

Nutrition
for Athletes

Nutrition for Athletes, by Milisav Nikolic, Ph.D.
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First edition: 2013.
Published by The University of Natural Medicine
www.universitynm.org

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Nutrition for Athletes

A Guide to Natural Strengthening
of the Body, Motivation and
Treatment of Injuries

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Wondrous Design of the Human Body

In sports, as in life, there are “players” and “spectators”. Players always win, even when the result is unfavorable for them. On the other hand, spectators are largely dependent on others - they believe they have won if someone wins for them, even though they don’t have any real benefit from somebody else’s victory.

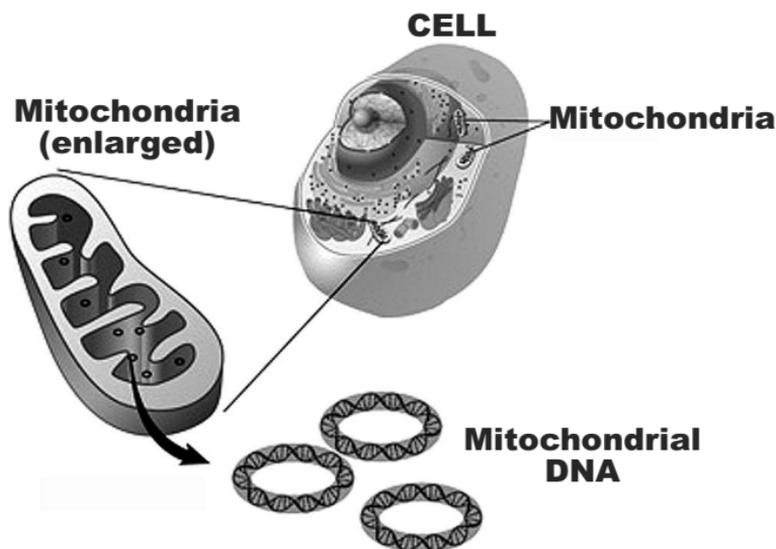
It is important to know that everyone is created to be a “player”, to be a winner in life, no matter what his/her profession is. It is good to be both “player” and “spectator”, and to get inspiration from other “player’s” successes. A basketball player can be inspired by his soccer colleague, and an architect might be inspired by a doctor. To be just a “spectator” for whole your life is a bad option, because that way others get to actively decide whether or not we’ll be

the winner or loser. In addition, the meaning and purpose of human existence cannot be achieved this way. This eventually leads to depression and disappointment. The meaning of life is, as we'll soon see, to be a player - a good player, and this is going to be central issue that will be addressed in this book.

Human being is an extremely complex system. A car is a much simpler system than a human being, but we can use it as an example to get a better understanding of how the human body functions.

The main part of a car is its engine. In order to work properly, engine needs fuel, oxygen and a spark. If one of these three is missing, the engine won't work, and the car cannot be used.

Human body consists of millions upon millions of cells. Each cell is like a car. "The engine" of our cells are the mitochondria (Picture 1). Fuel (food in form of sugar), oxygen and spark are distributed to mitochondria. If there is no fuel (food),

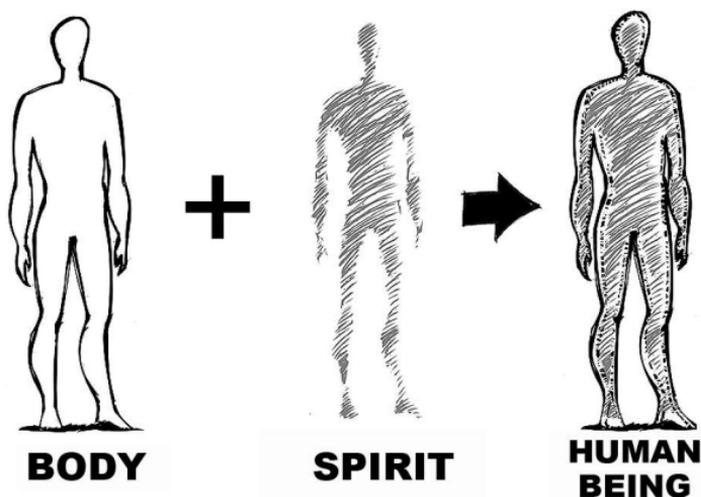


Picture 1. Cell and mitochondria. In the same way as a car can have four, eight or more cylinder-engine, our cells can also have more then one mitochondria

man is going to lose consciousness. That's why give sugar and water to a person who passes out. Also, one is going to faint if there's no oxygen. And what is equally important, perhaps the most important, if there is no spark - a person will pass out. This happens when we hear bad news, suffer a shock, or, for some reason, experience a great stress.

Man, similar to car's engine, needs a spark from external source. A car needs keys to produce a spark, which is then easily maintained as the car is moving. But, what is spark human body need?

To understand the answer to this question, we first need to know the basic structure of human being. Human being is made up of body and spirit (Picture 2). The structure of human body is defined by highly complex information written in the genes. In order for genes to start functioning, as well as the information contained within them, it is necessary to “press the on button”. The human spirit, as an integral part of every human being, triggers the “on button” and genes start working. Since the human spirit is constantly active, it automatically starts a huge number of genes. However, it can trigger certain genes depending on external influence. For example, if we are happy, or hear that something nice happened, this can make us cry, i.e. the gene for secretion of tears is triggered.



Picture 2. Structure of human being.

It is important to note that genes, through our spirit, react to events from external sources. So, the information that affects our spirit, and thus our genes also, is that spark, in form of motivation, or in form of stress. Stress is the negative spark that can cause great damage to our genes and body, by making our spirit weak. On the other hand, motivation can drastically change our spirit and trigger the activation of huge number of genes, making us capable of doing things we never taught pos-

sible. That is why it's important not just to discuss about the nutrition of our bodies, but also about spiritual food, so that we are able to achieve results beyond our potential.

The concept of human body structure we mentioned earlier, which differs physical and spiritual aspect of our being - is a concept that almost every scientist a century and half ago supported. Now, however, the majority of scientists believe that human spirit doesn't exist and that man is only "highly organized matter". And that is why they believe that these spiritual terms can be completely defined through certain biochemical processes in our bodies.

Reader can accept Darwinian explanation, and still understands the basic message of this book. However, we are going to present the facts that support the concept that was dominant throughout history and which we believe is the best explanation of the process within human being.

The Bible also informs us that human being is the unity of body and spirit (Genesis 2:7, etc.).

Athletes, especially the professionals, are exposed to great physical and spiritual stress and to understand how to get the best out of both their body and mind, it is necessary to go a step further and learn how human body works. Speaking about that, it is very important to understand what the purpose and meaning of life is, since this knowledge can open great opportunities. To answer this question, we'll once again resort to analogy.

Man created car and defined its purpose and meaning of existence. A car will work properly only if it serves the purpose for which it was created, in accordance with precisely defined laws by which its creator (constructor) designed it. If the car is used for something else, it won't fulfill the purpose and meaning of its existence and it will soon deteriorate. Hence, **the one who**

designed car knows its purpose and meaning of existence.

The same applies to man. When we understand that man is a created being, we'll easily understand that his Creator determined the purpose and meaning of his life. If one fulfills this purpose, or seeks to fulfill it, only then will he/she manage to achieve best results in life. The question of the purpose of human life is directly related to healthy motivation that can encourage us to achieve incredibly great results in sport, or in other areas of life.

Many people, especially those who are religious, will easily understand that the most valuable thing we have in our life are our friends, people who genuinely love us and for whom it's worth living. If a person has no one to live for, then his existence loses its meaning and that is why man wasn't created to live alone. We were created to be happy only when we give.

And then we can more clearly understand how those who work and practice hard,

and achieve a lot, always remain fresh, as if they never get tired. On the other hand, there are those who achieve little and tire easily, even when they do little work. Those who have someone to work for and whose life has meaning, because they are motivated by love towards someone they live for, can achieve a lot, without getting tired.

Thus, the purpose and meaning of life that the Creator set is to give love. The opposite of giving is selfishness. Those who are motivated by selfishness and their own personal gain can never reach the results of those who love.

Research has shown that beings that are loved can go beyond the “natural” and enter “supernatural”, when certain genetic mechanisms in their body (that are amazing) are triggered, of which many are unaware of.

These mechanisms are best observed in animals, because majority of research is conducted on them. One the best known examples is the case of the female ground

squirrel (a type of small rodent) that desert snakes frequently prey. Scientists have noticed that ground squirrel runs as soon as it sees the snake, but, if the snake manages to bite it, the rodent will stay numb, since the snake injects a neurotoxin that paralyzes the ground squirrel making it easier for the snake to swallow it.

However, something extraordinary happened to one ground squirrel, something that made the headlines of many leading scientific magazines of that time (Picture 3). An article entitled “Rattling the Rattler” describes an amazing phenomenon. Namely, the female ground squirrel not only survived the bite of a poisonous snake, but the snake was attacked and forced to flee. What happened?

Scientists have noted that the aforementioned ground squirrel fled before the snake only a week ago. However, a few days later it gave birth to cubs and this activated specific genetic mechanisms that stunned scientists. Under new circum-



Picture 3. “Rattling the Rattler”. The front page of “Science News” (October 1999).

stances, moved by care and love towards her cubs, the body of ground squirrel started producing antidote that neutralized extremely strong neurotoxin and additionally, triggered mechanisms that empowered it to attack a much strong enemy.

Similar mechanisms exist in humans, and there are many examples in history where individuals and groups, inspired by elevated goals, achieved incredibly high, and to many unexpected results.

Studies show that those who win look strong, brave, powerful and dignified. They always have a nice and shiny skin. Researchers analyzed the blood of men who are winners and discovered that they have higher levels of growth hormone. This means that their gene for growth hormone is more active. They have higher testosterone levels and have more sex hormones. That is why they look young and strong. It is obvious that their winning spirit affects their genes in a special way. And if that spirit is moved by sublime feeling of love, then the activity of genes and potential of the whole organism is raised to the highest possible level.

Ancient biblical proverb says how we can become the first and best: "Whoever wants to be first great must serve his neighbor."

In other words, those who are inspired by their love towards their neighbors, and whose activities serve to fulfill this purpose, acquire potential to win and be invincible.

And in the same way as selfishness is opposite of love, so is “slavery to enemy” to “service to our neighbors”. Unfortunately, many people and modern athletes have become slaves to those who manipulate them and their potential to win is drastically reduced.

In order to give, it is necessary to receive. Another study showed that giving love is a process that goes both ways. Scientists bred laboratory mice and after a female gave birth to ten cubs, five of them were separated from their mother in a special cage where they were fed. Cubs that remained where shown love by their mother: she licked them every day. These cubs grew much faster and their blood had much higher levels of growth hormone than the offspring separated from their mother.

The scientists then isolated cubs and started to rub them with brushes, thus simulating maternal licking. This induced increased secretion of growth hormone, but only temporarily, and after several days, scrubbing lost all its purpose and secretion of growth hormone has been reduced to minimum.

The researchers concluded that genes very much differentiate truth from lies, and real simulator from false.

Something similar happened to a woman in Korea. She fell into a deep depression after she found out her husband intends to leave her, because he they only had daughters, and no sons. In state of high stress and depression, human body literally gets paralyzed and many genes cease to be active. The gene responsible for secretion of melatonin – hormone that rejuvenates and regenerates our bodies – stops functioning, as do the genes that control the secretion of endorphins (hormone of happiness) and serotonin (sedative hormone). There

is also a gene that secretes Neuropeptide Y (NPY) that informs the brain that we are hungry. The gene for thirstiness works in the same way. However, this woman's genes were not in function – she didn't want to eat or drink, eventually falling into coma.

This woman was sick in 1966, when much less was known about genes. Then the doctors decided to apply EST treatment, i.e. to give her electric shocks. The woman was tied to the bed, electrodes were put on her head and electricity was turned on. She shook as if she was having a seizure. Then she passed out and slept for six hours. When she woke up, she wanted to eat. She felt relatively well for about ten days, because some genes were artificially activated, but then she once again fell into depression. EST treatment was once again applied, but this time the positive effect was less visible and she felt depressed after 7 days. After that, they gave her four electric shocks, but she lost more and more me-

mory after each one. The fifth treatment was fatal.

Love was supposed to be the real activator of her genes.

Therefore, in order to function normally and give love, we must also receive it. In this case, electroshocks were a substitute for true love that she was supposed to receive from her husband. Today we see that many children are deprived of their parents' love, getting "love" in kindergartens and nurseries instead. Many adults try to find love in brothels or some similar places.

As we are going to see, rubbing baby mice, giving electroshocks to those who are depressed works the same way as something used widely in modern sport – doping. Doping falsely stimulates genes, with temporary effect, dramatically impairing human health. Also, those who use doping can never achieve such good results as those who are moved by healthy driving force.

One of the most dramatic characteristics of modern society is family breakdown. The most important institution that provides love is nearly destroyed today. Modern man chose doping instead of love, and that costs, a lot. To earn that much money, one has to work all day, away from his loved ones, deprived of being able to give and receive love.

On the other hand, those who choose healthy path have a great array of possibilities. With adequate physical and spiritual nourishment, moved by right goals, they can achieve anything.

In the following pages, we'll discover the secrets of adequate nutrition. We'll find out many useful information that can change our life for better. But, we have to keep one thing in mind: there is something more important than knowledge itself, and that is wisdom – when we apply acquired knowledge in the right way.

Nutrition for a Strong Body



Until about a hundred years ago, cancer was almost an unknown disease. Then in the 20th century, this disease assumed epidemic proportions.

Dr. Otto Warburg won the Nobel Prize for discovering the cause of cancer in 1931. In his book “The Metabolism of Tumors”, Dr. Warburg shows that due to unhealthy diet and lack of exercise, body creates an acidic environment, poorly supplied with oxygen.

“If you take away 35% of healthy cell’s oxygen, you can turn it into a cancer cell in two days”, says Dr. Warburg. Cellular acidity suppresses oxygen, thus creating acidic environment. If the level of acidity is too high, there won’t be enough oxygen in body; if one lacks oxygen, his/her body is

going to be acidified. The acidic environment is anaerobic.

“The lack of oxygen and acidity are two sides of the same coin”, said Dr. Warburg. Acidic or alkaline state is measured using pH scale, from 0 to 14, where 7 is the neutral value, 0-7 is acidic, and 7-14 is alkaline. In order for our cells to successfully operate, pH level must be slightly above 7. pH level of healthy human blood is in range of 7.35 to 7.45.

Dr. Warburg discovered that cancer cells don't need oxygen and that they cannot survive in the presence of high concentrations of oxygen. In other words, cancer is nothing more than a defense mechanism that our cells use to survive in acidic environment, in the absence of oxygen.

Healthy cells live in alkaline aerobic environment, which allows their normal functioning.

Acidity and lack of oxygen cause not only cancer, but also many other diseases, the

weakening of the body and the inclination to injuries. Will our bodies be acidic or alkaline primarily depends on what we eat.

Foods that dramatically acidify our bodies are: meat and meat products, milk and dairy products, processed vegetable products, alcohol, coffee, cacao (chocolate), generally all drugs (pharmaceuticals) and, particularly, refined (white) sugar.

Foods that make our body alkaline are: raw fruits, vegetables, grains and nuts. It should be noted that some of the grains are slightly acidic, but the ideal diet requires a certain percentage of acidity, therefore the grains in combination with other raw plant foods best type of nutrition.

Consumption of pure natural water is important for oxygen production, and alkalinity in human body is maintained through physical activity, carrying the oxygen throughout the body. Dr. Warburg's research only confirmed what was known and what is practiced throughout human history -

anatomically and physiologically, people are herbivores.

Numerous studies show that vegan athletes have much greater stamina than their colleagues. One of the most famous studies on this subject was done by a Scandinavian scientist named Per-Olaf Astrand. He studied the nutrition of nine highly trained athletes, changing their diet every three days. At the end of every three-day period, each athlete was told to drive bike at high speed until exhaustion.

The results he got can be seen in the table on the next page. As we can see, athletes on meat-rich diet became exhausted after about an hour. While being on a mixed diet with less meat, fat and proteins and more plant foods, they were able to ride a bike at high speed almost twice as long. However, on herbal diet they were able to drive nearly three times as long before they became exhausted.

**VEGETARIANS HAVE GREATER
ENDURANCE**

Diet	Maximal Endurance (time to exhaustion)
- High protein & high fat diet (high in meat)	57 min.
- Mixed diet (lower meat, fat and protein)	1 hr 54 min.
- Vegetarian diet (high carbohydrate)	2 hours 47 min.

This great improvement in stamina is a well-known characteristic of herbivores. Horses can run at high speed for hours. It was noted that some elephants were running at high speed for 10 to 12 hours. On the other hand, carnivores, such as cheetah, tiger and other animals, have good speed at the beginning, but tire quickly, usually in less than five minutes.

By the early 20th century, the vast majority of humanity predominantly used unprocessed plant foods and lived in the coun-

tryside, and most of modern diseases, such as cancer, diabetes, heart disease, osteoporosis, depression and others were virtually unknown. As people were more and more migrating to large cities, so did the physical activity dramatically decreased, followed by transition to predominantly processed diet rich in foods of animal origin, marking the emergence of many degenerative diseases that had hitherto been unknown.

You don't have to be a great biology expert to know that raw and unprocessed plant food is the best source of nutrients for humans. The tables on the following pages show which types of food are richest in minerals, vitamins and proteins, comparing plant and animal foods. The superiority of plant foods in every aspect is more than obvious.

