

I highly recommend Dr Nikolic's recovery program. It really helped me."

Predrag Mijatovic, Real Madrid CF

"I had a long-time injury, but after only a few days of applying Dr Nicolic's recovery program, I was fully recovered."

Miralem Sulejmani, S.L. Benfica

"Using Dr Nikolic's recovery program, I solved my health problems and got much more energy."

Luka Modric, Real Madrid CF

"Dr Nikolic's recovery program helped me solve problems no one else could"

Goran Jaksic, European and World
wrestling champion

"Our experience shows that Dr Nikolic's recovery program shows the best results in treating athlete injuries"

Vlado and Zoran Lemic, football agents

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Dr. Milisav Nikolic

Recovery for Athletes

Handbook for natural recovery
and physical and mental ability increase

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The importance of recovery

Today, it is difficult to find a healthy athlete, or a healthy person in general. Man is the only organism in nature that is sick, and the cause of his illness is the violation of the natural laws. We can see that while the majority of mankind lived in the countryside, and in a way that is quite similar to other organisms in nature, people were much healthier.

Modern medicine is praised for its “great achievements” – expensive diagnostic and surgical equipment and a wide range of pharmaceutical products. However, field data show that the highest percent of sick people and number of deaths caused by medical error are in countries which invest the most in this type of medicine (some call it “technological medicine”). Therefore, it shouldn’t come as a surprise that in

a country that has the most advanced “technological medicine” the third leading cause of death are medical errors (see the table below). The situation is similar in other high-tech countries.

If we take a closer look at the reasons for deaths caused by medical errors, we’ll notice something very important that will help us understand why so many athletes are sick and can’t recover from their injuries.

In the table below we can see that harmful effects of medicaments, as well as prescri-

Leading causes of death in the U.S.	
<i>Cause of Death</i>	<i>Number of deaths</i>
Cardiovascular diseases	710,760
Cancer	553,091
Medical care	225,400
Stroke	167,661
Chronic respiratory diseases	122,009
Accidents	97,900
Diabetes mellitus	69,301
Influenza and pneumonia	65,313
Alzheimer’s disease	49,558

Deaths caused by improper medical care in the U.S.

Number of Americans per year who die from:

Medication Errors	7,400
Unnecessary Surgery	12,000
Other Preventable Errors in Hospitals	20,000
Hospital Borne Infections	80,000
Adverse Drug Effects	106,000

bing wrong and unnecessary drugs and surgeries are the main cause of health problems in people who have undergone technological medicine procedures. It seems as the technological medicine is relying more and more on technique and less on the knowledge and expertise of doctors.

This aspect is extremely important for athletes because many of them are very dependant on pills, chemical supplements, synthetic products and surgical procedures as means, they believe, will eliminate their health problems and improve physical fitness.

The main assertion of this book is that top results and perfect health can only be achieved through a natural approach to solving problems. Natural recovery, based on a high-quality natural diet, adequate training and rest, as well as healthy spiritual nutrition, are the only sure way to prepare athletes for extreme efforts, without the risk of injury and for achieving top results without damaging health.

Misconceptions in modern sport

The life of an athlete mostly consists of three phases: training, competition and recovery.

It is usually mistakenly believed that training is the most important aspect of a successful competition and achievement of top results. However, adequate rest is a crucial aspect ignored by the vast majority of athletes, making it the main reason for a large number of sport injuries and failures. Also, since this kind of injury treatment doesn't pay attention to adequate

recovery, many athletes compete injured, on medications and injections, dramatically endangering their health.

A famous athlete once said something that describes best the importance of recovery for health and top results in sports: “The rest makes up 2/3 of success in sport.”

What is meant by rest? From what does athlete need to recover? Athletes need to recover from physical exertion which they are exposed to during training sessions and matches, as well as from spiritual efforts and pressure of competitive sport. Recovery consists of three aspects:

1) Nutrition – intensive physical activity during training and matches causes energy loss and cell degradation. Adequate nutrition is necessary for energy renewal and cell regeneration.

2) Physical rest – every organ in our body has its own regime of rest. The heart rests in a short period between heartbeats, eye rests every time we blink or close our eyes

during sleep. Muscles rest during period of inactivity.

3) Spiritual rest – man is not just a physical, but also a spiritual being and adequate spiritual recovery is extremely important so that one can achieve top results in any job he does. Since athletes are exposed to very serious spiritual efforts, adequate spiritual rest is of great importance to their health and success in their sport discipline.

Modern sport team and a player relationship can usually be summed in one sentence: “We gave you a lot of money and we expect you to be best when the game starts.”

Sport clubs pay very little attention to the recovery of their players, i.e. what they eat and how they physically and spiritually rest. The vast majority of athletes believe they’ll have stronger muscles if they eat meat. This approach is totally wrong since man is anatomically herbivore and needs plant food in order to have strong muscles, like any other strong and healthy animal herbi-

vore, such as bull, horse, buffalo, rhino, elephant...

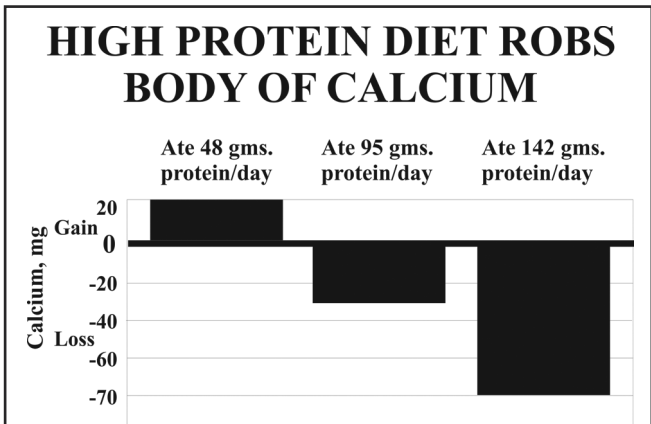
What happens when an herbivore, such as man, consumes meat and other foods of animal origin? His body acidifies, thus creating the basis for diseases and tendency toward injuries is increased. It is well-known that human blood is alkaline (opposite of acid). When we eat foods that acidify our body (such as meat and meat products, milk and dairy products, processed vegetable food...) body needs to neutralize the acidity and alkalize your blood. The main agent in this process is an alkaline element – calcium, which is almost completely stored in our bones (up to 99%). The body draws calcium from bones, thus rendering them weaker and more prone to thinning (osteoporosis) and cracking.

