WEB wellness

Type of report:	**General condition**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**

General condition
satisfactory

Unbalance coefficient (internal system pH)
Neutral pH

General condition of a system:

Circulatory system — 67
No abnormalities

Bronchopulmonary system — 81
No abnormalities

Digestive system — 77
No abnormalities

Urinary system — 79
No abnormalities

Endocrine system — 68
No abnormalities

Immune system — 75
No abnormalities

Head organs — 66
Minimum abnormalities

Musculoskeletal system — 91
Minimum abnormalities

Lymphatic system — 71
No abnormalities

General resistance to damaging factors of outdoor environment
good resistance to bio-pathogenic factors

Type of vegetative nervous system
Eutonia

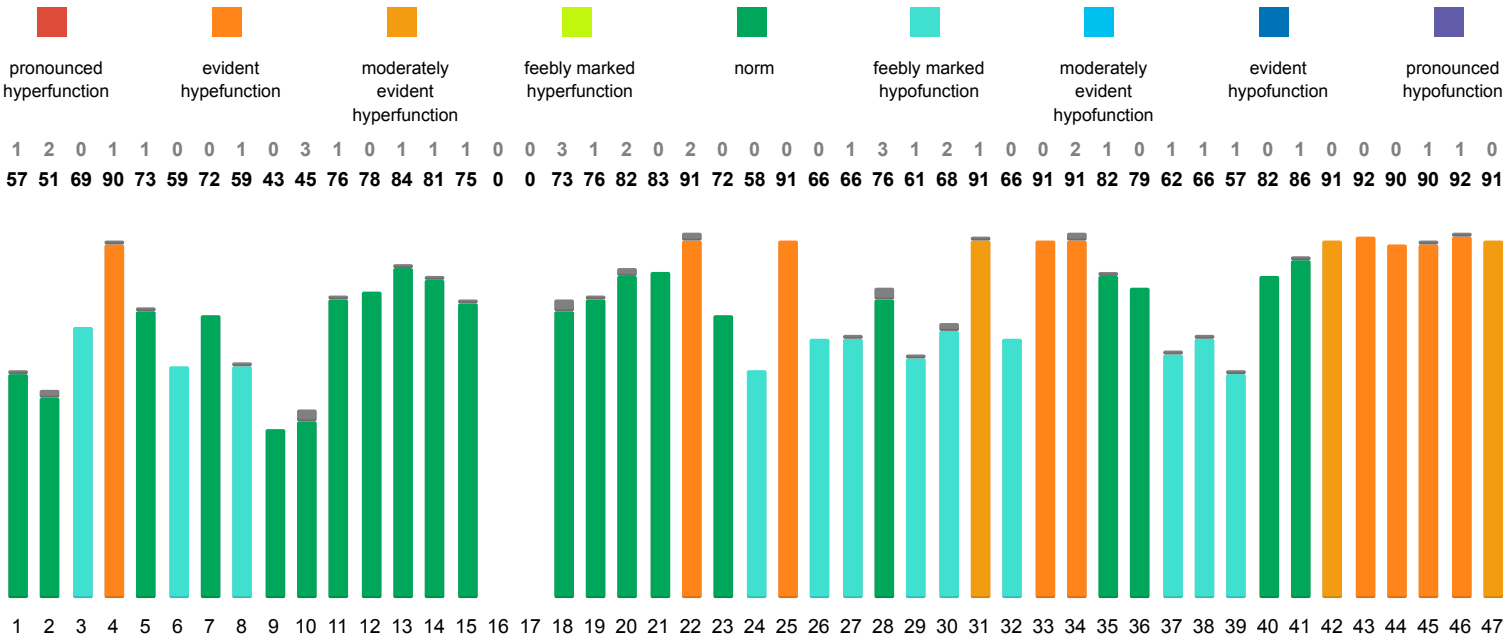
Central nervous system
norm

Organism's degree of reactivity
Normergy

This report was formed on basis of a diagram of organism's 47 organs and systems. Each line of the diagram is associated with a certain organ or a system and displays their general information in compliance with mean indicator.

WEB wellness

Type of report: **Diagram** Full name: **Vujo Rankiša** Sex: **Male** Session: **2019-11-22 12:47:32**

