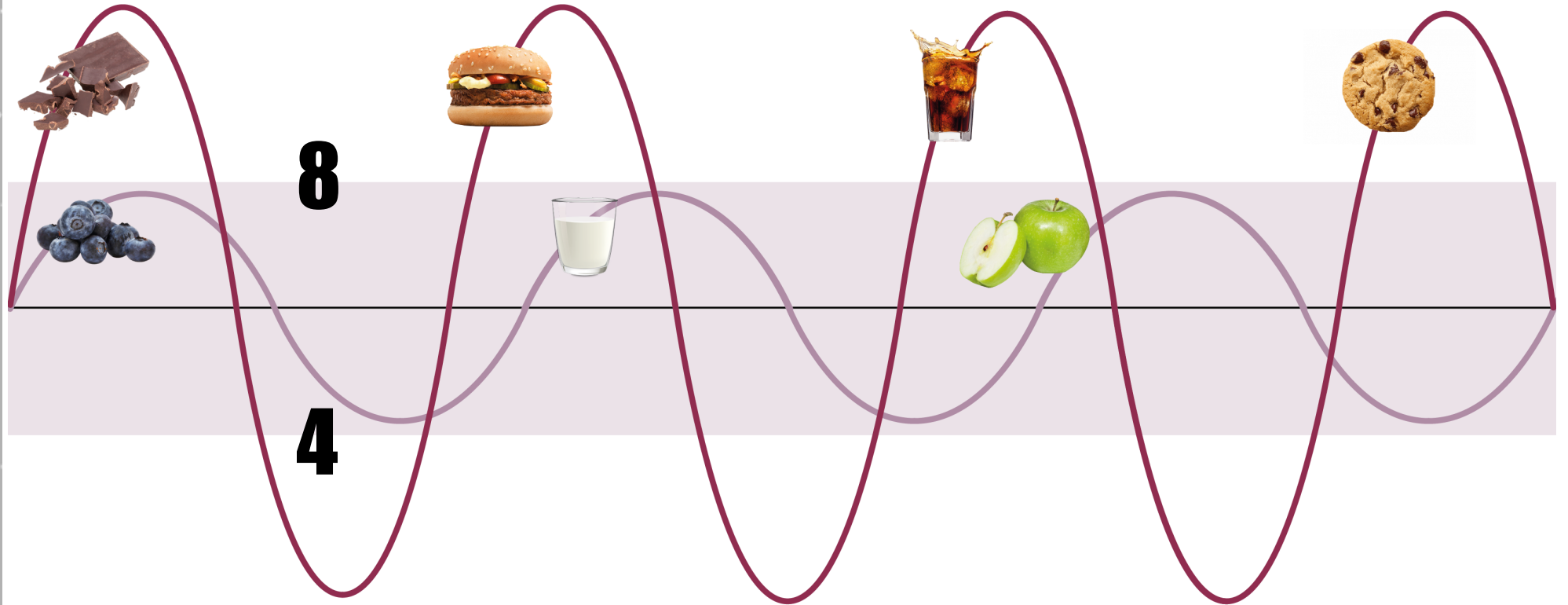
# HYPER

(Hyperglycaemia)








# HYPO

(Hypoglycaemia)



# Glycemic Index

<ul style="list-style-type: none"><li>• white wheat bread, donuts, baguette, crackers, waffles</li><li>• white rice, boiled potatoes and mash, french fries</li><li>• watermelon</li><li>• cornflakes</li></ul>	<b>70 - 100</b> 
<ul style="list-style-type: none"><li>• rye &amp; wholegrain bread</li><li>• muesli, corn, couscous, brown rice, spaghetti, popcorn, yams</li><li>• ice cream, sweet yogurt</li><li>• banana, grapes, kiwi</li></ul>	<b>50 - 70</b> 
<ul style="list-style-type: none"><li>• coarse barley bread</li><li>• strawberries, apples, pears, oranges</li><li>• milk &amp; soy milk</li><li>• natural yoghurt</li><li>• oatmeal, beans</li></ul>	<b>30 - 50</b> 
<ul style="list-style-type: none"><li>• pearled barley, lentils</li><li>• greyfruit, cherry, apricot, plum</li><li>• dark chocolate 70% cocoa</li><li>• whole milk</li><li>• cashews, walnuts</li></ul>	<b>10 - 30</b> 
<ul style="list-style-type: none"><li>• hummus, chickpeas</li><li>• garlic, onion, green pepper</li><li>• eggplant, broccoli, cabbage, tomatoes</li><li>• mushrooms</li><li>• lettuce</li></ul>	<b>0 - 10</b> 

# Glycemic Index

Jessie Inchauspé




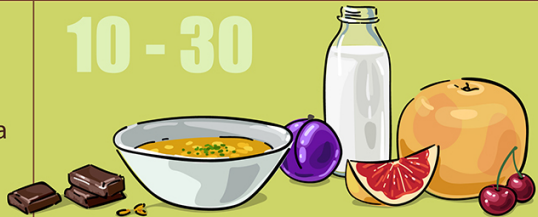
Meer energie, minder cravings:  
dit boek verandert je leven

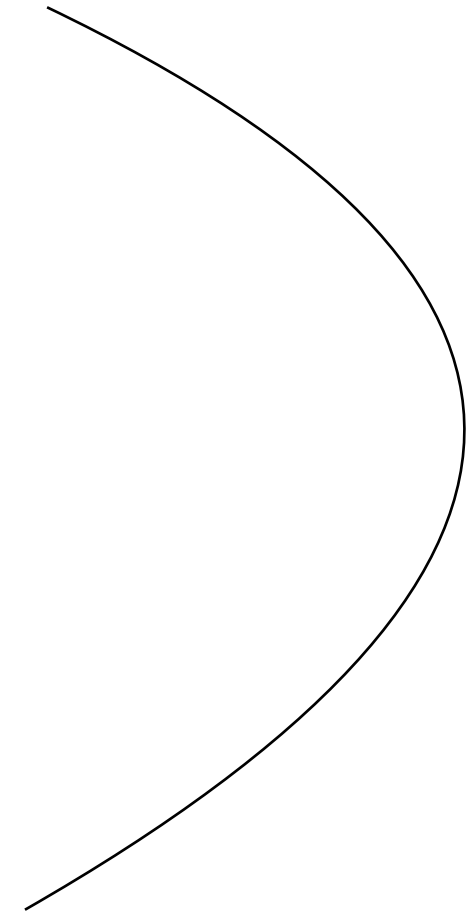


**Glucose  
revolutie**

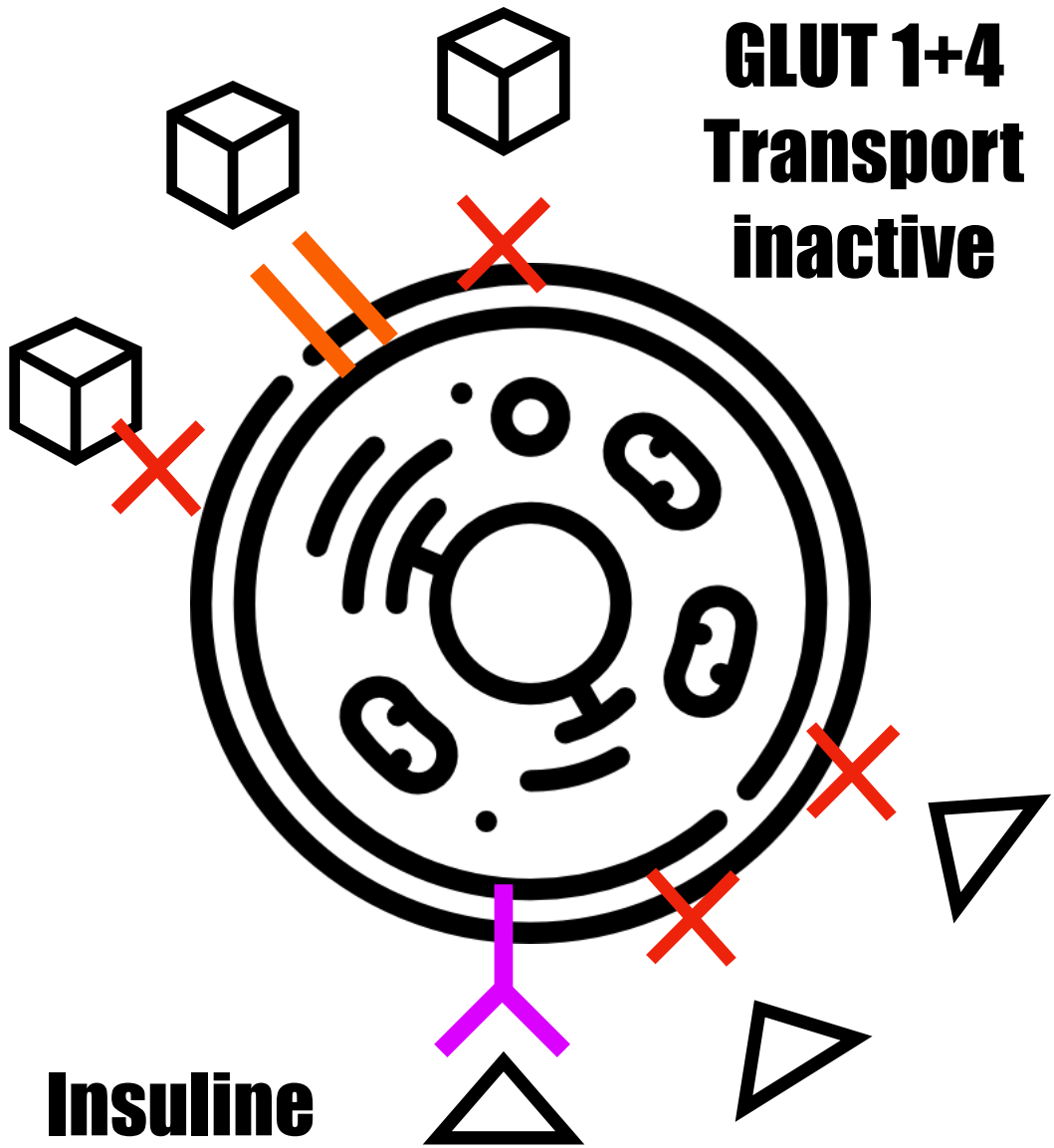
Krijg grip op je bloedsuikerspiegel,  
verbeter je gezondheid en eet wat je wil

FONTAINE UITGEVERS

<ul style="list-style-type: none"><li>• white wheat bread, donuts, baguette, crackers, waffles</li><li>• white rice, boiled potatoes and mash, french fries</li><li>• watermelon</li><li>• cornflakes</li></ul>	<b>70 - 100</b> 
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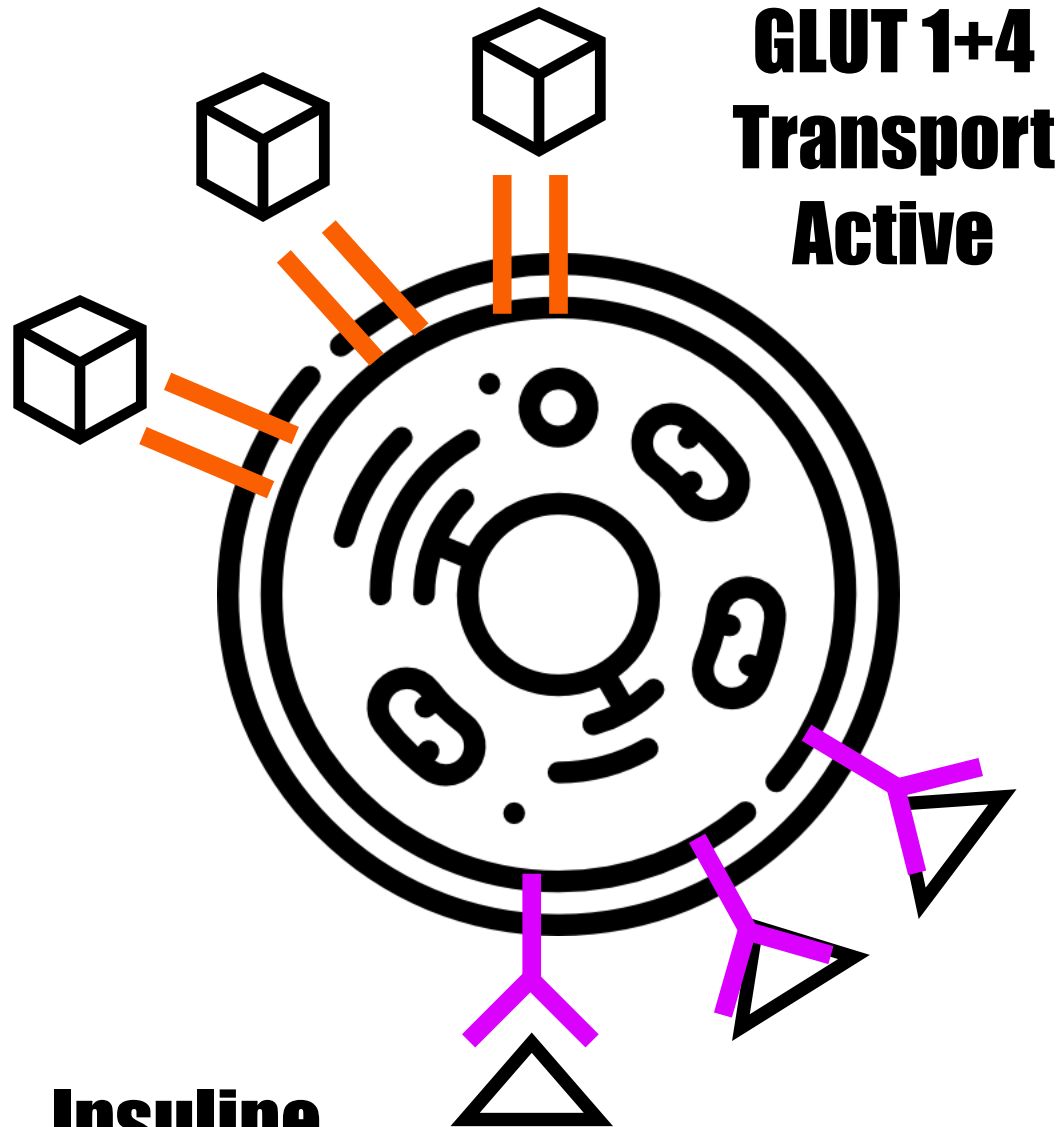
**GLUT 1+4  
Transport  
inactive**



**Insuline  
Resistentie**

Bron: <https://www.kpni.nl/docs/insuline-en-insuline-resistentie-wm5/>





**GLUT 1+4  
Transport  
Active**

**Insuline  
Gevoeligheid**

[Bron: <https://www.kpni.nl/docs/insuline-en-bron>](https://www.kpni.nl/docs/insuline-en-bron)