Many believe that consumption of animal milk improves the level of calcium in our body. In fact, our body is very poor in absorbing calcium from animal milk, but is,

on the other hand, very effective when it comes to sesame, sunflower and other plants. Cow milk is something a calf should eat; goat milk is for a kid and sheep milk is meant for lamb. Man is the only mammal in nature that drinks milk after the period of breastfeeding and that is why only humans suffer from osteoporosis and other illnesses associated with the consumption of foods of animal origin.

Another misconception in the sport world is the belief that large protein intake is going to improve the growth of muscles. Human body has limitations when it comes to protein, vitamin and mineral intake. There are daily doses of each ingredient that our bodies are able to absorb in order to function properly and maintain good health. Take more protein than your body can handle and this will trigger the loss of calcium and hence increase the susceptibility to fractures.

The graph on the following page shows the results of an experiment in people who



were taking enough and too much protein. Those who were taking the right amount of protein (48 grams per day) had an increase of 20 mg of calcium per day, resulting in bone strengthening. On the other hand, those who consumed too much protein had a significant loss of calcium – third group was losing as much as 70 mg of calcium per day on 140 g of protein.

The best-known research dealing with the question of protein importance was also the largest medical experiment in history. We're speaking about the famous "China study" on the effects of nutrition on

human health, conducted on over 890 million people. One of the aspects of this enormous study was the research on the effects that aflatoxin - the most powerful known carcinogen had on two groups of rats. The first group was given a diet with 20 % proteins of animal origin, and second with 20 % proteins of plant origin (they used plant protein known as 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.

Finally, it was concluded that the most powerful animal protein that encourages all forms of cancer is casein, which makes up 87% of cow milk protein.

Another type of diet widely popular is the processed food sold under slogans such as:

“energetic”, “wellness”, “ultra”, “extra”, “fit”, etc. These products include vitamin and mineral supplements.

There are several problems with this kind of food. First, these are processed products during whose production (cooking, frying, baking) a large percent of nutrients is lost.

Secondly, these products contain harmful artificial preservatives that prolong their shelf life. As we are all aware of, plants best keep their nutrients whilst they're in natural state, and they should be consumed as such. Once the plant structure has been broken, the process of deterioration commences.

Thirdly, every processed product contains flavor enhancers (monosodium glutamate or hydrolyzed vegetable protein) which are extremely harmful. Medical science denotes such substances as “excitotoxins” or “irritation poison”. These flavor enhancers make any food taste great, but they literally destroy nerve cells – mainly those of

tongue, brain and eye. Eating the foods that contain such flavorings (irritation poisons) can be compared to letting hot lava go through a rubber water hose. They so strongly excite nerve cells that they literally burn. Research has shown that children and baby food products contain the most of these substances, causing the most damage to developing nervous systems. This is particularly manifests in children through brain and vision disorders. More and more children are wearing glasses and number of patient suffering from brain cancer is constantly increasing.

In adults, the consequences are visible in the explosion of Alzheimer's and Parkinson's disease, as well as other eyesight illnesses and disorders.

It should be noted that virtually all processed foods sold in bags and tins, from biscuits, soups, chocolate to sardine contain flavor enhancers.

To increase the nutritional value of processed products, manufacturers inject

the vitamins and minerals extracted from plants. The fact that these components are not balanced, as they are in nature, causes even more problems to those who eat these kinds of food.

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.

Excess vitamin D may produce serious problems, interfering with calcium balance in body, leading to accumulation of calcium in blood that may be manifested in from of mild symptoms, to life threatening ones - from nausea, vomiting, fatigue, con-

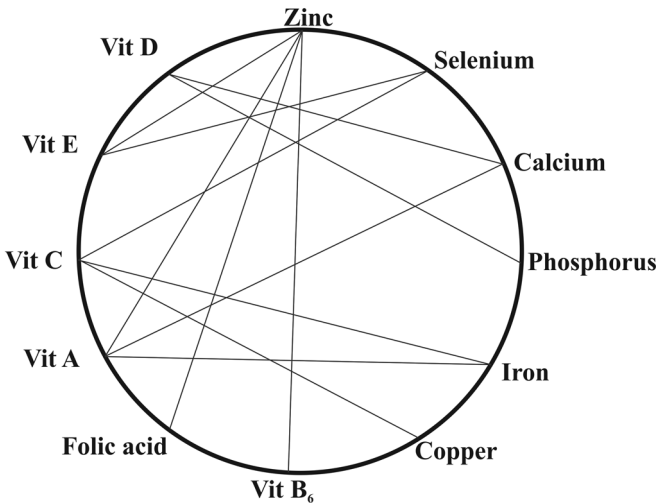
fusion, to high blood pressure, kidney failure and coma.

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 all vitamins and minerals in body. 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.

VITAMIN - MINERAL INTERACTIONS



Physical rest. Imagine what would happen if a coach of a soccer or basketball team would ask his players to go to bed with the sunset (between 8 and 9 pm), so that they could get up at 5 or 6 o'clock. That's something hard to imagine almost every athlete only wants to earn money and to "party all night".

To better promote drug sale (that which brings the greatest profit), drug manufacturers and dealers came up with terms such as “partying” to replace drug abuse and destruction. So, people aren’t doing drugs, they are “having fun” and “partying”. According to this model of living, the day is scheduled for work, and night is there “to party”.