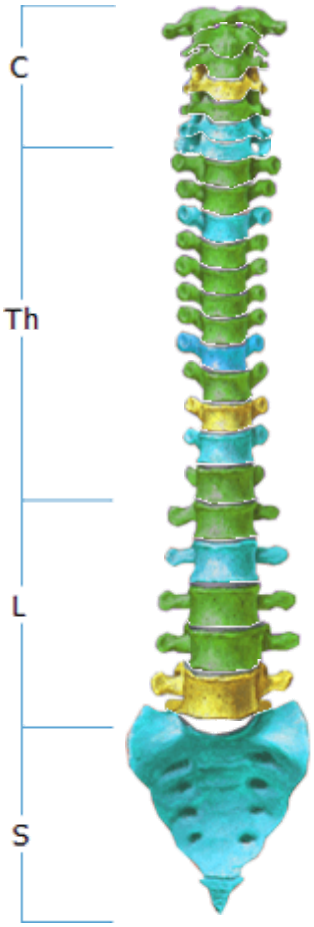


1. Cerebral blood circulation on the right
2. Cerebral blood circulation on the left
3. Venous systems (right cardiac zones)
4. Arterial system (left cardiac zones)
5. Organs of vision and hearing on the right
6. Organs of vision and hearing on the left
7. Maxillary and frontal sinuses on the right
8. Maxillary and frontal sinuses on the left
9. Hypothalamus
10. Hypophysis
11. Thymus
12. Thyroid gland right lobe
13. Thyroid gland left lobe
14. Adrenal glands on the right
15. Adrenal glands on the left
16. Mammary glands on the right
17. Mammary glands on the left
18. Bronchi on the right
19. Bronchi on the left
20. Lungs on the right
21. Lungs on the left
22. Larynx, trachea
23. Mediastinal lymphatic nodes
24. Cervical lymphatic nodes
25. Tonsils of the tonsillar ring on the right
26. Tonsils of tonsillar ring on the left
27. Spleen
28. Liver
29. Gall bladder
30. Stomach
31. Duodenum
32. Horizontal section of the large intestine
33. Small intestine
34. Ascending section of the large intestine, appendix
35. Descending section of the large intastine, rectum
36. Pancreas gland
37. Throat, oesophagus
38. Prostata
39. Urinary bladder
40. Testicles on the right
41. Testicles on the left
42. Kidney, ureter on the right
43. Kidney, ureter on the left
44. Hands joints on the right
45. Hands joints on the left
46. Legs joints on the right
47. Legs joints on the left

WEB wellness

Type of report: **Spine** Full name: **Vujo Rankiša** Sex: **Male** Session: **2019-11-22 12:47:32**

pronounced hyperfunction	evident hypefunction	moderately evident hyperfunction	feebly marked hyperfunction	norm	feebly marked hypofunction	moderately evident hypofunction	evident hypofunction	pronounced hypofunction



Cervical spine

C1 = 0%
C2 = 0%
C3 = 0%
C4 = 33.33%
C5 = 0%
C6 = 90.14%
C7 = 90.28%

Thoracic spine

Th1 = 0%
Th2 = 0%
Th3 = 94.29%
Th4 = 0%
Th5 = 0%
Th6 = 0%
Th7 = 0%
Th8 = 79.17%
Th9 = 0%
Th10 = 55%
Th11 = 82.86%
Th12 = 0%

Lumbar spine

L1 = 0%
L2 = 84.29%
L3 = 0%
L4 = 0%
L5 = 33.33%

Sacrum, coccyx

S = 98.57%

Description of vertebrae

C1. Hypophysis, internal ear, brain, sympathetic nervous system
C2. Eyes, optic nerve, auditory nerve, temporal bones
C3. Cheeks, auricle, facial nerve, teeth
C4. Nose, lips, mouth, Eustachian tube
C5. Vocal cords
C6. Cervical muscles, forearm
C7. Thyroid gland, shoulder joint, elbow joint
Th1. Arms, wrists and palms, esophagus and trachea
Th2. Arms, wrists and palms, esophagus and trachea
Th3. Bronchi, lungs, pleura, breast and nipples
Th4. Gallbladder, common bile duct
Th5. Liver, solar plexus
Th6. Stomach
Th7. Pancreas, duodenum
Th8. Spleen, diaphragm
Th9. Adrenal glands
Th10. Kidneys
Th11. Kidneys, ureters
Th12. Small intestine, lymphatic system
L1. Large intestine
L2. Appendix, bottom of abdomen, thighs
L3. Genital organs, urinary bladder, knees
L4. Prostate gland, psoai, sciatic nerve
L5. Shins, feet, toes
S. Femoral bones, buttocks. Rectum, anus

Changes in spine

Derangement of shock-absorbing property of intervertebral disks (the second degree); Derangement of microcirculation and nourishment of intervertebral disks' cartilaginous tissue (the second degree); Derangement of elasticity of disks' ring, reduction of intervertebral disks altitude (the second degree); Sagging of spinal muscles and ligaments, pathological mobility of vertebrae (the second degree); Derangements of conformity of articular surfaces (the second degree); Derangement of mineral metabolism of calcium and phosphorus in bone tissue; Relaxation of tendinous-ligamentous apparatus of vertebral column; Change of foot arch; Increased load on one part of spine; Dehydration of intervertebral disks of the third degree; Curvature of posture; Crunch in spinal joints; Change of properties of interarticular liquid; Deposits of calcium salts in soft tissues that surround vertebrae; Tension of the group of muscles that provide compensatory support for vertebral column; Limitation of movements and limitation of flexibility in joints of spine; Defect of atlantoaxial joint between occiput and vertebrae C2 and C1; Consequences of old rachitis; Degenerative-dystrophic changes of vertebral column; Worsening of mobility of cervical spine; Pinching of vertebral artery accompanied by headache in occiput; Pinching of vertebral artery accompanied by hearing and eyesight impairment; Pinching of vertebral artery accompanied by arterial pressure jumps; Pinching of vertebral artery with symptoms of paresthesia in upper extremities; Change of form and position of diaphragm; Feeling of numbness of hands and fingers; Weakness and numbness in legs, difficulties with movements; Development of hernia of an intervertebral disk in sacrum; Development of hernia of an intervertebral disk in thoracic spine;

Syndrome of crush of piriform muscle; Problems with mobility of feet and knee joints; Frequent supercooling of lumbar region and sacral region that leads to dorsopathy; Irrational exercise stress on vertebral column; Somatic diseases that lead to changes in spinal motion segments