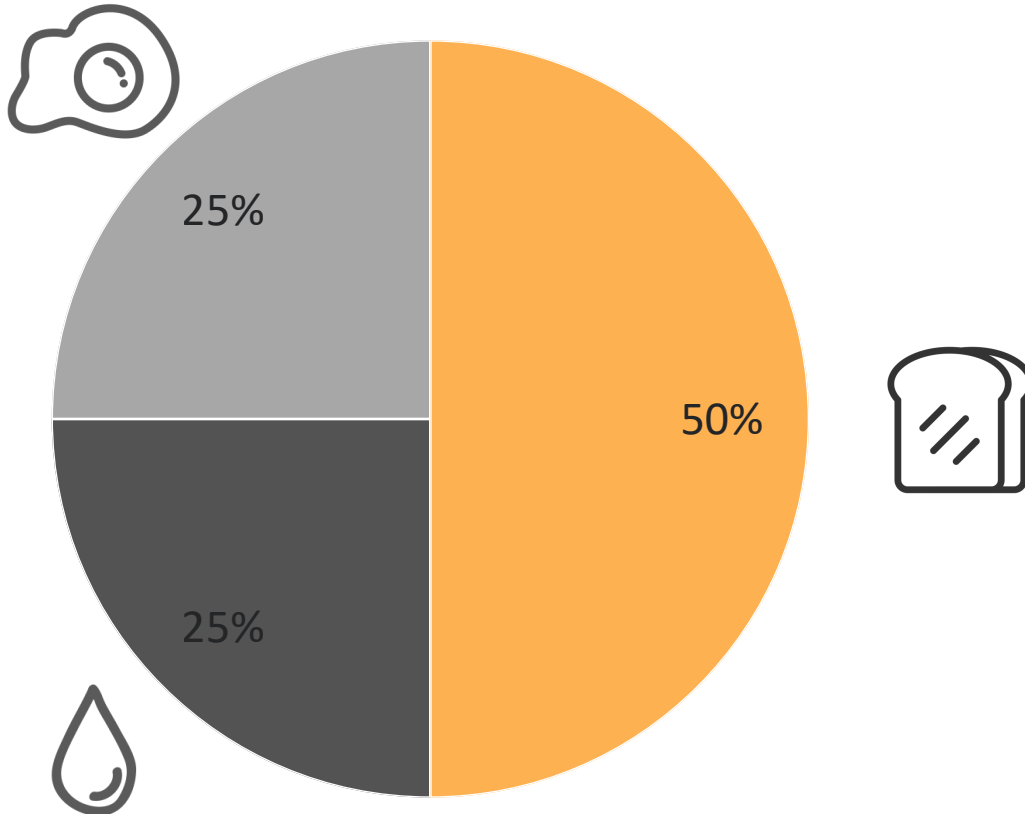
**Beweging voor  
suiker  
management**



● Carbohydrates

● Fats

● Protein



Popular food apps: Virtuagym of Myfitnesspal

Bron: <https://www.kpni.nl/docs/insuline-en-insuline-resistentie-wm5/>





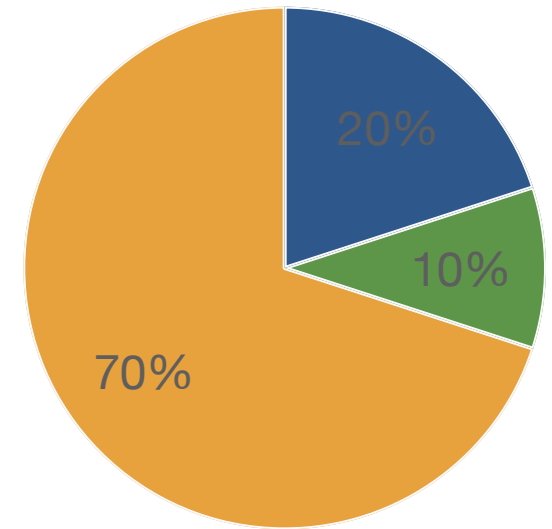
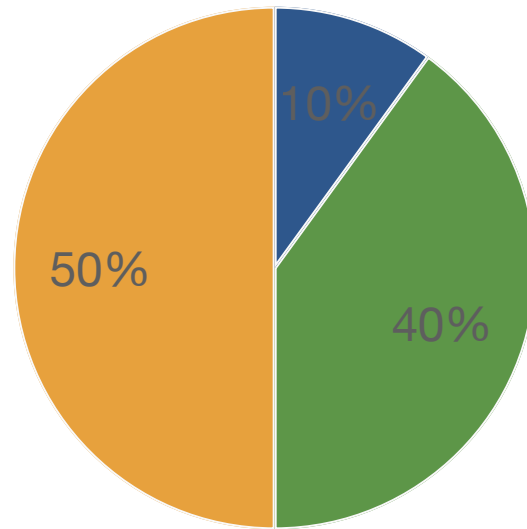
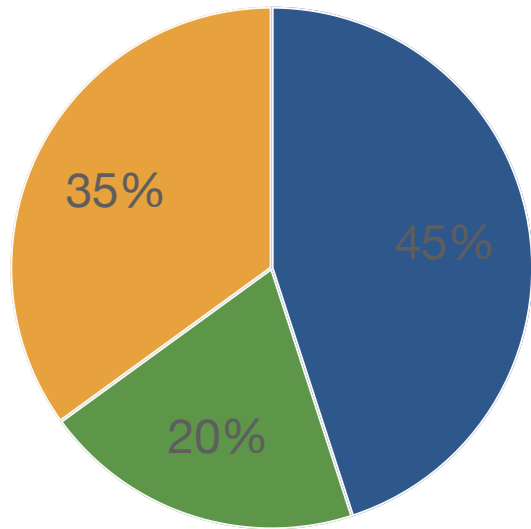
Koolhydraten



Vetten



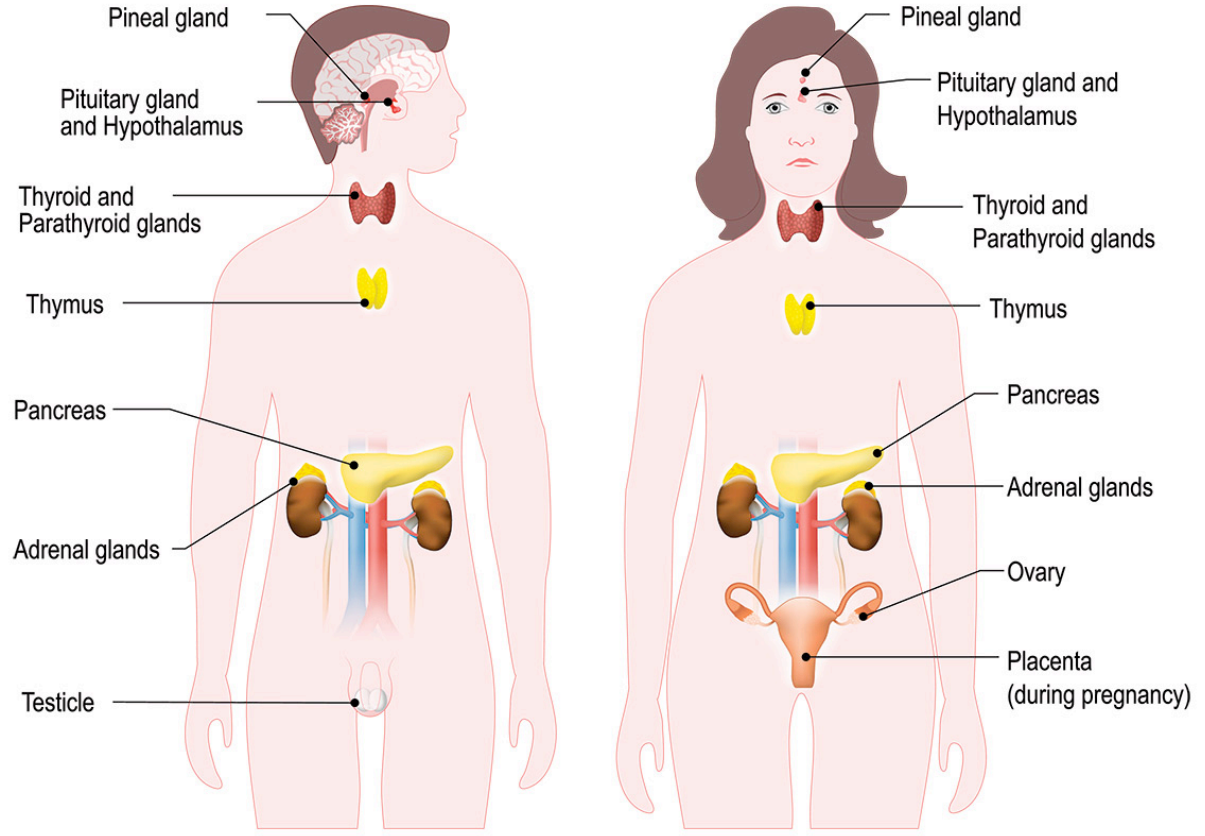
Eiwitten



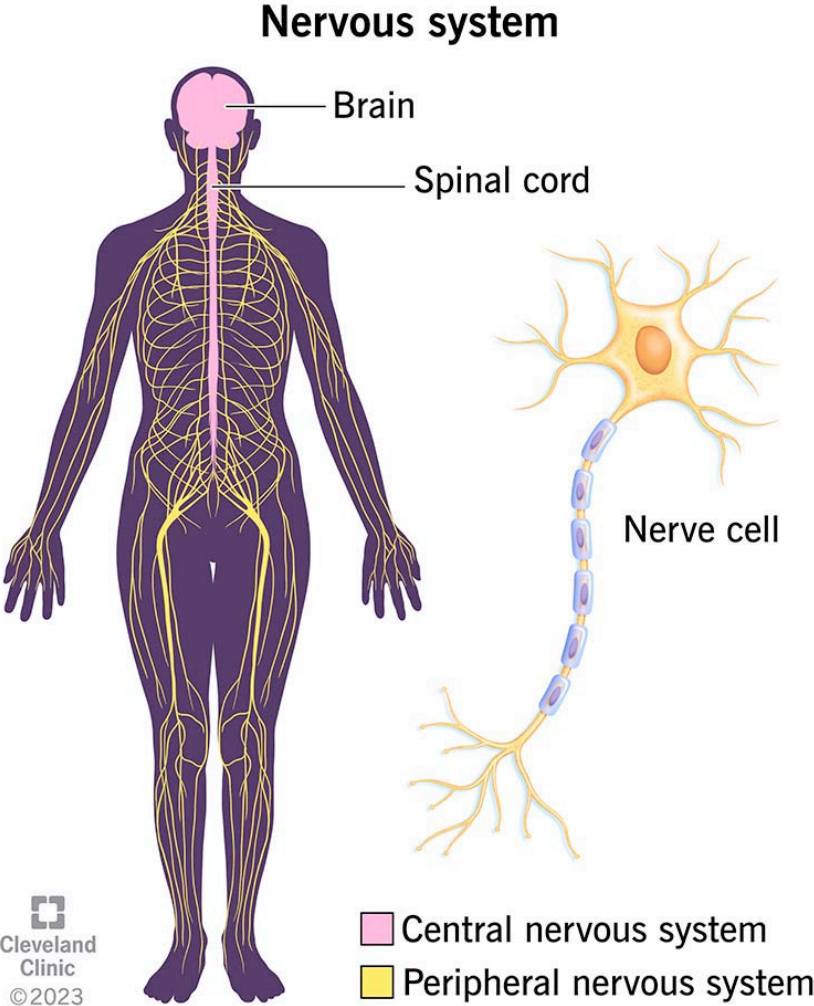
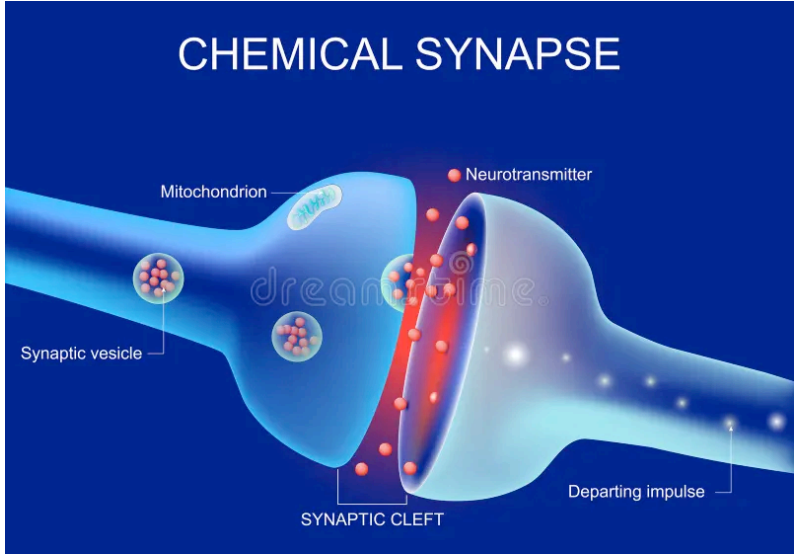
We zijn allemaal anders, vind uit waar jij onder valt

# Hormonale aansturing

## ENDOCRINE SYSTEM



# Neurotransmitters



# **Basisvoorwaarden goed functioneren hormonen/neurotransmitters**

- Optimale bloedcirculatie
- Voldoende zuurstof zodat de hersencellen voldoende ATP hebben
- Gezond Systeem (stabiele bloedsuikers, vetzuurbalans, etc.)
- Voldoende vitamines en mineralen
- Gezonde stress
- Voldoende aminozuren
- Optimale darmflora/darmen



**CO<sub>2</sub> training  
voor optimaal  
zuurstoftransport**



NEW YORK TIMES BESTSELLER

"Een levensveranderend boek dat ervoor zorgt dat je op een andere manier over je lichaam en je brein gaat nadenken."  
-Joshua Fetterhoff van *For* (gehoogspreker)

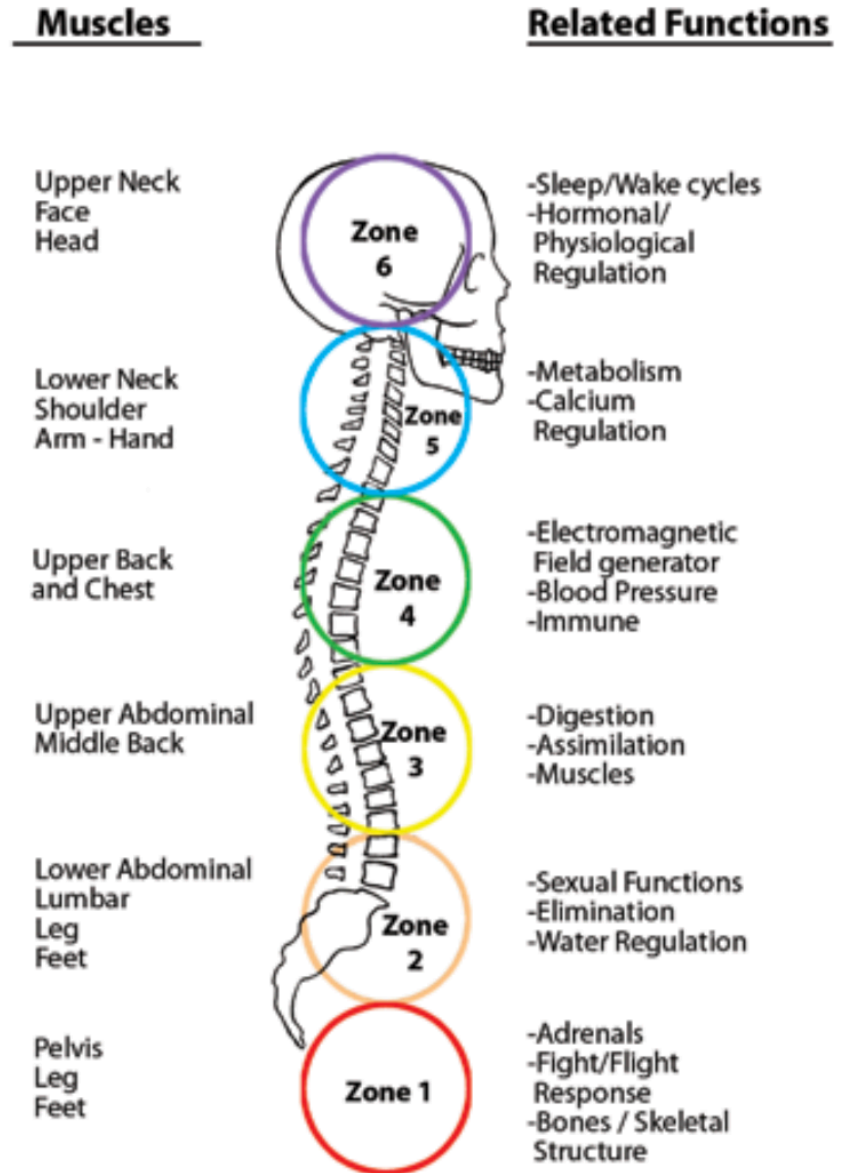
# HET NIEUWE ADEMEN

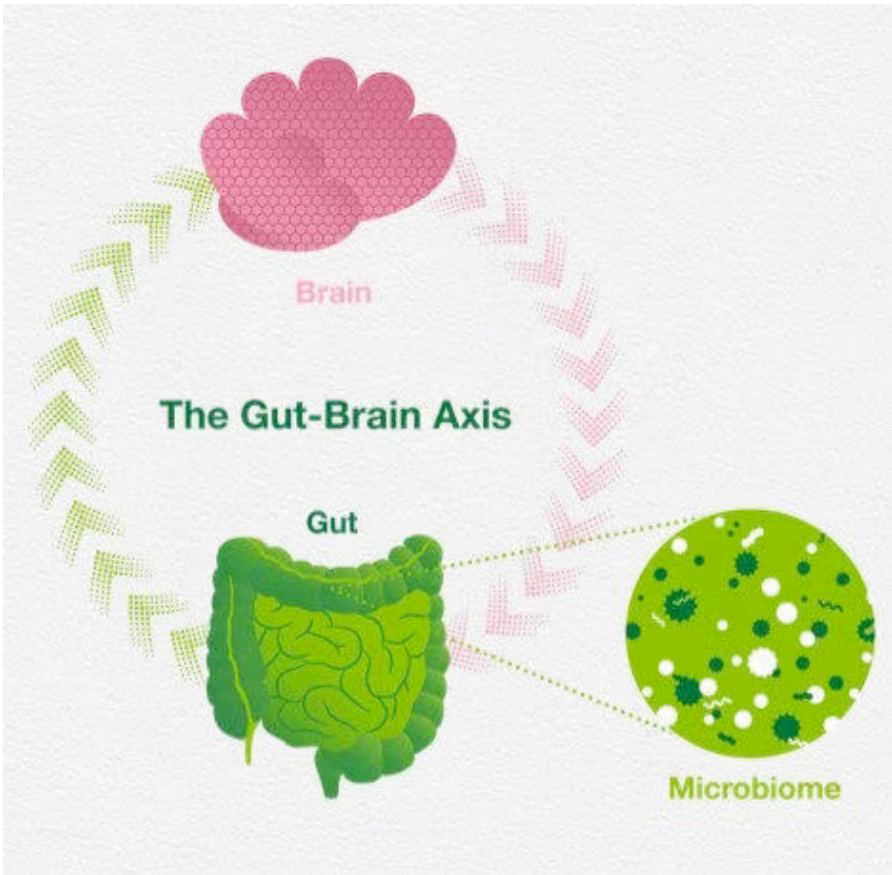
De weg naar een betere en  
sterkere ademhaling