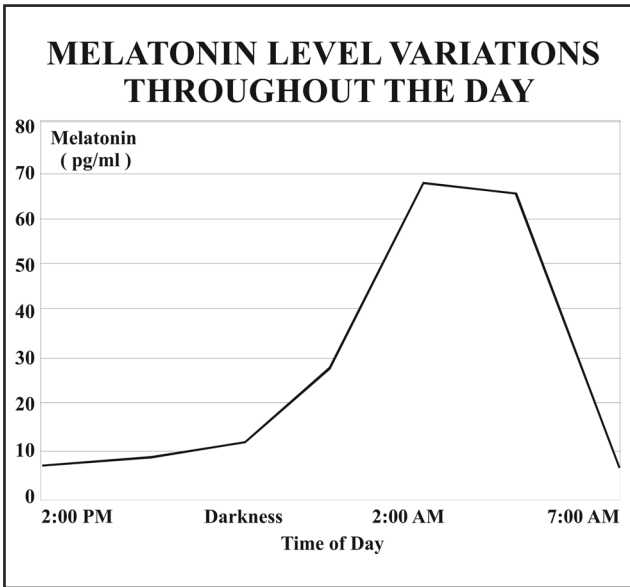
We won’t go into details of harmful effects of legalized drugs (alcohol, tobacco, coffee, energy and soda drinks, processed foods) or illicit ones (marijuana, heroin, cocaine, etc) in this book. We elaborated on that in our previous book - “Nutrition for athlete”. Here, we’ll say something about the importance of physical rest for the recovery for athletes.

It would be best for one to have fun during day, without consuming poisonous substances. A person is going to be regenerated in a special way if he/she spends the night sleeping and resting.

And in the same way the herbivorous animal eat raw and unprocessed plant food, as opposed to man who as an herbivore eats what he shouldn't be eating, all the animals in the wild go to sleep with the sunset and get up at sunrise. Modern man is again an exception, since he doesn't respect this natural process.

Research show that upon sunset, human body triggers specific recovery and regeneration mechanisms and the most famous one is the hormone melatonin, capable of rejuvenating our body during night. The graph on the next page shows the variation in melatonin secretion and we note that its increased secretion begins at sunset. Body regeneration and this hormone utilization will be complete only if a person spends the night sleeping. This clearly shows that there is a connection between an athlete's performance on field and the time at which he goes to sleep.

One research gives clear evidence how endangered is health of those who don't



sleep on time. This study showed that nurses who occasionally worked the night shift had four times greater risk of getting breast cancer compared to those who never worked during night.

To many, it would certainly be unusual to see an athlete regularly going to bed at 8 or 9 pm. In the same way, many didn't understand why Mike Tyson, Carl Lewis, Edwin Moses, Martina Navratilova and many

other world's best athletes are vegetarians, but they were sure to answer them with their results in sport arena.

Spiritual rest. Just as there are physical laws of health, so there are spiritual laws of health. Surrounded by those who truly love us, one gets best spiritual regeneration needed. Those people don't love him because of his money and fame, but because of his character and what he truly is.

The most important human need is to love and be loved. True love is that of our family and true friends. These people "compete" in who will be best to others, who'll be more loving and caring to his family and friends. True love doesn't ask any kind of material gain for being given, but is inspired by an adequate response to even greater love and devotion. This type of love is created in the family but can be shown to those outside it in cases of true friendship. That is why spiritual health and rest are of crucial significance for an athlete, to be a part of a loving family that'll

give him spiritual energy to achieve greatest goals.

Unfortunately, many athletes only receive false “love” by accepting the concept of “love” that drug dealers promote. In addition to distribution of legalized and illegal drugs, one of the most profitable branches of criminal is human trafficking and prostitution. Women who are part of this system are called “love dealers” by their bosses. Many athletes fall victim to these “love sellers”, not just in terms of sexually transmitted diseases, but especially in the spiritual humiliation and degradation domain.

Even greater threat comes from girls and women that do the same job, but falsely claim to love the person to which they provide “love” services. Many athletes fall for heartbreaking love outbursts of such girls with whom they then get married and have children. This is very often followed by huge disappointments from which many never fully recover. The loss of children

due to divorce is the worst thing that usually happens one of the parents more severely experiences. Financial damage is the least significant aspect of the story.

In one famous example, an athlete “dated” a girl over a period of four years, after which she left him and went to another man. He then experienced such a strong stress that he got diabetes and had to take four insulin doses a day for the rest of his life.

Research shows that young are most hurt and affected not by death of their loved ones (that’s on second place), but more by breakups with their partner.

Unfortunately, many athletes injure themselves everyday by hanging out with “love sellers” and “wolves in sheep clothes”. This results in insufficient psychological and spiritual readiness for match. Instead of spiritually resting and recuperating in warmth of their family, preparing for new challenges that await them, a lot of athletes dramatically reduce their physical and men-

tal abilities due to inadequate spiritual recovery, or complete lack thereof.

Below, we are going to address the question of recovery of athletes who are not injured and those who are. First, we'll explain what an athlete needs to do to never get injured and achieve maximum results on sports field, and secondly, we'll discuss how to rehabilitate a player from his injury as soon as possible.

The fact is that most athletes pay the majority of their attention to training in their efforts to achieve best possible results. The current state of muscle is considered to be a major indicator of whether the player is ready, and how ready he is.

Part I

**Recovery for healthy
athletes**

Food as a recovery factor

Muscle can withstand the load momentarily, but it's a big question whether it'll be able to do that for next few matches, or over a period of months and even years. If we take a look at the state of leopard's or deer's muscles, we can see that they anatomically appear similar, but it's their function that differ them. A leopard can quickly run short distances of about 100 meters, while a deer can run several hundred meters at a very high speed.

The difference arises from the anatomy of leopard and deer. Leopard is anatomically a carnivore and all his organs, including muscles, are designed in a different way, unlike that of a deer which is an herbivore. In order for leopard's muscles to function properly it is necessary that his liver, kidneys, intestines, heart and other organs

work adequately. Same applies to deer and any other living being in nature.

Training is very important for maximizing muscle performance, but not enough on its own. If a muscle doesn't receive adequate nutrition, it won't be able to reach its maximum capacity. The same happens if body is unable to properly eliminate waste matter. That is why kidneys and intestinal, as well as other excretory organs health is crucial in order for muscles to perform optimally.