WEB wellness

Type of report: **Ranking**

Full name: **Vujo Rankiša**

Sex: **Male**

Session: **2019-11-22 12:47:32**

pronounced hyperfunction | evident hypefunction | moderately evident hyperfunction | feebly marked hyperfunction | norm | feebly marked hypofunction | moderately evident hypofunction | evident hypofunction | pronounced hypofunction

Organs and systems

1. Tonsils of the tonsillar ring on the right	91	0	55%
2. Larynx, trachea	91	2	40%
3. Small intestine	91	0	40%
4. Ascending section of the large intestine, appendix	91	2	40%
5. Arterial system (left cardiac zones)	90	1	33%
6. Kidney, ureter on the left	92	0	33%
7. Hands joints on the right	90	0	33%
8. Hands joints on the left	90	1	33%
9. Legs joints on the right	92	1	33%
10. Duodenum	91	1	25%
11. Kidney, ureter on the right	91	0	25%
12. Legs joints on the left	91	0	25%
13. Urinary bladder	57	1	21%
14. Cervical lymphatic nodes	58	0	17%
15. Organs of vision and hearing on the left	59	0	16%
16. Maxillary and frontal sinuses on the left	59	1	16%
17. Mammary glands on the right	59	2	16%

18. Gall bladder		61	1	15%
19. Spleen		66	1	12%
20. Throat, oesophagus		62	1	11%
21. Venous systems (right cardiac zones)		69	0	8%
22. Horizontal section of the large intestine		66	0	8%
23. Prostata		66	1	8%
24. Tonsils of tonsillar ring on the left		66	0	6%
25. Stomach		68	2	6%
26. Mammary glands on the left		69	1	1%
27. Cerebral blood circulation on the right		57	1	0%
28. Cerebral blood circulation on the left		51	2	0%
29. Organs of vision and hearing on the right		73	1	0%
30. Maxillary and frontal sinuses on the right		72	0	0%
31. Hypothalamus		43	0	0%
32. Hypophysis		45	3	0%
33. Thymus		76	1	0%
34. Thyroid gland right lobe		78	0	0%
35. Thyroid gland left lobe		84	1	0%
36. Adrenal glands on the right		81	1	0%
37. Adrenal glands on the left		75	1	0%
38. Bronchi on the right		73	3	0%
39. Bronchi on the left		76	1	0%
40. Lungs on the right		82	2	0%
41. Lungs on the left		83	0	0%

42. Mediastinal lymphatic nodes		72	0	0%
43. Liver		76	3	0%
44. Descending section of the large intastine, rectum		82	1	0%
45. Pancreas gland		79	0	0%
46. Testicles on the right		82	0	0%
47. Testicles on the left		86	1	0%

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems, starting from the highest percent of change as hyper- or hypo-condition and ending the lowest percent of change in the given organs and systems.

WEB wellness

Type of report:	**Unbalance system**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**

Blood-vascular system	
Cerebral blood circulation on the right	0%
Cerebral blood circulation on the left	0%
Venous systems (right cardiac zones)	-8%
Arterial system (left cardiac zones)	+33%
Head organs	
Organs of vision and hearing on the right	0%
Organs of vision and hearing on the left	-16%
Maxillary and frontal sinuses on the right	0%
Maxillary and frontal sinuses on the left	-16%
Endocrine system	
Hypothalamus	0%
Hypophysis	0%
Thymus	0%
Thyroid gland right lobe	0%
Thyroid gland left lobe	0%
Adrenal glands on the right	0%
Adrenal glands on the left	0%
Mammary glands on the right	-16%
Mammary glands on the left	-1%
Respiratory system	
Bronchi on the right	0%
Bronchi on the left	0%
Lungs on the right	0%
Lungs on the left	0%
Larynx, trachea	+40%
Immune system	
Mediastinal lymphatic nodes	0%
Cervical lymphatic nodes	-17%
Tonsils of the tonsillar ring on the right	+55%
Tonsils of tonsillar ring on the left	-6%
Spleen	-12%
Digestive system	
Liver	0%
Gall bladder	-15%
Stomach	-6%
Duodenum	+25%
Horizontal section of the large intestine	-8%
Small intestine	+40%

Ascending section of the large intestine, appendix	+40%
Descending section of the large intastine, rectum	0%
Pancreas gland	0%
Throat, oesophagus	-11%

Urogenital system

Prostata	-8%
Urinary bladder	-21%
Testicles on the right	0%
Testicles on the left	0%
Kidney, ureter on the right	+25%
Kidney, ureter on the left	+33%

