

KAKVE SU NAM MISLI TAKAV NAM JE ŽIVOT, TO ŠTO UNOSIMO U SEBE TO I POSTAJEMO

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ishrane

Sažetak:

Cilj rada: Osnovni cilj je pojasniti ljudima kako da uz moć prirode, pozitivnih misli i zdravih navika ostanu psihički i fizički zdravi i stabilni ili izleče svoje tegobe, najprirodnijim putem.

Metode rada: Metodologija koja sledi je nastala na osnovu izučavanja stručnih literatura kompetentnih ljudi i ličnim testom njihovih tvrdnji i zaključaka, kako bi se ljudima približili prirodni putevi lečenja i prevencije.

Rezultati: Rezultati istraživanja dokazuju da zdravim mislima i stavom prema životu, pravilnim načinom ishrane i redovnom aktivnošću, niko ne mora da bude bolestan. Najsuptilniji oblik energije je misao, čitav univerzum je projekcija naših misli. Saznanje o tome je već pola puta do zdravog života. Pravilna ishrana i promena navika, dovodi do stopostotnog pozitivnog rezultata, o čemu govore brojne studije.

Zaključak: Svo voće i povrće pravi balans i obezbeđuje organizmu potrebne vitamine i minerale za normalno funkcionisanje. Zdrave i pozitivne misli prave harmoniju u organizmu i čuvaju mentalno zdravlje i čuvaju nas od poremećaja hormona. Srebrna koloidna voda brani organizam od infekcija, virusa, gljivica i bakterija i uspešno ih eliminiše iz organizma.

Ključne reči: moć prirode, zdrave misli, pravilna ishrana, srebrna voda, prevencija

Rad:

Zdravlje je najveća vrednost, koju bi svi trebalo da cenimo na pravi način. Na žalost, većina pomisli na zdravlje tek kada počnu zdravstveni problemi.

Preduslov zdravog života nisu prvenstveno zdrave navike i zdrava ishrana, nego ako hronološki gledamo, sve kreće od zdravih misli. Najveća bolest današnjice je stres, sa kojim se svakodnevno svi susrećemo. Da bi naučili kako zdravo da živimo, prvo moramo da naučimo kako zdravo da razmišljamo, kako bi preventivno znali da otklonimo sve bolesti koje vrebaju. Prvo bi misao i od nje sve kreće. Misli o zdravlju i dobrom stanju svog organizma mora da nam bude osnova kao preduslov za zdrav život. Svaka negativna misao prema sebi ili nekome, se loše odražava na kompletno stanje našeg organizma. Mislina čovek može da izazove bolest u svom organizmu, kao što može snagom svojih misli da pobedi neku kobnu bolest i ozdravi. Ako smo shvatili, prihvatili deo uvoda i složili se sa činjenicom da je misao preduslov za zdrav život onda smo spremni da prihvatimo i dalje korake. Sledeći korak je pronalazak pravilnog načina ishrane koji je, ako uključimo zdrav razum, različit za sve nas, jer smo svi mi kao bića različiti. U današnje vreme možemo pronaći mnoštvo literature koja je vezana za zdrav način ishrane. Od svih koje sam lično ja pročitao izdvojio bih neke i vama preporučio da pročitate, i kao i ja slušajući svoje telo, odredite koji način ishrane najpovoljnije utiče na Vaš organizam. Hrono ishrana Dr. Ana Gifing i knjige autora Gregori Nazarova sadrže određene kvalitetne informacije

sa kojima se ja lično slažem, primenjujem i podržavam. Poenta svake priče o ishrani je poslušati svoj organizam i ciljano mu davati ono što mu je potrebno u određenom trenutku. Najbitnije stavke su naravno voće i povrće, koje su nepohodne za unošenje vitamina u organizam, koje naše telo ne proizvodi prirodnim putem.

Treba se truditi da voće i povrće koje unosimo bude sezonsko, kako bi bili sigurni u količinu vitamina koje sadrže i kvalitet namirnica. Takođe je jako bitno u ishrani forsirati što više jezrastog voća (badema, lešnika, oraha, indijskih i brazilskih oraha,...), kao i različite vrste integralnih žitarica (pšenica, raž, heljda, ovas, kukuruz, pirinač, proso,...). Namirnice koje su isto tako ne manje važne za pravilnu ishranu su mahunarke (pasulj, soja, sočivo, grašak, bob,...), med, jogurt, mleko, klice, alge, lan susam, bundevino seme i hladno ceđena ulja.