Adequate supply of oxygen is also very important for good muscle function. That's why it is important that athlete's respiratory system - from nose to lungs - is in excellent condition. The same goes for all other organs in the human body.

It is very important to note that our muscles cannot be perceived separately from the rest of the body. If we want to achieve top results in sport, it's not enough that our muscles are fit in shortest time possible, while neglecting their health and relation

to other organs. The peak of physical fitness can be reached only when all our organs are in top form and perfect coordination.

As mentioned, recovery – through nutrition, physical and spiritual rest – is extremely important for achieving outstanding results in sport. However, proper nutrition isn't important only for muscle function, but also for heart, liver and other organs function. Because, if our whole body doesn't operate at the highest level, then muscles won't be even close to achieving what they could if there was a harmony with other organs of the body.

Muscles aren't the only part of our body that gets expended during great physical and mental efforts. Adequate nutrition is one of the key aspects of recovery for athletes – of every organ in his body, manifested through best possible results on the field. In the following chapter, we'll say a few things about recovery for athletes through proper nutrition.

Superiority of herbivores

We already mentioned that man is anatomically and physiologically an herbivore. Some of the best athletes in sport history were 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.

Superiority of athletes who are exclusively on plant food is best demonstrated in experiment conducted by a Scandinavian scientist Dr. 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.

This great improvement in stamina is a well-known characteristic of herbivores. Horses can run at high speed for hours. It

**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.

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.

It is important to note that proper nutrition not only affects the performance and health of the muscles, but also the proper function and health of all other organs connected to muscles. Therefore, top results of vegan athletes don't only show

how fit their muscles are, but how fit is their whole body as a unity.

The tables on the following page compare plant foods with those of animal origin. It is obvious that vegan diet is far superior in every aspect of nutrient composition. This is very important to remember, since the best type of food for our muscles is, logically, the best type of diet for every other organ.

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 miligrams 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 miligrams 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		

It shouldn't come as surprise that plants are richest in nutrients, 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. Process in which people feed animals with plants so that they could later eat their meat re-

sults is a large energy and nutritional loss. Plants most commonly used to feed the animals are wheat and soybeans, and the nutritional losses are shown in the table below. We see that it takes up to 7 kg of plants to produce one kilogram of meat.

Where do all these plants go, if they aren't transformed into meat – kilogram for kilogram? Animals never get to absorb a large percent of plant food. They simply excrete it through stool. And the portion of plants that gets absorbed is mainly used for bodily processes of the animal. Some of the plant food is transformed into inedible tissues, such as hair and bones. This “plant circulation through livestock” results in

AMOUNT OF PLANTS NEEDED TO PRODUCE 1KG OF MEAT, CHEESE AND EGGS

- 7 kg of plants for 1 kg of pork
- 5 kg of plants for 1 kg of beef
- 2.8 kg of plants for 1 kg of chicken
- 3 kg of plants for 1 kg of cheese
- 2.7 kg of plants for 1 kg of eggs

NUTRIENTS LOST IN THE PROCESS OF
"PLANT CIRCULATION"

Completely lost

<i>Nutrients</i>	<i>Loss (%)</i>
Proteins	85-90%
Carbohydrates	to 100%
Fiber	100%

loss of large amounts of nutrients, as shown in the above table.

Producing human food in this way is an absurdly ineffective process, in the same way as it would be contra-productive to produce copper, iron or any other less valuable metal from gold.

Below we'll elaborate on the recovery of different body parts through diet and explain how a versatile plant diet can enable a harmony of our every organ, maximizing the physical condition of the entire body.

Foods for muscles and bones

The mobility of human body depends on the condition of our muscles, joints, tendons and muscle membranes. Nutrition is one of the key health and musculoskeletal system recovery factors and affects it in several ways:

- adequate muscle strength is maintained by utilizing carbohydrates, vitamins and minerals taken through diet.
- prevents osteoporosis by providing sufficient quantities of calcium, magnesium and phosphorus, which are necessary to maintain an adequate supply of bone minerals.
- prevents the deposition of uric acid in joints thereby stopping them from infecting and decaying.

We are going to list some of the best plants that contribute to the recovery and strengthening of our bones and muscles.

Coconut

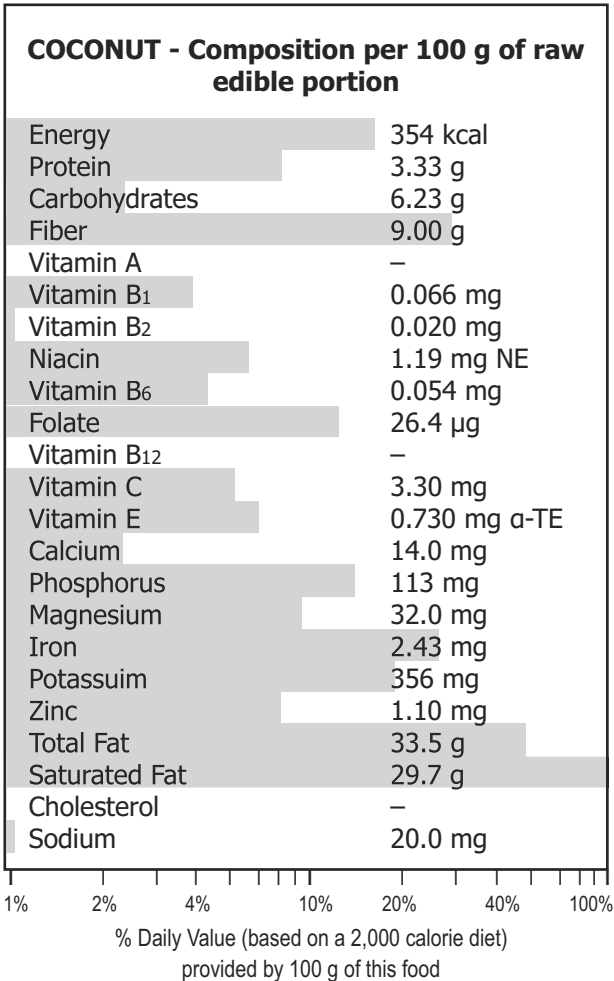
A rich source of minerals



The coconut palm is one of the most resilient plants in the world. It is able to sustain even the fiercest tropical storms and its fruit – coconut is able to retain its ability to germinate for thousands of years. The science confirms what ancient people knew: coconut is really “the tree that provides everything necessary for life” – not just liquid for drinking and solid food, but also sandals, textiles and even houses.