JAMES NESTOR

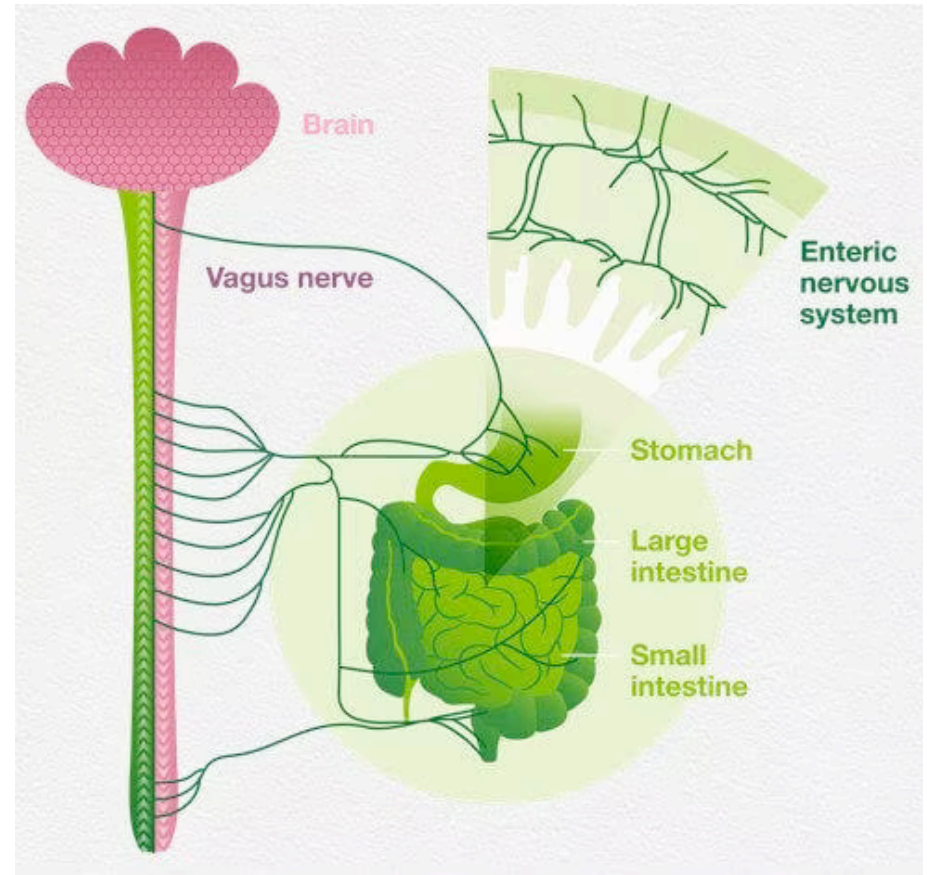
HarperCollins

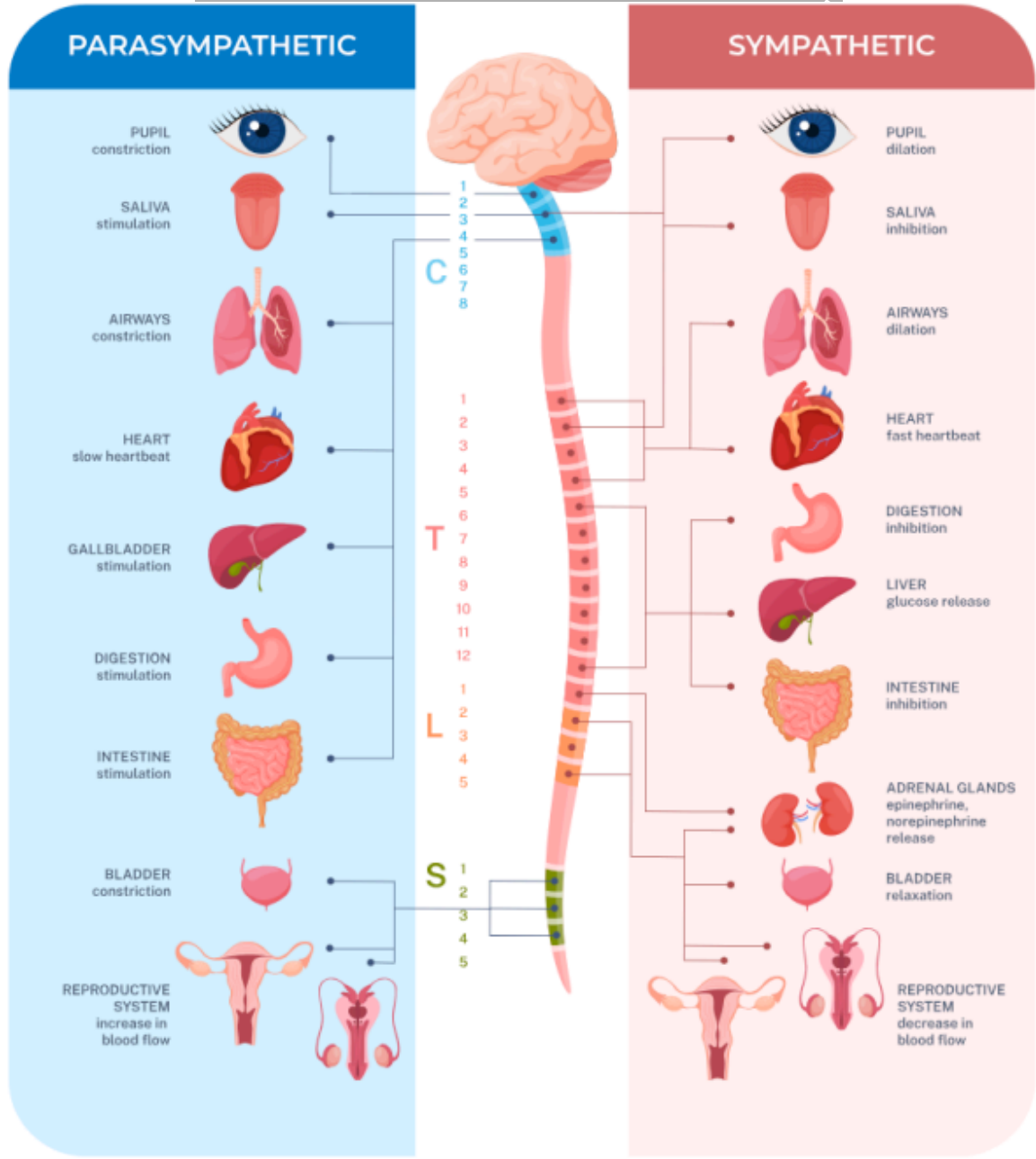
# Attention goes Where energy Flows

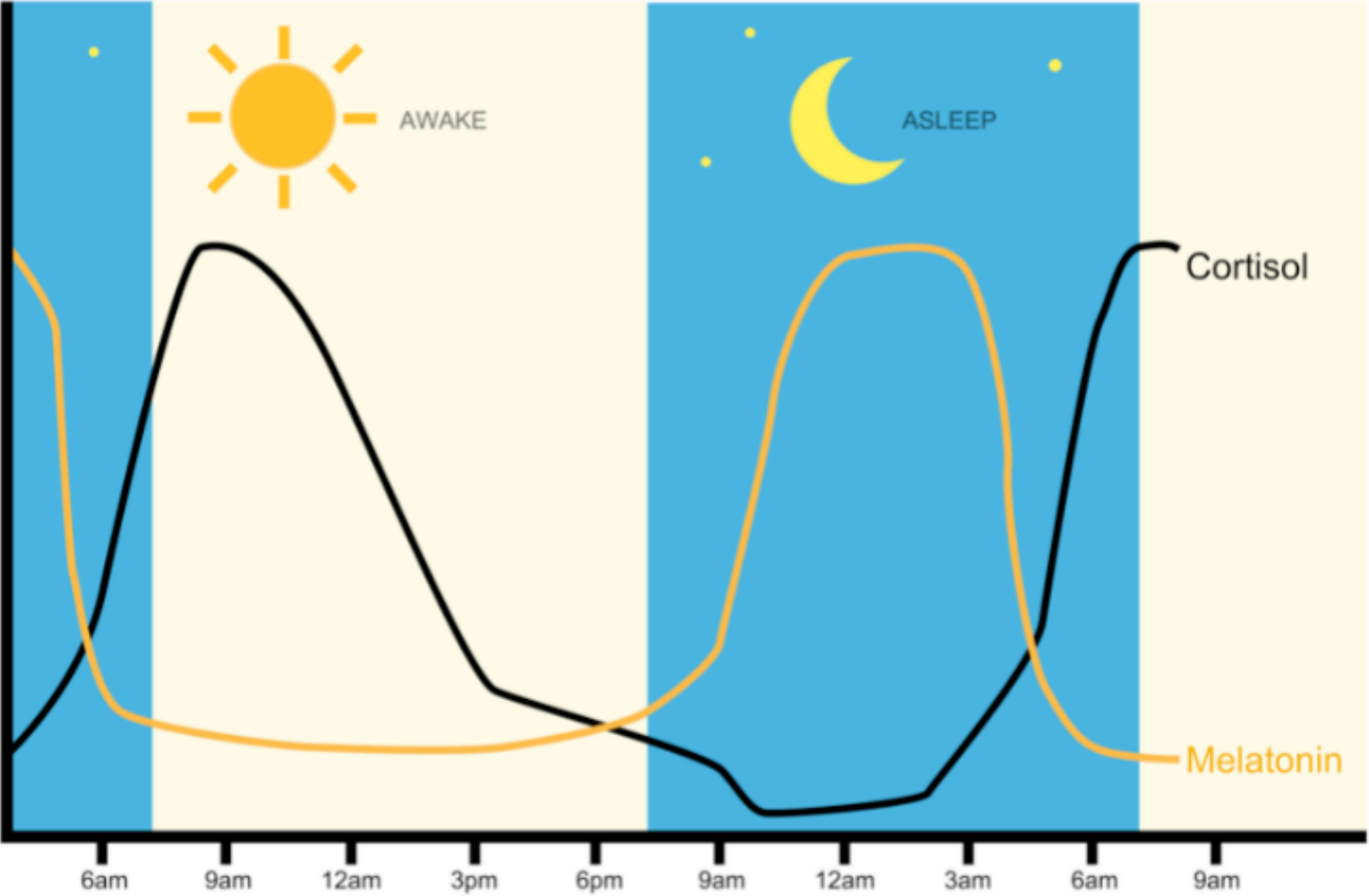


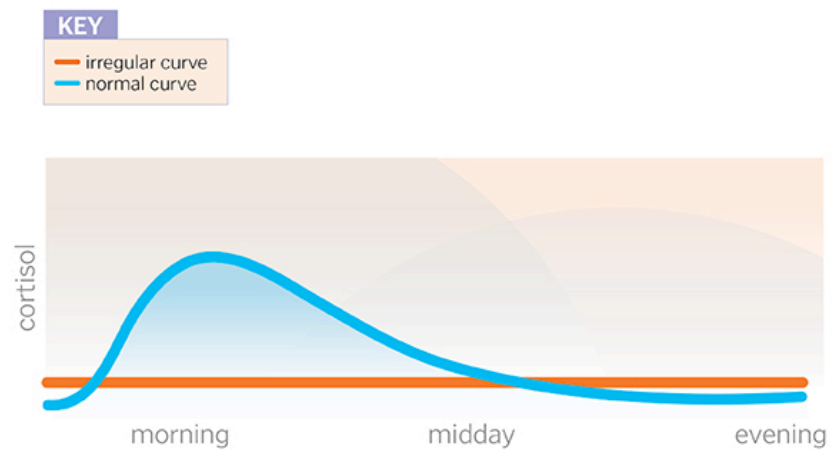
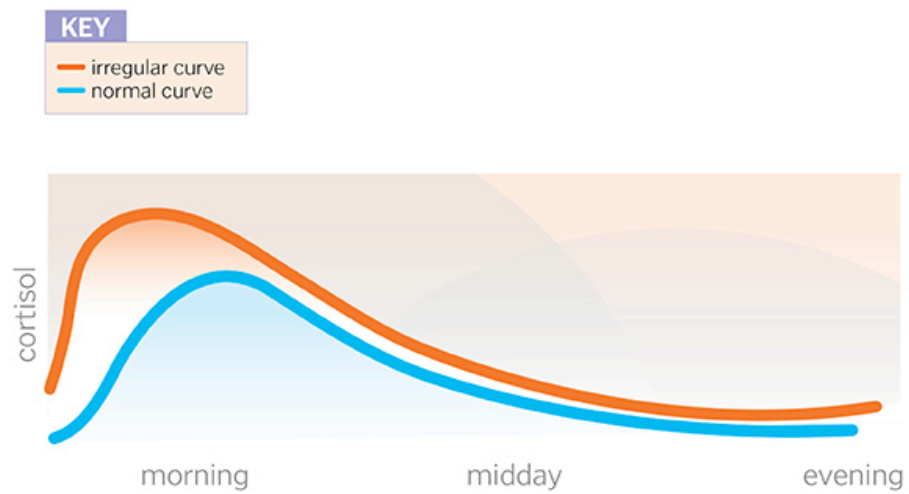
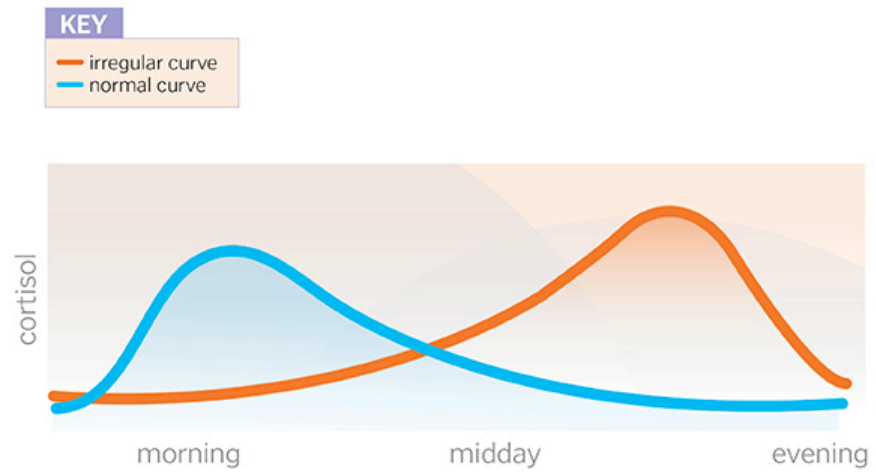