This shouldn't come as surprise, since it is well-known that plants are the only food producers on earth. Only they can take minerals from soil and use sun's energy in photosynthesis to produce food.

PROTEINS

Food - Quantity in grams per 100 g

Plant foods		Animal foods	
Soy	38	Tuna	21
Sunflower	27	Chicken	20
Lentil	24	Veal	20
Chickpeas	23	Pork	19
Almond	18,3	Lamb	19
Peanut	16,5	Eggs	13
Barley	14	White chees	8,7
Wheat	13	Cow's milk	3,5

VITAMIN A

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Lucerne	5300	Veal liver	6060
Carrot	4500	Tuna	970
Spinach	4300	Cod	939
Beet	3000	Butter	181
Mango	1600	Cow's milk	10
Parsley	1200	Beef	6
Apricot	933		
Melon	866		

VITAMIN B₁

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Wheat germ	2	Beef liver	0,3
Wheat	0,7	Yolk	0,2
Almond	0,7	Veal cutlet	0,15
Soy	0,63	Fresh salmon	0,1
Lentil	0,5	Lamb chops	0,1
Chickpeas	0,4	Cow's milk	0,04
Blackberry	0,3		
Peas	0,28		

VITAMIN B₂

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Walnut	1	Veal cutlet	0,3
Wheat germs	0,8	Ham	0,2
Almond	0,6	Egg	0,2
Avocado	0,2	Cow's milk	0,2
Peaches	0,05	Tuna	0,19
		Chiken	0,17

VITAMIN B₆

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Wheat germs	4	Sardine	0,97
Walnut	0,87	Pork	0,5
Brown rice	0,67	Veal cutlet	0,4
Soy	0,6		
Avocado	0,5		
Banana	0,37		
Pepper	0,27		
White flour	0,18		

VITAMIN C

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Pomegranate	600	Cow's milk	2
Kiwi	300	Salmon	0,9
Alfalfa	183	Meat	0
Pepper	131	Egg	0
Cabbage	105		
Oranges	59		
Strawberry	58		
Lemon	51		

VITAMIN E

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Almond	25,2	Grouper (fish)	0,9
Soy	13,3	Butter	2,2
Walnut	12,3	Egg	0,8
Sunflower	10	Beef liver	0,7
Wheat germ	8	Sheepshank	0,5
Olive	6	White chicken meat	0,3
Raspberry	4,5	Cow's milk	0,1
Pepper	3,1	Pork	0,1

VITAMIN K

Food - Quantity in micrograms per 100 g

Plant foods		Animal foods	
Beet leaves	470	Veal liver	86
Kale	360	Cheese	33
Cabbage	90	Milk	3,5
Lettuce	35		
Spinach	25		
Pea	15		

CALCIUM

Food - Quantity in miligrams per 100 g

Plant foods		Animal foods	
Sesame	783	Yellow cheese	810
Soy	260	White cheese	300
Almond	252	Cow's milk	120
Chestnut	225	Egg	58
Spinach	126	Salmon	14
Walnut	87	Chicken	12
Peanut	74	Lamb	12
Oats	70	Beef	4

IRON

Food - Quantity in milligrams per 100 g

Plant foods		Animal foods	
Soy	12	Beef liver	11
Sesame	10	Beef	3
Beans	7,6	Lamb	2
Pistachios	7,3	Pork	1,5
Lentil	7	Egg	1,3
Sunflower	7	Tuna	1,2
Chickpeas	4,8	Chicken	1
Wheat	4,3	Cow's milk	0,2

MAGNESIUM

Food - Quantity in milligrams per 100 g

Plant foods		Animal foods	
Sunflower	420	Mutton	24
Cocoa	420	Grouper (fish)	24
Almond	252	Hake	21,3
Soy	242	Pork	15,7
Walnut	185	Egg	14
Fava beans	164	Cow's milk	14,5
Whole wheat flour	109		
Spinach	55		

Someone might object that plant food does not contain vitamin B₁₂ and that's why we have to consume foods of animal origin. This objection has no basis, because it is well-known that bacteria found in human mouth and bowels create this vitamin. The people in Africa and Asia that only eat plants never suffer from anemia

and other diseases that occur if there's a lack of this vitamin. Apart from this fact, there are numerous other studies that confirm the superiority of vegan nutrition.

Dr. Russell Chittenden from Yale University conducted several studies in order to determine whether or not food based on large amounts of animal protein gives more strength and energy with the improvement of mental and physical abilities. The basis of his research was the study of well-trained athletes.

At the beginning of his research, all the athletes were on typical meat-rich diet. Then, he changed their diet to plant based nutrition during five months. After that, when he analyzed their level of fitness, he concluded that the athletes improved by staggering 35%.

These findings were known to some of the world's best athletes, who became vegans. To mention a few:

- **Edwin Moses** - multiple Olympic and world champion in 400 meters hurdles, dominating this discipline in period of 10 years (1977-1987), winning 107 consecutive finals and 122 races in a row.

- **Carl Lewis** - the best athlete of the 20th century, and one of the all-time best, eight-time world champion, unbeatable in 100 and 200 meters race and long jump.

- **Martina Navratilova** - the most successful tennis player of all time, winner of 58 Grand Slam tournaments (18 in singles and 40 doubles), winning the title at Wimbledon a record nine times.

- **Mike Tyson** - the youngest professional heavyweight boxing champion in history. He had 37 consecutive victories, a total of 50 wins - 44 by knockout.

Human Anatomy

The shape of the human teeth clearly indicates that they are designed for chewing and grinding plants and not for tearing

meat. Human stomach acid is very mild, designed to digest plants, unlike those of carnivores, which is very strong. Human intestines are very long, since they are designed to digest plants, whilst the carnivores have short bowels. In other words, the human anatomy is very similar to that of other herbivores - cow, goat, sheep, deer - strikingly different from that of carnivores.

The design of the human hand clearly indicates that it was designed for fruit picking – unlike the clutches of carnivores that they use to capture their prey.

It is a fact that man has the ability to moderately consume and digest meat and other foods of animal origin, but it is obvious that such types of food can only serve as a substitute for basic food - plants, and can be taken in small amounts if there is no vegetable food. If herbivores are given only animal-based food (farm animals), the consequences are serious diseases, such as BSE - mad cow disease. In this case, the

cows are fed with the processed remains of dead animals, known as “bone meal” or “concentrate”.

Studies have shown that feeding herbivores with meat led to their temporary and rapid growth, which in turn is followed by emergence of various diseases. Unfortunately, to meat industry it is only important that animals that grow as fast as possible so that they could sell it and earn more, without thinking about animals and consumers’ health. And that is why 55% of antibiotic produced in United States are used for treatment of farm animals.

The same is happening in sports. Many club owners and coaches want to succeed at any cost and are willing to use all legal methods on athletes (often unknowingly and unwittingly) “to strengthen the body”, in form of unhealthy foods and supplements. We’ll return to this later on in the book.

Protein Myth

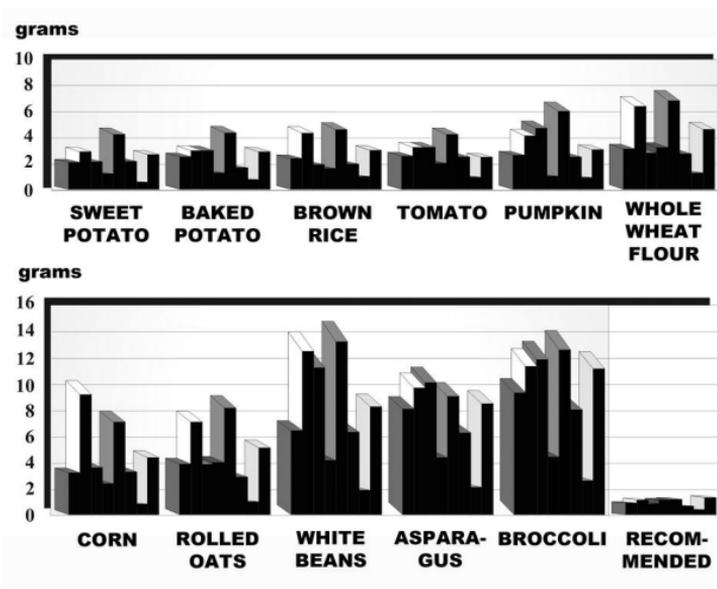
It is obvious that people are anatomically and physiologically more similar to animals than plants. If we compare the structure of our and animal muscles, with the structure of plants, it is easy to see that we are more similar to animals. Therefore, many falsely assume that animal-based food products, such as meat, are superior to plant foods.

Many athletes, in addition to large meat and other animal products intake, use special “protein supplements”. They believe that a higher intake of protein enables faster growth of strong muscles and increases stamina. But the opposite is true - for a short time, an athlete is going to get an increase in mass of weak muscles, while stamina will be dramatically reduced, with bones becoming weaker and propensity to injuries and illnesses getting dramatically increased.

When we talk about proteins, we need to know that these are complex molecules, made up of amino acids. There are twenty amino acids that human body uses to build proteins. Eight of these amino acids are known as “essential”, because they must be obtained from food. Human body can produce other 12 amino acids.

The table on the next page shows the amounts of all eight essential amino acids in plant foods usually used by people who are on 100% vegetable nutrition. For comparison, recommended daily amounts of these amino acids are in the bottom right corner of the table. We note that the amounts in all these foods are much higher than doses needed, clearly indicating that diverse and balanced plant-based diet meets human needs for essential amino acids.

In other words, it is not necessary to consume animal proteins in order to have strong muscles. All proteins that we consume must be decomposed to amino acids in our body, so that they could be com-



The content of eight essential amino acids most commonly used by vegetarians and vegans. From right to left: isoleucine, leucine, lysine, methionine, feninalanin, threonine, tryptophan and valine.

bined to form necessary proteins. The best option for us are definitely the amino acids and proteins from plants.

One of the best statements on this subject was made by respected scientist and nutritionist, Dr. Mark Messina from the University of Michigan who worked at the American institute for cancer research in the

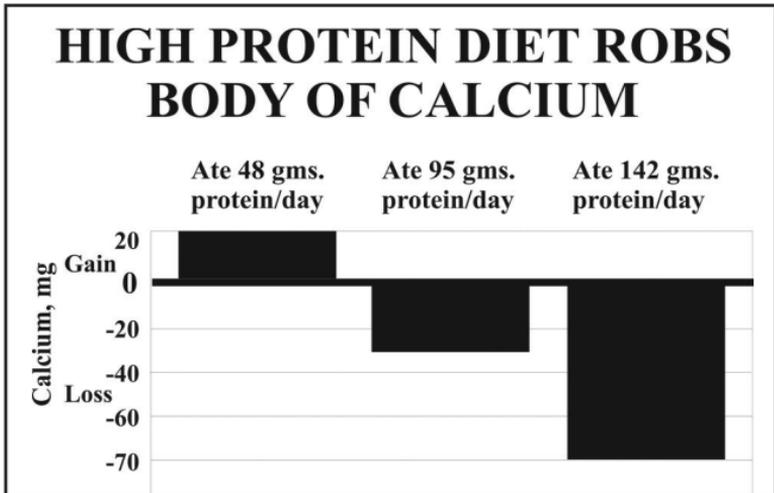
Department of nutrition and cancer. Having spoken in detail about the balance of amino acids in plant products, he made the following conclusion: “For those who take plenty of cereals, legumes and vegetables during the day, if they get enough calories, it is virtually impossible that they lack proteins.”

Modern diet is largely based on meat and large protein intake, causing major problems in places where that is least expected - bones. Many researches have confirmed that the excessive intake of protein causes calcium loss and since 99% of calcium is stored in bones, this leads to their weakening and tendency to fracture.

In one of many studies, diet of healthy young adult males was carefully controlled for a period of four months, especially the intake of calcium and protein. During this period they all consumed 1400 mg of calcium per day, an amount recommended today by the majority of modern nutritionists, much higher than the U. S. recommen-

ded daily dose - 1000 mg. The subjects were divided into three groups - the first group consumed 48 grams of protein through diet per day, the second group's intake was 95 grams (U. S. average intake at that time was 99 grams), and the third group had 141 grams. Next, researchers measured the increase or loss of calcium in body of each subject through analysis of the amount of calcium excreted through urine and feces.

As we can see in the chart on the next page, those who consumed fewer proteins (48 grams per day) had an increase of 20 mg of calcium per day, which resulted in strengthening of their bones. On the other hand, those who consumed too much protein had a significant loss of calcium. The third group was losing as much as 70 mg of calcium per day because of the 140 grams intake of protein through daily meals.



As we saw at the beginning of this chapter, some types of food make the environment in our body acidic, which is an unfavorable ambient for our cells. In order to stay alkaline, the body has to draw the alkaline elements (calcium, magnesium, potassium) from bones, teeth, nails and hair, and that is why they deteriorate.

We can ask ourselves: how come plant eating animals, such as rhino, bull, buffalo or elephant have such strong muscles? What do they eat? The answer is that they generally eat grass.

One of the more popular trends in healthy diet is eating just that - the grass. Young wheat and spring barley grass proved to be a very powerful tool in strengthening the body and overcoming diseases. Stores are swamped with products called “Green Magma”, “Barley Grass Juice”, etc, which offer various forms of grass to customers. Research shows that the nutritional value of grass is incredibly high. Young barley grass, for example, has:

- Over 250 times more vitamin A than green salad;
- Over 25 times more potassium than banana;
- Over 11 times more calcium than milk;
- Over 11 times more iron than celery;
- More than 2.5 times protein as there is in meat, and 15 times more than in milk;
- More than 7 times more vitamin C than oranges;

- Over 10 times more vitamin B₁ than spinach.

The table on the following page shows the nutritional value of young barley juice and other types of food.

It is known that leafy vegetables and herbs are a major source of nutrients. Unfortunately, people don't eat them very much, unlike herbivorous animals that consume them in abundance. That's one of the reasons why man is the only life form in nature that gets sick.

The largest medical research ever was conducted in the 70's when Chinese prime minister Chuo En Lai was diagnosed with cancer. He wanted to know the cause of cancer and he ordered for medical research to be done on the entire Chinese population of 890 million people. The study was conducted by 65,000 medical workers and assistants, and led by Dr. Colin Campbell of Cornell University in the United States. Dr. Campbell presented the results of this research in his book "The China Study".

Among many useful results and experiments of this study, we are going to mention one that is very illustrative to our ana-

The content of young barley juice compared to other foods

		Vitamins and compounds (per 100 g)								
		Carotene	B ₁ (mg)	B ₂ (mg)	B ₆ (mg)	C (mg)	E (mg)	Biotin	Folic Acid	Pantothenic acid
	Barley grass juice	52,000	1,29	2,75	0,34	328,8	31,0	48,0	640	2,48
Vegetables	Celery	0	1,03	1,02	0,10	10	0,5	0,1	7	0,40
	Green salad	200	0,06	0,06	0,07	5	0,5	0,7	20	0,10
	Spinach	80,000	0,12	0,30	0,10	100	-	0,1	80	0,30
	Onion	20	0,03	0,02	0,10	10	0,3	0,9	10	0,10
	Tomato	400	0,08	0,03	0,10	20	0,4	1,2	5	0,05
	Cabbage	100	0,08	0,5	-	50	-	-	-	-
	Comfrey	9,800	0,77	2,20	-	60	-	-	-	-
Fruits	Banana	200	0,03	10	0,4	-	10	0,20	0,5	-
	Apple	45	0,01	0,01	-	55	-	-	-	-
	Orange	120	0,09	0,02	-	50	-	-	-	-
Grains	Wheat flour	0	0,30	0,10	0,4	0	2,6	5,0	35	4,5
	Wheat germ	-	-	-	0,1	-	1,7	0,6	14	0,8
	Husked rice	-	-	-	0,3	-	0,4	3,0	10	8,8
	Brown rice	-	-	-	-	-	-	-	-	-
	Rice powder	0	0,18	0,07	-	0	-	-	-	-
	Cow's milk	20	0,04	0,15	0,04	2	-	2,0	0,3	0,35
	Salmon	0	0,02	0,12	0,3	0	-	10,0	5	0,50

lysis. A group of rats was injected with aflatoxin - the most powerful known carcinogen. Then the group was split into two parts. The first group was given a diet with 20% proteins of animal origin, and second with 20% proteins of plant origin (they

			Minerals								
Nicotinic acid	Chlorophyll (mg)	Choline (mg)	Na (mg)	K (mg)	Ca (mg)	Mg (mg)	Fe (mg)	Cu (mg)	P (mg)	Mn (mg)	Zn (mg)
10,6	149,0	260	775	8.880,0	1.108,0	224,7	15,8	1,38	594,3	5,6	7,33
0,4	-	-	28	278	37	9,6	1,4	0,11	45	-	-
0,2	-	-	30	208	21	9,7	0,5	0,15	25	-	-
10	-	-	25	490	98	59,2	3,3	0,26	52	-	-
0,2	-	-	10	137	40	7,6	0,5	0,08	26	-	-
0,8	-	-	3	288	3	11,0	0,2	0,10	18	-	-
0,5	-	-	15	240	45	16,8	0,4	-	22	-	-
1,0	-	-	19	-	-	-	9,0	-	40	-	-
-	8	348	5	41,9	0,4	0,16	23	-	-	-	-
0,1	-	-	8	-	3	-	0,2	-	7	-	-
1,0	-	-	4	-	14	-	0,2	-	12	-	-
4,5	-	-	3,4	361	30	106,0	3,2	0,65	330	-	-
-	-	-	2,7	132	118	1,93	1,93	0,17	111	-	-
-	-	-	6,3	113	3,7	13,1	0,45	0,06	99	-	-
-	-	-	2,2	38	1,3	4,4	0,16	0,02	34	-	-
2,5	-	-	3	24	-	1,5	-	140	-	-	-
-	-	-	36	160	100	14,0	0,1	0,02	90	-	-
-	-	-	500	320	170	20,8	1,2	0,05	320	-	-

used plant protein named gluten). All rats that were fed with proteins of animal origin died from cancer, while none of the rats in the second group died. Then the first group of rats began to receive vegetable proteins, and the other one those of animal origin, and it was immediately noticed that the number of infected and dead in the first group decreased, while it rose in second group.