Coconut is very rich in magnesium which is important for strong bones, muscles and healthy joint cartilage. About 60% percent of the body’s magnesium is found in the bones and 26% in the muscles. Lack of magnesium in the muscles leads to cramps and nervous excitability. A liter of coconut milk contains the RDA (Recommended Dietary Allowance) of magnesium for an adult. Also, coconut contains significant amounts of iron and phosphorous, as well

as carbohydrates and proteins, and is particularly rich in fatty acids that are beneficial to human body.



Leek

Eliminates uric acid



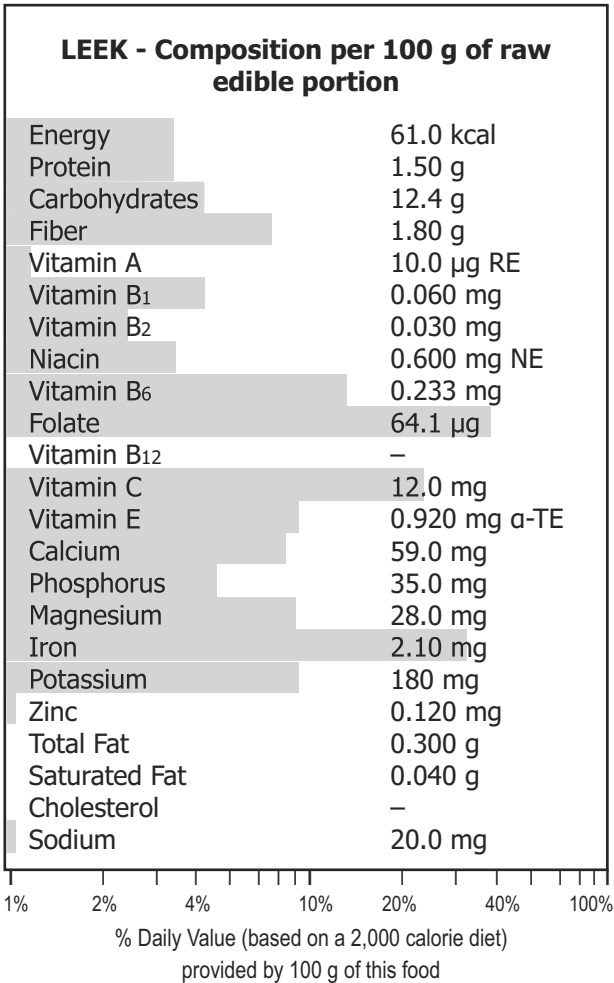
One of the many important characteristics of leek is its ability to excrete uric acid. Our bodies produce uric acid daily as a residue of the metabolism of proteins. When excess uric acid is produced, it tends to deposit in joints, causing inflammation and pain, known as arthritis. Leek has the ability to neutralize this acid and to eliminate it through urine, thus protecting bones and kidneys.

Due to its specific aroma, leek has a very beneficial effect on sinus and respiratory system. Leeks fight constipation because of the laxative effect of their fiber, which is a very important aspect of body cleansing.

Leeks are rich in calcium, magnesium and iron. 500g of leeks provides enough iron

Recovery for Athletes

that an adult needs in a day and a third of the daily need for calcium.



Black currant

Fights rheumatism

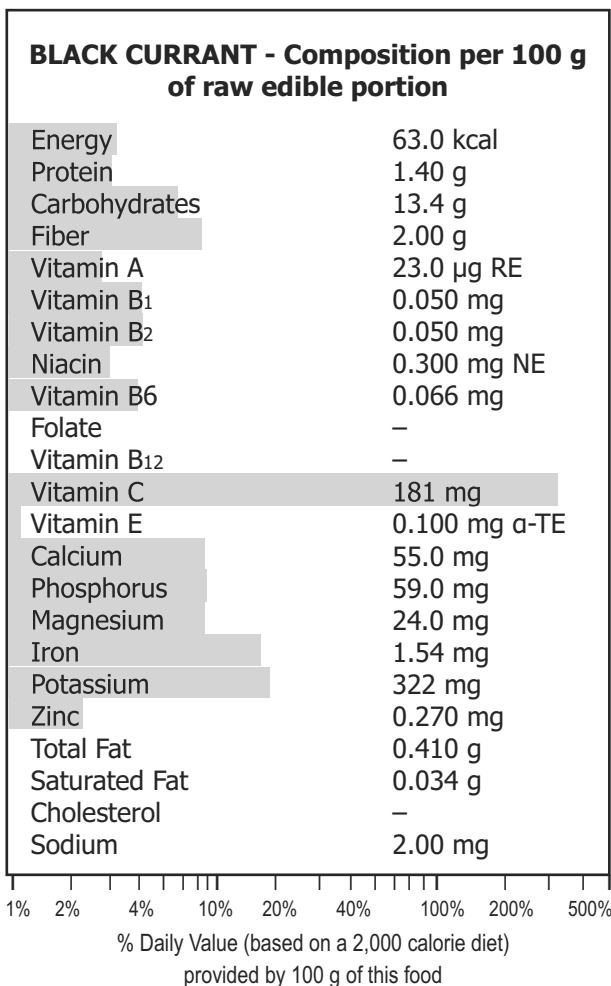


This incredible plant contains three times more vitamin C than orange and as much iron as meat. Also, black currant is very rich in B group vitamins, potassium, calcium and magnesium. This type of currant is preferable to the red currant.