# DARM BREIN AS

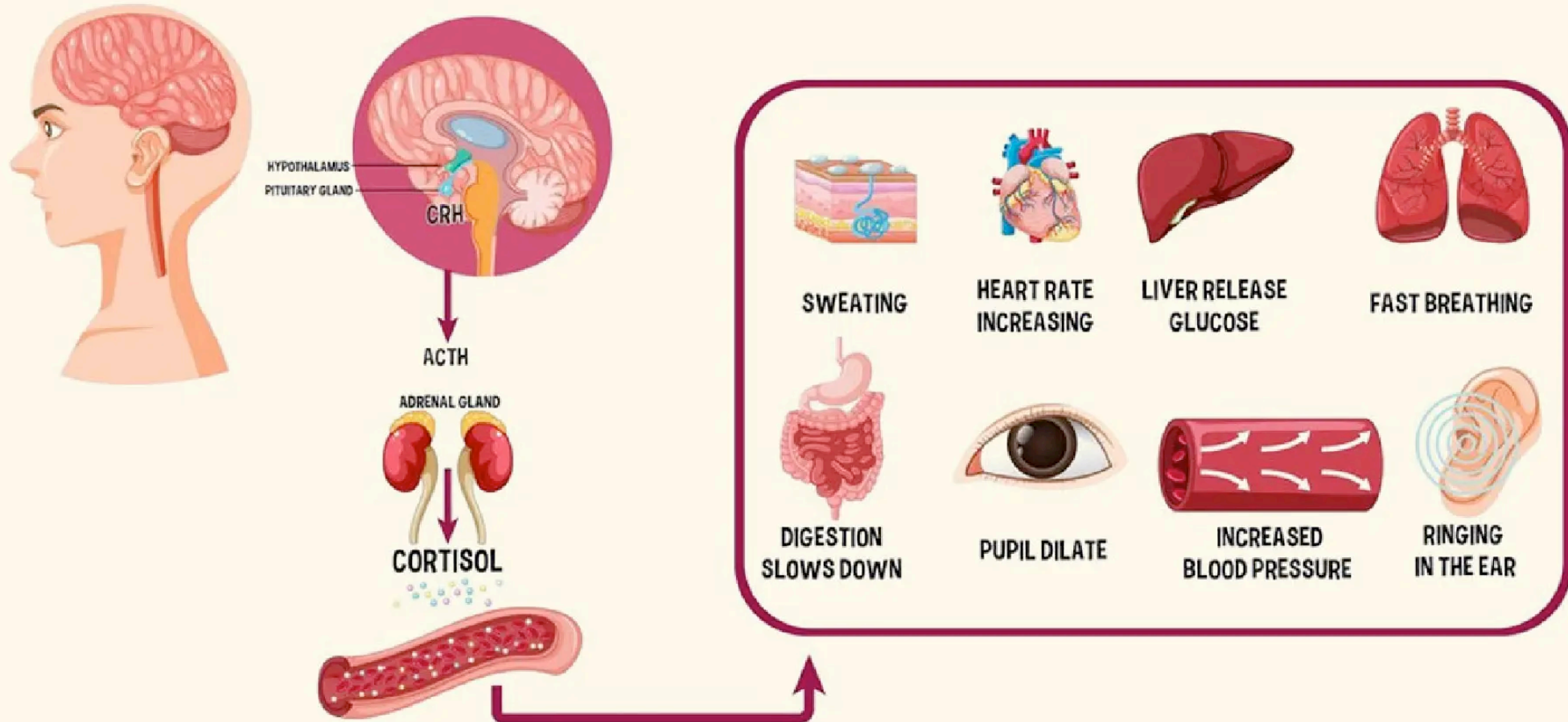




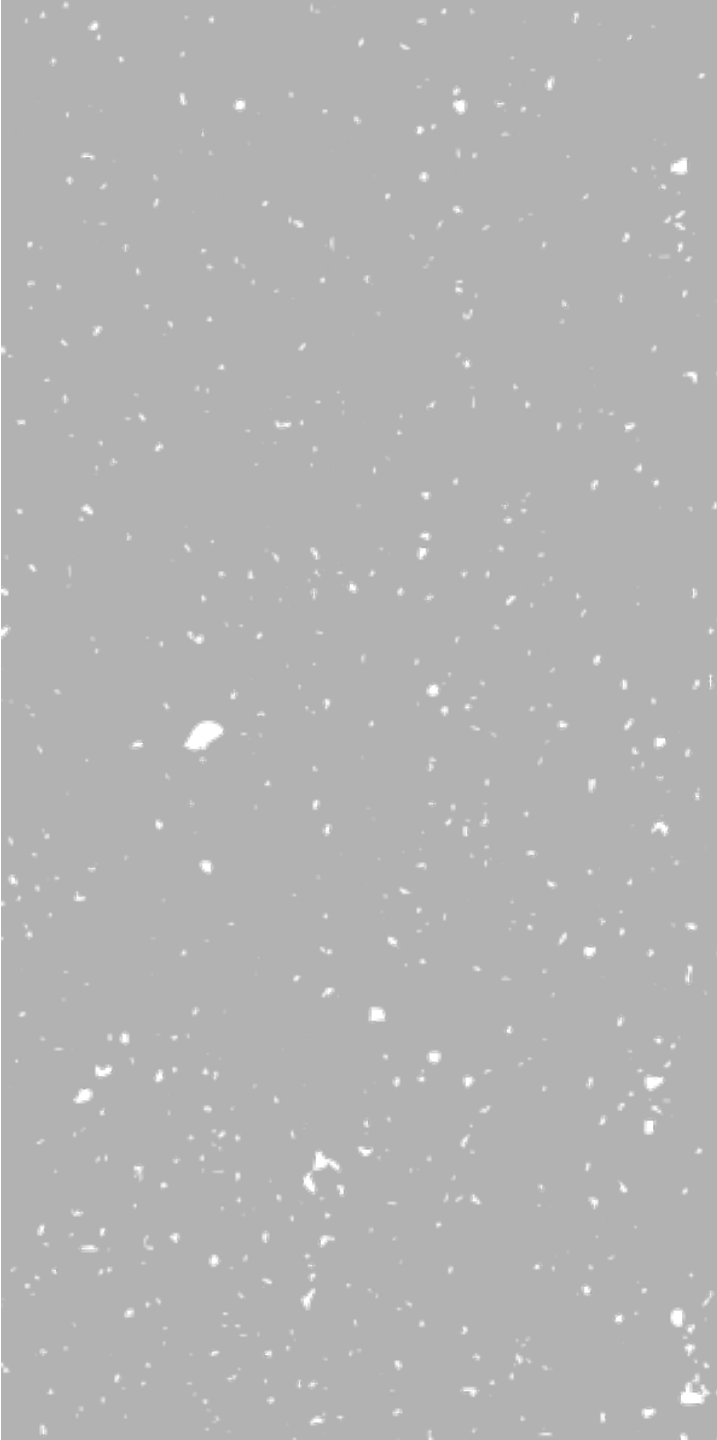
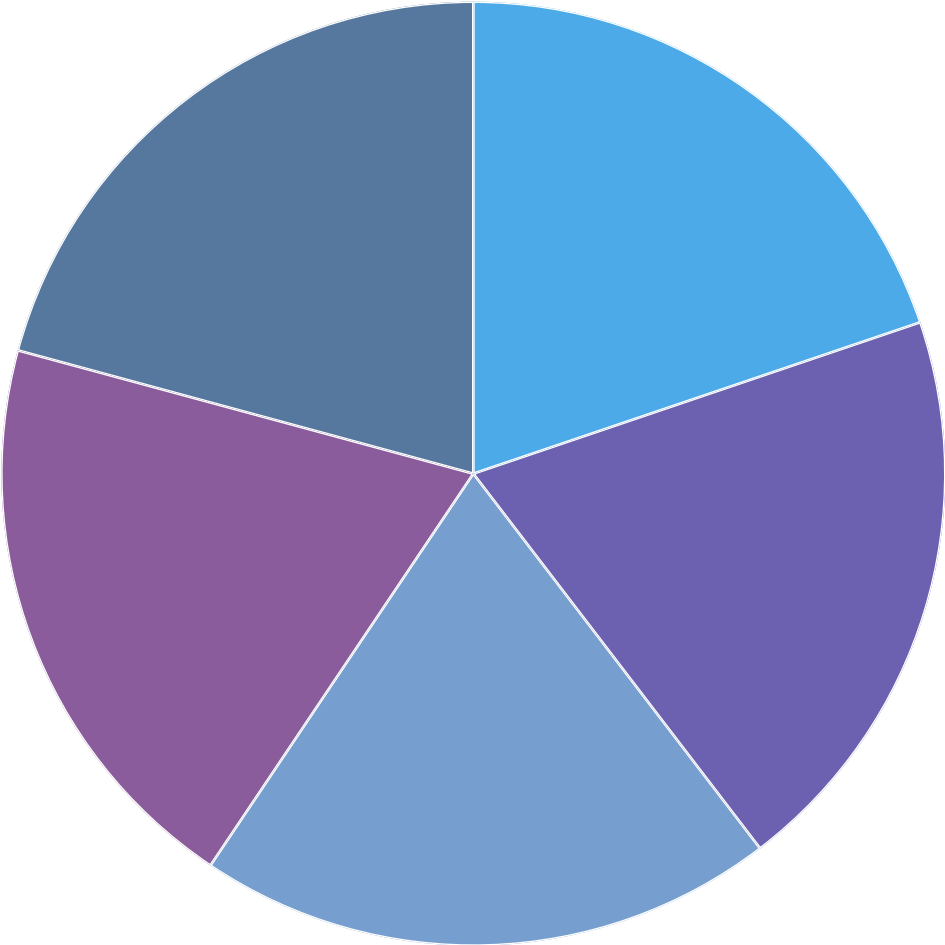




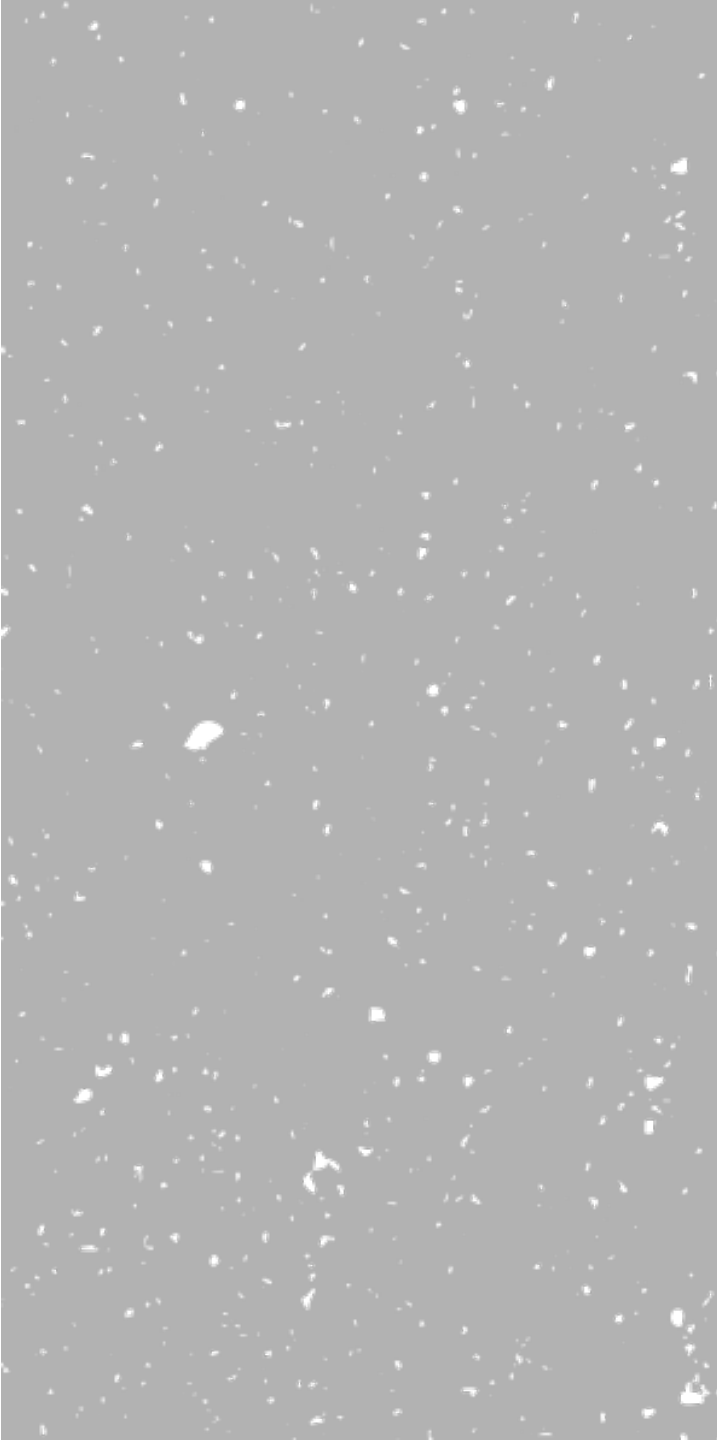
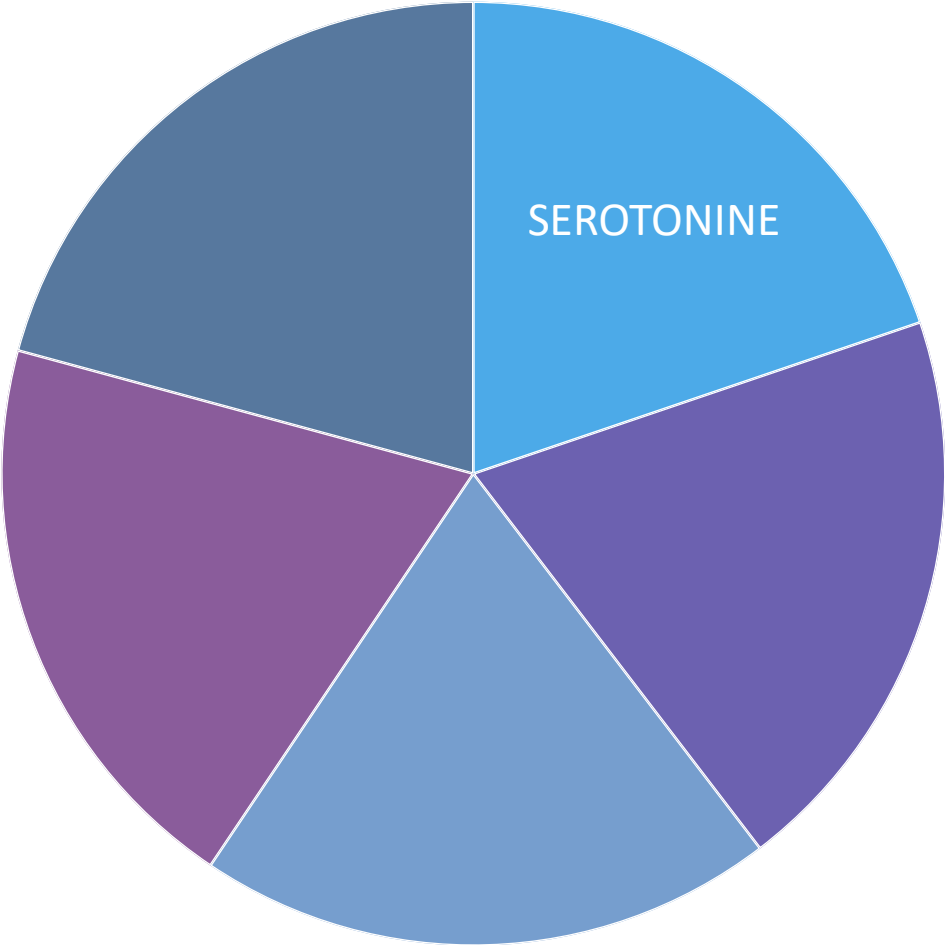
# STRESS CORTISOL