This research and other studies confirmed the superiority of plant proteins.

As for eggs and mushrooms, as a potential sources of proteins, it should be noted that eggs contain a lot of bad cholesterol and that, because of unhygienic conditions in chicken farms and inadequate treatment of these animals, including diet based on concentrates, a high percentage of the eggs on the market is potentially a source of infection, especially *Salmonella*, a bacteria that causes major stomach problems.

Mushrooms are saprophytic organisms that live on dead remains. They are classi-

fied as organisms somewhere between plants and animals. They don't undergo photosynthesis like plants, and that is why they aren't food producers. They are less adequate source of nutrients compared to plants. Many types of mushrooms are poisonous and their consumption sometimes comes with a risk.

In short, man is the only herbivore in nature that eats meat and animal products. Also, man is the only mammal in nature that drinks milk after the period of breast feeding.

Dairy Myth

Have you ever seen adult mammal (wolf, bear, fox, cow, dog...) drinking milk? Of course not. Cow's milk is a food designed for calf, sheep's milk for lamb, and so on. What happens when a man (after the period of breast-feeding and early childhood) consumes cow or other milk?

Data shows that over 50 % of the world population can't drink cow's milk because they are unable to digest milk sugar (lactose), causing them to have stomach cramps, gas and diarrhea. These are mostly "third world nations" that still tend to live in natural surroundings, no yet being adapted to new trends in nutrition.

American Health Foundation in its survey concluded that drinking one to two glasses of milk a day increases the risk of getting prostate cancer by 20%, while the intake of more than two glasses of milk a day increases the risk up to 400%.

A study in Spain showed that consuming dairy products leads to triple increase of colon cancer risk.

Many believe that pasteurization of milk eliminates all potential disease carriers. This is far from the truth, although it safer to drink pasteurized than raw milk. However, pasteurization does not sterilize the milk. To sterilize milk it would be necessary to cook it at least 100°C for a pro-

longed period of time. In pasteurization, milk is only heated to 71.5°C for a short period of 15 seconds. Therefore, it only reduces the number of potentially infectious germs, but does not eliminate all of them. That is why the regulation of American health care service says the following about milk:

“The milk, after pasteurization, must not contain more than 20,000 bacteria per milliliter of milk and no more than 10 coliform bacteria per milliliter.”

In other words, this regulation means that a glass of milk can contain about 5 millions of bacteria and still be considered acceptable.

Coliform bacteria are a cause for even greater concern. These bacteria are germs found in cow's stool. Milking cows, especially automated, can be unhygienic, despite the measures taken, and often the milk gets contaminated. We see that U. S. government (and generally rest of the world) allows up to 10 coliform stool bac-

teria per milliliter after pasteurization. Someone might say that 10 bacteria doesn't sound that much. However, 10 bacteria per milliliter mean that there are approximately 2,500 bacteria per glass.

Like bacteria, some viruses also survive the pasteurization process. These include the Maloney leukemia virus, Rous sarcoma virus, Rauscher leukemia virus and bovine papilloma virus. These viruses can be destroyed by boiling, not simple pasteurization.

However, even cooking can not completely prevent the risk. One of the most terrible diseases associated with animals is Creutzfeldt-Jakob disease (CJD). This disease is transmitted to humans via animal prions. These prions are living organisms that can withstand much higher temperatures than the boiling point of water.

Many epidemics throughout history started after the use of contaminated ice cream, milk, cheese, mozzarella and other dairy products.

It has become normal to inject antibiotics and hormones to cattle, so it is obvious that in addition to milk we drink from our glasses there are also: bacteria, viruses, prions, antibiotics, hormones and pesticides.

Many are worried that they won't have enough calcium in their body if they don't drink milk. The truth is just the opposite - a man's body hardly absorbs calcium from foods of animal origin, unlike the vegetable nutrients. If we want to have enough calcium, it's best to consume sesame, soy, almond, hazelnut, spinach, and other plants rich in calcium. Also, we saw that milk acidifies our body, thus encouraging calcium absorption from bones. In other words, the consumption of milk and dairy products will decrease the amount of calcium in our body.

In the famous Chinese medical research (see page 46), it was concluded that the most powerful animal protein that encourages all forms of cancer is casein, which makes 87% of cow's milk protein.

In short, milk and dairy products can be consumed very sparingly in the absence of plant food, but those who want to have a healthy and strong body should have a plant-based diet.

Myth about Fish

“I eat only lean meats and fish”, many will say. Lean meat is meat with “not lots of fat in it.”

The fact is that fish, as an animal product, contains cholesterol, and there is not much difference between the cholesterol content of fish and other animal products, such as chicken, turkey or even pork and beef. Fish oils contain even more cholesterol. On the other hand, the plant-based foods do not contain cholesterol. The human body produces cholesterol it needs and it is the cholesterol taken through diet that increases the risk of heart and blood vessels diseases.

Certain types of fish are a good source of omega-3 fatty acids that have proven useful in fighting heart disease. Research shows that risk of heart attack is reduced by 50% if fish is eaten every day, without other types of meat. However, if people eat exclusively plant foods, the risk of getting a heart attack is reduced by 86%, because plant foods, among other things, are very rich in omega-3 fatty acids.

Eskimos, whose diet is very rich in fish and fish oil, have less heart diseases than western nations whose diet is very rich in other types of meat, but have more hemorrhagic strokes (due to bleeding) since their diet is causing the discrepancy in blood platelets function, increasing the blood coagulation time making them more prone to bleeding.

A particular problem with fish is the water pollution caused by sewage discharged into rivers and sea, inadequate septic systems, waste from ships and toxic wastewater from farms and city streets. Unfortunately,

slightly polluted water causes a very high contamination of fish, since the toxins accumulate in certain organs, and as we move towards the top of the food chain, they become more concentrated (a phenomenon known as “biomagnification”).

A good example of this phenomenon is the research of lake Clear in California. This lake was repeatedly sprayed with insecticide called DDD in order to control insect populations (DDD is the less powerful relative of the famous DDT). The concentration of toxins in water and organisms is shown in the table on the next page. We see that the lake water had barely noticeable levels of toxins, with 0.02 ppm (2 drops of DDD per 100 million drops of pond water).

However, biomagnification caused a dramatic increase of toxin levels in tissues of organisms that lived in the lake. The concentration of DDD in the lake phytoplankton was 5 ppm, which is 500 times higher concentration than that in the lake

Increase of DDD concentration in water and animals of Lake Clear, California

Place of sampling	DDD (ppm)
Pond water	0,02
Phytoplankton (living in DDD contaminated water)	5
Herbivore fish (that eat plankton)	40-300
Carnivore fish (that eat herbivore fish)	> 2500

water itself. Progressing toward the top of the food chain, the concentration of DDD reaches 2,500 ppm - a whopping 125,000 times the concentration of the water.

Such examples of biomagnification are no exception. In humans, they are caused by exposure to various toxins, heavy metals and others. There are numerous studies that find connection between the consumption of contaminated fish with a number of diseases, such as cancer, heart disease,

damage to the development of the fetus and of children, etc.

In short, there are many risks and problems when consuming fish, easily avoided if you use plant food.

Caffeine Myth

“I can’t get up in the morning if I don’t have a cup of coffee” - a statement uttered by many as a result of caffeine addiction.

A common characteristic of all “black drinks”, such as coffee, black tea (Russian, Georgian, etc.), coke, energy drinks and chocolate, is that they contain at least 100 chemical ingredients that have harmful effect on human health, including acetaldehyde, acetic acid, ammonia, carbon disulfide, catechol, ethanol, methanol, naphthalene, phenol and hydrogen sulfide.

Caffeine stimulates all parts of cortex. Lethal dose is 10 grams, an amount contained in about 70 cups of coffee. Many people take a tenth of lethal dose every day, while

even one cup of coffee contains substances that seriously impair health. Women that drink just one cup of coffee a day are exposed to almost three times greater risk of developing bladder cancer, compared to women who don't drink coffee. Thirteen of fourteen women who drank seven or more cups of coffee a day during pregnancy had miscarriages, fetal death and death of newborn babies. The risk is also increased in men.

Caffeine acts as a direct stimulus to heart muscle, tending to increase the urine flow through disruption of kidney function and directly causing dilation of blood vessels in skin. When it reaches heart, instead of expanding, it causes the artery to narrow, which is highly undesirable. Caffeine also stimulates the medulla oblongata, affecting the respiratory center, increases the workload of heart by accelerating the rate of work and hinders the heart by increasing blood pressure, while simultaneously reducing the blood consumption of heart.

When we drink black tea, coffee, coke or eat chocolate, the entire small intestine can 1200% more efficiently absorb a substance called cyclic AMP, which produces energy. This might sound great, but it's like pouring gasoline on a fire. For a limited time you can get a lot more power, while impairing health.

Discomfort and inability to concentrate are one of symptoms that occur a few hours after taking the last dose of caffeine. Caffeine temporarily increases concentration, while the overall effect is reduction of the ability to concentrate due to disruption of brain and body's energy systems, and short-term stimulatory effect. It also leads to memory impairment, while working capacity is decreased.

Chocolate is equally dangerous to human health as well as other "black beverages" and products, since it's full of harmful chemicals, particularly theobromine, which belongs to same methylxanthine family that includes caffeine.

Chocolate is made from cocoa bean, which has a very bitter taste and in whose processing large amounts of additives, white sugar and other chemicals are used. Before that, the fruits of these plants are left in meadows of large “third world” farms where they ferment and get contaminated by rodents and insects.

U. S. Secretary of State Food and Drug Administration (FDA) notes how much chocolate may be polluted. “The chocolate and chocolate liquids used to manufacture such products as Hershey’s chocolate, are allowed to contain up to 120 fragments of insects per cup (227 g) or two rodent hairs per cup.”

Hershey’s chocolate weighs 20 grams, which means that every time you eat a chocolate bar, it may contain a rodent hair and 16 insect fragments, and still has FDA permission. Many people believe they are allergic to chocolate, but in fact, they are allergic to animal parts it contains.

Nutritional Supplements

The food we eat should be in form in which it exists in nature. In that case, all food nutrients are going to be balanced and have a positive effect on organism. Those who take supplements in form of vitamin and mineral tablets can cause great problems, since vitamins and minerals in this form are unbalanced and then our body responds to them in various negative ways.

For example, vitamin B (niacin) acts as a vitamin in amounts present in plants. If you take it in larger doses through pills, our body can not use surplus amount of this vitamin, which then lowers the level of cholesterol and triglycerides, and some possible additional complications are stomach ulcers, diarrhea, arrhythmia, liver disease and gout

Taking vitamin C through tablets can cause kidney stones, diarrhea, and abdominal

cramps. Those who abruptly stop taking vitamin C tablets in doses greater than 500 mg per day are at risk of developing vitamin C deficiency, since their body becomes dependent on high doses of vitamins. This problem can manifest in gum bleeding during teeth brushing.

Removing vitamins A, D, E and K from body is even bigger problem. Even those who take very small amounts of vitamin A in supplements, become ill. A dose of 25,000 units of vitamin A per day (about 5 times more then recommended) can cause a variety of problems such as liver dysfunction, headache, hair loss, dry skin, bone and joint pain.

Excess vitamin D may produce serious problems interfering with calcium balance in body, and can lead to accumulation of calcium in blood that may be manifested in from of mild symptoms to life threatening ones - from nausea, vomiting, fatigue, confusion, to high blood pressure, kidney failure and coma.

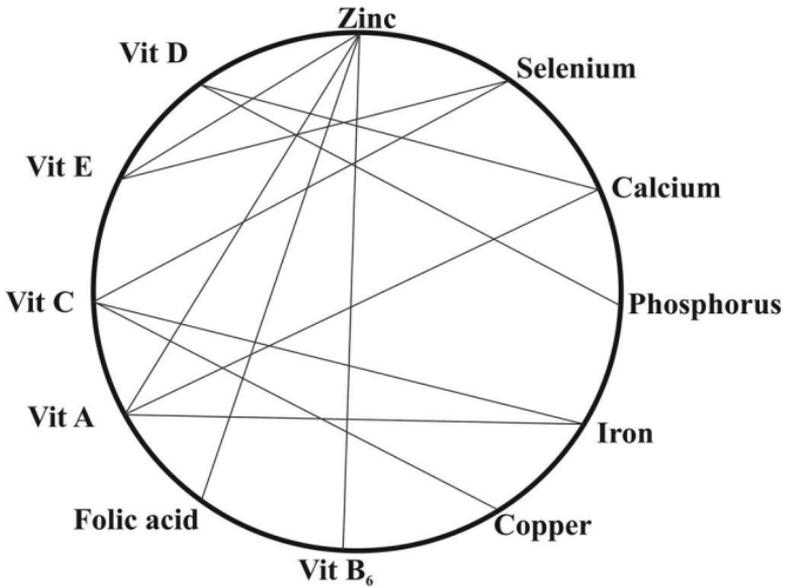
Vitamin E may be toxic in large quantities, causing problems with weakness and fatigue, nausea and diarrhea.

Also, taking large amounts of any vitamin or mineral leads to imbalance of intake and use of other vitamins and minerals. For example, if you are taking large amounts of vitamin C, day after day, your body is going to increase the absorption of iron, which could lead to other problems. The interaction of other minerals and vitamins can cause a decrease in absorption of these substances. The graph on the following page shows 11 separate interactions that exist between minerals and vitamins. In the same way, minerals may react with other minerals and vitamins can interact with other vitamins.

If we take our vitamins and minerals through fresh vegetable food, where they are in balance, these problems cannot occur.

In addition to vitamin and mineral tablets, the most common supplements are additives, preservatives and other flavor en-

VITAMIN - MINERAL INTERACTIONS



hancers, as well as white sugar. All of them are very harmful, and we can easily avoid them by consuming fresh and raw plant food.

Particularly harmful are the artificial sweeteners, “taste improvers”, such as MSG (monosodium glutamate) and white sugar.

Artificial sweeteners cause a shock in the body, because they trick the body. They feel sweet in mouth, tongue detects that, and informs brain that sugar entered the body. The brain immediately orders the pancreas to secrete insulin, but the pancreas soon notices that there is no new sugar in blood and sends a message to the brain that it received false information. The brain communicates with tongue and informs it what pancreas said, but tongue constantly sends a signal to brain that sugar entered the body. In addition to this, there are numerous other harmful effects of consuming artificial sweeteners, which are found in almost all refined, processed and packaged products.

Monosodium glutamate (MSG) is a substance that makes the product taste better, and is added to almost all refined products on the market. It's a type of excitotoxin – a poison that excessively irritates and stimulates nerve cell until it dies. MSG penetrates the blood-brain barrier and begins

destroying brain cells, and many of them are going to die before the symptoms of a disease develop. MSG makes cookies, fast food, ready-made soups and sauces, food additives, and other refined products “taste good”, so that people “can not stop eating them.” If we’d put it in garbage, it would also be delicious. MSG causes a wide variety of diseases – from multiple sclerosis and hyperactivity in children, to epilepsy, deafness and brain tumors.

White sugar is refined sugar that is structurally simple and quickly enters the bloodstream after consumption, giving immediate energy to body, but is equally harmful as are the products on caffeine basis. The best sugars for man are complex sugars contained in plants, which are slowly degraded in body, entering the bloodstream provide energy to body over an extended period of time.

Harmful effects of white sugar consumptions are many, and we’ll only mention its negative effect on the immune system. Stu-

dies show that the ability of erythrocytes weakens as the use white sugar rises. In the table below we see that respondents who didn't use white sugar for a period of 12 hours, their each white blood cell could destroy an average of 14 bacteria. If the same person ate an amount of sugar equal to 6 tea spoons (half a cup of pudding), each white blood cell could destroy only 10 bacteria, and when 24 tsp of sugar (a piece of cake or a milk shake) were taken , white blood cells were so affected that they could destroy an average of only one bacteria. It is up to each one of us to guard our own immune system.

**SUGAR WEAKENS WHITE
BLOOD CELLS' ABILITY
TO DESTROY BACTERIA**

<i>Teaspoons of sugar</i>	<i>No. bacteria destroyed</i>
0	14.0
6	10.0
12	5.5
18	2.0
24	1.0

Healthy Nutrition

As we already said, anatomically and physiologically, man is herbivore and food that suits him the most is that of herbivores'. A variety of fresh fruits, vegetables, grains and nuts are the best source of nutrients for man.

The problem that some people have when eating plants are the poor eating habits that some people have and lack of knowledge about simple techniques to prepare delicious and healthy vegetable meals.