This fruit contains flavonoids that are very active as antioxidants, fighting inflammatory processes in joints and reliving pain. It also protects the arteries by preventing the destruction of its elastic tissue.

Black currant contains substances that tone the digestive system, purify blood and help eliminate uric acid that causes joint inflammation (arthritis). Those who suffer from rheumatism and cardiovascular and circulatory disorders should eat definitely include black currant in their diet.

They can be eaten ripe as fresh fruit, but they are also particularly good as a refreshing juice when squeezed.



Chestnut

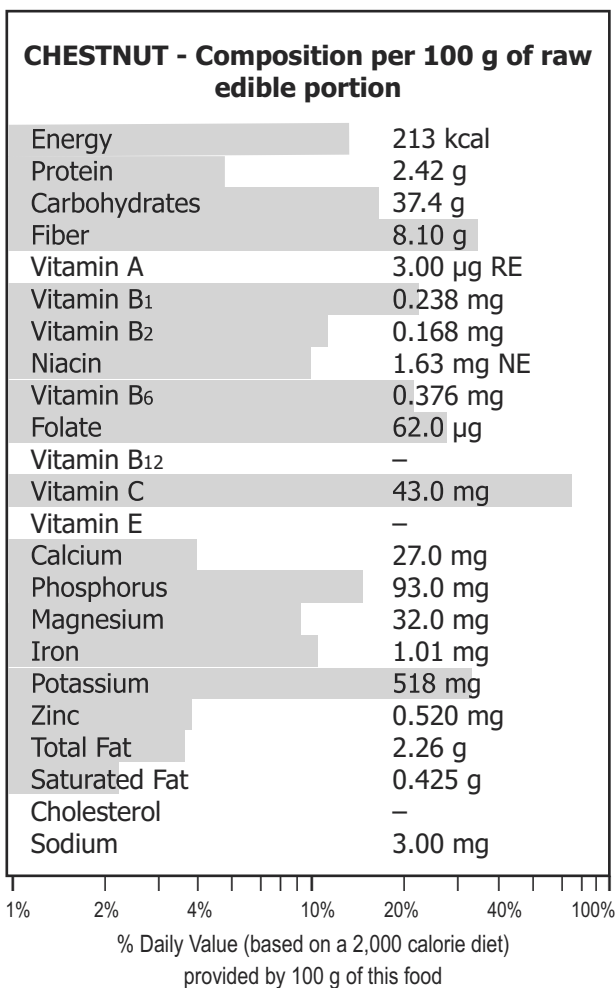
For strong muscles



Chestnut has a composition much more similar to grains than to other nuts. In times of famine or war, chestnut helped many to survive due to its high nutritional value. This plant is one of richest carbohydrate sources in nature. It contains proteins and high-quality fats. Chestnut is quite rich in vitamin C and B complex vitamins, as well significant amounts of magnesium, calcium, phosphorus, and trace elements zinc, manganese and copper.

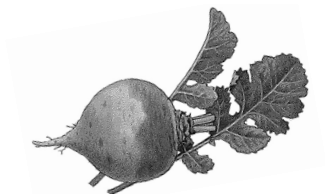
Since it is a good source of calories, it stimulates the development of musculoskeletal system. Also, chestnut has a tonic effect on the muscles, energizing them and providing a sensation of well-being. It helps prevent hypertension due to its high potassium level. Chestnut's alkalizing effect is very important for proper kidney function and excess acid elimination.

It is necessary to well chew the chestnut, so that enzymes from saliva could process its carbohydrates, starch and saccharose.



Turnip

Rich in calcium

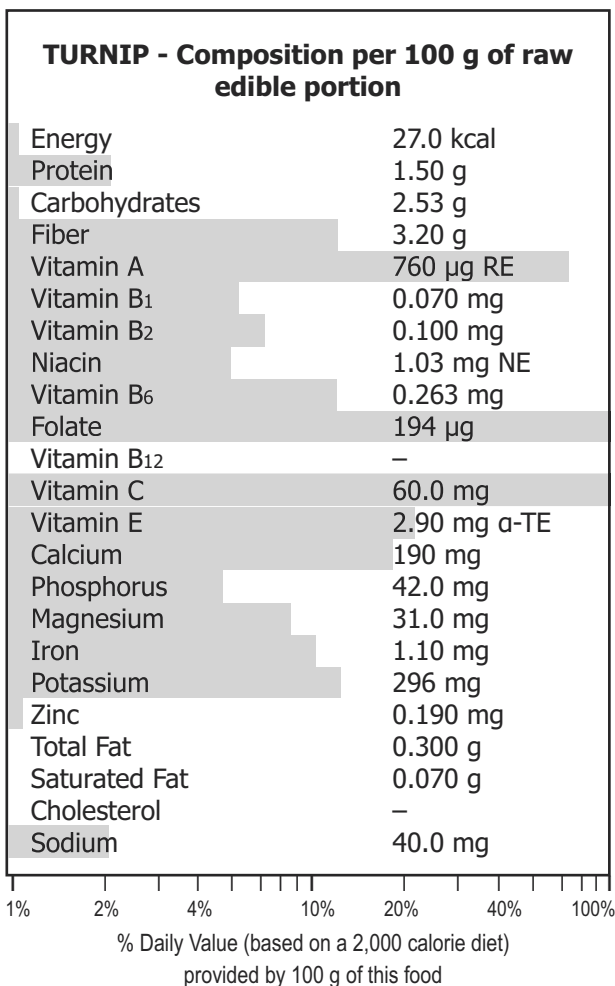


This now largely overlooked plant was once an integral part of many nations' diets, providing them with great strength. Turnip leaves are the richest leafy green vegetable in calcium, having almost as twice of this mineral as milk. It has an outstanding concentration of many other minerals and vitamins, such as provitamin A (beta-carotene), vitamin C, vitamin B₉ and iron.

Turnip consumption encourages the elimination of uric acid, normally produced as the body metabolizes proteins. Excess amounts of this substance create a toxic state in the body, known as gout, in which uric acid crystal are deposited in joints and cause inflammation and rheumatic pain.