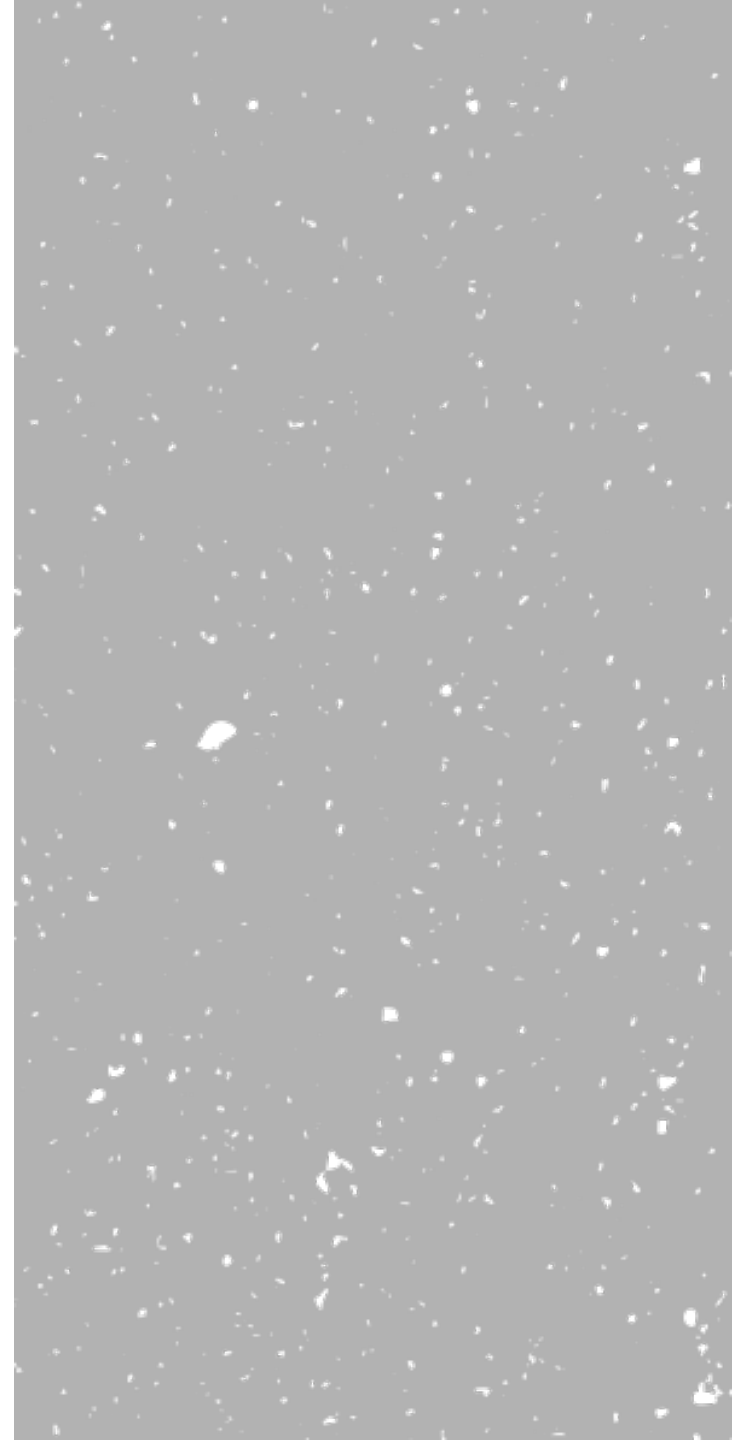
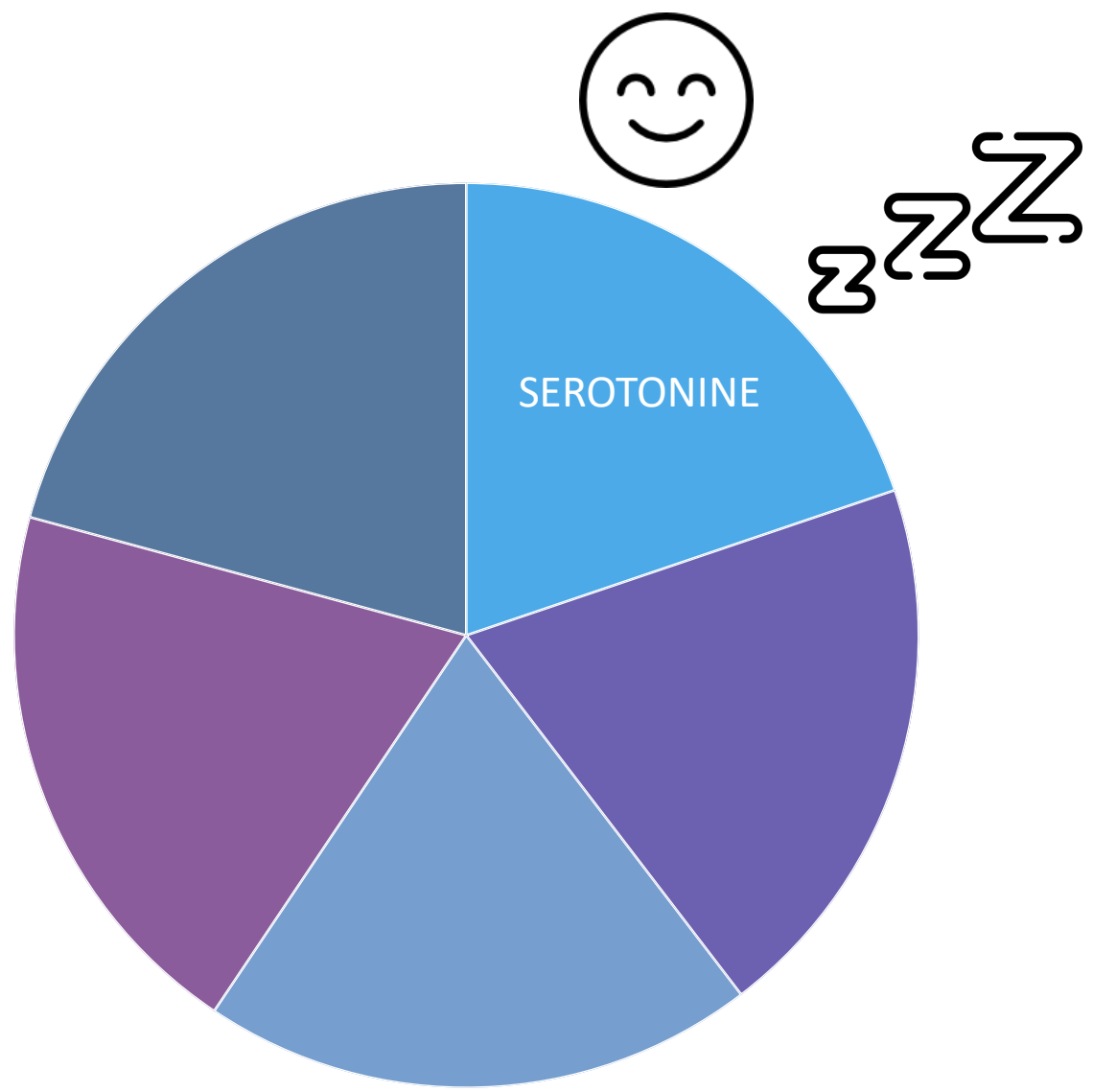


# 5 BELANGRIJKE NEUROTRANSMITTERS

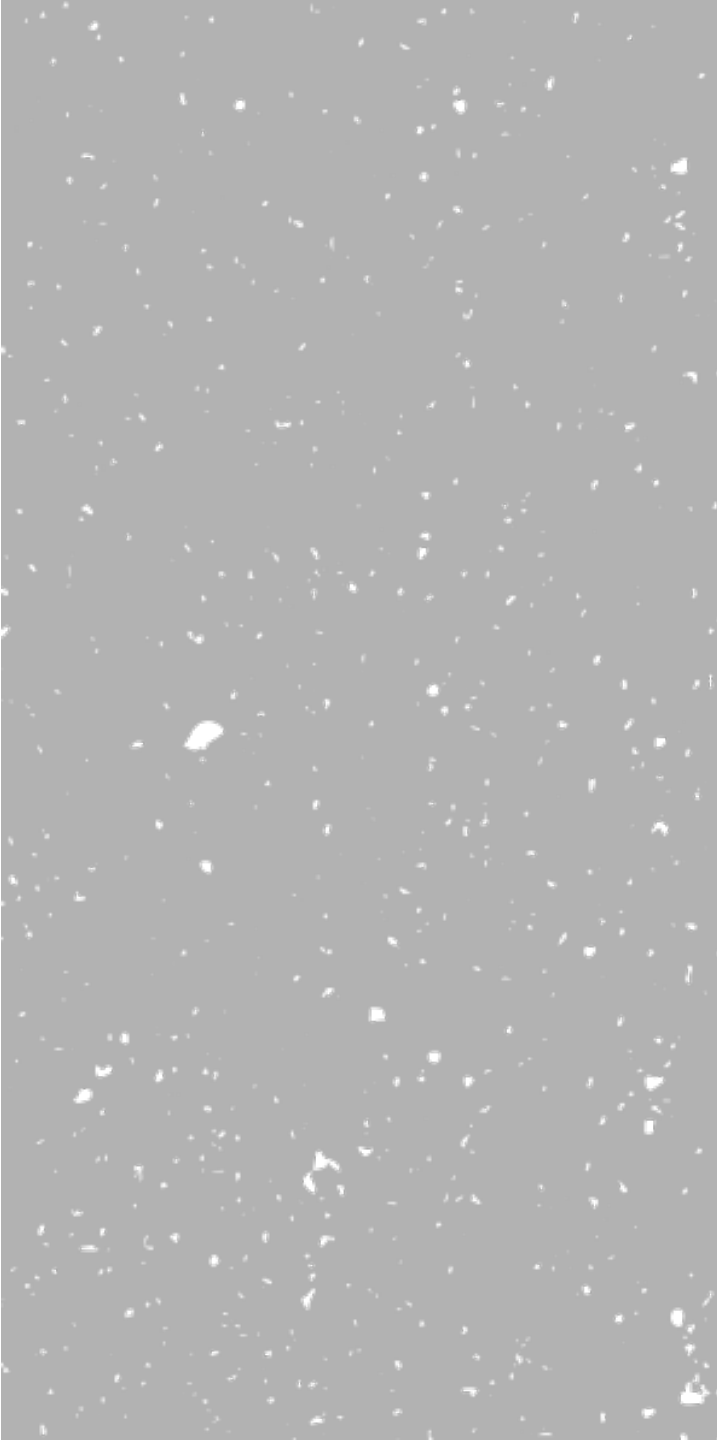
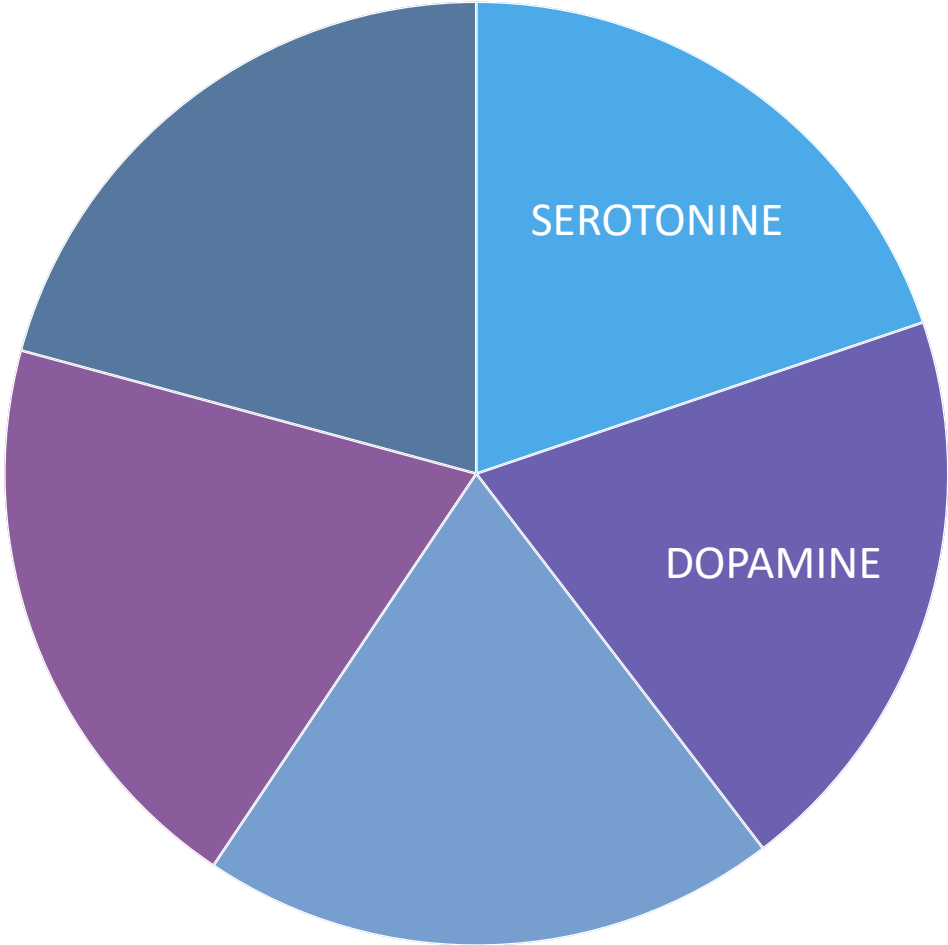