It is best to eat plants in their natural form. In order to become tastier, some plants need to be soaked in water, sprouted or grated. For example, cereals are much tastier if they are soaked in water until they swell and sprout. Oats and barley need just a few hours to soften and become very tasty, while wheat requires more than 15 hours in order to become soft and delicious. It is necessary to soak wheat in water

overnight, and then rinse it three times in water in the morning and leave it wet and wrung in a covered casserole, and then, every 3 to 4 hours, rinse the wheat again until it gets tender.

In order to swell or germinate grains or legumes (peas, beans...) we apply the above mentioned procedure until the plant swells or sprouts. Some plants require several days to sprout.

The combination of plants in diet is very important to satisfy the needs for all nutrients. Vegetable and fruit salad will not be able to saturate us, or to provide us with enough energy for a few hours. However, if we add some cereals and nuts in that salad then only two meals a day will be enough, three at most, to meet all our needs for food, including those engaged in hardest physical activities.

Grains are undoubtedly the most important ingredient in human diet. By eating grains we can get almost all necessary nutrients. Protein gluten, which is found in

most grains, is one of the best protein in nature (we will give a detailed analysis of the so-called “Gluten free diet” and its effects on the following pages).

Similarly, the consumption of nuts can meet our energy needs for more than five hours.

The best meals are those that are simple. An example of a simple meal is the combination of swollen grains and fruits. Just dip 300-500 grams of oat or barley in water overnight, rinse it in the morning (oats and barley are very practical because they quickly swell). Next, pour 4-6 tablespoons of cereals in the plate and add fruit of your choice (for example, apple and pear, or banana and peach, or some other combination), and the meal is ready.

Of course, this meal can be enriched by adding ground nuts. For example, two tablespoons of ground nuts and some spices of your choice, such as carob and cinnamon.

Everyone should eat as much as they wish. One can add a few more tablespoons of ground grains and nuts, as well as fruits and various spices.

Vegetable meals are made in the same way. Just replace fruits in above recipes with vegetables. For example, tomato and cucumber, and lettuce and paprikas. The rule is that fruits and vegetables shouldn't be mixed in the same meal, since their combination can cause bloating, diarrhea and other stomach problems. Green vegetables, such as spinach, chard, lettuce, nettle, etc, are an exception since they can be combined with fruit, as well as sour apple, which can be combined with vegetables.

For example, one can make a "meal in glass" by mixing all listed ingredients in blender, and if necessary, adding a little water. It is possible to mix green vegetable leaves and other ingredients.

Apple and carrot make a great juice combination. Squeeze five to six carrots in juicer with a sour apple. A good juice com-

bination is 50% carrot, 30% beet and 20% apple.

Juices can be used as an “appetizer”. Fruit-based juice may be a good introduction to fruit meal, and the same applies to vegetables. It’s not advisable to drink juice or water during the meal, or an hour after, so that digestive process wouldn’t be disturbed.

That’s why water or juices can be taken 15 minutes prior to meal, and not earlier than an hour after eating. If any kind of liquid is drank during the meal, the stomach must first absorb the liquid, and then continue the process of digestion.

It is best that the period between the meals is at least five hours, with only water being allowed in between. Just as the heart muscle relaxes between each beat, so do the stomach muscles have to rest for at least five hours between meals.

The evening meal should be light. Some fruits or squeezed juice are a good choice, so that the meal can be digested quickly

and that the body could get proper rest. Some people don't even have dinner and go to sleep with an empty stomach. This is even better, for those who can adjust to that.

With this diet regime, excess pounds are quickly lost, and with proper training it is possible to have very strong and durable muscles. It should be noted that inflated muscles, as a result of animal protein consumption are weaker in every aspect, have less stamina and are less healthy compared to muscle of vegans and vegetarians.

It would be good to take a walk after each meal, and not to participate in training or a match earlier than two hours after the meal. This will allow the body to digest the food for at least two hours and use the energy needed solely on training or match, and not on digestion. During the breaks, it's best to consume freshly squeezed juices since they don't require digestion, so that all energy can be used for activities during

the match, and juice will give you enough energy and nutrients for the extra effort.

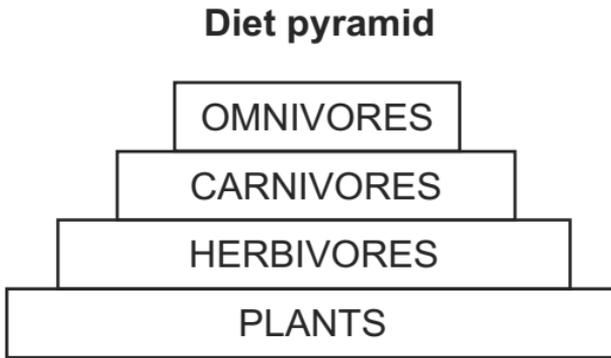
Everyone can make a simple experiment in only three days, and see for themselves how superior is the diet based on raw plants. Needless to say that via thermal processing (cooking, frying, baking) a large percentage of nutrients from plants is lost. That's why we recommend eating raw plants.

Of course, man has the ability to consume cooked food as well, and foods of animal origin. Great progress can be achieved by switching to diet that consists of 50% raw and 50% thermal processed plant foods. Visible progress, compared to animal-based diet, can be achieved if the majority of food is of vegetable origin, even if dairy products are consumed in small amounts during a week. It's also better to eat meat once a week, but by far the best results will be achieved by switching to 100% raw plant foods and that is the diet of the most powerful herbivores in nature.

For those who choose to occasionally eat meat, it would be highly desirable to eat only herbivore meat, as well as non-omnivore types of fish. On the next page we can see the diet pyramid, in whose base are plants, the only food producers on the planet Earth. Animals that eat only plants (herbivores) are second, and they are an alternative source of food for humans in the absence of plants.

Carnivores and omnivores are the third and fourth level of pyramid and it's not recommended to consume their meat. The same applies to omnivore fish, such as catfish, as well as crustaceans (seabed scavengers) and the so-called "seafood". Fish such as trout, carp, perch, pike, hake, etc, can be an alternative source of food for man. Birds that aren't predators can also be used in diet, such as chicken, turkey, duck, goose and so on.

For those who can not give up pizza, lasagna, potato chips, cocktails, etc, we recommend recipes in the appendix where all



the above “specialties” and many others can be prepared from raw and fresh plants, without thermal procession.

The so-called “Fluten Free Diet”

3500 years ago, Egypt held a leading position in the world of medicine. Famous Ebers papyrus - Egyptian medical book of the time, reveals a number of techniques and methods of treatment that were used at the time. Let’s look at some of them.

“In order to prevent the appearance of gray hair, hair should be coated with the blood of a black calf boiled in oil or rattlesnake sebum.”

Recipe for baldness: “If hair is falling, a good remedy is a mixture of six types of fat: horse, hippopotamus, crocodile, cat, snake and ibex. To strengthen it, hair should be coated with a mixture of donkey teeth crushed in honey.”

The document notes that one of Egyptian queen Shesh’s beauty treatment consisted of “equal parts of Abyssinian greyhound, date blossoms and asses’ hooves boiled in oil.”

To help the victims of snake bite, doctors of that time gave them to drink “miraculous water” - water that was poured over an idol.

In case of stone shard or flounder injuries that penetrated deep into the skin, they would treat them using worm blood and donkey dung.

Ebers papyrus contains hundreds of other “remedies”, made from “lizard blood, swine teeth, rotting flesh, pressed pig ear, goose fat, donkey hooves, various types of animal fat, animal secretions, as well as human, then donkey, antelope, dog, cat, and even fly dung.”

The use of such “medicine” led to high mortality of people of that time. The question is: Is something similar happening today?

America is the world leader in field on medicine. But in what kind of medicine? The data shows that inadequate medical service has become the third leading cause of death in U. S. Every year over 220,000 people in the U. S. die from improperly prescribed medications, adverse effects of drugs, unnecessary surgical procedures, infections acquired in hospitals, wrong therapy, etc. The same is with other “developed” countries. Never in human history has so much money been invested in medicine, never was there so many different

drugs and sophisticated medical equipment, but at the same time, there has never been so many sick people, with new diseases emerging every day, evidently caused by more and more destructive lifestyle of modern man.

On the other hand, some nations in Asia and Africa, labeled as “primitive”, living in natural environment and whose diet is composed of simple natural food, manage to live, disease-free for over 100 years. As if the modern medicine, based on selling expensive drugs and use of expensive and unsuccessful operations, become so powerless that it opened the door for various “treatment” techniques, which in many ways resemble to those of ancient Egypt. What is common to all these, today very popular, techniques of treatment is a highly problematic and scientifically baseless ideology that originated in East, with belief system that claims that two impersonal energies exist in the universe, opposed to one another, but eternally linked and mutually

reinforced. Apparently, it is necessary to balance these energies in everyday life and diet so that none of them prevails, all in order to achieve the ideal equilibrium. An excess or a deficiency of either of these energies in body causes a disorder.

Apparently, every phenomenon in nature, as well as the food itself, is characterized by a greater or lesser presence of these two energies (yin and yang). Thus, for example, the heat and summer and seen as yang, and so in order to be energetically balanced during this time of year, as well as in warmer regions in general, yin food, such as fresh and boiled vegetables with less salt, seasonal fruits and more fluid, is recommended. On the other hand, cold and winter are considered as yin, and that is why in this time of year in colder regions it's recommended to consume foods that are more yang and which, therefore, warm the body: baked, fried, boiled longer and more salty, as well as fish and legumes. In addition to cooking according to season, these tech-

niques of nutrition and treatment pay attention to other factors, such as body constitution or gender (women are supposedly more yin and men are more yang).

One such technique is “blood group nutrition”, whose postulate is that blood type is the “key to opening many hidden healing powers and energies of the body.”

Another similar unscientific and irrational treatment technique is homeopathy, based upon the principle that “like cures like”.

In other words, to a person who has problems with vomiting, homeopathy “expert” would recommend a plant or chemical substance that induces vomiting, having in mind that the effect of homeopathic medicine is stronger if the substance is administered to patient in smaller dosage. This would be the same as to tell that the less salt is added to soup, the saltier it gets. Homeopathy “experts” explain this alleged phenomenon with a mystical principle called “succussion” during which the transfer

of energy to homeopathic solution occurs.

Other similar techniques, such as acupuncture, acupressure, iridology, reflexology, etc, have a similar *modus operandi*. According to them, every object in nature and every creature has its own energy field (“aura”), and the cause of every disease is disorder of this field. And hence, once again, we need to bring balance to our energy field in order to be healthy, and that’s where these techniques come to play their parts.

“Energy experts” often use tools such as a pendulum, divining rod and plumb to supposedly identify the sources of negative energy, then advising people to move to their bed to “positive energy” locations so they could sleep better, or to eat food suggested by aforementioned tools.

One of the best-known and most popular techniques of harmonizing energy, which comes with a special diet, is the “gluten-free diet”. As we already said, gluten is one

of the best plant proteins that man can use. It can be found in wheat, rye and barley, less in oat.

Eastern “experts” use frivolous, primitive techniques to determine whether someone doesn’t tolerate gluten in his/her diet. It is sufficient that a person takes a product that contains gluten into one hand (for example, a piece of wheat bread), put it in front of the abdomen, and allegedly feel the energy loss and weakness when performing simple motions with other hand.

This whole charade got its “scientific confirmation” through blood test that “determines” whether the person is supposedly “intolerant” to gluten or any other type of food. To convince the ignorant, gluten-free diet “experts”, use the intolerance to milk example, a problem that 50% of the world population suffers from, justifying the alleged intolerance to gluten. As a reminder, in case of intolerance to milk, human body is unable to secrete enough of the enzyme lactase, needed to digest milk sugar lactose

from cow's milk. In this way, undigested lactose is causing problems in the intestines, such as gases, diarrhea, and cramps.

Something like that is to be expected since anatomically and physiologically man is a herbivore and cows' milk is food for calves, and not something our body was designed for.

On the other hand, it is not expected that one would be intolerant to consuming some herbal products, since we are herbivores. It would be the same as if we wouldn't let cows go to a certain part of the meadow, because "a special type of grass grows there to which some cows are intolerant." Also, there is no scientific explanation that could justify the omission of the best vegetable protein - gluten - from human food.

There are certain philosophical concepts, scientifically baseless, that promoters of gluten free diet use. One of them says that due to damage to mucous membrane of stomach or intestinal, immune system rec-

ognizes insufficiently digested food as a foreign body and produces no antibodies (antibodies are a way of foreign body labeling immune system uses to recognize them as a target to fight against). Blood analysis using ELISA test allegedly reveals certain antibodies that indicate that a person is intolerant to gluten and other plant foods.

The fact is that the ELISA can detect antibodies, such as the HIV virus, that the immune system recognizes as a foreign body, but it's completely unscientific, illogical, and unconfirmed that body produces antibodies to gluten, or any other plant foods.

Promoters of gluten free diet use examples of people who are allergic to some types of nuts (such as almonds) and some fruits (such as strawberries). Practice has shown that these people damaged their health, disrupted intestinal flora and caused damage to the digestive organs, and that this is why they can't tolerate certain plant food,

not because they are “allergic” to them. Once they change their lifestyle and switch to a healthy, plant-based diet, these people soon cease to be allergic to these plants and they start eating them without any problems.

In a similar way, those who damage the lining of the stomach with sodas, caffeine, alcohol and fatty foods may feel difficulties if they drink acidic fruit juices such as that of lemon, grapefruit and orange. But when they start eating healthy food and when stomach recovers, they can consume these citrus juices without problems.

The fact is that a lot of people are going to feel benefits if they remove grains from their diet since they only consumed processed cereal full of chemical additives. Such products acidify the body and should be avoided. But that does not mean you should avoid integral grains, unprocessed and uncontaminated by various flavorings, preservatives and artificial colors.

It should be noted that bread is really “empty” since it contains only 7% of the nutrients in relation to those present in integral bread. And when we add preservatives, MSG, additives and other chemical substances to flour (dough) we get a product that is not for human use.

One thing should also be kept in mind, and that is the placebo effect. When one does something wrong and is confident that he’s doing it for a good cause, genes temporarily respond positively to meaning assigned to something and he or she feels an improvement. However, placebo has only short-term effect.

There is also a special spiritual dimension integrated into this misconception which we’ll be discussed in more detail in next section.

In short, the so-called “gluten free diet” is one of many diets that will, like many before, only increase the number of sick people on our planet.

Healthy Habits and Rejuvenation

It is important to know that eating healthy foods and practicing healthy habits rejuvenates- the aging process is slowed down and people look younger than their peers that don't practice healthy habits.

The best study on this subject was conducted in California, when during a period of nine years, 7,000 people were analyzed in relation to seven healthy habits listed here:

1. Sleep for seven to eight hours
2. No eating between meals.
3. Never skip breakfast.
4. Maintaining proper weight.
5. Regular exercise.
6. Say no to alcohol.
7. Do not smoke.

During the period of nine years, these people were monitored in regard to practicing these seven healthy habits. After this period, it was observed that the mortality rate among those who practiced three or less healthy habits was up to 20%, while among those who practiced all seven habits was only 5%.

Another aspect that was monitored was “health age”. The table on the next page shows this study’s results in relation to health age. For example, a person aged 30 years who practices enough healthy lifestyle habits can have the same health or physiological age as an average 19 year-old person, which is manifested through physical appearance (the person looks 11.1 years younger). This is why we say that this person has a “health age” of 19 years. On the other hand, if a person is 30 years old, but leads an unhealthy life, his/her health age can be 47 years old (this person looks almost 17 years older). In other words, health age may be greater or lesser, depend-

HEALTH AGE RELATED TO LIFESTYLE HABITS

For men and women

Age	Habits 0-2	Habits 3	Habits 4	Habits 5	Habits 6	Habits 7
20	+14.3	+7.4	+0.5	-1.1	-4.2	-9.4
30	+16.9	+9.1	+3.0	-0.6	-4.7	-11.1
40	+19.4	+10.7	+5.4	-0.1	-5.2	-12.9
50	+22.0	+12.4	+7.9	+0.3	-5.7	-14.7
60	+24.5	+14.0	+10.4	+0.8	-6.2	-16.4
70	+27.1	+15.7	+12.8	+1.3	-6.8	-18.2

ing on the number of lifestyle factors practiced.

We'll now elaborate on each of these healthy lifestyle habits recommended in this study.

1. Sleep for seven to eight hours. Our health is related to nature surrounding us. Those who want to achieve optimal health should follow the established natural rhythm. There are various types of bio-

rhythms in our body, such as monthly (women), and the most important is circadian or daily rhythm that follows sunrise and sunset.

Body recovery and healing processes are particularly active during sleep. Rest is also important to cell multiplication, especially for the immune system cells. Cell multiplication is also important for growth, and cell proliferation requires growth hormones.