Turnip is especially good for those who are trying to lose weight, since it provides a considerable feeling of satiety with few calories. It contains substances that pro-

mote the proper function of thyroid gland, which regulates the metabolism of other tissues, including bones and muscles.



Foods for the heart

The most important muscle in the human body is heart. It opens and closes once a second, working unceasingly from birth to death. Health and rest of myocardium is crucial to well-being of our bones and muscles, as well as the whole body and success in the sports arena.

Heart rests for a tenth of second between two beats. In order for the heart to function properly it needs enough oxygen and nutrients, especially fatty acids, glucose and vitamin B1, reaching the heart via arteries.

By avoiding foods rich in saturated fats and cholesterol, such as meat, eggs, butter, cheese and milk, as well as “legal narcotics” – tobacco and coffee, is very important for heart health. Below we’ll outline some of the best foods for the heart.

Walnut

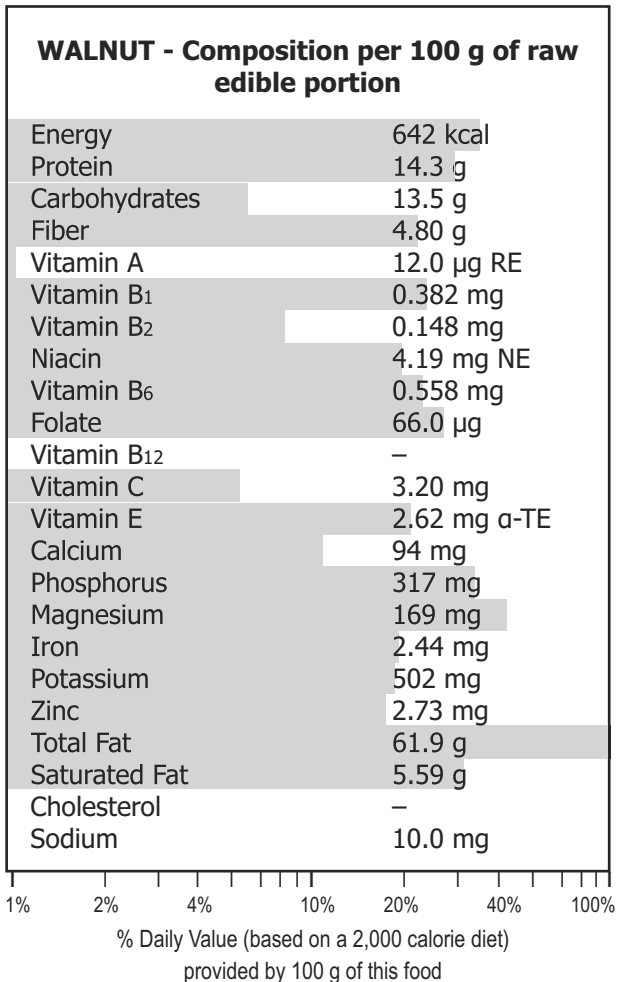
Provides energy for the heart



The walnut is one of the most concentrated food sources of nutrients in nature and is particularly recommended for people who are exposed to great physical efforts, such as athletes. It contains large amounts of essential linoleic acid which reduces cholesterol levels, critical to the formation of nerve tissue and antibodies production. Also, walnut contains large quantities of high quality protein and is an excellent source of vitamin B complex, in particular – vitamin B₁, necessary for the function of the heart and stability of nervous system, as well as vitamin B₆ responsible for proper brain function and red blood cells production.

It's rich in iron, magnesium and calcium and many trace elements such as zinc (important for wound healing and immune

system), copper (prevents anemia) and manganese (necessary for reproduction).



Banana

Rich in potassium

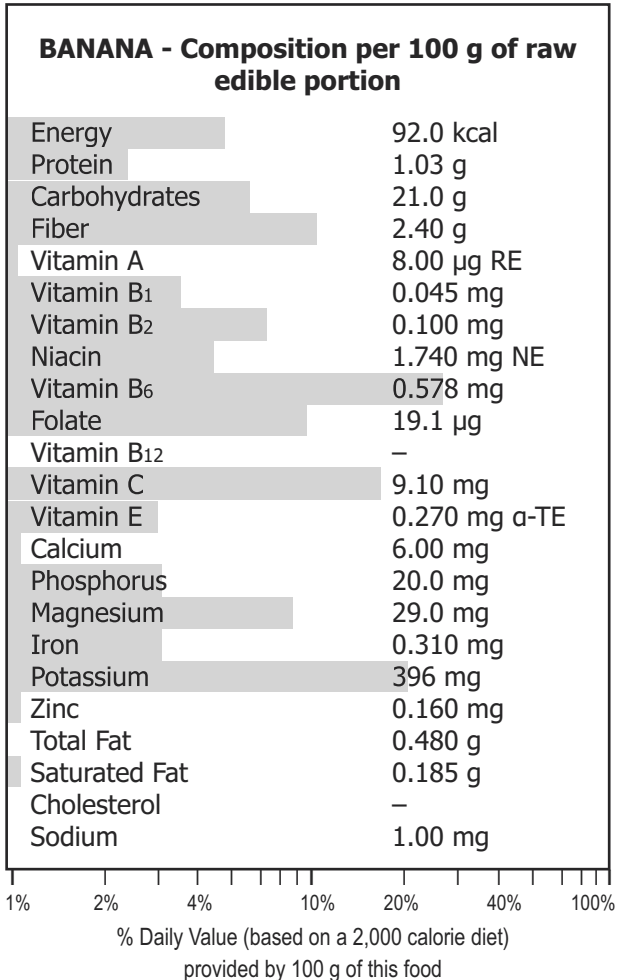


Banana is one of the best sources of potassium in nature. This fact, combined with the absence of sodium, makes this fruit an excellent fighter against hypertension, arrhythmia and heart attack. Banana contains significant amounts of vitamins B₁, B₂ and B₉ necessary for energy production in the heart muscle, as well as magnesium, which inhibits the progress of arteriosclerosis and prevents stroke.