U nastavku ću Vam predočiti samo neke vrste povrća i njihovo dejstvo na organizam.

Redovnom upotrebom kupusnjača u svojoj ishrani (kelj, kupus, keleraba, brokoli, krfiol, raštan, prokelj,...) unosimo veliku količinu antioksidanata u organizam, omogućavamo stvaranje kvalitetne mikroflore i jačamo zaštitni sistem.

Konzumiranjem paradajza i krompira, unosimo kalijum i jačamo srce, delujemo na otklanjanje grčeva i bolje opuštanje mišića. Korišćenjem celera i zelene salate, jačamo nervni sistem.

Maslinovo ulje, limunov sok, peršunov list i koren, krastavac pomažu čišćenju jetre i bubrega. Crni luk, beli luk, cimet, čičoka i mladi grašak šećerac pomažu stabilizovanju i održavanju odgovarajućeg nivoa šećera u krvi.

Ren i rotkva pomažu da se lakše rastvori sluz u organizmu i brže iskašlje šljajm, očiste sinusi i ojačaju disajni organi.

Šargarepa, cvekla i slatka paprika omogućavaju poboljšanje sastava krvi i smanjuju štetni uticaj sunčevog zračenja.

Beli luk, naročito u kombinaciji sa lanenim uljem ili drugim izvorom omega 3, šampion je u čišćenju krvnih sudova i vrlo je snažan antibiotik.

Ljuta paprika osim antibiotskog delovanja, poboljšava stanje organa za varenje, disajnih organa, perifernu cirkulaciju, poboljšava stanje krvnih sudova i pozitivno utiče na metabolizam.

Redovnom konzumacijom morskih algi i klica, u organizam unosimo optimalne količine minerala, vitamina, enzima i pomažemo rastvaranju krvnih ugrušaka, povećavamo snagu i izdržljivost, usporavamo proces starenja, stimulišemo proces podmlađivanja i vršimo optimizaciju procesa u organizmu.

Sami morate zaključiti da li voće i povrće koje unosite u organizam mora da bude sveže ili bareno. Na tu temu postoje različita mišljenja u literature koju sam Vam gore predočio. Jedna teorija je da voće i povrće moramo da unosimo sveže, kako bi se svi vitamini i hranjivi sastojci sačuvali i dali organizmu u što očuvanijoj formi. Druga teorija je da svako voće i povrće pre upotrebe mora da se obari, kako bi želudcu pomogli u procesu razlaganja materija u organizmu. (tvrde da kada pojedemo bilo koju hranu koja je termički neobrađena, organizam to registruje kao strano telo i da zato leukociti- zaštitna telašca, okupljaju oko digestivnog trakta i ostaju tu nekoliko sati). Opet ponavljam, svako od nas mora da razmisli šta je njemu razumnije i logičnije, kako bi doneli pravu odluku. Nije bitno koji način odaberete, bitno je da shvatite šta je najblagotvornije za Vaš organizam, kao i koju količinu hrane unosite. Želudac svakog od nas je velik koliko i pesnica kada je stisnete. S'tim da možete da ga raširite, ukoliko ga konstantno pretrpavate sa hranom. Svaki obrok treba da bude umeren količinski i da vodite računa o tome da želudac uvek ima bar neku količinu hrane u sebi, kako organizam ne bi počeo da uzima nepohodne stvari iz organizma i kako ne bi napravili dizbalans u vitaminima i mineralima koji su

neophodni za normalno funkcionisanje organizma. Takođe je bitno da pola sata pre, u toku i pola sata posle obroka nikako ne uzimate tečnost, kako ne bi razgradili želudačnu kiselinu i usporili proces varenja hrane.

Izuzetno je važno da svom organizmu priuštite i bar jedan dan u nedelji kada ćete jesti samo voće i povrće i piti vodu, kako bi odmorili želudac od konstantnog rada. (3-5 voćnih oborka) Uvođenjem dana odmora od hrane omogućujemo organizmu da energiju, koju bi inače potrošio na varenje, investira u procese regeneracije i čišćenja tela, što poboljšava zaštitni sistem, cirkulaciju krvi i uspostavlja ravnotežu metabolizma organizma.