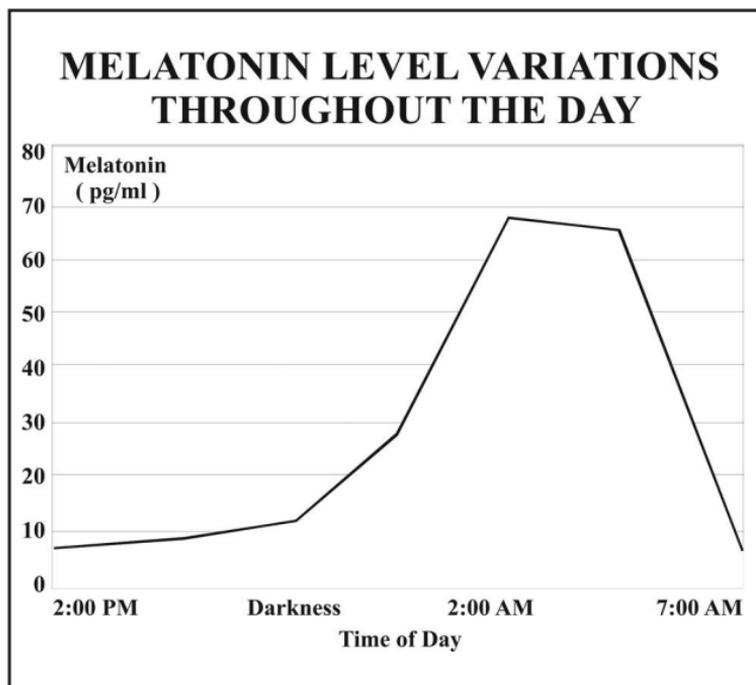
Upon sunset, our bodies increase secretion of the growth hormone, as well as the hormone melatonin, which renews and regenerates our cells. Sunset is also the moment when man should begin his rest, in order to fully and successfully regenerate.

If a car needs to be repaired, and we continue to use it, we'll just cause more damage. The same is with man – if one doesn't rest when he's supposed to, he'll damage his health.

The graph on the next page shows the variation in melatonin secretion (hormone that rejuvenates and regenerates) in our bodies during day. We note that its increased secretion begins at sunset, reaching its peak two hours after the midnight. Increased secretion lasts until the sunrise. The conclusion is simple: it is ideal to rest in the same pattern that was dominant about 100 years ago when almost everyone went to bed between 8 and 9 pm, waking up at 5 and 6 o'clock in the morning. People followed that life cycle while the majority of population lived in the countryside and were engaged in agricultural jobs.

However, modern man, among many other bad habits, has little knowledge about this important topic.

In addition to daily (circadian) biorhythm there is also a weekly (circaseptan) rhythm. It would be very good if a man rest for one day a week. In addition to night sleep and rest for one day a week, it is necessary to rest each day for a certain period of time.



Resting doesn't mean absence of every activity, but rather employing one's mind with noble things, that will lift our spirit and encourage us. Activities such as, hanging out with good people, reading good literature, listening to spiritual music, etc.

The experience of many athletes is that when they go to bed early, they more easily train tomorrow and feel much fresher and more powerful. This model of rest can be easily tested, just like diet, and we can quickly see how many good this it can bring.

2. No eating between meals. We have already stated that the digestive system is made up of many muscles that need rest. And as the heart rests in the short period between beats, so do our stomach and digestive system need a rest between meals, that shouldn't be less than five hours.

3. Never skip breakfast. The habit of many people today is to have a plentiful evening meal, but very poor breakfast. The consequence is inadequate night rest because the body, instead of resting, is forced to digest. Also, after a heavy dinner, the body has no need for a plentiful breakfast, and many don't have it at all.

Studies show that breakfast is the most important meal in human diet and regular breakfast helps our mental capacities, pre-

vents weight gain and lowers the risk of heart failure.

In one study, obese patients who had their last meal eight and half hours before sleep showed best results in reducing overweight kilograms. In this way, they got used to having good breakfast and lunch, with no need for dinner, which proved to be very useful. Statistics show that the majority of heart attacks occur in morning between 7 and 12 am. Platelets, body cells responsible for blood clotting, become “stickier” in morning before breakfast. This increases the tendency for blood clot, which, if it occurs in a heart blood vessel, leads to heart attack. Breakfast prevents platelets from becoming stickier, thus reducing the risk of stroke.

Breakfast is also important for learning, memory and good physical condition, both children and adults. Also, breakfast is crucial for maximum efficiency, both mental and physical. Studies show that people

who eat breakfast have better mood and improved scientific capabilities.

4. Maintaining proper weight. For every excess pound our body needs to create four kilometers of blood vessels that the heart has to feed. Therefore, not only do the excess kilograms add an additional burden on our muscles and bones, but we also create problems for our heart. There is a connection between overweight and a number of degenerative diseases. However, if we eat healthy food, in proper time, and if we're physically active, then there is no way we could become obese. Plentiful breakfast and lunch, with mild dinner and at least five hour breaks between meals, accompanied by adequate physical activity, is the best model for maintaining proper weight.

5. Regular exercise. This healthy habit is a part of every athlete activity plan, but like everything else, if inadequately practiced, it can become a big problem. Exhaustion in training can impair one's physical and

mental health, and if, accompanied by inadequate nutrition and rest, can lead to fatal consequences.

6. Say no to alcohol. Alcohol is harmful even in smallest amounts and it's not something we recommend. Studies show that only two alcoholic drinks a week cause visible negative changes in human health. Alcoholism, an unhealthy diet, inadequate physical activity and tobacco use, are the leading cause of death in the modern world.

7. Do not smoke. Not only that is very important to avoid smoking, but it is necessary to avoid "passive smoking"- staying in room where others smoke, because secondhand smoke can cause dramatic consequences to human health.

Conclusion

Medical practice recorded a case of man who had cancer and who refused to be treated in conventional way because he lost the trust in official medicine. Since he knew that goat is a clean animal which carefully chooses what to eat and drink, he decided to follow and imitate the animal - he ate and drank what the goat ate and drank, he was physically active as a goat, spending time outside, went to sleep on time, and he detoxified his body- and was cured.

The Bible says: “But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. (Job 12:7,8).

By simply returning to nature and learning about its laws, endless possibilities in the area of health, strength and endurance open up in front of us. Just a few days of

healthy habit implementation is needed to experience great positive effects. If these habits are initiated by healthy and strong motivation, the results achieved can assume characteristics of the supernatural.



The Motivation for Success

For those who are amateurs, their main motive for sport activities are health and recreation. However, for those who are professionals, the main motive for doing sports is something else. First of all, it's about money, and then fame.

It should be said that by solely pursuing more money, athletes lose most of their freedom because manager agencies and clubs decide on important questions such as: Where will he play and live? Will he be sold to a club or not?

Sometimes managers and clubs determine what clothes athletes are going to wear outside sport arena, what they'll eat and what car they'll use, because the club signed a contract with a sponsor. Of course, athletes receive money for all of this.

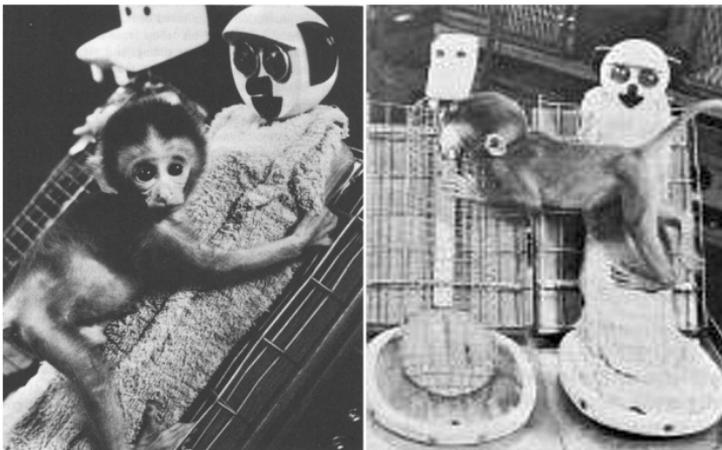
The question is: Can money and fame truly motivate a person to give their best on the sport field? And a question that is related to this topic: Can pursue for money and fame impair athlete's health?

Dr. Harlow of the Wisconsin University conducted experiments that could give answers to questions above. He analyzed the behavior of baby monkey separated from its mother. He placed two dolls into cage, one of which was plush and beautiful, and resembled mother monkey, while the other was wired and ugly, and didn't look like mother monkey, but it had a bottle of milk attached to it. Dr. Harlow observed which doll the little monkey is going to choose. He approached the plush doll (Picture 3, left).

When it got hungry, youngster, still clutched to stuffed doll that reminded it of its mother, stretched over to ugly doll and drank milk (Picture 3, right), and then returned to doll that looked like its mother.

Based on this form of behavior, Dr. Harlow concluded that the need for love is stronger than the need for food. Note that the need for food is one of the strongest and most important needs of all organisms in nature, including man. But there is something more important than food, and that is love. This is particularly the case with man.

The vast majority of athletes signs lucrative contracts and play for big money, not because they have nothing to eat, but because they want to buy some things that



Picture 3. Experiment with young monkeys conducted by Dr. Harlow.

they believe will improve the quality of their life. Nice car, a house equipped with all the necessary technical appliances, money to travel the world, applause and respect of the crowd, and things like that, can represent a strong motive for someone to play sports.

But what about someone who's in sports in order to survive, as is the case with many athletes from the "third world countries"? In their homeland, many are starving or are on the edge of poverty. The motive of such a person to engage in sports is to feed and survive, and his motivation is much stronger than that of those who play so that they could buy good cars, luxury homes, fame and fun. Urge to eat and survive is stronger than the need for luxury items and entertainment. Hence, an athlete from a famine-riddled country is more motivated to win than the one that seeks entertainment, luxury and fame.

Of course, it's not necessary to be born and grow up in a famine-riddled country

to be especially motivated to do sports. Money itself is neutral, even when we speak about huge amounts, and whether the money will be used in a good or bad way depends on the character of the person who has it.

As we have seen, the need for love is stronger than the need for food, so it is of less importance whether an athlete is from an economically richer or poorer country. If an athlete from economically rich society is motivated by love, his motive for doing sports will be stronger than that of a person doing sports to survive.

We saw that man was not created to live alone. If he has no friends or family, if he doesn't have anyone to live for, he is going to become sick and depressed caused by feeling of meaninglessness.

Imagine a person that sees sport like any other business through which he wants to enable conditions in which his loved ones can prosper and be happy. Like any doctor, engineer, food manufacturer or a shoe-

maker, this athlete has parents, friends, family, wife and children he wants to take care of like any other man does. While he's training or playing a match, this athlete thinks about his parents to whom he'll provide adequate care and treatment, about his wife, and how they'll together raise their children, how he is going to provide conditions for family expansion, or to help his relatives and friends to be more successful in their own business.

In other words, this athlete is motivated by love. Of course, his motivation is stronger than that of an athlete that does sport in order to survive, and is much stronger than that of athletes that dreams about having "partying all the time", casinos, night clubs, brothels and similar places.

There is another way how athletes can be motivated by love. It is the love for their homeland. All athletes have that love deep inside them, and majority of them didn't suppress it and enjoy being a part of national team. They often see national team

games as a war on the battlefield in which they want to be heroes fighting for their people.

In the experiment conducted by Dr. Harlow, baby monkey knew that the doll he was holding to isn't its mother, in the same way as a little girl playing with a doll knows that's not a real baby. However, in the absence of real mother or baby, it is possible to assign meaning to something that is very reminiscent of them, sufficient to activate genes and create a feeling similar to real one, because as we have seen - genes respond to meaning we assign to something.

Similarly, athletes can assign the meaning of battle for his family and homeland to a match, and thus be especially motivated - motivated by love - the strongest motive there is.

We have seen that if a person achieves the purpose and meaning of existence his/her potentials are manifested more and more powerfully. People often choose to do what others consider to be important,

while that is, in fact, far from the truth. This leads to stress and depression. But, since the majority think so, many try to do achieve what others believe is crucial. In this case, there is no real spark; hence, there is no real inspiration and motivation.

When a person does something that has no sense, he starts thinking about leaving it and doing something else that has true meaning. Sooner or later, one will have to be honest and admit mistakes.

Legendary tennis players Boris Becker admitted that he found no sense in doing sports, even though he had everything that most modern athletes aspire to. He admitted that he was on verge of suicide.

Another successful athlete admitted: “When you get to the top, you’ll find nothing there.”

An athlete who doesn’t live for anything meaningful, elevated, who missed the purpose of life, must be unhappy and stressed. Therefore, it is important to assign true

meaning to every job, in this case the sports, and realize that good sports result is a way of achieving a higher goal – giving love to those we love and care.

An athlete can lose a game, and still be a winner - to delight those he loves. For his mother, the most important thing is that her son remains unharmed and doesn't embarrass his family in any way, while victory is of secondary importance. Those who truly love the person who competes will watch every match in the same way. And for those we love it's worth living and fighting for, not just on the sport field, but also outside it.

On the other hand, those who are selfish love athletes because they see them as way to achieve their selfish goals. To many club owners, managers, as well as to many fans, the most important thing is the victory of their team, while athlete's health has no importance compared to victory.

Sport can sometimes be very difficult and hard, like other things in life, but if are in-

spired by right motive, then even the toughest obstacles can easily be overcome. A good example would be the case of a girl who fell into a deep depression, and whose kidneys began to fail as a result of great stress, since her parents forced her to play the piano, which she despised. She practiced unwillingly, and her parents constantly criticized and belittled her for her bad grades, while her brother got all the parents' attention, love and praise because he was successful in playing the piano. The girl believed her parents do not love her, which had a very adverse effect on her spirit, and her health was greatly damaged.

Her father consulted a doctor and he explained that they were the cause of her daughter's illness. The father had no idea. He immediately went and apologized to his daughter, hugged her and said she never has to play the piano again, and that she can choose to do whatever she wants with her life, and that he would support her in everything. The girl reacted very positively

to her father's expression of love, and fully recovered in just a few days. And then, in response to her parents' love, she decided to do something that will delight them the most. She continued to play the piano, but this time with great enthusiasm, because she saw that this is the way to make her parents happy and return the love they provided to her.

It should be noted that giving love is very healing and useful. Useful - giving love enriches us, since we acquire the greatest wealth - true friends who recognize the true values of life and give meaning to our lives because we have someone to live for. Healing - because giving love activates special genetic mechanisms that make us extremely resilient, tough and strong.

Value system imposed on us persuaded many that their career will end soon after their 30th birthday. When they are 50, many believe that it's normal to be sick, while those who are 70 believe that they are nearing the end of their life. In this way, people

assign a wrong meaning to their age, automatically negatively impacting their genes.

Studies show that if a person lives a healthy life, in natural conditions, he or she can easily live 120 years. We saw how practicing healthy habits rejuvenates man, mostly those who are eldest among us

It is well known that many people often get sick when they retire because they have nothing to live for. Those who have nothing get sick, since this is greatest type of stress, although people tend to deny that. Notice that feeling of meaninglessness is the worst form of stress. But when one discovers what to do and finds sense, then he can be happy once again.

In a similar way, many athletes “retire” when they are 30 or so, spending money they earned. They start to deteriorate since they aren’t doing anything useful. Instead, upon ending their professional career, former athletes could achieve even greater success by transferring their experience and encouraging young athletes to work

even harder and have greater success than those their teachers had. Considering their life and sport experience, this is something they certainly can do.

Also, they can use their experience in sport and life to any other form of activity and work, and be more successful, because now they are more mature and wiser. Of course, if such activities are not in function of an elevated goal, there won't be true success, which is going to be manifested through dissatisfaction and disappointment, depression and stress.

In experiment with monkey, Dr. Harlow then took the mother doll out of the cage and left the monkey alone. He noted that monkey went to place where its "mother" used to be. Obviously, this place had a significance to monkey, and its genes reacted positively to that place.

This phenomenon is noted in other life forms, particularly in man. Many temporary workers abroad, "live" for those two weeks a year they spend in their country,

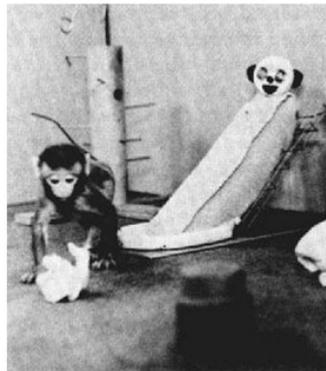
in their home, with those who love them. Even when he has no living relatives in his hometown, if they all died or moved away, this person will love to spend time in house he grew up and where he received love, because even the empty house holds a meaning to which his genes that trigger specific positive mechanisms in his body.

Similar is the case with many athletes who are unhappy because they are not with their loved ones, but do not have the strength needed to change that, to invest their money in their loved ones, to enable their relatives and friends to be with him in a foreign land. Therefore the quality of their life is rather low and their motivation much lower than it could be. However, to do something that “no one does” in fear of their environment reaction, is often a too great burden for many.

In the third faze of the experiment, Dr. Harlow put in an unusual object into the cage. This object scared the monkey and he lay curled up in a place where his “mo-

ther” was (Picture 4, left). Then he put back the mother doll into cage. This encouraged monkey to attack “the enemy” (Picture 4, right).

As before, this is something that is common to all living things. In the presence of someone who loves us, we receive special encouragement and stimulant - a special motivation to act. Even when we are separated from our friends or loved ones for a longer period of time, we have the Book of Love always at our disposal that we received from our Heavenly Father, which can inspire us, and recognize God’s presence in our lives. It is the Holy Bible.



Picture 4. Monkey without and with its “mother”.

Studies show that religious people are much healthier than those who don't believe in God, that their recovery process is faster and that they use less analgetics, antibiotics and other drugs in the healing process.

Being religious is a very good thing in the area of motivation. People who do not know God are hampered because they believe that many things aren't possible, as their way of thinking is strictly naturalistic. Those who know God know that many things are possible, and that anything is possible if it is acceptable with God. When a person believes that something is impossible, then he/she won't act in that direction to make it happen, thus "tying" God's hand. But when one believes that something is possible, and acts to achieve that, then anything is possible. That is why it's important to be aware of the truth and know what is possible and what is not.