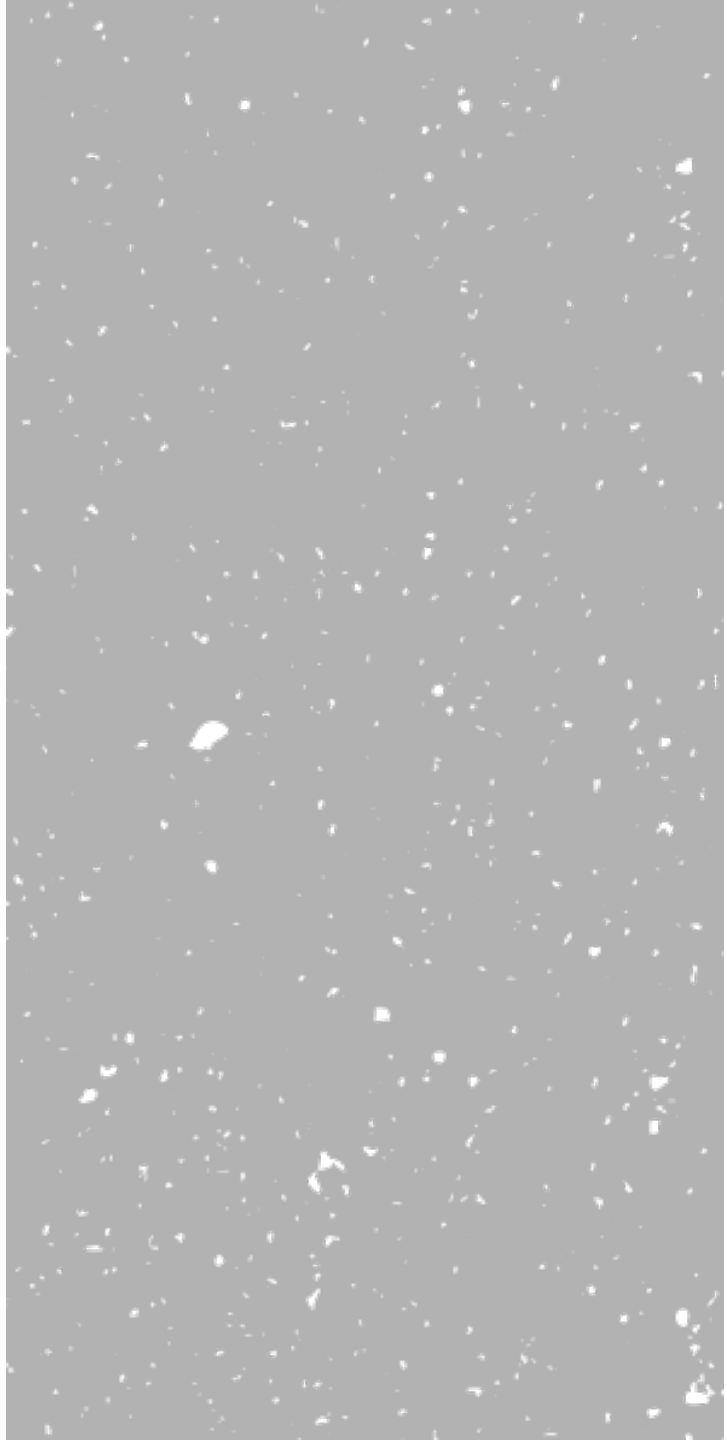
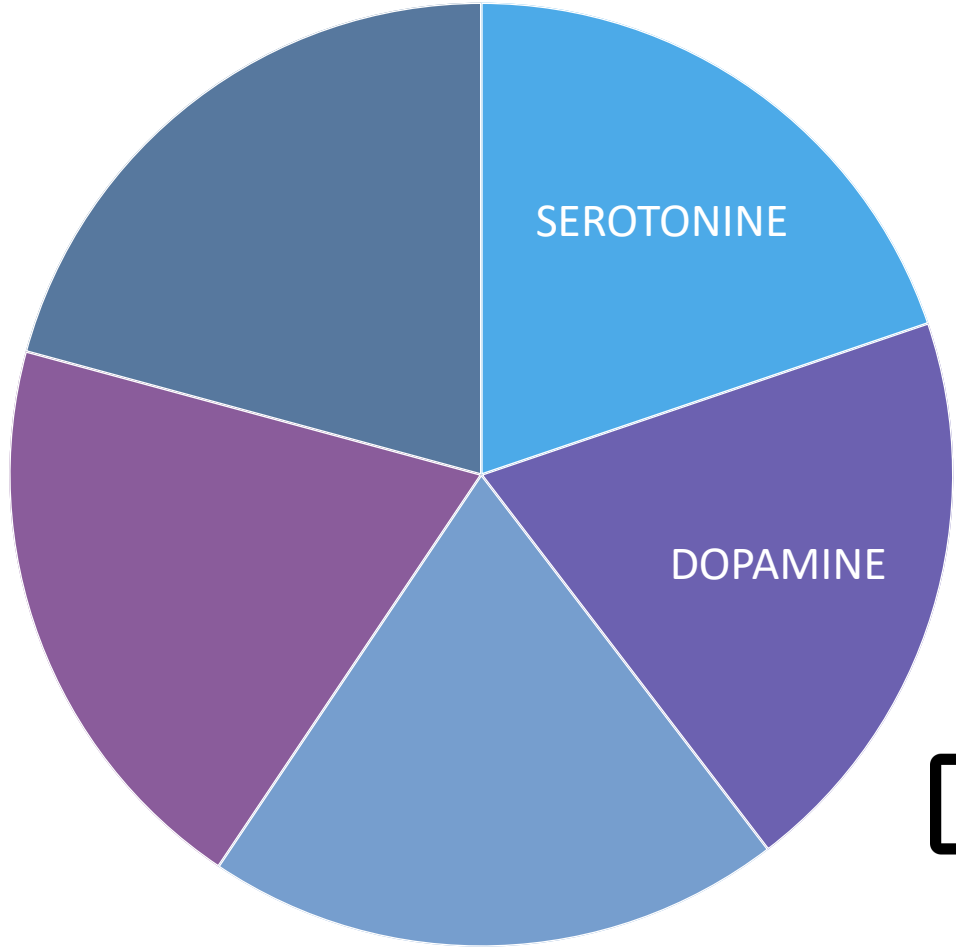
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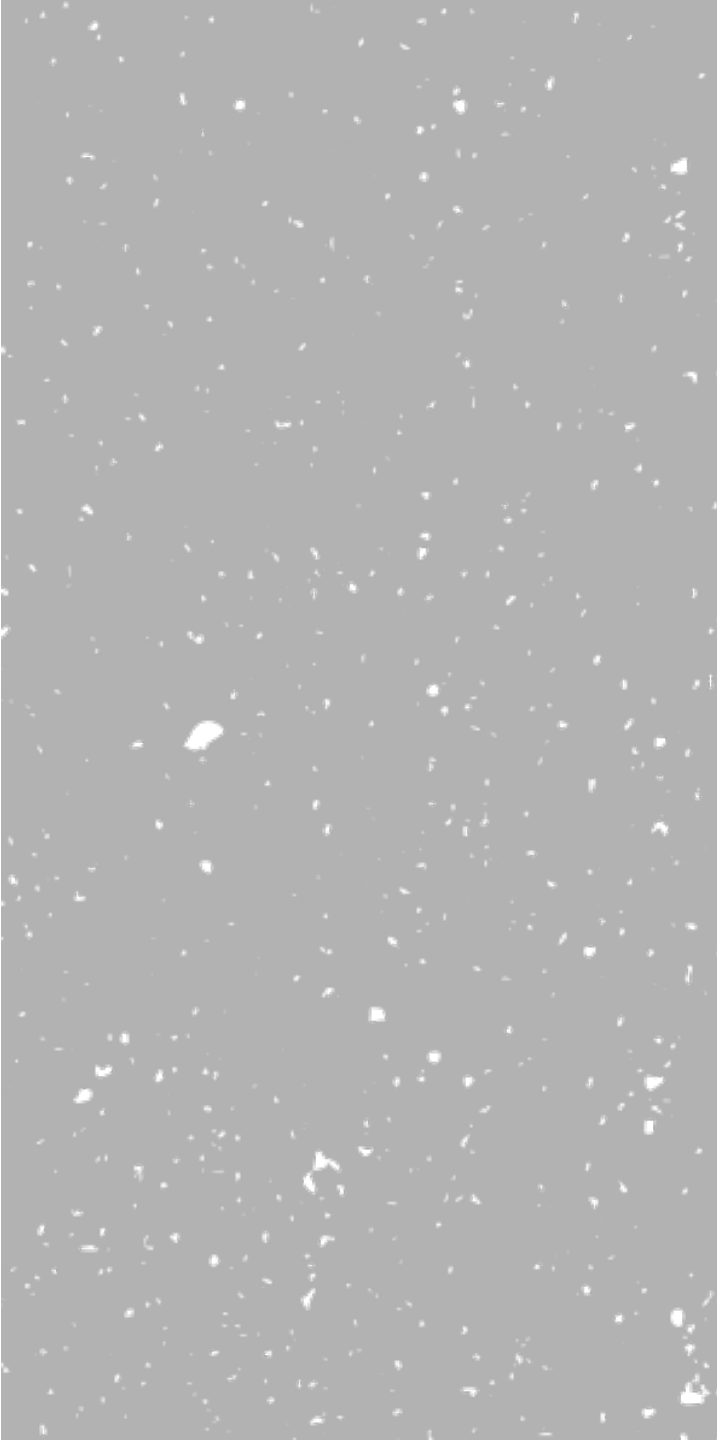
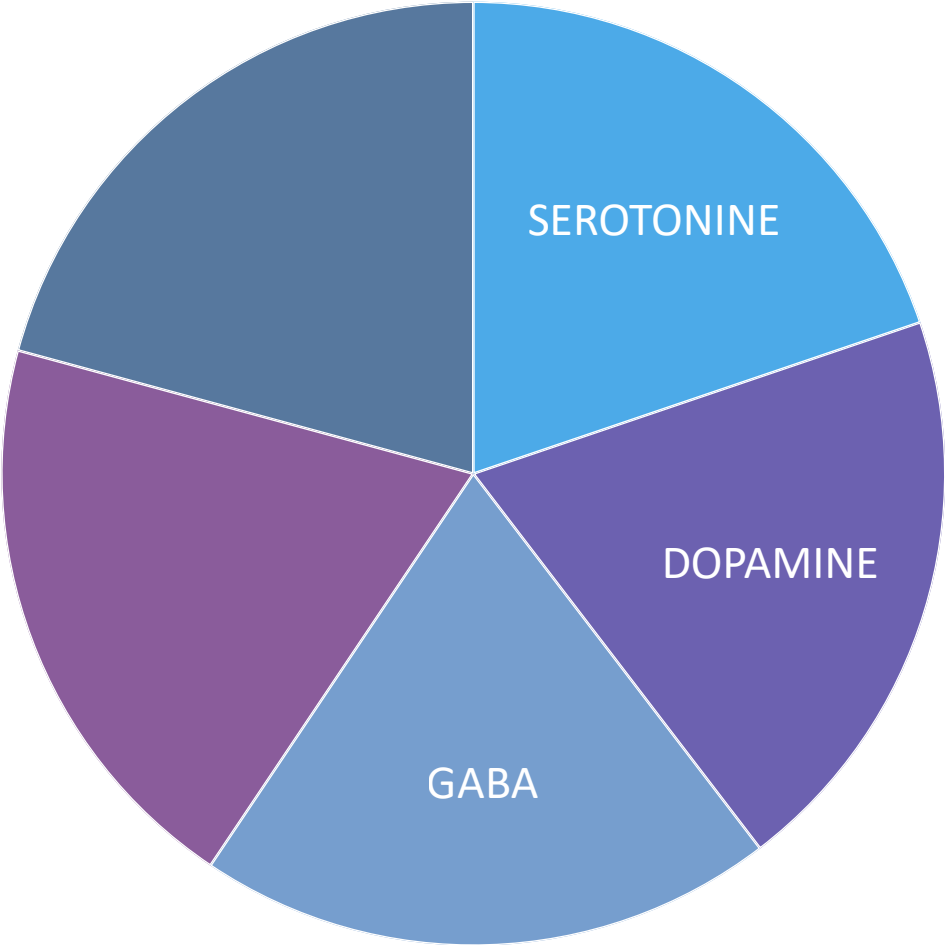


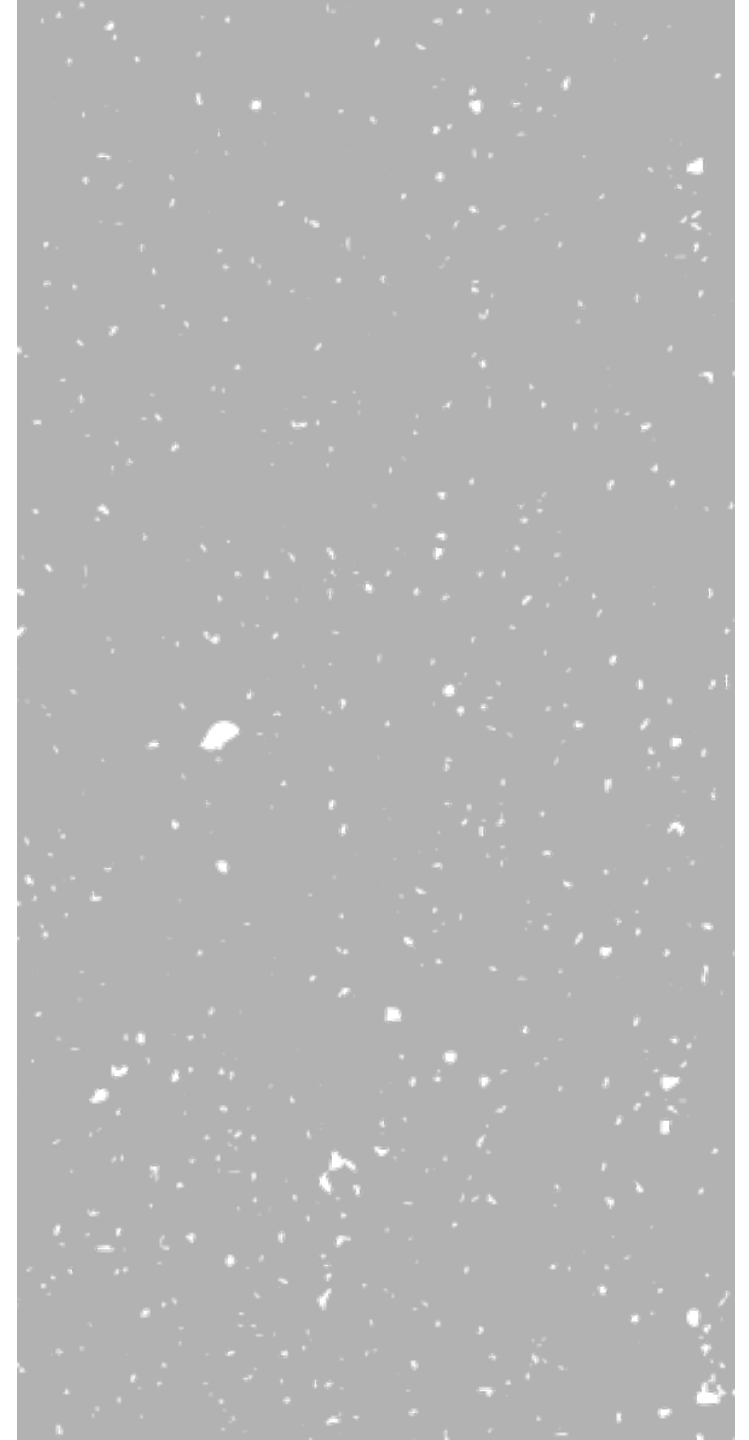
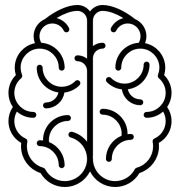
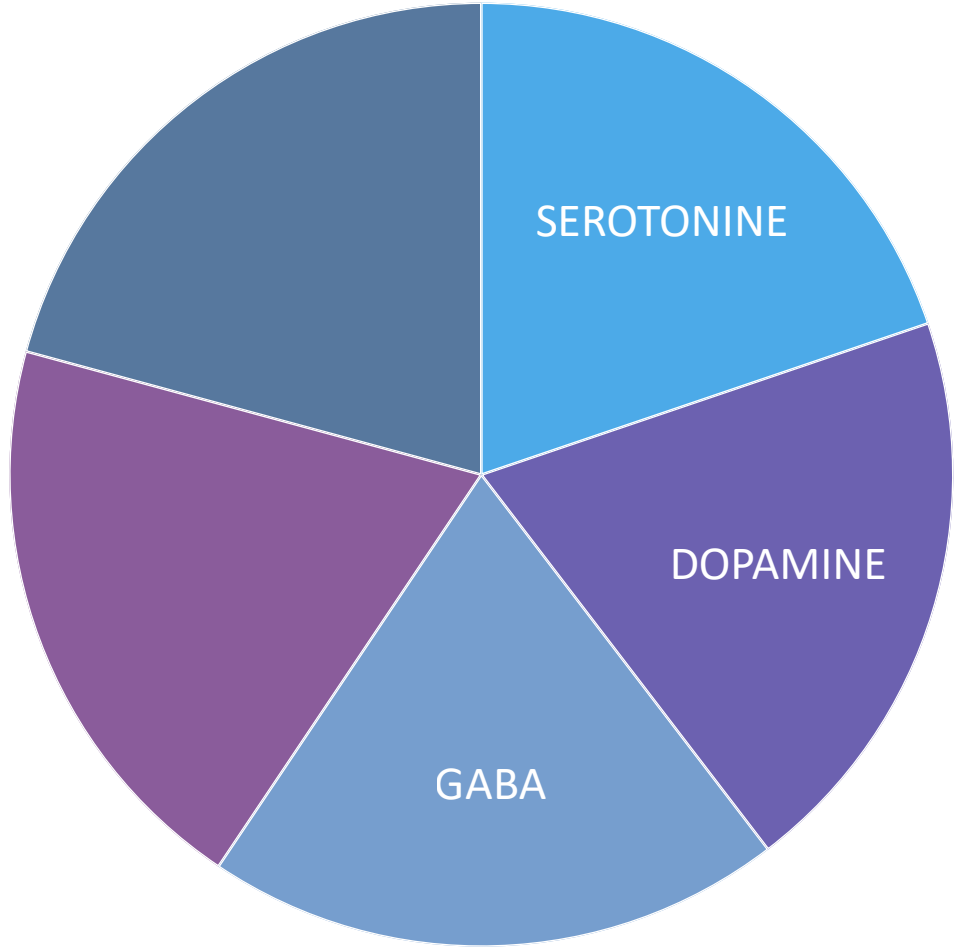
# 5 BELANGRIJKE NEUROTRANSMITTERS