U redovnu upotrebu treba ubaciti srebrnu vodu, koja je vrlo jak i prirodan antiseptik i antibiotik, koji je pokazao rezultate antimikrobnog delovanja kod preko 650 raznih vrsta patogenih organizama, deluje bakterostatski i baktericidno na različite vrste bakterija, inaktivise i uništava viruse (viruse gripa A-1 I B, neke Entero I Adeno viruse, Koksaki viruse stereotipova A-5, A-7 I A-14, viruse Herpesa I Hepatitisa,...), kao razne plesni i patogene gljivice (Kandida). Antiseptičko dejstvo koloidne srebrne vode je 1750 puta jača od karbolne kiseline (fenola) i 3,5 puta jače od hlora (koji se najčešće koristi za dezinfekciju vode za piće).

Koloidna srebrna voda je po ukusu slična običnoj vodi sa malo metalnog ukusa. Posle kraće upotrebe primetićete da su vam zubi postali belji, da na njima nema naslaga, da ste se rešili upale desni i neprijatnog zadaha, a šanse za dobijanja novog karijesa su minimalne. Bićete zaštićeni od epidemija gripa i respiratornih infekcija, očistićete svoj organizam od nagomilanih parazita i mikroorganizama, regulisaćete metabolizam i telesnu težinu.

U Rusiji je koloidno srebro dobilo visoku ocenu lekara, zbog čega ga oni široko primenjuju u vojnoj hirurgiji. Ruska Akademija Nauka je među prvima potvrdila lekovita dejstva srebrne vode. Takođe je i na Tehnološkom fakultetu u Novom Sadu sprovedeno istraživanje koje je potvrdilo efikasnost srebrne vode.

Srebro davano intravenozno sa uspehom je primenjivano u lečenju septičkih artrita, reumatizma, reumatskih endokardija, bronhijalne astme, gripa, akutnih respiratornih oboljenja, bronhitisa, upale pluća, gnojnih septičkih upala, bruceloza, oralno - za lečenje gastritisa, čireva, i drugih bolesti unutrašnjih organa, a spolja - za lečenje veneričnih bolesti, gnojnih rana i opekotina.

Široki spektar antibakterijskog dejstva, neotpornost mikroorganizama, niska toksičnost i odsustvo alergijskih reakcija na srebro izazvali su veliko interesovanje za srebro u mnogim zemljama sveta. 1910. firma "Gejden" je objavila rezultate praktične primene srebra u medicini i izdala uputstvo za metode lečenja različitih infektivnih bolesti: tifusa, upale pluća, upala sinusa, srednjeg uha, sepse, difterije, dizenterije, lepre, meningitisa, epilepsije, sifilisa, akutnog reumatizma, trahoma, endokardita...

Na 12. Ruskom nacionalnom kongresu "Čovek i lek", doktor medicinskih nauka, dermatovenerolog i docent na Katedri za kožne i venrične bolesti Moskovskog državnog univerziteta, N.M. Šarova podnela je referat o rezultatima 5-godišnjih kliničkih ispitivanja preparata na bazi koloidnog srebra, naročito u lečenju dece između 6 i 12 godina, kojima nije preporučljivo davati velike količine standardnih lekova zbog njihovih negativnih propratnih dejstava. Osobe koje ne bi trebalo da koriste srebrnu vodu su osobe koje su alergične na srebro i osobe koje piju sledeće lekove: tetraciklinimi (Dovicin, Doksiciklin, Vibramicin, Amracin), hinolonime (Visiren, Nofocin, Ofoksacin, Marocen, Ciprofloksacin, Ciprocinal) i levotiroksinome (Euthyrox, Letrox I Tivoral), jer na taj način se umanjuje efikasnost srebra i lekova.

Koloidno srebro je oblik aktivnog srebra rastvorenog u dejonizovanoj vodi. Ono može da se primenjuje kao antibakterijsko sredstvo - takva svojstva srebra su odavno poznata medicini. Aktivni oblici srebra pomažu u smirivanju upalnih procesa. Veoma je važno što koloidno srebro ne stupa u reakcije sa drugim lekovima i nema nikakvo toksično dejstvo na organizam. Mikroorganizmi koji se nalaze na koži, molekularne hiperkeratoze, hipersekrecija lojnih žlezda, izmena Ph vrednosti i hemijskog sastava potkožnog masnog tkiva dovode do toga da se na koži javljaju upalni procesi koji dovode do patoloških izmena, bubuljica i čireva. Ove izmene, kao i velika rasprostranjenost seboreičnog dermatitisa sa čirevima su indikacija za primenu preparata koloidnog srebra. Klinička posmatranja na njihovoj Katedri za kožne i venerične bolesti pokazuju veoma dobru efikasnost ovih preparata, posebno kod dermatoza blage i srednje kategorije - u ovim slučajevima dovoljna je samo primena ovih preparata bez dodatnih lekova.