Modern Sports

Situation in modern sports is not very different from that of politics, science, medicine, culture, religion or any other area of human activity. Those who lead our society have adopted a materialistic value system, so that everything is measured through money, and not through spiritual values. However, biblically speaking, those who run our global society are the “least bad” compared to the moral condition of the people. In this way we can see God’s finger which keeps the society as “good” as possible, so we should not be surprised by one of God’s commandment that says “we need to respect every authority”. This does not mean that we should be like them, but we need to operate in accordance with the environment in which we live in the best possible way.

The question is: how to achieve sport success in a situation where events in the sport and around it look like a lake full of hun-

gry crocodiles fighting over a piece of meat?

The fact is that if an athlete does not have someone behind him - it's hard to reach the top. Those who don't have anyone to back them up need to be a lot better than those players who do, in order to get an offer to play for a better club and to achieve some notable results. Sometimes it is necessary to start playing in lower league competitions, and attract attention of those who run the sports with good results.

Maybe the situation is a bit easier to athletes in individual sports, such as tennis or athletics, because it is possible to train individually, but even there it is very difficult to participate in competitions if a club doesn't backup the athlete. Then again there is the question of conditions for giving support.

When a player gets a chance to play on the big stage, he usually doesn't have an opportunity to choose a lot - he's offered a contract under certain conditions, which he

usually has to accept. And in most cases this is the only way to achieve a result that could get a player into a situation to set some conditions. These conditions are primarily in the area of spirituality, personal life and motivation. Then the player can choose in which country to play - to select the country in which moral standards are higher. Next, the athlete could finance the arrival of his family and a number of friends in the city and country where he lives, to constantly be surrounded by those who love him, and thus be more motivated to engage in work he chose, in this case the sports, and to enjoy it.

An ancient proverb says: "What good is it for someone to gain the whole world, yet forfeit their soul?" The same applies to sports; it is very important to recognize true values, to learn what is the purpose and meaning of life, and that everything he does leads to happiness, health and prosperity.

Spiritual and moral state among those who run the scene is far from good. Their moral state is reflected on athletes, as well as on spectators and sport fans. Studies have shown that the more children were involved in competitive sports, the more they develop negative character traits. Children considered cheating important, violent behavior justified and expected, they wanted to replicate illegal tactics used by pros they saw on TV. Also, studies have shown that quarrels were frequent during children's sports competitions, even fights broke out, that children would often start crying, mainly because they felt bad for losing, and self-sacrifice and devotion were greatly reduced.

A study of athletes on U. S. colleges analyzed over a hundred cases of rape, attempted rape and sexual abuse that happened at these colleges. On ten colleges surveyed, 19% of assaults were committed by male athletes, even though they made up only 3.3% of the total number of stu-

dents. This suggested that the athletes were exposed to more than five times greater risk of practicing violent behavior. The scientist who led the study concluded: “When you are trained to be violent, it can also influence your personal life.”

Of course, there are exceptions. One of the tasks of this book is to demonstrate that with an adequate attitude to sport and spiritual health care, we can become double winners - on the sport field and in everyday life.

Good trainings and good habits practicing, including healthy and high-quality motivation based on elevated goals, give athlete an opportunity to acquire the potential to be invincible in the sport field. But there is something that is very important. The man is different from animals because we have dignity, a likeness of The Being who gave us our lives. To preserve dignity is more important than victory. This creates all the preconditions needed to defeat your enemies by making them your friends. Protec-

ting your dignity is the most important form of health care. Genetic mechanisms that give calmness, strength, concentration and, generally, better health are activated in those who protect their dignity and morale. But, it's impossible to protect dignity if a wrong value system is chosen.

To those who care about elevated things, it's better to lose a match with dignity, than to win by cheating and playing dirty. But those who believe that "history only remembers the winners" will do anything to win. Here it should be noted that there is also the other history that people who care about morality remember. As we have seen, only they can be truly happy and satisfied, and be our true friends. There is that false happiness acquired through doping.

Spiritual Doping

False happiness is easy to reach. You just take a drug and feel "happy". Drug taking, of course, causes diseases. Aside from that,

one drug quickly lead to body seeking stronger stimulus that damages health even more.

One of the characteristics of drug is its short-term effect that gives a false sense of power and satisfaction. What is particularly problematic is that many drugs are now legalized and athletes are convinced that they are not harmful to health since they are allowed. We have already mentioned caffeine, energy drinks, alcohol and other products that are very harmful. New products appear all the time on the market. Athletes believe that those are mineral and vitamin supplements, while in fact those are synthetic product that temporary provide strength, but actually, they damage health. We won't speak further about them, because we already analyzed them it in this book. Instead, we'll focus on a much serious problem - spiritual doping.

To better understand this problem, we'll analyze an event that one and a half century ago shook the world of medical sci-

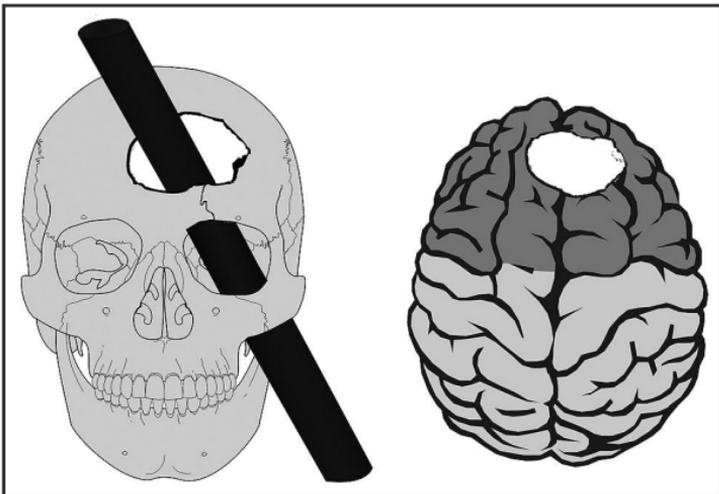
ence. On September 13, 1848, then 25-year-old Phineas Gage was working as the foreman of a crew preparing a railroad bed near Cavendish, Vermont. Explosive powder was put into holes, then sand, and that mixture was crammed into the rock using iron rod. Then the fuse was lit, and using dynamite and explosions, large bumps in the ground were removed.

That day, a routine job turned into a disaster. Obviously, Phineas' assistant didn't put sand over explosive, and Phineas directly hit explosive and an unplanned explosion happened. Heavy iron bar 6 kilos hard, 90 cm long and 2.5 cm long hurled at high speed toward Phineas Gage's face, went through his left cheekbone, behind the left eye, through frontal lobe of the brain and flew several meters away (Picture 5).

With a lot of luck, this young man survived. He was briefly stunned, but quickly regained consciousness and began to speak, and with the help of his friends he started walking. There was no infection

and after a few weeks Phineas returned to work. The only physical signs of injury were loss of vision in the left eye, a scar under his left cheekbone where the rod entered, and a scar on the top of the head where it came out. There was one big problem: he was no longer Phineas Gage.

Before the accident, Phineas was known as a good, responsible and intelligent worker and husband. He was very pious, and his company described him in reports as “the most efficient and most competent supervisor” they had at their disposal. After the injury, Phineas looked equally physically fit



Picture 5. Phineas Gage injury.

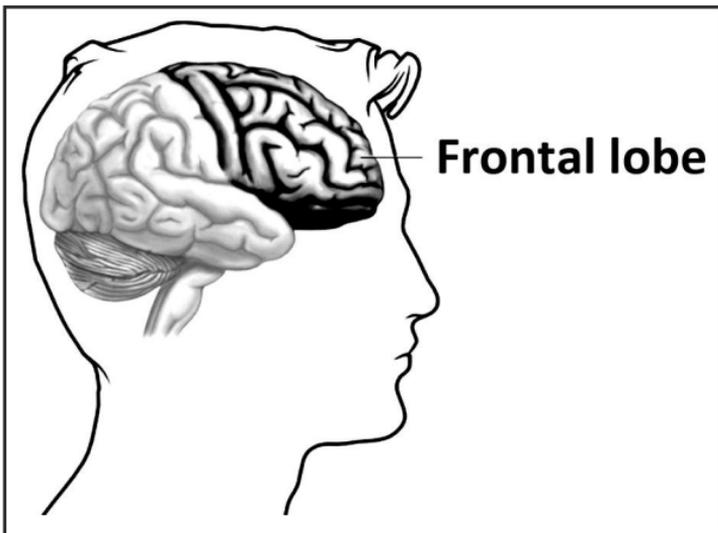
and mentally intelligent. He could work and talk as good as before the accident - his memory was not affected.

But some important things were different. His moral decline was immediately visible. He lost all respect for colleagues, he would quickly get angry, and was soon sacked because he could no longer responsibly perform his duties. He lost all interest in religion, and he soon left his wife and family and joined a traveling circus. He died 13 years later.

This event has encouraged scientists to pay special attention to brain function in the area of spirituality. It is known that the brain is made up of several parts or lobes, and the largest lobe is located above the forehead - frontal lobe, which makes 33-38% of our brain. Centers for evaluation, reflection, intellect and will are located there. It is the control center of our body, and that is why some scholars refer to it as “the crown of the brain” (Picture 6).

Therefore, man's nature, spirituality, morality and willingness are directly dependent on the state of the frontal lobe. This part of the brain makes us superior to animals. Animals have better hearing, vision, coordination, etc., because they are created with a specific purpose, but in terms of the frontal lobe, man is superior.

A cat's frontal lobe makes up 3.5% of its higher brain anatomy; a dog has a 7% (that's why dogs are easier to train). In animal world, chimpanzee has the largest frontal lobe - 17%.



Picture 6. Frontal lobe of the human brain.

Damage to frontal lobe doesn't only occur in case of physical injury, as in the case of Phineas Gage. Brain damage can be caused by alcohol, tobacco, caffeine and unhealthy diet, not to mention the harmful effects of illicit drugs (marijuana, heroin, cocaine, etc.). Although brain makes up only 2% of our body weight, it hosts 15% of total metabolic processes.

What is particularly dangerous to frontal lobe, and generally, are the spiritual drugs that we call "spiritual doping". They are all legally allowed and massively used. The most popular among them are special "relaxation" techniques, such as yoga and meditation, or watching destructive television programs, listening to destructive music and so on.

What is common to all these activities is that they put a person into a state of hypnosis and trance. Professor of medical psychology at the University of California, Dr. Freda Morris, who wrote several books on this subject, describes the state of hypnosis

and trance as “concentrating the mind on one thing, like a bird which gazes at a snake.” While under hypnosis, a person does not pay attention to anything else. Source of hypnosis can often produce a state of quietness and calmness, free from any external interference. Then using sources of hypnosis or trance, patients are able to concentrate “at a certain point”. Once you enter the hypnotic state, patients are encouraged to follow what their source of hypnosis says.

When their brain waves activity was measured using an EEG (electroencephalogram) during this process, it was observed that a person loses beta waves in the brain under hypnosis. Beta activity indicates to critical thinking when frontal lobe is active. In hypnosis, only alpha brain pattern is active, in which people cannot critically analyze the information received (beta waves have higher frequency than alpha waves). In this state, the person receives information and suggestions without critical ana-

lyzing, interpreting and filtering them through frontal lobe. Dr. Freda Morris describes yoga and meditation as “self-hypnosis” techniques that are very dangerous as means to eliminate stress and other health problems.

To achieve the best results in whatever we do, our brain needs to be active - to be in beta brain rhythm. When a man listens to a rhythm of music that leads him into a trance, or is possessed by a television program that he follows every day (TV show, pornography, horror, violence, etc.), or uses “relaxation techniques” such as yoga and meditation, there can be a temporary sense of relief and relaxation while diverting our focus from certain stress sources, but it does not solve the problem of stress, nor does it improve health. Studies show that people who practice yoga and meditation and other “problem-escaping” techniques, cause increased activity of the nervous system and the secretion of adrenaline, as well as increased cardiac activity,

which is very similar to effect drugs have and that short-term sense of satisfaction they provide, accompanied by damaging health state and stress increase.

It can also be easily seen by measuring electrical resistance of the skin. When a person is emotionally tense, skin resistance drops and more easily conducts electricity. The famous “lie detector” works on that principle.

It is easy to see a big difference between healthy and unhealthy spirituality with this type of measuring. When a man reads the word of God written in the Bible, prays to a specific Being (God), brain actively operates in beta mode, and the instrument shows the increased resistance of the skin. However, if “Eastern rayer” is practiced, also known as the “mantra”, where a sentence is repeated a number of times without thinking, and when spirituality is just a technique of escaping from reality (by focusing on an imaginary point) - the alleged attempt to connect with the impersonal

energy of the universe, instead of communicating with a living being (God) - the instrument clearly shows enhanced neural and cardiac activity, as well as low-frequency alpha brain state.

Thanks to alpha brain state, that occurs if these techniques are practiced, in which the brain doesn't critically analyze information that it receives, scientists have warned that there is a possibility of potential mind control of those who are practice yoga and meditation. Similar manipulation through music and film is widely known.

A Step Further

People who are religious can make a step further in the proper understanding of the dangers and hazards of spiritual doping. It should be noted that many of today's scientists are atheists, which means they do not deal with religious phenomena. They think it is nice to be religious and that reli-

gious people are healthier than those who aren't, and that's all.

Because of this passive approach to religion, athletes are left to choose whether to be atheist or religious, i.e. to choose what religious concept they'll accept. Practice has shown that the majority of athletes accept Hindu religious concepts, in any of its many forms, although many claim they're not Hindu believers per se.

Yoga, meditation and other "religious techniques" that come from Hinduism became extremely popular in modern sports, and other areas of society, and all the media and many celebrities praise these techniques.

Many athletes do not associate these techniques with religion, because they believe that there is energy in the universe that we can reach and use with the help of these techniques.

Unlike many modern scholars, scientists who laid the foundations of science, such

as Newton, Kepler, Maxwell, Faraday, Pascal and others, had a very different attitude toward religion. In fact, they claimed that the science clearly shows that there is a Creator (God), and that He wrote a simple manual on how we should live - in form of a book which is the world's greatest best-seller.

Science has confirmed the accuracy of the information about nutrition and other good lifestyle habits written in the Bible. However, God through the Bible gave instruction concerning our spiritual health and He informed us of the existence of the spiritual world.

Picture 2 (page 11) shows the structure of human body. We can positively influence our mind by practicing good lifestyle habits, while those that are bad can have opposite effect. Speaking in biblical terms, if we do good things in life, and we have correct attitude towards purpose and meaning of our lives, then the Spirit of God inspires us and we feel very invigora-

ted, encouraged and inspired, and that, naturally, has a positive impact on our health. But if you practice bad lifestyle habits, contrary to the purpose and meaning of human life, such as unhealthy diet, techniques of self-hypnosis, or something else, a person becomes obsessed with demonic spirit.

The Bible gives us information about the existence of spiritual beings called angels, created before man was. Some people are against God, but also, some angels are too. They are called demons and they are more dangerous than any man can be. They are usually invisible to human eye, but can materialize or present themselves to people in form of illuminated being. Their effect is strongest when people are not aware of their existence, and are obsessed by them.

If we speak in legal terms, the demons claim people who live unhealthy and immorally, and those who abide the laws of physical and mental health are particularly inspired and protected by God.

So, there is inspiration (God's Spirit) and obsession (demons). The highest form of motivation is the inspiration by The Spirit of God, but this can only be achieved with adequate health activities that are in line with purpose and meaning of human life.

On the other hand, a person may consciously or unconsciously invoke demons and be obsessed by them, allowing temporary success in a sport they participate in, or a sense of satisfaction, but the consequences will be grave, just like with drug use. Studies show that those who practice yoga and meditation often have the same experiences like drug addicts who use hallucinogens, such as LSD. They describe their experiences as "journey through space, visiting other planets and galaxies", and throughout all these trips they have a "guide" who communicates with them. These are classical demon experiences, where evil angels create beautiful vision that people believe really exist.

The most difficult thing that can happen to man is to become crazy. Conditions such as paranoia, depression, panic attacks, and other forms of psychiatric disorders are other names for demonic possessions. Since many doctors accept atheism, this type of diagnosis is unknown and unacceptable to them, and the only therapy they can offer are pills that hold these patients in a semi-conscious or dormant state where that they can't feel the effect of demons in their minds. The problem can only be solved by appropriate, healthy lifestyle and prayer.

The Greatest Drug

Studies show that one of the things that hurts man the most is breaking up with his/her partner. In most cases, people more easily cope with the death of their loved ones, than breaking up with partner. In other words, the most used drug in modern world that very powerfully destroys man's physical and spiritual health in

particular, is premarital and extramarital sexual relationship, which usually involves sex.

State of love in which people get (and many are constantly in this state), and premarital and extra-marital relationships in which they engage, can be compared with a state of trance and hypnosis, which we've already described. Brain of a person in love functions in alpha mode. They do not critically analyze what is happening to them. The consequences are dramatic, manifested through breaking relationships and divorces, which are often accompanied by cutting every tie with siblings and friends, great spiritual traumas, and even suicide.

And just as there are healthy and unhealthy way of nutrition, train and resting, there are also healthy and unhealthy ways to practice sexual intercourse. It is not necessary that a person practices unhealthy sexual relationship and get hurt. All it takes is to have a sick relation in form of falling in

love or just “finding someone cute”, and that person can get hurt.

