

SUPERMARKET ALTERNATIVES

Our culinary perspective is full of habits. We might even turn to fillings instead of food. Some fillings such as white sugar are scientifically proven to be addictive. That makes it difficult to break habits. Breaking addictions or habits means you have to change your own psychology and this might be hard. That is why it is a good option not to forbid food, but to focus on other, new foods. The focus is on discovery, enrichment and not banning something on yourself. Our brain find this mindset is a lot more positive, and easier to maintain.

Enjoying positive aspects of other food cultures and traditional own culture is becoming increasingly easier due to the internationalization of the world population. More and more you see people from different cultures and backgrounds all over the world, living together in a city or village and that leads among other things to the emergence of stores with food products that are introduced from a different culture.

Video article

For those who want to broaden their food horizon, I have made a number of videos of places where food is for sale that you do not see in the supermarket. This article is primarily a video article. And it will be constantly updated with new videos from companies that offer completely different offerings than the supermarket range.

Why is this important?

Our supermarket food is mainly of industrial quality. This food has much less nutritional value and healing power than home-made food from fresh products. With "healing" is meant: the ability of a plant to catch free radicals and prevent diseases. Good, fresh food ensures that free radicals and the cell-level inflammations they cause are stopped. This means that the consumption of industrial food increases the risk of becoming ill, compared to eating fresh, fresh food. We could convert these tough scientific facts into actions to prevent illness by not seeing supermarkets as our primary food source. We can go to the vegetable and fruit market to buy affordable healthy vegetables and fruits. There are specialist herbal shops, tropical shops, shops with products from other countries, and all sorts of new initiatives. The ultimate alternative for the supermarket is: free nature. Wild vegetables, herbs and fruit grow all over the world and knowledge of this can increase our health and brighten our culinary experience.



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D**E**

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

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U**V**

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W

[Watercress](#)

[Wild vegetables](#)

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