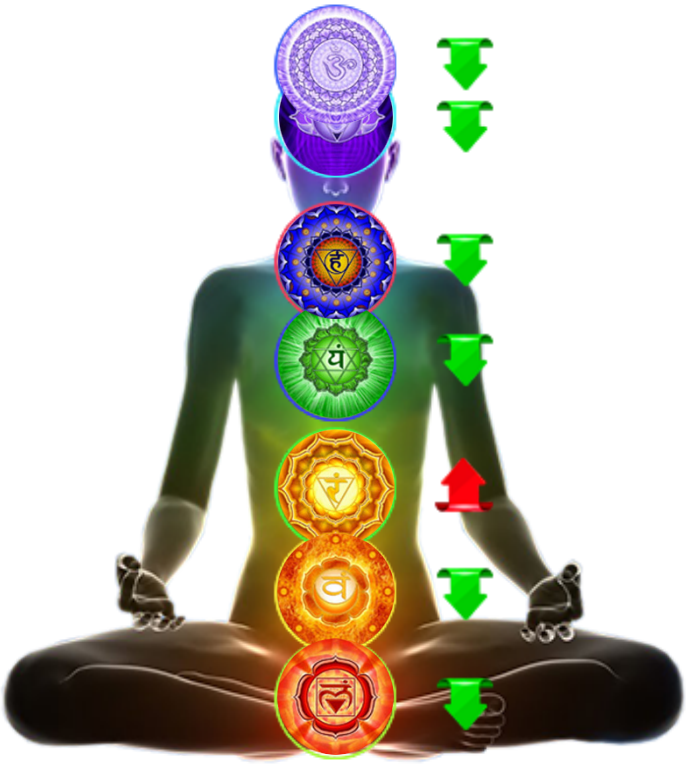
Joints

Hands joints on the right	+33%
Hands joints on the left	+33%
Legs joints on the right	+33%
Legs joints on the left	+25%

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with specifying unbalance rate of both hypo- and hyper-condition of organs and systems in comparison to norm range.

WEB wellness

Type of report:	**Chakras**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**



Open chakra

Open chakra

Open chakra

Open chakra

Open chakra

Open chakra

Open chakra

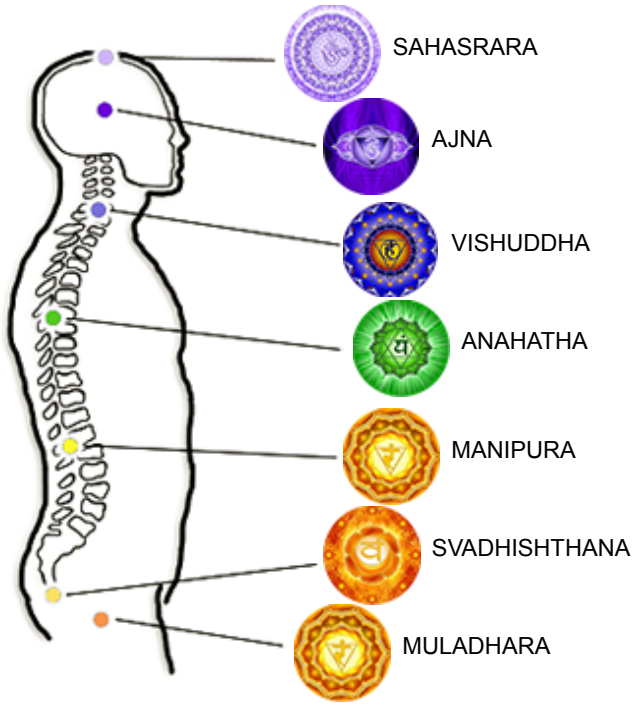
Closed chakra and damaged organs that are related to it

Closed chakra with weakly damaged organs

Neutral condition of organs of non-opening chakra

Opening chakra

Open chakra

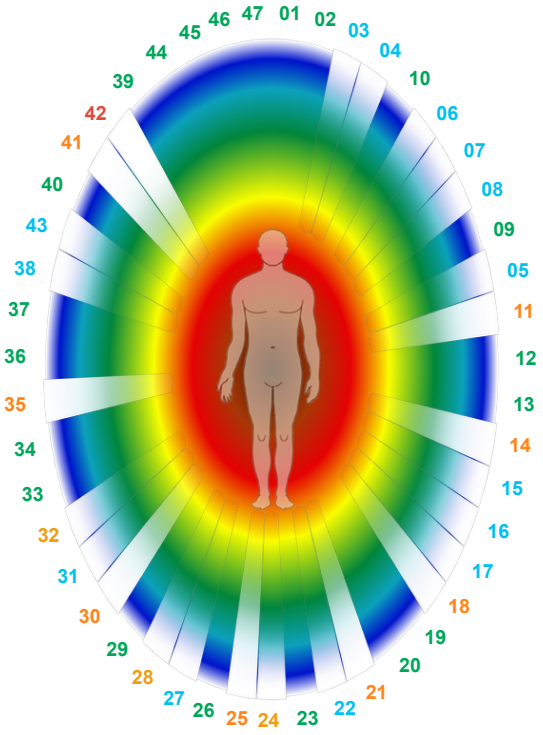


This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of visualization of summary condition of organs and systems according to 7 segments ("chakras"), it is dispalyed as "Closed, neutral or poen chakra".

WEB wellness

Type of report: **Aurogram** Full name: **Vujo Rankiša** Sex: **Male** Session: **2019-11-22 12:47:32**

pronounced hyperfunction | evident hypefunction | moderately evident hyperfunction | feebly marked hyperfunction | norm | feebly marked hypofunction | moderately evident hypofunction | evident hypofunction | pronounced hypofunction



1=51	25=92
2=51	26=82
3=59	27=66
4=59	28=91
5=69	29=75
6=66	30=91
7=58	31=66
8=62	32=91
9=72	33=76
10=84	34=79
11=90	35=90
12=76	36=82
13=83	37=73
14=90	38=69
15=66	39=78
16=61	40=76
17=68	41=91
18=91	42=91
19=82	43=59
20=75	44=72
21=92	45=73
22=57	46=57
23=86	47=57
24=91	