Kod lečenja bubuljica i čireva losioni koloidnog srebra puno ozdravljenje je zabeleženo u 87% slučajeva. Specijalisti su primenjivali Koloidno srebro i kod teških slučajeva u kombinaciji sa drugim lekovima. Veoma je važno što se na koloidno srebro ne stvara navika, kao i što vodeni rastvor koloidnog srebra ne izaziva nikakve neprijatnosti prilikom primene za razliku od savremenih antibakterijskih preparata i što ubrzava regeneraciju povređenih površinskih delova kože.

Prilikom upotrebe srebrne koloidne vode, jedino je potrebno voditi računa da nam organizam uvek ima dovoljnu količinu selena, koji je neophodan za izlučivanje srebra, da vremenom ne bi došlo do nagomilavanja srebra u organizmu.

Promenom pogleda na svet i na svoje zdravlje, sa jakom voljom, promenom načina ishrane, fizičkom aktivnošću i promenom navika svako od nas može da ostane zdrav i zadovoljan.

Literatura:

Dr. Ana Gifing: Hrono ishrana

Gregorij Nazarov: Tajne pravilne ishrane prvi I drugi deo,
Kuvar zdrave ishrane, Glavno jelo,
Zdravlje bez kompromisa

Ostale knjige možete pronaći na sajtu:

<http://www.georgijnazarov.com/>

<http://prirodnilek.com/srebrna-voda>

<http://www.srebrnavoda.com/voda/istrazivanja>

<http://www.srebrna-voda.rs/misljenja.php>

Dr.Mirjana Stojanović: "Srebrna voda- lek za 21.vek"

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Summary:

Aim: The main aim is to explain to people that with the power of nature, positive thinking and healthy habits stay mentally and physically healthy and stable or cure their ailments, the most natural way.

Methods: The methodology followed was formed on the basis of studying professional literature competent people and personal test their assertions and conclusions, in order to show people the natural ways of treatment and prevention.

Results: The results of the study show that a healthy mind and attitude towards life, proper diet and regular activity, no one should be sick. The subtlest form of energy is thought, the whole universe is a projection of our thoughts. Knowing is already half-way to a healthy life. Proper diet and habits change, leading to a one hundred percent positive result, which is indicated by numerous studies.

Conclusion: All fruits and vegetables make the right balance and provides the body the necessary vitamins and minerals for normal functioning. Healthy and positive thoughts genuine harmony in the body and keep mental health and keep us from hormonal disorders. Silver colloid water defending the body against infection, viruses, fungi and bacteria and successfully eliminate them from the body.

Key words: the power of nature, healthy thoughts, proper nutrition, silver water, prevention

Work:

Health is the largest value that everyone should appreciate the right way. Unfortunately, most think of health only when they start to health problems.

A precondition for a healthy life are primarily healthy habits and a healthy diet, but if we look chronologically, everything starts from the healthy thoughts. The biggest disease today is stress, with which we all experience on a daily basis. To learn how to live healthy, we must first learn how healthy we think, to know that preventive eliminate all diseases that lurk. First she thought of her, and everything moves. Think about the health and wellbeing of your body must be our foundation as a prerequisite for a healthy life. Any negative thoughts to yourself or someone else, it reflects badly on fully condition our body. They think man can cause disease in the body, as can the power of their minds to win a fatal disease and heal. If we understood, accepted part of the introduction, and agreed with the fact that thought is a prerequisite for a healthy life then we are ready to accept and further steps . The next step is finding a proper diet that is if we include common sense, different for all of us because we all like being different. Nowadays we can find plenty of literature that is related to a healthy diet. From all that I have personally read, single out some and you recommend to read, and as I was listening to your body, to determine which diet most affect your body. Chrono nutrition Dr.Ana Gifing and book author Gregory Nazarov contain certain quality information with which I personally agree, implement and support. The point of each story on nutrition is listen to your body and targeted to give him what he needs at a particular time. The most important items are of course fruits and vegetables, which are non-trafficked for the introduction of vitamins in the body, which our body produces naturally.

