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Raise Your Vibration

Masterclass

Video 4: Which Influence Nutrition Has on Your Vibration

Today's focus is raising your vibration through the food you eat. Since my 20s, I've worked in the health industry.

First as an entrepreneur running a supplement store, mainly selling protein powders (eiwit.nl).

A few years later, I became known for bringing the Paleo diet to the Netherlands. This landed me in Linda magazine, various newspapers, and led to selling over 100,000 books.

Later, I started an organic supplements webshop (foodie.nl), which I sold in late 2019. But all of this only happened because I grew up with low self-confidence as the chubby kid in class. I wanted to change that for myself—and later, help others do the same.

I've seen and tried it all: every diet, every food group, and how different foods affect the body. In this module, I'll keep it simple and focus on how food impacts your vibration.

If you're already nutrition-savvy, you can breeze through this. If not, it might open your eyes—and even challenge your current eating habits.

Of course, I know there are countless perspectives and conflicts about the "best" diet. Meat or no meat? Sugar or no sugar? Macronutrients vs. micronutrients?

For every study supporting a claim, there's another debunking it.

So I stopped searching for "the truth."

Instead, I started asking, "What works for me?" I shared what worked, and it turned out to work for others too.

Truth isn't a focal point in my life anymore. What is truth? It's only true until it's disproven or replaced by new discoveries.

But here's what everyone generally agrees on:

The food we eat directly affects how we feel, how our body and organs function, and how we perform.

Science—and my own experience, along with millions of others—shows that processed foods, artificial additives, vegetable oils, sugars, and fried foods increase disease, inflammation, and energy crashes.

This is what we commonly see.

I won't dive into debates about quinoa, buckwheat, eggs, or green smoothies here. Again, studies clash, and the truth lies somewhere in the middle.

But nearly all scientists agree: eating whole foods—as close to nature as possible, minimally processed—improves how you feel. Load up on vegetables, daily fruit (organic if possible),

and ethically sourced meat or fish (grass-fed, wild-caught). This strengthens your immune system, boosts energy, and optimizes bodily functions.

So if we know junk food harms us and whole foods heal us, the goal is simple: Eat more good stuff, less bad stuff.

Forget labels like vegetarian, vegan, keto, or Paleo. You can be vegan and still eat junk—chips and croissants are vegan too.

Focus on eating living foods—foods close to nature. Prioritize organic produce. If you eat meat, choose grass-fed. If you eat salmon, opt for wild-caught over farmed.

This is the first video on raising your vibration through food. You might disagree, and that's okay. Please don't get angry or quit the masterclass.

You can skip this module and still raise your vibration elsewhere. But over 15 years, shifting to a whole-food diet dramatically improved my quality of life—what I now call raising my vibration.

In the next video, I'll share which foods to avoid for a high vibration—and a tip to elevate any food's vibration.