01 . Left cerebral hemisphere and its vessels
02 . Brainstem, cerebellum, left hemisphere
03 . Organ of vision and hearing on the left
04 . Mucous membrane of nose and paranasal sinus on the left
05 . ---
06 . Tonsils and lymphoepithelial ring on the left
07 . Lymph outflow from organs of head and neck
08 . Esophagus
09 . Thoracic lymphatic duct
10 . Thyroid gland on the left
11 . Arterial system, left heart
12 . Bronchi on the left
13 . Lung on the left
14 . Joints of arms and shoulder girdle
15 . Spleen
16 . Gallbladder and bile-excreting tracts
17 . Stomach
18 . Small intestine
19 . Descending part of colon, rectum
20 . Left adrenal gland
21 . Left kidney
22 . Bladder
23 . Testicles on the left
24 . Joints of legs and pelvic girdle on the left
25 . Joints of legs and pelvic girdle on the right
26 . Testicles on the right
27 . Prostate
28 . Right kidney
29 . Right adrenal gland
30 . Ascending part of colon
31 . Horizontal part of colon
32 . Duodenum
33 . Liver
34 . Pancreas
35 . Joints of arms and shoulder girdle
36 . Lung on the right
37 . Bronchi on the right
38 . Venous system, right heart
39 . Thyroid gland on the right
40 . Thymus
41 . Larynx
42 . Tonsils and lymphoepithelial ring on the right
43 . ---
44 . Mucous membrane of nose and paranasal sinus on the right
45 . Organ of vision and hearing on the right
46 . Brainstem, cerebellum, right hemisphere
47 . Right cerebral hemisphere and its vessels

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition according to ogranism's 47 organs and systems with the possibility of visualization of these organs and systems' condition shown as a circle diagram.

WEB wellness

Type of report:	**Probable affections**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**

Probable affections caused by toxins of various parasites:

Name	Probability	Affected organ
Protozoa		
Fungi		
Sporotrix shchencii	65%	Structures of brain
Candida albicans	48%	Oral cavity;Small intestine
Candida glabrata	78%	External ear;Middle ear
Candida robista	77%	Edea
Pneumocystis jirovecii	65%	Lung tissue
Nocardia asteroides	59%	Lung tissue
Bacteria		
Pseudomonas aeruginosa	65%	Small intestine
Raoultella planticola	61%	Small intestine
Actinomyces israelii	75%	Oral cavity;Nasal ducts
Mycoplasma fermentans	65%	Spleen
Nonhemolytic streptococcus	55%	Oral cavity;Tonsils of pharyngeal ring
Brucella melitensis	89%	Myocardium;Auricles of heart;Ventricles of heart
Brucella canis	71%	Myocardium;Auricles of heart;Ventricles of heart
Proteus spesies	65%	Small intestine
Borrelia burgdorferi	37%	Auricles of heart;Ventricles of heart
Esherihia coli	68%	Bile-excreting ducts
Viruses		
Human betaherpesvirus 7	81%	Synovial joints fluid
Human Papillomavirus	72%	Urethra;Edea
Helminths		
Capillaria hepatica	92%	Liver
Fasciola hepatica	74%	Small intestine
Necator americanus	55%	Small intestine
Toxocara canis (яйца)	91%	Small intestine;Liver
Opisthorchis felineus	89%	Stomach
Strongyloides stercoralis	69%	Lung tissue

Dipetalonema perstans	55%	Submaxillary lymph nodes
Fasciolopsis buski (яйца)	70%	Small intestine

WEB wellness

Type of report:	**Supposed changes**	Sex:	**Male**
Full name:	**Vujo Rankiša**		

Supposed alterations in organs and systems:

Derangement of water-electrolytic balance; Increased nervousness (of hormonal genesis); Chronic inflammation of gallbladder and pancreas; Chronic inflammation of urinary bladder (chronic cystitis); A pathology of intestine of non-inflammatory genesis the basis of which is enzymopathy; Irritable bowel syndrome of parasitic nature; Maldigestion syndrome; Frequent consumption of refined food stuffs; Consumption of badly purified water with big microbial number; Asparaginic acid deficiency; Derangement of microbiocenosis of small intestine; Constriction of bile ducts (hypokinetic type); Derangement of microbiocenosis of intestine of the first degree; Malabsorption in intestine; Headache; Meteorism; Chronic inflammation of gallbladder (chronic cholecystitis); Insufficient production of fatty enzymes by pancreas; Consumption of water that is too much mineralized; Consumption of chlorinated water; Propensity to stone formation in gallbladder; Contact allergic lesion of skin; Fatty liver infiltration; Zinc deficiency; Paroxysmal heart beat; Mouth cavity candidiasis; Mycotic lesion of mouth cavity; Chronic inflammation of tonsils; Excess content of sodium; Insufficient production of albuminous enzymes by pancreas; Consumption of water with low pH; Propensity to autoimmune diseases; Inflammation of small joints of lower extremities; Adrenal cortex hypofunction; Intoxication with mycotoxins; Stagnation in urinary bladder; Sand formation in kidneys; Derangement of mineralocorticoid function of adrenal glands; Derangement of glucocorticoid function of adrenal glands; Long intake of glucocorticoids; Atherosclerotic plaques of aorta and coronary arteries of heart; Insufficient production of enzymes by pancreas; Psychosomatic dyspepsia; Physical overfatigue;

WEB wellness

Type of report:	**Biological age**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**

