The 4th stage of the dietary transition :
The hypotoxic diet (2/2)

This stage is compatible with:

- Ayurveda, Traditional Chinese Medicine, and macrobiotics
- Raw foodism, veganism, and living food
- The Mediterranean diet and the Seignalet diet

The logic and objectives of the stage.

The dual objective of this stage is to:
1. Stabilize the diet with a maximum of natural, plant-based ingredients, while gradually removing stimulants, which represent the last major category of intoxicants.**
2. Prepare home-made meals using quality foods ("good," if not strictly organic), while avoiding certain unfavorable food combinations.**

The concrete changes to implement.

Animal protein intake should be minimized as much as possible (<20% of total caloric intake**) in favor of plant-based foods (raw or cooked).**
This is achieved by consuming more fruits, vegetables, seeds, oilseeds, grains, and legumes. Egg consumption is preferred over meat or fish.

Food combinations to follow:

- Fruits should preferably be consumed before meals (at least 30 minutes beforehand) or on their own (at least 2 to 3 hours after a meal).
- Do not consume less than **three portions of grains for one portion of legumes** (which are difficult to digest and a source of uric acid).

Remove stimulants: Tea, coffee, chocolate, alcohol, etc.
These processed substances (through roasting or fermentation) are highly acidifying, addictive, and fatigue the nervous system. The desire to consume them indicates that the body lacks energy and needs more fruit to obtain it.
While waiting to be able to do without them, stimulants can advantageously be replaced by **natural, non-heated stimulants: raw cacao, maca, kola nut, ginseng, maté, matcha, rhodiola, guarana, etc.**

The main obstacle here is the belief that animal proteins are necessary and beneficial.

The results once the objective is achieved.

Depending on the form it takes, this diet will be close to those recommended by Ayurveda, Traditional Chinese Medicine, raw foodism, macrobiotics, the Mediterranean diet, or the Seignalet diet. All of these approaches are natural, personalized, hypotoxic, and anti-inflammatory. However, from this stage onward, one moves definitively away from the Paleolithic diet and the ketogenic diet.