A healthy sexual relationship involves brain activity in beta mode, when abilities of a person of the opposite sex are critically analyzed and evaluated through the prism of achieving the purpose and meaning of life, the concept of creating moral individuals, or, in this case, physically and spiritually healthy children. Until a hundred years ago it was normal for young people to think well of these things and consult elder and more experienced relatives before they make a decision to enter marriage. People use to be much healthier - especially spiritually.

The physical aspects of sexual abuse of human potential should also be noted. In one famous medical example, a girl had sex with only one man and thought she was safe from venereal diseases. She was shocked when her doctor informed her that she has a serious sexually transmitted disease. When she tried to find out how she

was infected, it was discovered that her boyfriend, prior to their relationship, had intercourse with just one girl, who slept with five men before she met him. These five men, in turn, had sex with nineteen women, some of whom were prostitutes. So the girl infected, convinced that her relationship was limited to one young man, in fact, had been in contact with at least ninety-two persons!

The fact is that a number of sexually transmitted diseases exploded worldwide as a result of rejecting natural laws concerning sexual intercourse, and this is another reason, besides the spiritual aspect, why we should pay particular attention to this health aspect. At the same time, a healthy sexual relationship can be a powerful source of motivation if properly practiced. Being the spouse of a person who adheres to moral laws and a parent of healthy children born within such a marriage, are some of the most wonderful things that a person can experience and one of the strongest

motives that can influence any man, regardless of his profession.

Certainly, those who are not married can be strongly motivated to achieve top results, if they assign the true meaning to whatever they are doing. This will also result in good health, happiness and pleasure in life.

We could name many other medical examples that show the importance of assigning the true meaning to what we do. For example, nurses who treat their patient conscientiously and with love, are generally much healthier and live longer compared to their colleagues who are do their job with enjoyment and love.

A similar survey showed that kindergarten teachers in their forties or fifties don't suffer from any symptoms of menopause, if they loved working with children, unlike their colleagues who did it only because of money, without love.

We can analyze athletes in a similar way. Those who assign true meaning by taking correct attitude are going to have best results, as they'll be motivated in the best possible way. In other words, their spirit will activate their genes in a particular way, allowing them to achieve best possible results.

Conclusion

There are different cars on the racetrack. Among them is a Formula 1 race car, Mercedes passenger car and some other car models. Race starts soon. What car is going to win the race depends on several factors. Surely that Formula 1 has the greatest potential, but if it uses bad fuel, or if the driver is not very skilled, it may not even make it to the finish line.

Man is a being of amazingly great potential and everyday science reveals new details that continue to prove that. The problem is that many of us are not aware of the

existence of these great resources and lack of knowledge on how to use them. Those who are sincere in their search for the truth will certainly reach and use them. Strength of their engines and the spark that trigger them will then be superior to those of Formula 1 racecar.



Natural Treatment of Injuries

The main causes of sport injuries are unhealthy lifestyle of athletes (especially unhealthy nutrition) and inadequate training. By switching to a healthy diet, proper rest, stress management and quality training, as well as with an appropriate attitude towards life and sport, it is virtually impossible to get injured.

Below, we'll elaborate on natural rehabilitation techniques, including most severe ones. These are all non-invasive techniques (without use of surgical equipment) based on massage techniques and use of mechanical aids, as well as special natural balms.

All balms used during treatment are 100% natural and safe for any anti-doping test.

Foot Injuries

Types of foot injuries are: bone and ligament, tendon, corn and ingrown nail injuries.

Types of bone injuries are: sprains, fractures and deformities (flat feet and bunion). If a sprain injury is treated in the first two to three days, the foot is adjusted in a special way, special balm is smeared and after seven days the person is ready to train again. If the injury hasn't been treated in time, it is necessary to specially prepare foot in period of 24 hours, after which the foot can be adjusted in particular way, and is special balm is smeared on the leg, used to regenerate the ligaments.

The duration of recovery process depends on the damage level ligament has suffered. There are first and second degree ligament sprains, and third degree, or ligament tearing. Torn ligament recovery process takes 6 to 7 weeks without surgery and post-operative

rative process, so that the person injured can immediately afterwards continue the training process.

In case of fractures, injured bones are adjusted using special method, special splints and balms, that are changed every three days, are placed, seven to 10 times, after which the injured person can enter the training process.

Flat feet can be acquired and congenital. In case of acquired flat feet patient is usually recommended to do specific exercises and proper nutrition, and very often the cause of flat feet is a spinal injury and inadequate innervation, which can be eliminated through special massage techniques.

In case of congenital flat feet, ankle bone dislocates the heel bone and pushes it backwards. Bones are returned to its original position using special method, and special balm and splint, changed every seven days, are placed underneath and on the side of the foot. Depending on the

type of deformity, recovery takes 3 to 7 weeks.

The cause of bunions can be inadequate nutrition and spinal problems (innervation problems). Recovery process aims to solve the problem of innervation, and then the focus is changed to preparation of the affected area during the period of 24 hours. Bunions are adjusted and special balm and splint are placed to remove articular deformities, and also to tighten loose ligament, which led to bunion disorders. Balms are changed every 7 days, and the recovery process takes 6 to 7 weeks.

Tendons connect muscles to bones. There are tendon injuries of first, second and third degree. The most common injury is the Achilles tendon injury. Depending on the severity of the injury, Achilles tendon recovery process lasts between 6 to 7 weeks, even when tendon is torn (third degree) and when the distance between the broken parts is greater than 5 cm.

The third degree injury is treated by preparing foot during the 24-hour period and then, using special method (manual technique), tendon is connected, special balm and splints, changed every seven days over a period of 6 to 7 weeks. are placed. Then the person is ready to enter normal training process.

The problem with blisters is solved by wearing thin wool socks that will prevent the formation of blisters. It's best to buy these socks at a local store.

The main cause of ingrown nails is improper nail cutting. Nails should be cut straight, not in a semicircle. In case of ingrown nail, it is necessary to sand the middle of the nail as wide as possible, from the fingertip to nail base. Nail rasping should be done very carefully to ensure that the nerve is not damaged, but deep enough to naturally narrow the nail so it could grow properly. This treatment can be carried out individually or in a local pedicure. Ingrown nail parts are often festered and can be dis-

infected by natural means, and ventilated to stay dry (or using a cold hairdryer). After rasping the nail and its disinfection, sore spot is no longer pressured and patient can immediately continue training.

Ankle Injury

There are first, second and third degree injuries. Pulled ligament or ligament and bone rupture are some forms of ankle injury. The conventional method of treating stretched ligament is healing, but it still remains stretched and his recovery in such a way can't neither be achieved through training, so the tendency for injury renewal is very high, which can become a big psychological problem, in form of constant fear of injury.

Our method of treating second and third degree injuries consist of preparing the feet in a period of 24 hours, in case of old injury. After that, the wrist is adjusted, special balms and splints are placed, and the

patient cannot stand on injured leg, but has to move using crutches for 6 to 7 weeks. Balms are changed every seven days. After a period of 6 to 7 weeks, patient is ready to continue training process.

Knee Injury

The most common knee injuries are those of the meniscus, cruciate ligament and other ligaments injuries, damaged knee cartilage, ligament distortion and knee fracture. All these injuries lead to the formation cysts and appearance of water in the knee.

In the treatment process, the knee is first prepared in a period of 24 hours. After that, the knee is placed into correct position, and special balms are placed depending on the severity of the injury. In case of meniscus injury, the focus of balms is on meniscus, or if we're dealing with ligament injury, especially cruciate ligament distortion (third degree injury), then balms are

focused on ligaments. After that, the splints are placed. The injured person should not stand and is going to have to use the crutches for 6 to 7 weeks. After this period, patient can immediately enter the training process. All knee injuries are treated in the same way, including those most severe.

Groin and Hip Injuries

In case of groin injury, the patient has to lie in bed for three to four weeks, depending on the severity of the injury. First, hip joint is adjusted, and then the patient is put in a recumbent position for groin regeneration. The knees are adjusted using special method and special balms, changed every 5 days, are also placed. After this period of treatment, patient can enter the training process. In this way, the most difficult kinds of groin and long lasting injuries are completely solved. In cases of mild groin injury, healing process takes up to seven days.

In the case of hip dislocation or fracture, or the femoral head injury, hip joint and injured bone are first adjusted, and then special balms are placed, while knees are adjusted in a special way. The patient needs to be lying down. Balms are changed every three day, and the patient stays in bed for a month- month and a half, depending on the severity of injury. After this period, the patient is ready to enter the training process.

Abdominal Hernia

This problem is solved by applying special balms that regenerate severed muscles. Balms are changed every three days. Recovery process takes one to three weeks.

Hand Injuries

Hand injuries are usually dislocation or wrist fracture. In addition, ligament injuries are also frequent (first, second and third

degree) and nerve injuries (which are usually associated with spinal problems).

Treatment is conducted by adjusting the injured wrist, placing special balms and splints. Balms are changed 5 to 7 days, and the healing process takes 5 to 7 weeks, depending on the severity of the injury.

Problems with the nerves (fingers numbness) are solved by eliminating the cause of hand, elbow, shoulder or spinal problems.

Elbow Injury

There are a variety of elbow injuries. The most common are ligament injuries (first, second and third degree) and a nervous condition that often leads to so-called “tennis elbow”.

Ligament injuries, including elbow ligament tearing, are treated by adjusting the injured part, followed by placing special balms and splints. Balms are changed every seven days and healing process takes 6 to

7 weeks, depending on the severity of the injury.

In case of “tennis elbow”, we first treat cervical spine area which innerves the elbow, and then the ailing elbow is treated using particular method, after which we place special balms. Patient can continue training process after seven days.

Shoulder Injury

Shoulder is the most mobile joint which often gets hurt. The most common are ligament injuries (first, second and third degree) and nerve problems. Ligament injuries are resolved by adjusting the injured area and setting up special splints and balms. Balms are changed every 6 to 7 days during 5 to 7 weeks. Thereafter, the person is ready to continue training.

In case of nerve problems, cervical spine area and shoulder nerves are treated.

Muscle Injuries

All muscle injuries, such as strains, cracking, bruising, old and new scars, are treated by rubbing special balms, for each type of injury, into skin. The treatment lasts for up to seven days.

Spinal Injuries

The most common spinal injuries are nerve entrapment, disc injuries and spine deformities. Other organ problems are often related to those of spine. All spinal problems are successfully solved using special techniques, and healing process lasts from one to seven weeks, depending on the severity of the injury.

Sports Equipment

To increase stamina and prevent injury, we recommend: sports wool socks, cotton shirts and testicle garments.

As noted above, sports woolen socks prevent blisters. These are made from thin wool, and they look just like cotton socks that athletes wear.

Cotton T-shirt needs to be wear close to body, under the shirt, to absorb and evaporate sweat so it doesn't pour down the body. In this way, the process of body dehydration is slowed down.

Testicle garments are just elastic underwear, similar to cycling shorts, which prevent testicle falling.

Appendix

Nutritional Plan for Athletes*

Menu for Seven Days

DAY 1

Breakfast

Muesli No. 1

Ingredients:

- 3 bananas
- 2 kiwis
- 2 oranges
- 3 tablespoons of barley
- 3 tablespoons of oat
- 2 tablespoons of ground flaxseed
- 2 tablespoons of coconut flour
- 3 tablespoons of raw ground sunflower
- 3 tablespoons of minced raw almonds
- 3 tablespoons of minced walnuts

* This chapter is taken from the book “The Best Natural Recipes” by Jovan Zivanovic, Ph.D.

- 1 tablespoon of raisins
- 1 tablespoon of minced raw sesame seeds

Preparation:

Rinse barley and oats three times in water, and then soak ingredients in water overnight. In the morning, rinse the grains three times in water and drain. Cut the fruit into cubes, place them in a bowl, add all ingredients and mix.

Note:

The amounts listed in this recipe are not strict. It is desirable to make a 5 hour break between meals.

Lunch

Salad with Nuts

Ingredients:

- 2 tomatoes
- 2 cups (8 oz) of chopped green salad
- 1/2 onion
- 1/2 avocado
- 4 tablespoons of ground walnuts
- 6 tablespoons of barley

Preparation:

Soak the barley in water overnight. Wash, chop and mix all ingredients. Add lemon juice, olive oil and sea salt at will. Mix everything.

Dinner

Fruit Paradise

Ingredients:

- 3 cups of watermelon
- 1 cup of pineapple

Preparation:

Squeeze ingredients in juicer.

DAY TWO

Breakfast

Super Shake

Ingredients:

- 2 bananas
- 2 apples
- 2 oranges
- 4 tablespoons of barley
- 4 tablespoons of oats
- 2 tablespoons of flaxseed

Nutrition for Athletes

- 3 tablespoons of raw peanuts
- 3 tablespoons of raw hazelnuts
- 1 tablespoon sesame seeds
- 500 ml of water

Preparation:

Soak the barley and oats in water overnight. Put all ingredients in blender and blend for a minute.

Lunch

Muesli No. 2

Ingredients:

- 4 tablespoons of buckwheat
- 4 tablespoons of quinoa
- 4 tablespoons of cashews
- 2 cucumbers
- 1 leek
- 1 paprika
- 2-3 cloves of garlic
- 3 tablespoons of olive oil
- Juice of one lemon
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried basil

- 1/2 teaspoon cayenne pepper (also hot pepper)

Preparation:

Soak the buckwheat and quinoa in water overnight. Wash, chop and mix all ingredients.

Dinner

Yellow Power

Ingredients:

- 1 cup of pineapple
- 1 cup of strawberries
- 3 apples
- 2 oranges

Preparation:

Squeeze the oranges, put all ingredients in blender and blend for a minute (depending on the strength of the blender).

DAY THREE

Breakfast

Green Breakfast

Ingredients:

- 3 bananas
- 1 cup of kale (3 stalks)
- 1 mango
- 2 peeled oranges
- 2 tablespoons of flaxseed
- 1 cup water
- 4 dates
- 3 tablespoons of raw sunflower
- 3 tablespoons of raw almonds

Preparation:

Put all ingredients in blender and blend for a minute

Lunch

Protein Salad

Ingredients:

- 2 cups of lettuce
- 2 cups of spinach
- 2 tablespoons of cashews

- 1 carrot
- 3 tablespoons of chopped walnuts
- 1/2 hands parsley
- 2 tablespoons of raw sunflower seed
- 3 tablespoons of barley
- 1 avocado
- 1 tomato
- 1 leek
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1 squeezed lemon

Preparation:

Soak the barley in water and leave it overnight to swell. Wash, chop, grate and mix all ingredients.

Dinner

Fruit Salad

Ingredients:

- 3 apples
- 3 hands of grapes (fresh or dried)
- 1/2 squeezed lemon

Preparation:

Slice the apples and mix it with other ingredients.

DAY FOUR

Breakfast

Fruit Breakfast

Ingredients:

- 100 g cashew nuts
- 4 tablespoons of maple syrup
- 50 g dried apricots
- 1 stick of vanilla
- 1/2 tsp cinnamon
- 2 tablespoons of coconut flour

Preparation:

Soak the cashews and apricots in water for two hours. Blend other ingredients for one minute. Eat with a fruit salad:

Fruit Salad

Ingredients:

- 2 nectarines
- 2 apples
- 2 peaches
- 1 banana

- 1 cup of strawberries

Preparation:

Wash, peel, clean and chop all ingredients.

Put them in a bowl and mix.

Lunch

Avocado Salad

Ingredients:

- 2 avocados
- 2 tomatoes
- 1 cucumber
- 1/2 onion
- 1/2 cup parsley
- 2 tablespoons of pumpkin seeds

Preparation:

Wash, chop and mix all ingredients. We recommend the following dressing:

Dressing

Ingredients:

- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- Pinch of cayenne pepper

Preparation:

Put all ingredients in a bowl and mix them with salad.

Dinner

Juice

Ingredients:

- 3 oranges
- 1/2 of pineapple

Preparation:

Squeeze ingredients in juicer.

DAY FIVE

Breakfast

Super Breakfast

Ingredients:

- 2 bananas
- 2 mangos
- 50 g raisins
- 1 stick of vanilla
- 1/2 tsp fennel
- 100 g quinoa
- 50 g of Brazil nuts

Preparation:

Rinse the quinoa and brazil nuts three times in water and soak it for 6 to 8 hours. Blend all ingredients for a minute.

Lunch

Vitamin Salad

Ingredients:

- 2 cups cabbage
- 1 cup of spinach
- 1 cup grated carrot
- 1 cup cucumber
- 1/4 cup radish
- 1/4 cup basil
- 1/2 hand of fresh or dried mint
- 1/2 hand of parsley
- 3 tablespoons of wheat
- 3 tablespoons of sunflower seed

Preparation:

Soak the wheat in water overnight to soften. Wash, chop or grate, and mix all ingredients.

Dressing

Ingredients:

- 1/4 cup lemon squeezed
- 2 tablespoons olive oil
- 1 tablespoon honey or agave syrup or palm sugar
- 1 clove garlic (finely chopped)
- Pinch of sea salt

Preparation:

Add all ingredients in bowl and mix them with salad.

Dinner

Fruit Salad

Ingredients:

- 2 bananas
- 2 oranges

Preparation:

Slice and mix all ingredients.