57
Real age

58
Biological age

1
Difference between biologic

1.02
Aging coefficient

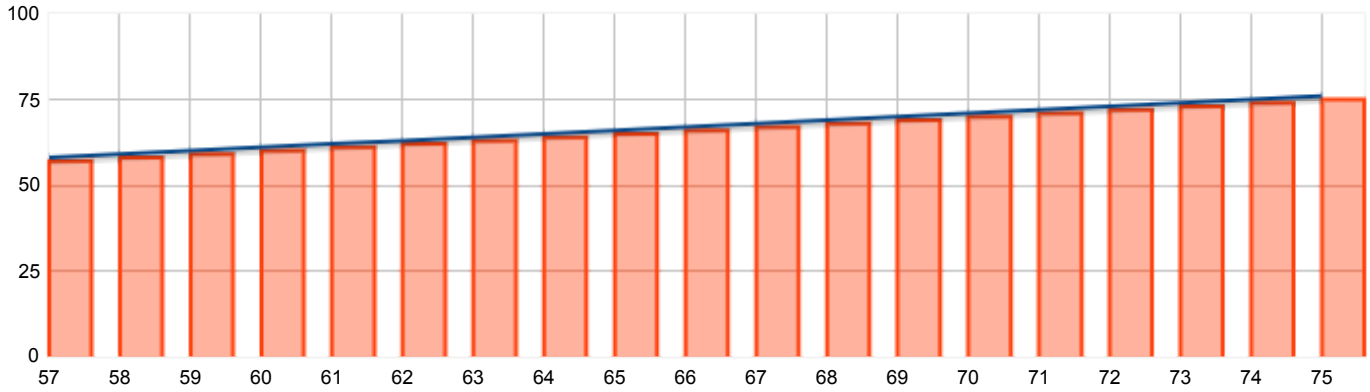
Tendency for the next 20 years

№	Real age	Biological age
1	57	58
2	58	59
3	59	60
4	60	61
5	61	62
6	62	63
7	63	64
8	64	65
9	65	66
10	66	67
11	67	68
12	68	69
13	69	70
14	70	71
15	71	72
16	72	73
17	73	74
18	74	75
19	75	76
20	76	77

Main causes of aging:

Negative influence of the Hartmann grid

- Pathological accumulation of nitrates, nitrites
- Chronic intoxication with detergents

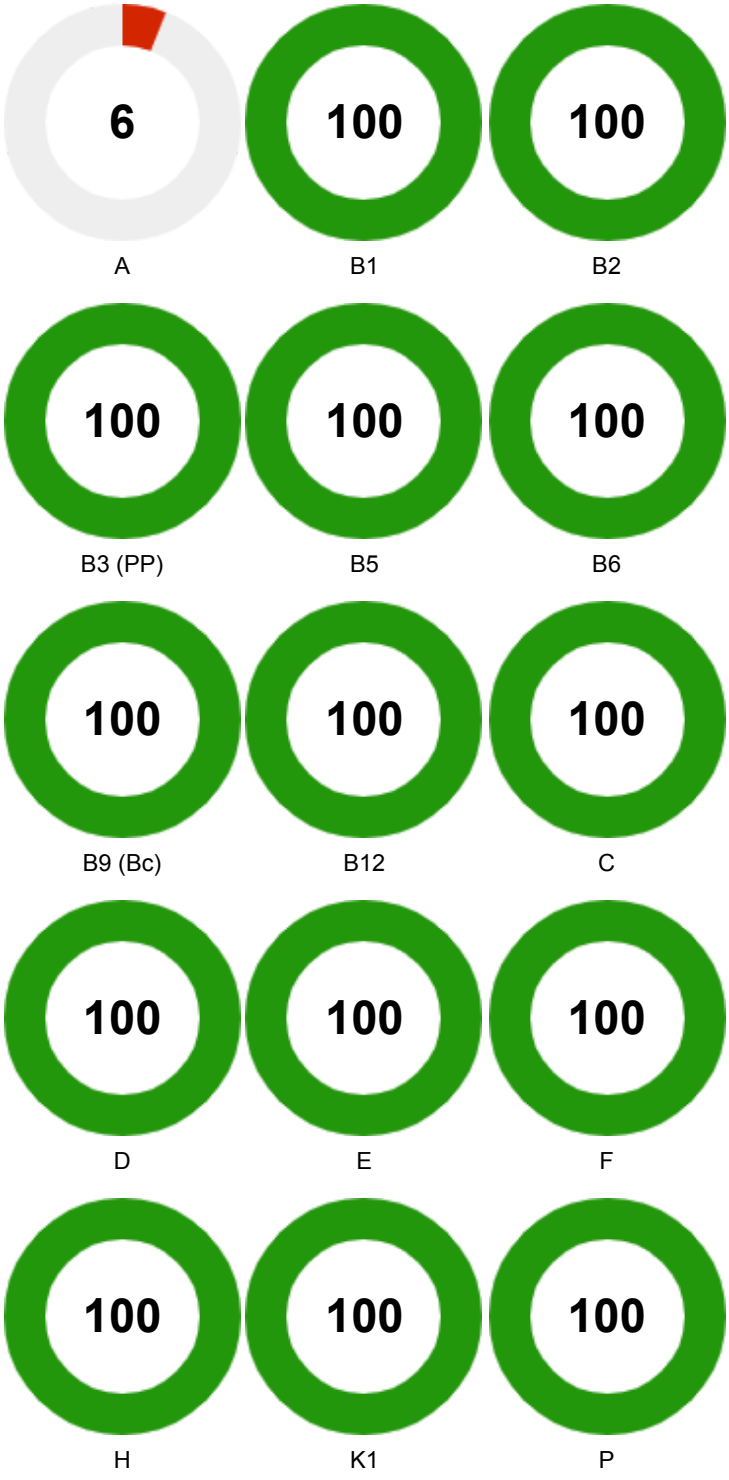


*Each your "biological age" test in this program affects the tendencies displayed in this chart.