# 5 BELANGRIJKE NEUROTRANSMITTERS





# EIWIT

TRYPTOFAAN

Folaat, IJzer,  
Calcium, B3

*Tryptofaan  
Hydroxylase*

5-HTP

Magnesium,  
Zink, B6, Vit-C

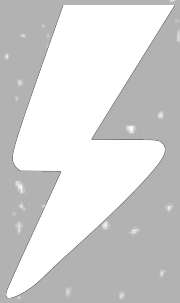
*5-hydroxytryptofc  
Decarboxylase*

SEROTONINE

Magnesium,  
B12, SAmE

*Serotonine  
N-acetyltransfera*

MELATONINE



# EIWIT

GLUTAMINE

Magnesium,  
Mangaan

*Glutamine  
Synthetase*

GLUTAMAAT

Magnesium,  
B6, Vit-C, Zink

*Glutamaat  
Decarboxylase*

GABA

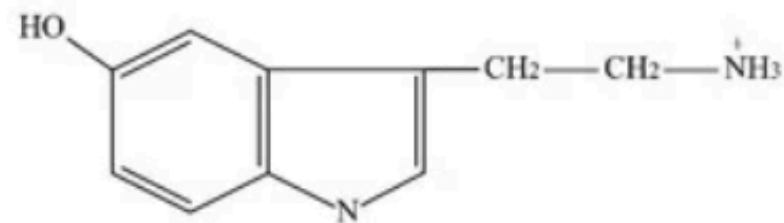
*GABA  
transaminase*

SUCCINAAT

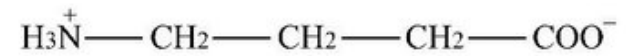
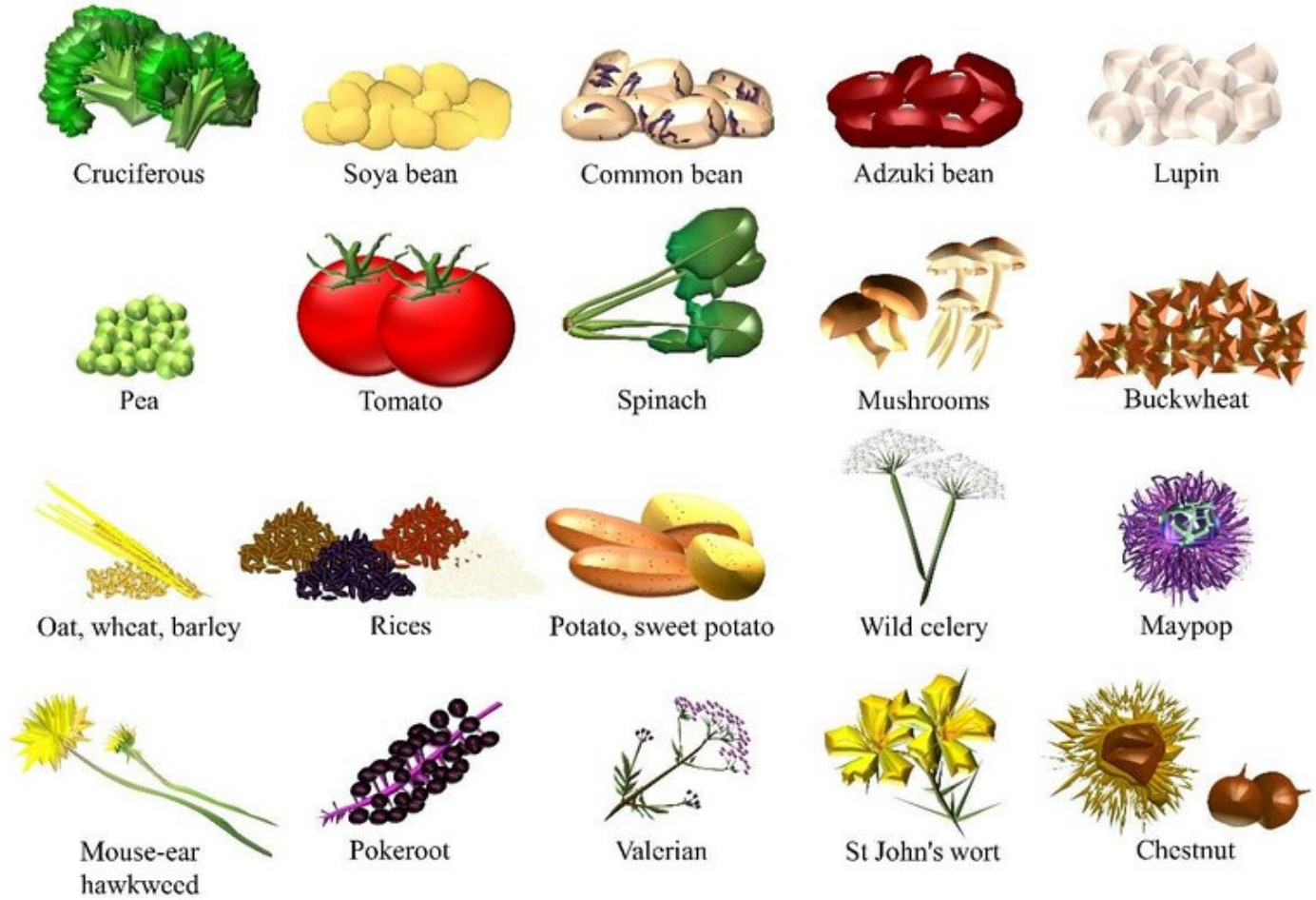
# SEROTONIN



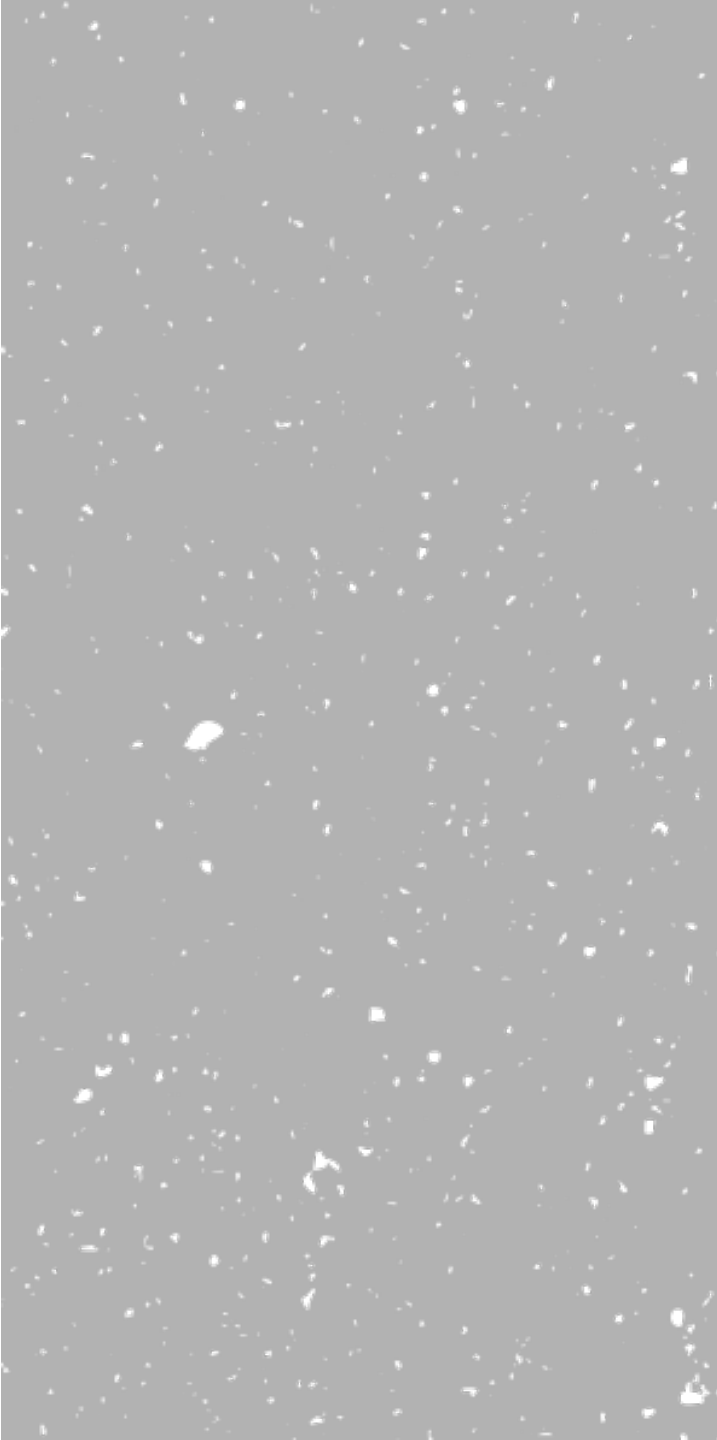
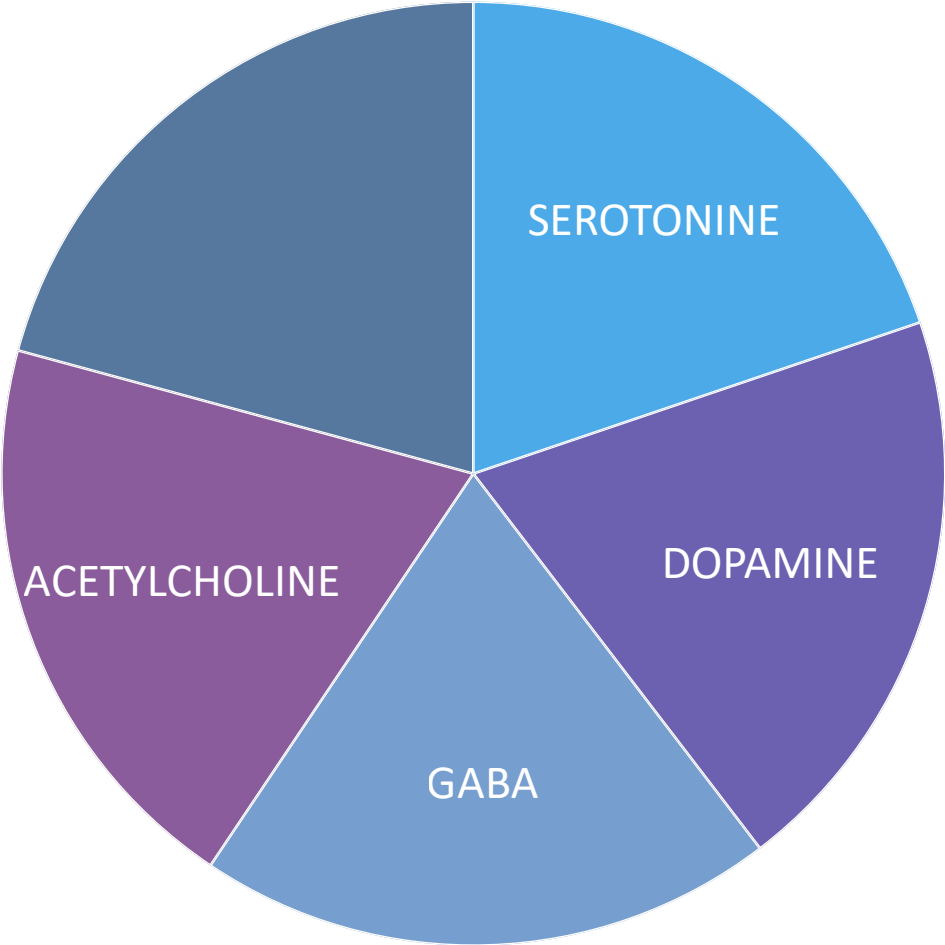
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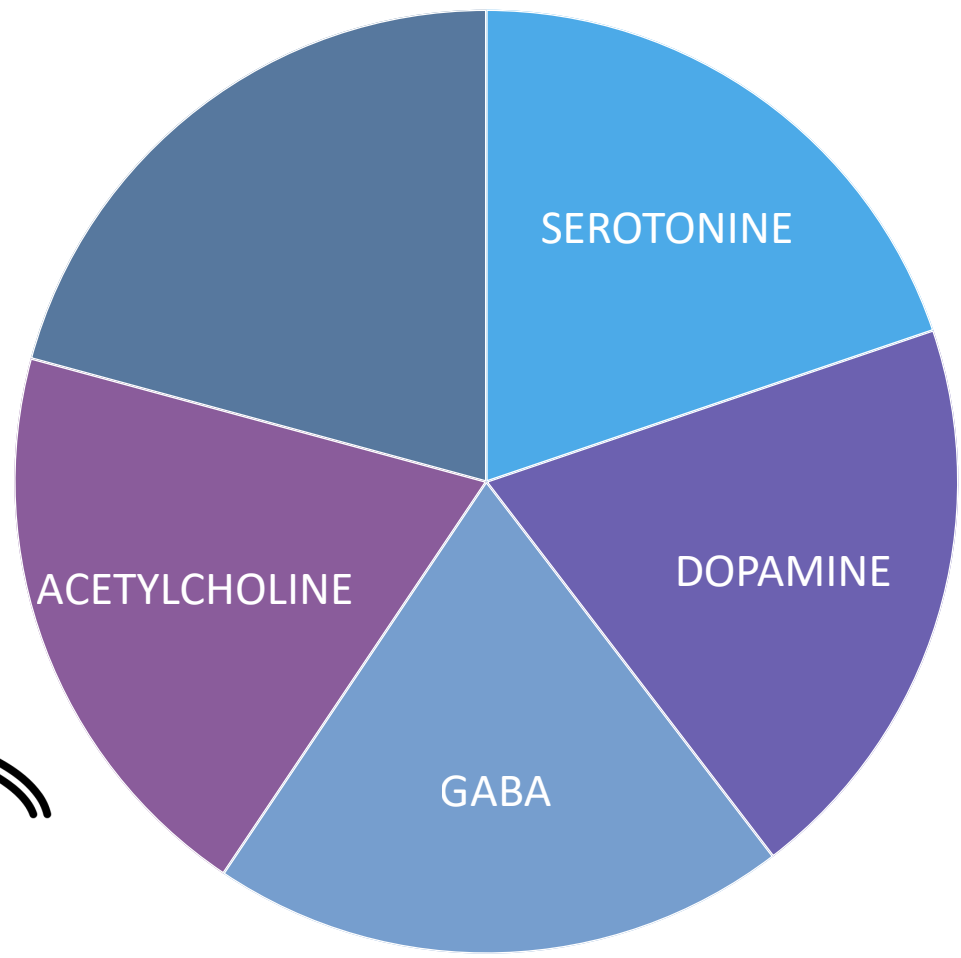
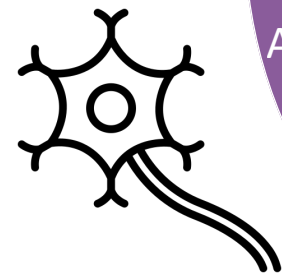


# GABA

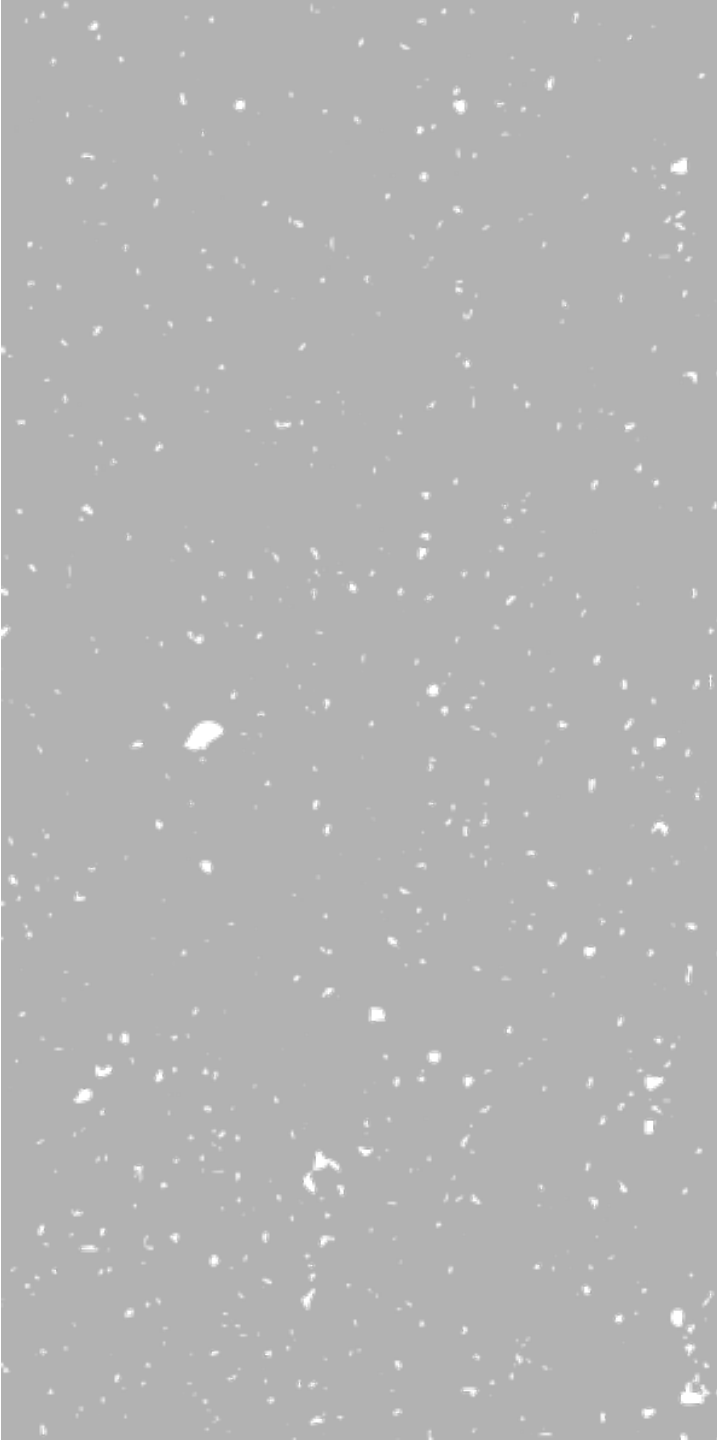
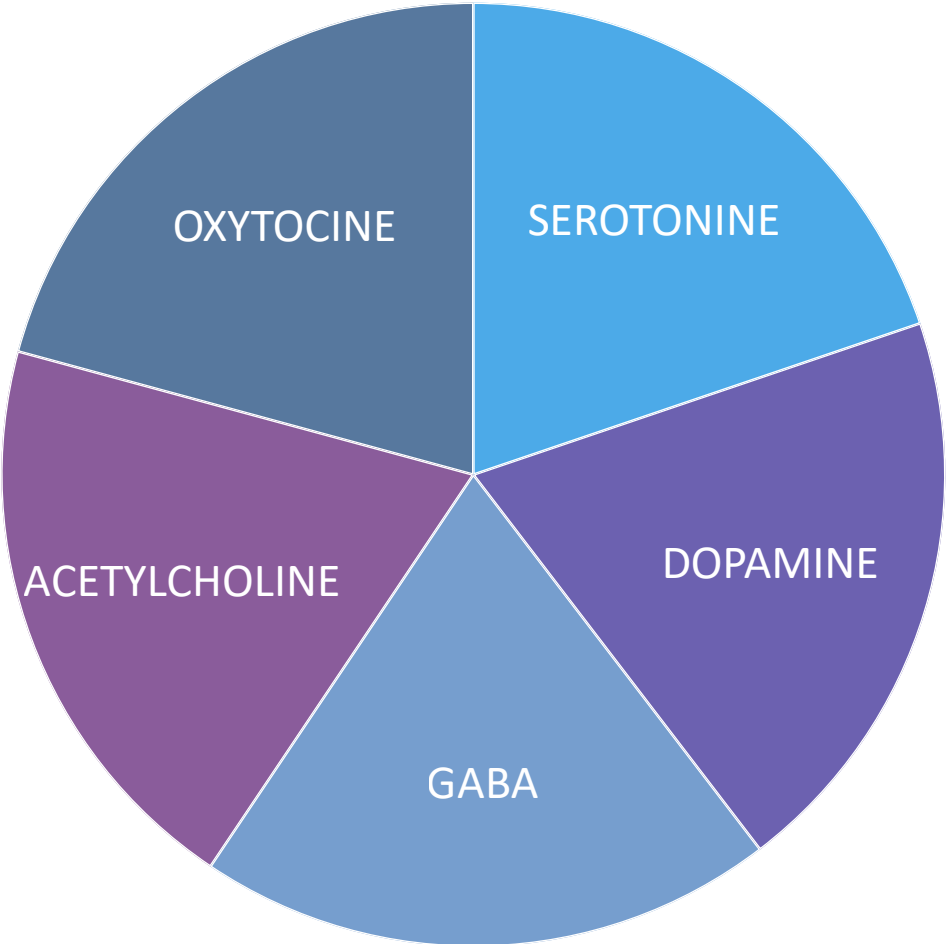