One should try to fruits and vegetables we consume is seasonal, to make sure the amount of vitamins that contain quality ingredients. It is also very important in the diet force more kernel fruits (almonds, hazelnuts, walnuts, cashew and Brazil nuts , ...) as well as different types of integral grains (wheat , rye , buckwheat , oats , corn, rice, millet, ...) . Foods that are also not less important for a proper diet are legumes (beans, soybeans, lentils, peas, beans,...), honey, yogurt, milk, sprouts, seaweed, flax sesame seeds , pumpkin seeds and cold-pressed oils .

Below I will present only some types of vegetables and their effect on the body.

Regular use of brassicas in your diet (kale, cabbage, kohlrabi, broccoli, cauliflower, wild onion, Brussels sprouts,...) consume a large amount of antioxidants in the body, enables the creation of high-quality microflora and strengthen protective system .

Consumption of tomato and potato, potassium intake and strengthen the heart, we operate on the elimination of spasticity and better muscle relaxation. Using celery and lettuce, strengthen the nervous system.

Olive oil, lemon juice, parsley and root, cucumber helps clean the liver and kidneys. Onions, garlic, cinnamon, Jerusalem artichoke and sweet young peas help stabilize and maintain appropriate blood sugar levels.

Horseradish and radishes help to more easily dissolve mucus in the body and quickly coughed phlegm, sinuses clean and strengthen the respiratory system.

Carrots, beets and sweet peppers enable the improvement of the composition of the blood and reduce the adverse impact of solar radiation.

Garlic, especially when combined with linseed oil or other source of omega-3, was the champion in cleaning the blood vessels and is a very strong antibiotic.

Hot pepper except antibiotic activity, improves the condition of the digestive organs, respiratory organs, peripheral circulation, improves the condition of blood vessels and positively affects the metabolism .

Regular consumption of seaweed and germ enters the body optimal amounts of minerals, vitamins, enzymes and help dissolve blood clots, increase strength and endurance, slowing down the aging process, stimulate the regeneration process and we optimize processes.

You must decide whether fruits and vegetables that enter the body must be fresh or cooked. On this subject there are different opinions in literature that I have presented above. One theory is that fruits and vegetables that we consume fresh, to all the vitamins and nutrients preserved and given organism in which preserved form. Another theory is that all fruits and vegetables before use must be beaten in order to assist the stomach in the process of decomposition in the body. (say that when we eat any food that is thermally untreated , the organism to register as a foreign body and therefore leukocytes- protective corpuscles, gather around the digestive tract and remain there for several hours) . Again I repeat, all of us must consider what it reasonably and logical order made the right decision. No matter which way you choose, it is important to understand what is most beneficial for your body as well as the amount of food you consume. The stomach of each of us is as big as a fist when you press. Provided, however, that it can spread if it is constantly overloaded with food. Each meal should be moderate quantity, and keep in mind that stomach always has at least some amount of food in it, how the body would start to take the necessary things from the body and so as not to create imbalances in vitamins and minerals that are essential for normal functioning. It is also important that half an hour before, during, and half an hour after a meal can not take liquid, so as not to degrade the gastric acid and slow down the process of digestion.

It is important to treat your body and at least one day a week when you eat only fruits and vegetables and drink water in order to rest the stomach of constant work. (3-5 fruit meal) introduction of days away from the food we allow the body to energy that would otherwise be spent on digestion, and invest in the processes of regeneration and cleansing the body, improving the protection system, blood circulation and rebalances the body metabolism.

In regular use needs to insert a silver water, which is very strong and a natural antiseptic and antibiotic, which showed the results of antimicrobial effect in more than 650 different types of pathogens, acts bakterostatski bactericidal to different types of bacteria , inactivates and destroys viruses (influenza virus A- 1 IB Enter and some adenovirus , Cocksackie viruses stereotypes A- 5, A -7 and A- 14 , the herpes virus and hepatitis,...) as well as various molds and pathogenic fungi (Candida) . Antiseptic effect of colloidal silver water is 1750 times stronger than carbolic acid (phenol) and 3.5 times more powerful than chlorine (which is most commonly used to disinfect drinking water) .