The more times you run the test, the more accurate the tendency will be. Pay attention that this report`s data depend on organism`s condition at a specific period of time.

WEB
wellness

Type of report:	**Vitamins**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**



Required daily rate

A

1,09
-1,81 мг

Function of missing vitamins

A. **Performed functions:** A very important vitamin for organs of sight. In addition, it forms immune system and influences hair and nails condition and growth; can favour cutaneous covering elasticity.
Consequences of shortage: Visual impairment, xeroderma, aggravation of hair condition, different types of conjunctivitis.

WEB wellness

Type of report:	**Possible toxic loads**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**

Postvaccinal allergic reaction of the 1st degree

Affection by food additives E of the 2nd degree

Lysine deficiency

Tryptofan deficiency

Phenylalanine deficiency

Threonine deficiency

Isoleucine deficiency

Leucine deficiency

Disturbance of barrier function of skin of the 3rd degree

Increased content of manganese

Increased content of stilbenes

Increased content of steroid hormones

Increased content of thyreostatic hormones of chemical origin

WEB wellness

Type of report: **Matching preparations** Sex: **Male**

Full name: **Vujo Rankiša**

Preparation	The average value of the effect on the body at the time of testing	
2019-11-22 13:42:43 - Biocalcium		4
2019-11-22 13:44:41 - Cordyceps		4
2019-11-22 13:46:42 - Hitozan		4
2019-11-22 13:50:31 - hitozan conta		4
2019-11-22 13:53:00 - kordiceps kont		4
2019-11-22 13:55:39 - novi kalcij kont		4
2019-11-22 13:58:32 - datulja con		4

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of visualization of average indicator of hypothetical influence of a tested drug on an organism.

Type of report: **Fitness diet** Sex: **Male**

Full name: **Vujo Rankiša**

All organism's vital functions are connected with nutrition. Food is the source for build of tissues and cells, their permanent renewal and saturation with energy. Incorrect nutrition, both excess and insufficient, can cause substantial damage to human health at any age.

It is expressed in reduction of physical and mental development level, fast fatigability, inability to resist unfavorable environmental factors, reduction of capacity for work and even premature aging and shortening of life.

Human organism is a very complicated system. Meat and vegetable diet is required for its normal functioning. Shortage of wholesome substances contained in foodstuffs consumed by people can cause serious health problems.

Proper nutrition lies not only in calories control and in strict diets but also in providing your organism with a wholesome diet, which includes all required products – meat, cereals, fruit and vegetables.

Ration selection is one of the main tasks of proper nutrition, but everyday sticking to it is no less important. Following principal rules of healthy nutrition not from time to time but permanently prevents you from gaining excess weight, hypertension, immunity reduction, digestive tract diseases, etc.

There are several common rules regarding proper nutrition.

Do not consume fast food and try not to abuse sweeties.

Eat as many seasonal products as possible – they contain many healthy substances. Winter fruit and vegetables grown in greenhouses or imported from afar not only lose their advantages but also become accumulators of nitrates and other harmful chemical compounds due to long storage and processing with chemicals.

Consumption of refined products should be restricted as much as possible: sugar, vegetable oil, white wheat flour, shelled white rice. They lack cellulose and cellulose is extremely important for digestive tract function and for nutrition of useful bacteria in bowels. That's why eating bread of unbroken grains instead of white bread is more useful. Refined sugar should be substituted with honey or brown sugar.

Drink water. Tea, coffee and juices do not substitute water. Your organism requires no less than 30-35ml liquid per 1 kg. Sweet carbonated drinks should be completely excluded from your ration since they contain too much sugar.

Protein food is able to give you the feeling of satiety. In addition, it is abundant with amino acids. Your organism requires proteins for build of cells and tissues and replacement of obsolete cells. Different meat, fish, calamari, shrimps, nuts, mushrooms, some legumes, eggs and cottage cheese are the products that are abundant for proteins.

Proper cooking also means a lot for health formation.

Use several kinds of vegetable oil for cooking. Vegetable oil is the best source of fatty acids required for your organism. Remember that unrefined oils should not be used for thermal treatment.

Cook properly! Minimal heat treatment can help you preserve healthy substances in products. Macaroni and groats should be boiled only for several minutes. It is obligatory for meat and fish products to undergo thermal treatment since they can contain parasites. Along with this, frying in oil should be avoided. Boiling, baking in oven and steaming are the most optimal ways.

Use only natural and fresh products! Any prepared food or any long storage goods containing preservatives, flavor enhancers and coloring agents increase load on your organism, block toxins excretion and slow down metabolism.

Observance of rules of eating patterns is another necessary point of health formation.

Infrequent food intakes are as harmful as constant snacks. To be healthy, you need to eat 4-5 times a day. Intervals lasting more than 5 hours between meals slow down metabolism and force your organism switch to saving mode. These facts result to lipopexia.

If you eat several fruit and vegetables every day, you will receive all necessary vitamins and cellulose. Recommended amount is 300g.

All products, consumed by people, can be conditionally divided into 2 groups - “healthy” and “harmful”.

