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Raise Your Vibration

Masterclass

Video 6: Foods that you DO want to eat to Raise Your Vibration

In this video, we'll cover the things you should do more of to raise your vibration—and 95% of experts agree on these. Again, this comes from years of experience in nutrition, where I was seen as an expert in healthy diets like Paleo and Keto. And if you're vegan or vegetarian, please don't tune out yet—this applies to you too.

The number one thing you can do to feel better and raise your vibration is to eat a wide variety of vegetables and fruits. They're packed with antioxidants, which neutralize free radicals—toxins in your body that lower your vibration. These toxins come from poor food choices, metabolism, smoking, sunburn, stress, and more.

It's hard to go wrong with veggies and fruit as long as you keep it varied. Don't just eat bananas or pears all day. How you prepare them matters too—french fries start as potatoes, but frying them in bad oil strips away any health benefits.

Next, aim for a healthy dose of protein—about 1 gram per kilogram of body weight. You can get this from meat like chicken, turkey, fish, eggs, or red meat like beef. If you eat meat, opt for grass-fed, free-range sources. In the Netherlands, I always bought meat from Scottish Highland cattle grazing outdoors. If that's not possible, choose organic. Avoid processed meats like sausages or nuggets—if it's smashed into a shape and the ingredients list is a mystery, skip it.

For vegetarians, focus on nuts, seeds, beans, and other plant-based proteins. The key is to eat whole, recognizable foods. If you can't tell what it originally was, rethink it.

Another must-do: eat healthy fats. Fats are essential—your body needs them to build tissues, absorb vitamins, and function optimally. Avocados, coconut oil (my go-to for cooking), cold-pressed olive oil, nuts, and seeds are all great sources. As I mentioned earlier, avoid processed vegetable oils—they're not your friends.

Hydration is next. Water is critical—you're 80% water, and even 5% dehydration reduces brain efficiency by 30%. Did you know 20% of your daily burned calories come from your brain? If you feel foggy or get a headache, chug a glass or two of water first.

Finally, add herbs and spices to your meals. Fresh herbs like mint, basil, or parsley, and dried ones like turmeric, cinnamon, rosemary, thyme, or oregano. If you're a dessert lover, make your own treats with dates, honey, or maple syrup.

One last tip before we wrap up: eat fermented foods. Sauerkraut, kimchi, or homemade kombucha are packed with probiotics—good bacteria for your gut.

In the next video, I'll share final tips on food and raising your vibration.