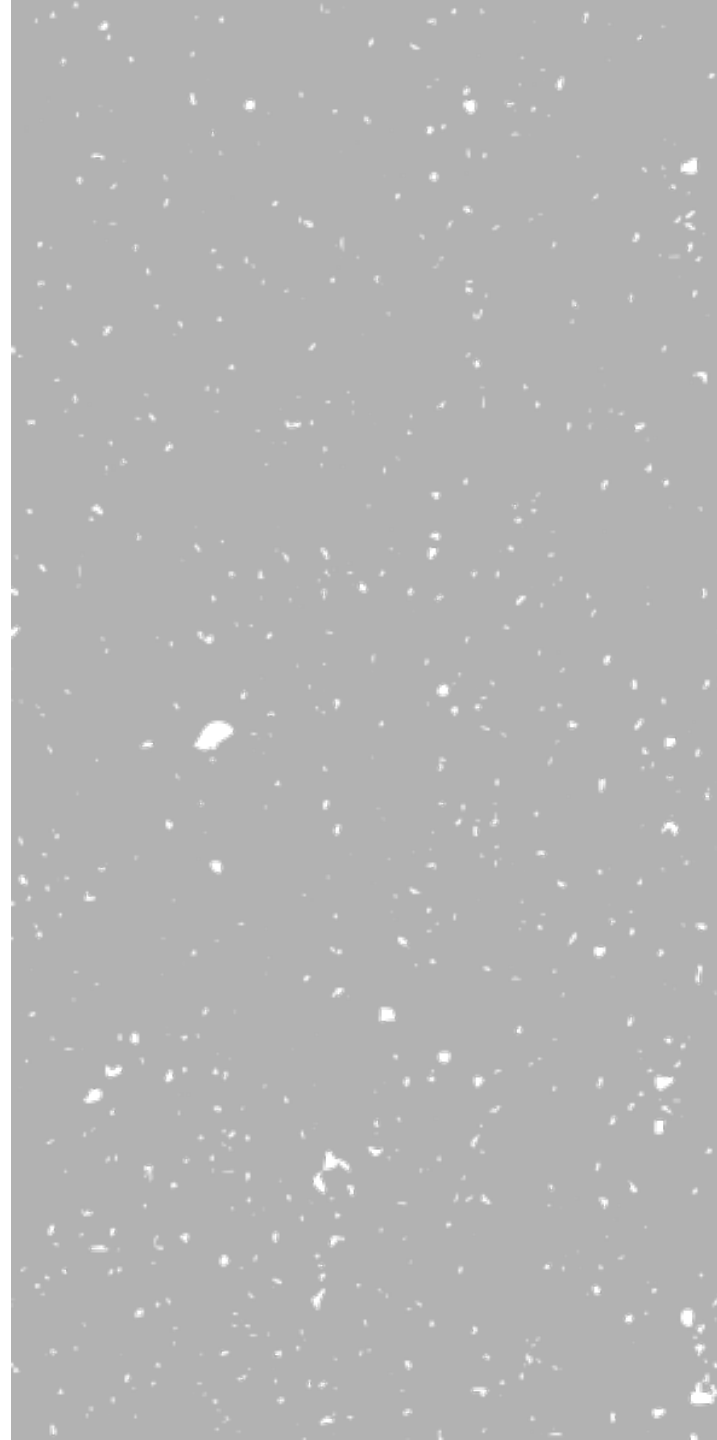
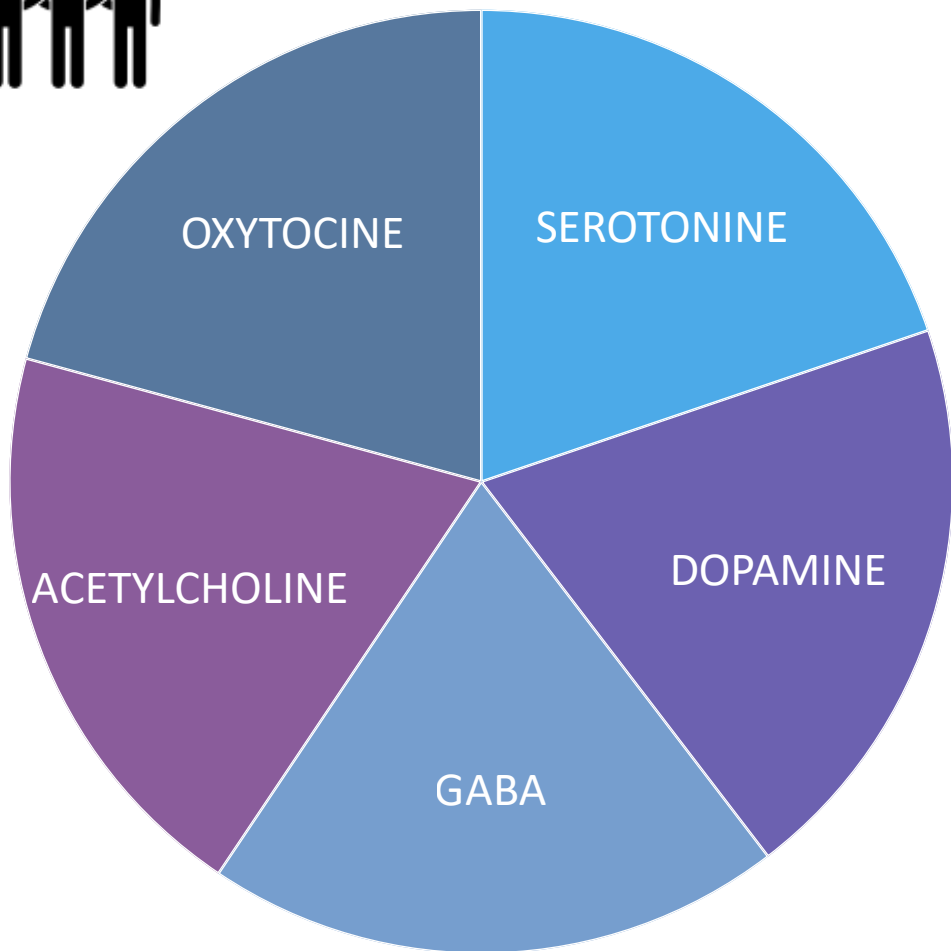
# 5 BELANGRIJKE NEUROTRANSMITTERS

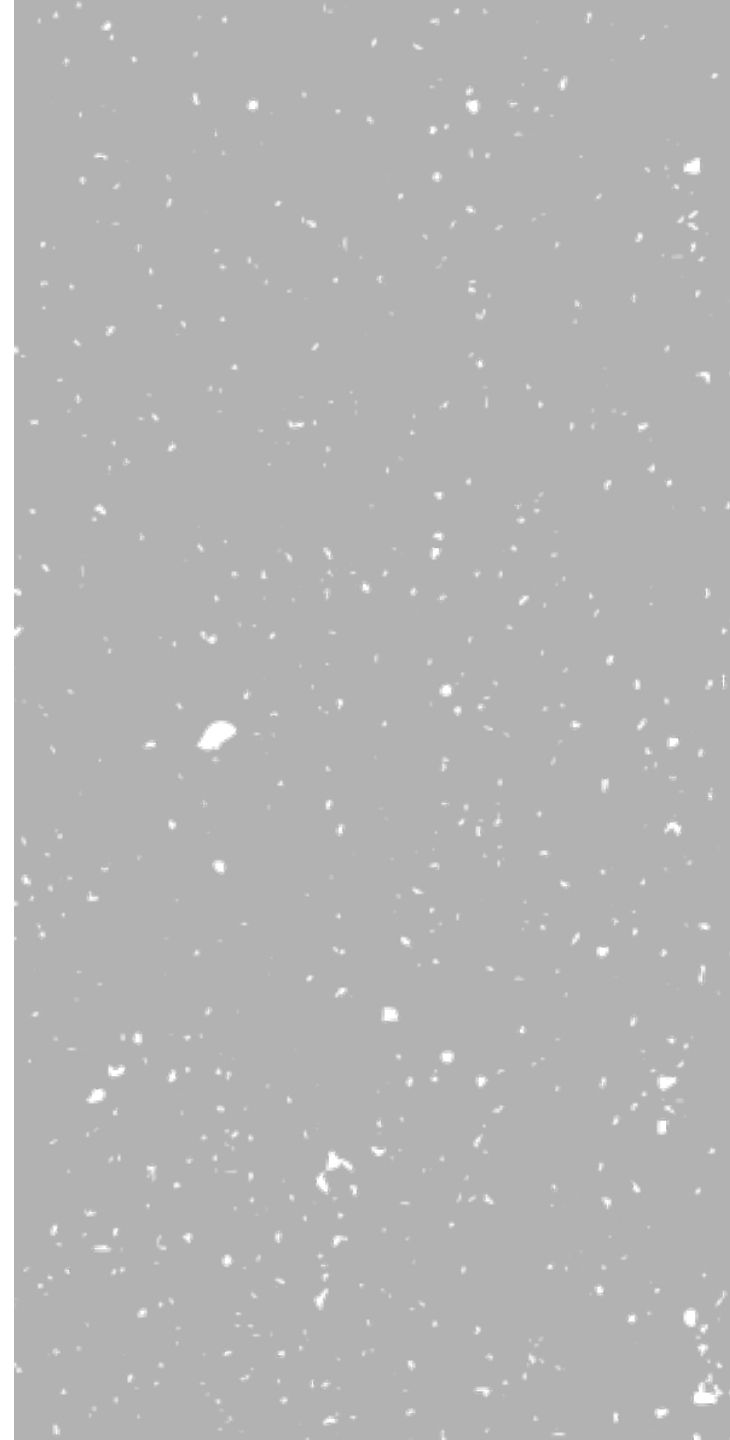
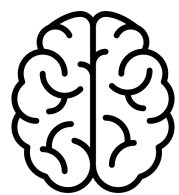
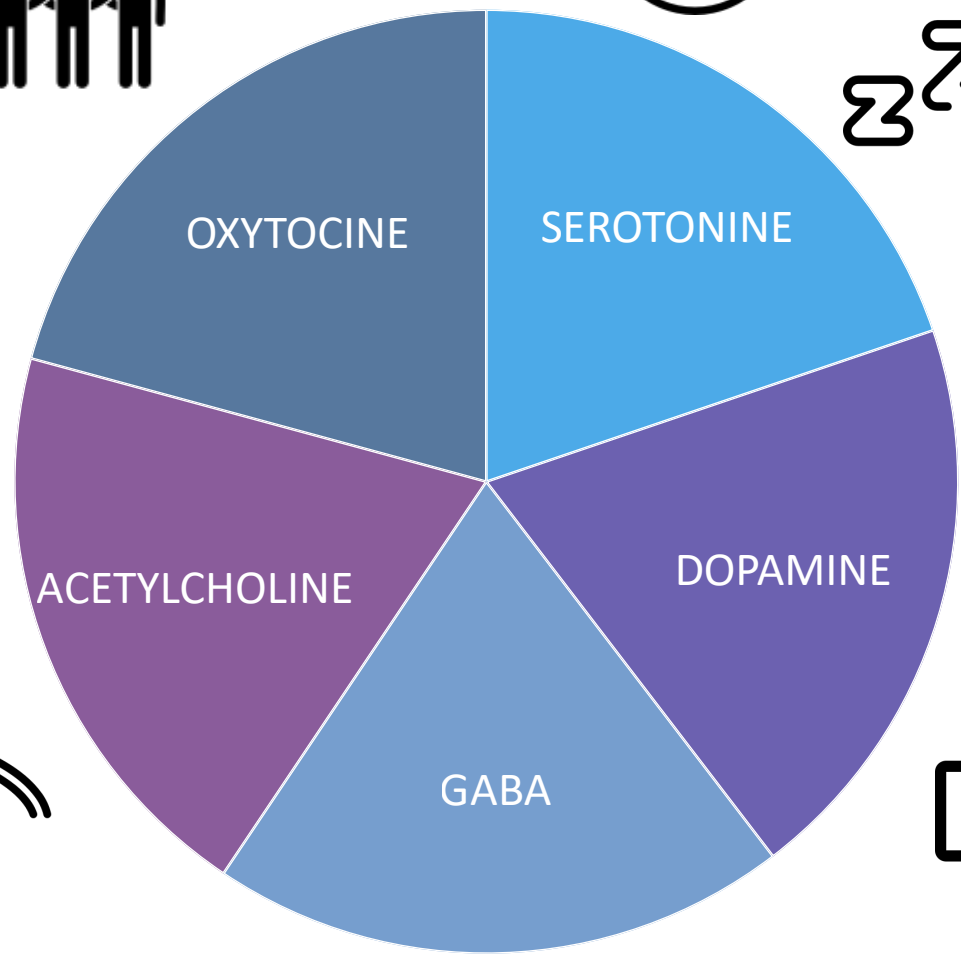
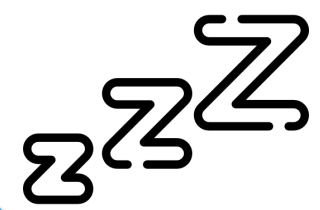




# 5 BELANGRIJKE NEUROTRANSMITTERS







# NEUROTRANSMITTERS

## ADRENALINE fight or flight

produced in stressful situations. Increases heart rate and blood flow, leading to physical boost and heightened awareness.

## GABA calming

Calms firing nerves in the central nervous system. High levels improve focus, low levels cause anxiety. Also contributes to motor control and vision.

## NORADRENALINE concentration

affects attention and responding actions in the brain. Contracts blood vessels, increasing blood flow.

## ACETYLCHOLINE learning

Involved in thought, learning and memory. Activates muscle action in the body. Also associated with attention and awakening.

## DOPAMINE pleasure

feelings of pleasure, also addiction, movement and motivation. People repeat behaviors that lead to dopamine release.

## GLUTAMATE memory

Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.

## SEROTONIN mood

contributes to well-being and happiness. Helps sleep cycle and digestive system regulation. Affected by exercise and light exposure.

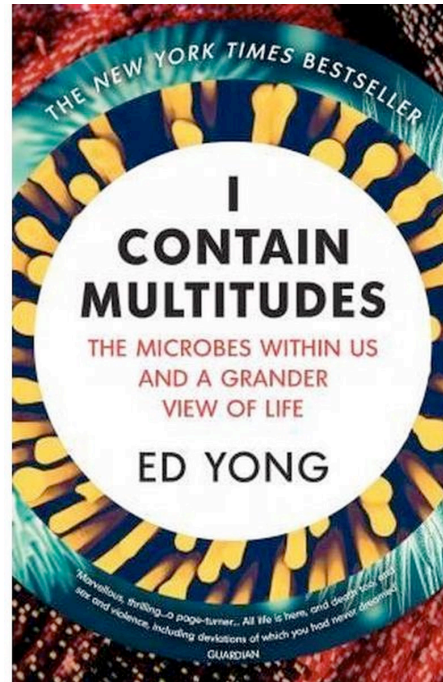
## ENDORPHINS euphoria

Released during exercise, excitement and sex, producing well-being and euphoria, reducing pain





# BOEKENTIPS





**DE ATLEETFABRIEK**