Colloidal silver water is similar to the taste of tap water with a slightly metallic taste. After some use you will notice that your teeth become whiter, that they have no layers, you can resolve gingivitis and bad breath, and the chances of getting a new caries are minimal. You will be protected from epidemic influenza and respiratory infections, will cleanse your body from accumulated parasites and micro-organisms, regulated metabolism and body weight.

In Russia, the colloidal silver received high marks doctors, causing him they are widely used in military surgery. Russian Academy of Science was among the first confirmed the healing properties of silver water. He is also a Faculty of Technology in Novi Sad conducted research that confirmed the efficacy of silver water.

Silver administered intravenously has successfully applied in the treatment of septic arthritis, rheumatism, rheumatic endocardium, bronchial asthma, influenza, acute respiratory diseases, bronchitis, pneumonia, purulent septic inflammation, brucellosis, oral - for the treatment of gastritis, ulcers, and other diseases of internal organs and externally - for the treatment of venereal diseases, festering wounds and burns.

Broad spectrum antimicrobial effect, compliance microorganisms, low toxicity and absence of allergic reaction to silver sparked great interest in silver in many countries of the world. In 1910 the company " Heyden " published Ads practical application of silver in medicine and issued instructions for methods of treatment of various infectious diseases : typhoid fever, pneumonia, sinusitis, middle ear infections, sepsis, diphtheria, dysentery, leprosy, meningitis, epilepsy, syphilis, acute rheumatism, trachoma, endokardita ...

On the 12th Russian National Congress "Man and medicine", Doctor of Medical Sciences, dermatovenerologist and assistant professor at the Department of Dermatology and venereal diseases Moscow State University, NM Sarova submitted a report on the results of the 5-year clinical trial preparations based on colloidal silver, especially in the treatment of children between 6 and 12 years, which is not advisable to give large amounts of standard drugs because of their negative side-effects. People who should not use silver water are persons who are allergic to silver and the people who drink the following drugs: tetracyclines (Dovicin, Doxycycline, Vibramicin, Amracin) hinolonime (Visir, Nofocin, Ofoksacin, Maroc, Ciprofloxacin, CIPROCINAL) and levothyroxine (Euthyrox, Letrox I Tivoral), because thus reducing the effectiveness of silver and medicines.

Colloidal silver is a form of active silver dissolved in deionized water. It can be used as an antibacterial agent - such properties of silver have been well known medicine. Active forms of

silver help to reverse the inflammatory process. It is very important that colloidal silver does not enter into reactions with other drugs and has no toxic effect on the body.

The microorganisms that are found in the skin, molecular hyperkeratosis, hypersecretion of the sebaceous glands, changes of pH and chemical composition of subcutaneous adipose tissue tend to put on the skin occurring inflammatory processes that lead to pathological changes, pimples and boils.

These changes, as well as the proliferation of seborrheic dermatitis with sores, the indications for the preparation of colloidal silver. Clinical observation on their Department of Skin and Venereal Diseases showed a very good efficacy of these preparations, especially in dermatoses mild and medium category - in these cases is only sufficient application of these preparations without additional medication.

In the treatment of pimples and boils lotions colloidal silver full recovery was noted in 87% of cases. Specialists are applied colloidal silver, and in severe cases, in combination with other drugs. It is very important that the colloidal silver does not form a habit, as well as an aqueous solution of colloidal silver does not cause any inconvenience in applying for unlike modern antibacterial preparations and which accelerates the regeneration of injuries of the skin.

When using silver colloid of water, it is only necessary to take care that we always have the organism a sufficient amount of selenium, which is essential for the secretion of silver, that do not respond to the build-up of silver in the organism.

Changing views on the world and on their health, with a strong will, a change in diet, physical activity and changing habits of each one of us can stay healthy and happy.

Literature:

Dr. Ana Gifing : Chrono nutrition

Gregory Nazarov : Secrets of proper nutrition first and second part ,
Cook healthy food, main course,
Health without compromise

Other books can be found at:

<http://www.georgijnazarov.com/>

<http://prirodnilek.com/srebrna-voda>

<http://www.srebrnavoda.com/voda/istrazivanja>

<http://www.srebrna-voda.rs/misljenja.php>

Dr.Mirjana Stojanovic ' ' Silver water- cure for the 21st Century ‘

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