Healthy products should be included into your diet every day since they are rich for amino acids and vitamins, microelements and macroelements, fatty acids and cellulose. In addition, they are easily assimilated, they do not slow down metabolism and they have no harmful influence on your health. They are:

- fresh berries, fruit and vegetables (vitamin C, cellulose);
- cereals and porridges cooked from them (vitamins B, E, magnesium and folic acid);
- dried fruit and nuts (vitamins, fatty acids, protein);
- poultry meat (protein, amino acids, vitamins A, B, E);
- dairy products: sour cream, cottage cheese, yoghurt (calcium, protein, amino acids, vitamins D, A, B12, carbohydrates);
- green tea (vitamins, minerals, polyphenols);
- vegetable oils received from cold extraction method (phospholipids, linoleic acid and other polyunsaturated acids, vitamins A, D, E);
- honey (vitamins, microelements, glucose, fructose, phytoncydes, fast carbohydrates);
- grain bread (cellulose, ferments, amino acids).

Consumption of these products in proper combinations means healthy diet because they are doubtlessly useful for your organism and are able to not only support but also strengthen your health.

But along with using healthy products, you should not forget about “harmful” products and the fact they should be excluded from your ration since they cause lipopexia and metabolic disorders. They are:

- chips, popcorn, dried crusts, salty nuts;
- alcoholic beverages;
- any semi-prepared foods and food concentrates - dry mashed potatoes, instant noodles, etc.;
- rich pastries, especially with high sugar content;
- fried dishes;
- ready-made factory sauces including mayonnaise;
- smoked foods, sausages;
- sweeties;
- fast food;
- juices (except freshly squeezed juices), carbonated drinks;
- sugar and salt.

No healthy nutrition program can be composed without defining calorie content and calculation of balance of proteins, fats and carbohydrates (PFC balance). Properly chosen nutrition makes it possible not to feel hungry or tired, it provides your organism with sufficient amount of nutrients, with its help you can control your weight and feel good.

To calculate calorie content, you need to know permissible rate and optimal everyday amount of calories and take into account your life style. Calorie content should be higher if you actively go in for sports and, respectively, it should be lower if your life-style and/or your job is sedentary or you just rest at home in front of a TV.

Average daily rate of calories for men (depending on age and life style) is 2000-2400 kilocalories.

Average daily rate of calories for women (depending on age and life style) is 1800-2400 kilocalories.

Normal PFC balance should be as follows:

- proteins — 30-40%;
- fats — 20-25%;
- carbohydrates — 40-50%.

Time of food intakes should also be carefully considered. Only well-timed receipt of nutrients can compensate expenditure of energy.

To eat four times a day is the most reasonable way for healthy people. Such schedule provides even load of digestive system and food is digested better.

Eating two times a day with intervals up to 7 hours and longer causes cholesterol level increase, lipopexia and reduction of thyroid gland function. In addition, after long intervals between meals, you can eat more, thus, overfilling your stomach and reducing its walls mobility. Stomach distension not only has negative effect on digestion but also lifts diaphragm thus impeding normal cardiac function. Short intervals are also undesirable. In this case, your organism does not have enough time for proper digestion and this fact can result to digestive track function disorders.

Another important factor of forming a system of healthy diet is regularity of food intakes. After a certain period of time, a person starts feeling hungry and his stomach starts producing gastric juice required for digestion. This reflex disappears because of disorders of nutrition regime. Food is received to stomach but it is not yet ready for digestion process. As a result, appetite is reduced and all received food is badly assimilated. These facts cause gastritis, cholecystitis and other diseases.

Several days to 3 weeks is enough to form chosen eating habits. Thus, everyday healthy diet is a real way to achieve both fine figure and strong health.

Breakfast variants

- Oatmeal with water or low-fat milk with dried fruit and a small handful of nuts. Alternate it with boiled buckwheat, cream of rice and millet porridge.
- An open sandwich with unbroken grain crops bread, boiled chicken breast or freshly salted salmon; lettuce, tomatoes, low-fat cheese and greens.
- A glass of thick sour milk or any other cultured milk foods.
- Omelet of 4 egg whites, 2 egg yolks and greens.
- Fruit salad.
- A big portion of cottage cheese with sour cream, jam and fresh fruit.
- Fruit soup of seasonal fruit and light sour cream.

Dinner variants

- Goulash of soy meat.
- Boiled macaroni of unbroken grain crops and low-fat cheese.
- Baked cauliflower in breading made of 10% cream and egg whites.
- Low-fat vegetable lasagna.
- Vegetable cream-soup with rice.
- Low-fat rolls or several pieces of vegetarian pizza.

Supper variants

- Stewed vegetables with boiled chicken breast.
- Seafood with boiled brown rice.
- Vegetable omelet of 4 egg whites, 2 egg yolks and greens.
- Cottage cheese baked pudding and vegetable salad.
- Boiled beef and baked vegetables.

Snacks variants

- A glass of kefir with 1 teaspoon of honey or jam.
- 20g black chocolate and 1 green apple.
- 2 rice or buckwheat small loaves of bread crisps with cottage cheese and greens.
- A handful of nuts and dried fruit (no more than your cupped hand).
- 3 homemade oat cookies.

Consume only natural food and abstain from eating industrial processing food!

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wellness

Type of report:	**Diagnostic decision**	Sex:	**Male**
Full name:	**Vujo Rankiša**	Session:	**2019-11-22 12:47:32**