DAY SIX

Breakfast

Fruity Breakfast No. 2

Ingredients:

- 2 cup grapes (fresh or dried)
- 3 bananas
- 3 kiwis
- 3 hands of ground walnuts
- 3 hands of ground almonds
- 3 hands of raw ground sunflower
- 4 tablespoons of barley
- 4 tablespoons of oats
- 1 handful of prunes
- 2 tablespoons of coconut flour

Preparation:

Rinse the barley and oats three times in water. After that, let ingredients soak over night. In the morning, rinse the grains three times and drain them. Cut the fruit into cubes, put them in a bowl, add all ingredients and mix them.

Lunch

Raw Power

Ingredients:

- 2 cups of spinach
- 2 cups of lettuce
- 2 cups cabbage
- 1 avocado
- 1 cup raw sunflower
- 2 cups tomato
- 1/2 cup ground flaxseed
- 1/2 cup barley
- 1 handful of ground nuts

Preparation:

Soak the barley in water and wait a few hours until it swells. Wash, chop and mix rest of ingredients. Add lemon juice, olive oil and sea salt to taste. Mix it all.

Dressing

Ingredients:

- 3 tablespoons lemon juice
- 3 tablespoons of flaxseed or olive oil
- 1 clove of garlic
- Sea salt to taste

Preparation:

Mix all ingredients in small bowl and pour the mixture over salad.

Dinner

Fruit Salad

Ingredients:

- 2 apples
- 2 oranges

Preparation:

Slice and mix all ingredients.

DAY SEVEN

Breakfast

Fruit Salad

Ingredients:

- 2 peaches
- 2 apples
- 2 bananas
- 1 handful of ground nuts
- 2 cup raw sunflower
- 2 tablespoons of ground flaxseed
- 3 tablespoons of barley

Preparation:

Soak barley overnight to swell. Thoroughly wash, peel, clean and chop all ingredients. Put them in a bowl and mix them good.

Lunch

Carrot Salad

Ingredients:

- 2 cups of grated carrots
- 3 finely chopped leeks
- 1 handful of parsley
- 6 leaves of lettuce
- 2 tomatoes
- 8 olives
- 4 tablespoons of wheat

Preparation:

Rinse the grains three times in water and leave them overnight to soak in water. Wash, chop, grate and mix all ingredients.

Dressing

Ingredients:

- 2 tablespoons olive oil
- Pinch of pepper
- 1/4 tablespoons of sea salt

- 2 tablespoons soy sauce
- 1/4 tbsp lemon juice

Preparation:

Mix ingredients until they homogenize and pour them over salad.

Dinner

Fruit Snack

Ingredients:

- 4 cubes of watermelon
- A handful of strawberries
- 1 cup of grapes

Preparation:

Wash, flake, clean and chop all ingredients. Put them in a bowl and mix them good.

Dressing

Ingredients:

- 1 tablespoon honey
- 1 squeezed lemon

Preparation:

Squeeze the lemon and pour it into a blender, add honey and blend until you get uniform mixture. Pour it over salad.

JUICE AND SHAKES DURING MATCH OR IN BREAKS DURING MATCH

Red Power

Ingredients:

- 1 beetroot
- 2 carrots
- 2 apples
- 1 orange
- 1/4 pineapple

Preparation:

Wash all ingredients, chop and squeeze in juice extractor.

Perfect Potion

Ingredients:

- 2 apples
- 1 lemon
- 4 carrots

Preparation:

All ingredients should be thoroughly washed, chopped and squeezed in juicer.

Pineapple and Fresh Mint Juice

Ingredients:

- 4 carrots
- 1 apple
- 1 orange
- 1/4 pineapple
- 1 handful of fresh mint

Preparation:

Wash all ingredients, chop and squeeze them in juicer.

Juice for Strength

Ingredients:

- 4 stalks of celery
- 3 stalks of parsley
- 4 carrots
- 4 apples

Preparation:

Squeeze all ingredients in a juicer.

Energy Juice

Ingredients:

- 3 oranges
- 5 carrots
- 1 beetroot

Preparation:

Squeeze all ingredients in a juicer.

Energy Elixir

Ingredients:

- 2 carrots
- 2 tomatoes
- 2 apples
- 1 cucumber
- 1/4 pineapple
- 4 small beets (or 2 large)
- 1 piece of ginger (about 2.5 cm)
- 1 lemon
- 2 peppers

Preparation:

Wash all ingredients, chop and squeeze them in juicer.

Energy Bomb

Ingredients:

- 1.5 cups of chopped pineapple
- 1.5 cups of diced papaya
- 2 cups of spinach
- 1 cup coconut water or any not milk.

Preparation:

Put all ingredients in a blender and blend for a minute.

Shake for Strength

Ingredients:

- 1/3 cup prunes
- 2 bananas
- 1 cup of strawberries
- 1 cup of blueberries
- 2 cups of spinach
- 3 tablespoons of hemp powder
- 2 tablespoons honey
- 1 tablespoon sesame seeds
- 1 tablespoon of ground flaxseed
- 2 tablespoons raw sunflower
- 1.5 cups of water

Preparation:

Put all ingredients in a blender and blend for a minute.

Protein Shake

Ingredients:

- 2 tablespoons raw sunflower
- 2 tablespoons almonds
- 2 tablespoons walnuts
- 2 tablespoons of ground flaxseed
- 4 cups of water
- 1 cup of strawberries (or raspberries, blackberries)
- 2 fresh frozen bananas
- 2 tablespoons honey or agave syrup or molasses

Preparation:

Put all ingredients in a blender and blend for a minute.

Shake for Athletes

Ingredients:

- 2 oranges
- 2 bananas
- 1 peach

- 6 dates
- A handful of cashew nuts

Preparation:

Put all ingredients in a blender and blend for a minute.

Shake for Strong Muscles

Ingredients:

- 2 bananas
- 2 cup chopped pineapple
- 1 mango
- 5 dates
- A handful of cashew nuts

Preparation:

Put all ingredients in a blender and blend for one minute.

Sport Shake

Ingredients:

- 1 avocado
- A handful of strawberries
- A handful of mangos
- Handful of parsley
- Handful of almonds

- 1 cup water

Preparation:

Blend all ingredients.

VARIOUS DISHES

Raw Pizza

Pizza Crust

Ingredients:

- 500 g kamut (a type of cereal; buckwheat can also be used)
- 1/2 tablespoons of sea salt
- 120 ml (1/2 cup) of water
- 2 tablespoons olive oil
- 120 g (1/2 cup) minced flaxseed

Preparation:

Rinse the kamut three times and soak it in water for 8-12 hours. Then rinse it again and leave it in a jar for 12 to 24 hours. It would be best to put the jar in the sun for faster germination. (If the buckwheat is used, rinse it three times and leave it to soak in water for 8 hours). After that, put the kamut (or buckwheat) in food processor and blend until the mixture becomes a

puree. Then add the water and olive oil, and continue blending until the mixture becomes like dough and then put it in mixing bowl, add minced flax seed and mix it good.

Spread the olive oil on non-stick dehydrator sheet, evenly, all over it. Then put the mixture on sheet and shape it using rolling pin (make circles and fold over the corners to make it look like a traditional pizza). The thickness of crust is approximately 6 mm.

Put it into a dehydrator, and dry it for 2 hours at a temperature of 38°C. Flip it and dry for another 2 hours.

Note:

Pizza crust can be left in refrigerator for 5 days. It would be best to wrap it in plastic cellophane to prevent further drying.

Pizza Sauce

Ingredients:

- 15 ml of olive oil
- 15 ml of lemon juice
- 1 medium tomato

Nutrition for Athletes

- 56 g (1 cup) dried tomatoes (can be dried in a dehydrator, sun dried or bought at a store)
- 1 clove of garlic
- 1 date
- 1 tablespoon of oregano
- 1 tablespoon basil
- 1 tablespoon of thyme
- 1/4 tablespoons of sea salt
- Pinch of cayenne pepper

Preparation:

Soak the dried tomatoes in water for 1-2 hours. Blend all ingredients. Add dried tomatoes and blend until the mixture becomes uniform.

Cheese for Pizza

Ingredients:

- 1/4 tablespoons of sea salt
- 15 ml of lemon juice
- 25 g of edible yeast
- 60 ml of water
- 120 g cashew nuts

Preparation:

Soak the cashews in the water for 2 hours. Blend all ingredients until the mixture becomes uniform.

Marinade for Pizza

Ingredients:

- 55 g onion
- 1 clove of garlic
- 2 tablespoons soy sauce
- 1 tablespoon olive oil

Preparation:

Cut garlic and onions into cubes. Put all ingredients in a jar and mix them well. Leave them in jar for 15 minutes.

Pizza Topping

Ingredients:

- Raw parmesan cheese (see the recipe in the book “The Best Natural Recipes”)
- 25g of pitted olives
- 1 small red pepper
- 45 g of spinach

Preparation:

Slice the olives in half, cut the red pepper into circles, and finely chop spinach.

Decoration

Take the crust from the refrigerator and smear it with dried tomato sauce. Put the cheese over sauce using spoon. Then add chopped spinach, red peppers, olives, parmesan cheese (optional) and the marinade. Put the pizza in dehydrator on 46°C for 3 hours.

Vegetable Patty

Ingredients:

- 220 g (1.5 cups) of raw almonds
- 115 g (3/4 cup) red bell pepper
- 120 g (3/4 cup) of onion
- 90 g (3/4 cup) celery
- 1 clove of garlic
- 2 tablespoons of parsley
- 3 tablespoons soy sauce
- 1/2 tsp pepper
- 110 g (1 cup) of ground flaxseed

Preparation:

Soak the almonds in water for 8-12 hours, and then put them in dehydrator 8 hours. Put almonds in food processor and grind

them. Finely chop paprika, onions, celery, garlic and parsley and put them in electric chopper, and then place other ingredients (pepper and soy sauce) over them. Blend until the mixture is uniform. Put the mixture in a bowl with ground flax seeds. Create shapes at will (patties). Place them on dehydrator shelf and dry at 43°C for about 5 hours.

Buns

Ingredients:

- 1/2 tablespoons sesame seeds
- 150 g of ground flaxseed
- 80 ml of water
- 2 tablespoons olive oil
- Pinch of sea salt
- 400 g (2 cups) kamut

Preparation:

Rinse the kamut three times and soak it in water for 8-12 hours, then rinse it again and leave it in a jar for 12 to 24 hours. It would be best to put the jar in the sun for faster germination.

Note:

Kamut is more nutritious than common wheat. It contains more minerals, and 65% more amino acids, and its protein level is 40% higher than that of common wheat. Kamut is a high-energy cereal, great food for athletes and those engaged in physical labor. Put the sprouted kamut in electric food processor, and blend until the seed is broken. Then add olive oil and water and continue blending.

Put the resulting mixture in a bowl, add a little ground flaxseed to taste. Oil hands by using olive oil and shape 12 discs out of the mixture. Place the discs on oiled dehydrator sheet. Put sesame seed on discs and injected it into the mixture. Dry it in dehydrator at 43°C for about 3 hours. Flip it and dry for another 3 hours. They should be dry on the outside, soft on the inside. Serve with onions, tomatoes, lettuce, alfalfa and sauce of your choice.

Proposal:

You can use lettuce or cabbage leaves instead of bread.

Raw Pasta with Tomato

Pasta

Ingredients:

- 6 medium zucchini

Preparation:

Using a mandolin knife, make a couple of zucchini stripes.

Sauce

Ingredients:

- 1/4 teaspoon ground pepper
- 1.5 teaspoons sea salt
- 1 clove of garlic
- 1 tablespoon agave syrup or honey
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1.5 tablespoon dried tomatoes
- 180 ml of water
- 100 g cashew nuts

Preparation:

Soak the cashews soak in water for two hours. After that, blend all ingredients.

Arrangement:

Finely mix the pasta with some sauce. Sprinkle with chopped tomatoes, chopped thyme and ground pepper.

Proposal:

If you use a high-power blender you can blend the sauce until it gets warm. Do not mix the sauce with the pasta until you want to eat it. Otherwise the sauce can get diluted.

Note:

Sauce can be left in refrigerator for 2 days, and pasta for 7 days.

Lasagna

Pasta

Ingredients:

- 3 zucchini

Preparation:

Using a mandolin knife, make a couple of zucchini stripes.

Marinade

Ingredients:

- 2 cups tomato
- 1 clove of garlic
- A handful of fresh basil
- 2 tablespoons olive oil
- 1/2 squeezed lemon
- 1 date palm
- 1 teaspoon dried oregano
- 1/2 tsp rosemary
- 1 teaspoon sea salt
- 3 tablespoons dried tomatoes

Preparation:

Blend all ingredients, apart from dried tomatoes, until the mixture becomes uniform. Add dried tomato and blend until the mixture is homogenized. Dried tomato will give pleasant consistency to mixture.

Note:

Marinade can be stored in the refrigerator for 2 days.

Cheese

Ingredients:

- 2 cups of cashews

Nutrition for Athletes

- 1 squeezed lemon juice
- 1 handful of basil (fresh)
- 1 teaspoon sea salt
- 2/3 cup water, used only when necessary

Preparation:

Blend all ingredients until the mixture becomes uniform. Add water if needed to make a creamy mixture.

Note:

The above described dish can stand for 4 days in the refrigerator.

Other ingredients:

- 1 tomato
- 1/4 cup of onion
- 1/2 cup of olives (black)
- 1/2 cup dried tomatoes
- 1 tablespoon of oregano
- 1 tablespoon of thyme

Decorating lasagna

Place one third of zucchini at the bottom of the bowl. Put half of the cheese over zucchini, half of the tomatoes (cut into circles), half of the onion (cut into circles) and half of dried tomato marinade. Repeat

the process in the same order. Place the remaining third of zucchini on the top. Sprinkle a bit of oregano and thyme, and add some dried tomatoes.

Note:

Lasagna can be stored up to 2 days in the refrigerator.

Energy Bar

Ingredients:

- 1/3 cup pumpkin seeds
- 3/4 cup dried cranberries
- 3/4 cup oats
- 3/4 cup of coconut flour
- 1 stick of vanilla
- 2 tablespoons honey
- 3/4 cup of dates
- 2/3 cup dried apricots (soaked in water for 30 minutes)
- Cup almond 1.25 (soaked in water for 30 minutes)

Preparation:

Place the apricots, dates and vanilla in food processor and mix until the mixture be-

comes like dough. Add the almonds, coconut, oats, cranberries, pumpkin seeds and salt, and pulse it several times until the mass gets uniform (food processor has the “pulse” option). In case the food processor doesn’t have this option, repeat the procedure a few times). Shape the resulting mixture at wish (ideal size is 20 x 20 cm) and place it dehydrator. Keep it in dehydrator for 6 hours at 43°C. Flip the bars after 6 hours and dry them for 6 hours. Then, take them out and cut into small cubes.

Ice Cream

(To prepare ice cream, you need a Champion, Omega or some other juicer model)

Banana Ice Cream

Ingredients:

- 3 frozen bananas

Preparation:

Process frozen bananas in Champion Juicer with lid for the ice cream set up. Optionally, you can add half a fist of nuts and get an energy meal.

Banana and Strawberry Ice Cream

Ingredients:

- 3 frozen bananas
- 1 cup of frozen strawberries
- 3 dates
- Add a tablespoon of honey if needed.

Preparation:

Process bananas and strawberries in Champion Juicer, pour them in a bowl and sort chopped dates on top.

Banana and Fig Ice Cream

Ingredients:

- 3 frozen bananas
- 6 frozen figs
- A handful of cashew nuts
- Tablespoon honey

Preparation:

Process bananas and strawberries in Champion Juicer, and pour them in a bowl. Grind cashew and mix it with honey. Process the resulting mixture in juicer and put it in freezer or consume it immediately.

Vanilla and Banana Ice Cream

Ingredients:

- 3 frozen bananas
- 5 date palms
- 1-2 sticks of vanilla
- Half a liter of coconut water or plain water

Preparation:

Process frozen bananas in Champion Juicer and serve in a bowl. Put dates, vanilla pods and coconut water in food processor. Pour the resulting mixture over bananas.

Ice Cream Watermelon and Pineapple

Ingredients:

- 2 cups chopped watermelon
- 1 cup chopped pineapple
- 1/2 cup chopped mango

Preparation:

Squeeze pineapple and watermelon in juicer. Put mango in plastic mold (for ice cream) and pour pineapple and watermelon juice over it. Place the mixture in the freezer.

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About the Author

Dr. Milisav Nikolic was born on April 25th, 1957, in Cacak, Serbia. He graduated at the Faculty for Physical Education and graduated and got his PhD at the Institute for Natural Medicine (INM), USA. He also works as a professor at the INM.

He has black belt in karate, 7th dan. He's the first coach of Serbian fudokan team. He won the European Championship and the World Cup. He was the coach of the German national team in karate.

He was an associate at the Sports Academy in Belgrade. He published several scientific papers from sports medicine. He was the director of the sports academy, branch in Cacak, as well as Sports Federation of Cacak chairman. He is one of the founders of Karate club "Borac Cacak" and the winner of first gold medal in clubs history.

He is the author of book “Healing Wonder”. He led a private clinic in Cacak for 12 years. He achieved greatest results in the following areas of medicine.

Noninvasive therapy for spinal injuries:

- Disc protrusion
- Prolapsed disc
- Extrusion disc
- Deformities

Noninvasive therapy for sports injuries:

- Cruciate knee ligament
- Meniscus
- Ankle
- Crotch
- Tennis elbow
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