This fruit is rich in soluble and insoluble fiber lowering lipid and cholesterol levels, while inducing intestinal-soothing effects. Small amounts of serotonin in bananas are responsible of inhibiting the spinal cord pain and sedation of the nerves.

Banana alkalizes blood, thus neutralizing and eliminating excess uric acid that causes gout and arthritis. It protects the gastric mucosal layer in a special manner and is

very useful in all kinds of digestive disorders.



Broccoli

Regenerates heart



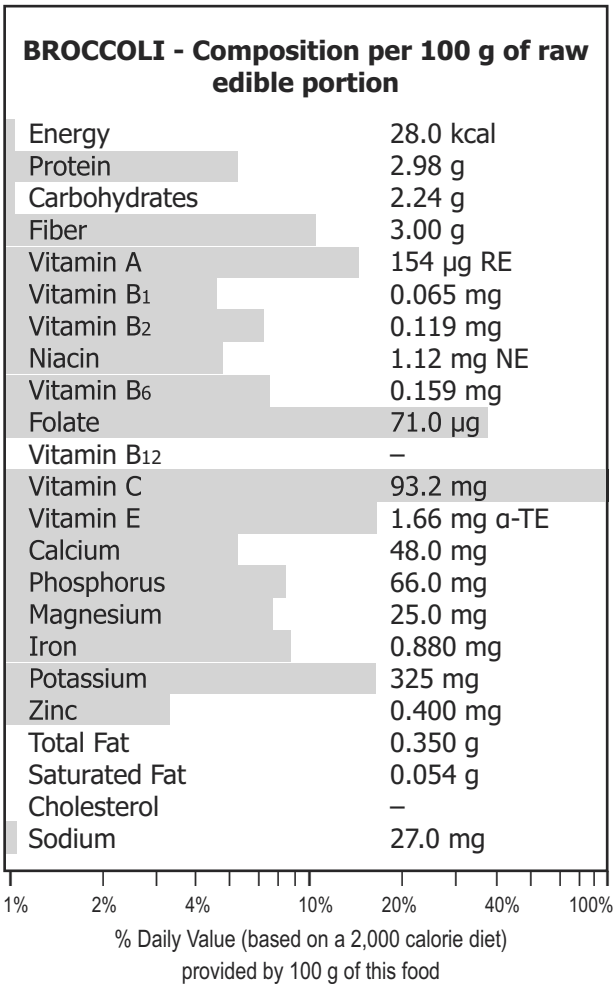
This plant stands out as one of the richest in proteins, calcium and vitamin C. Due to its high concentration of potassium and low sodium level, broccoli is very good food for those suffering heart failure. Its decongestive properties protect us from heart and circulatory system failures.

Broccoli has low levels of calories and fats, while producing a feeling of satiety, making it very useful for those suffering from obesity and diabetes.

Due to high quantities of provitamin A (beta-carotene) and phytochemicals, broccoli has anticancerogenic effects and prevents the development of tumors. Broccoli promotes the elimination of excess liquid retained in the tissues, as in cases of athletic injuries.

In the last few years, broccoli is becoming more and more popular, mainly because it

doesn't produce as much flatulence as the rest of cauliflowers and has a better flavor.



Grapes

Strengthens the heart

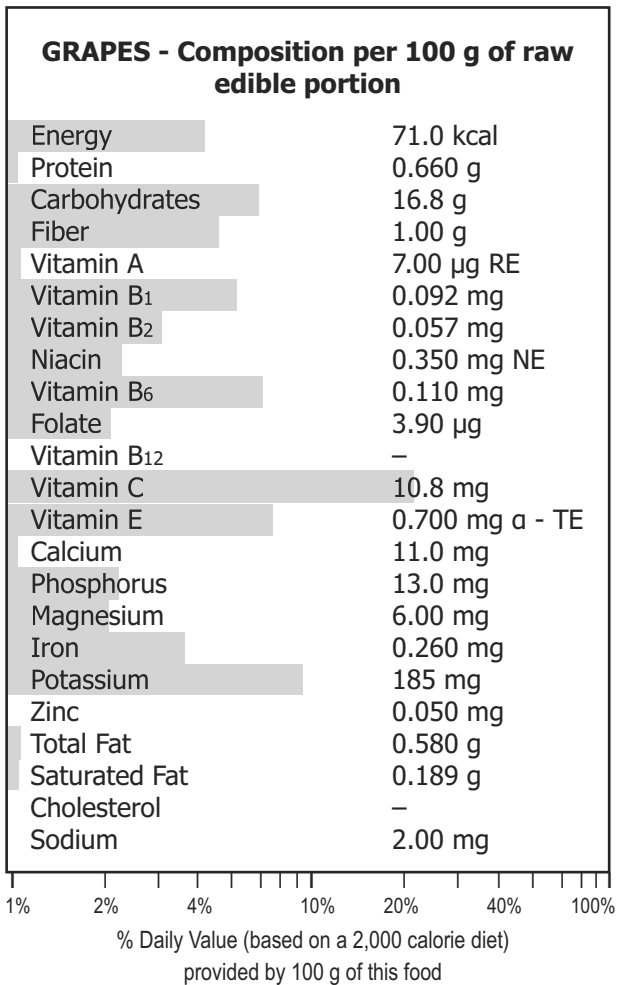


Grapes are one of the richest fruits in vitamin B complex, which are responsible, among other things, for sugar metabolism thus enhancing their chemical combustion in cells to produce energy.

This fruit provides energy in the form of simple sugars – glucose and fructose, which the heart muscles use for contractions. Grapes are rich in potassium, but it also contains calcium and magnesium important in cardiac contractions. Also, grapes contain very little sodium and saturated fat, two primary enemies of the cardiovascular system.

Grapes are rich in flavonoids (vitamin P), known for their antioxidant effect, impeding the oxidation of cholesterol that causes arteriosclerosis.

Additionally, they halt the formation of blood clots in the arteries.



Peach

Everything necessary for the heart

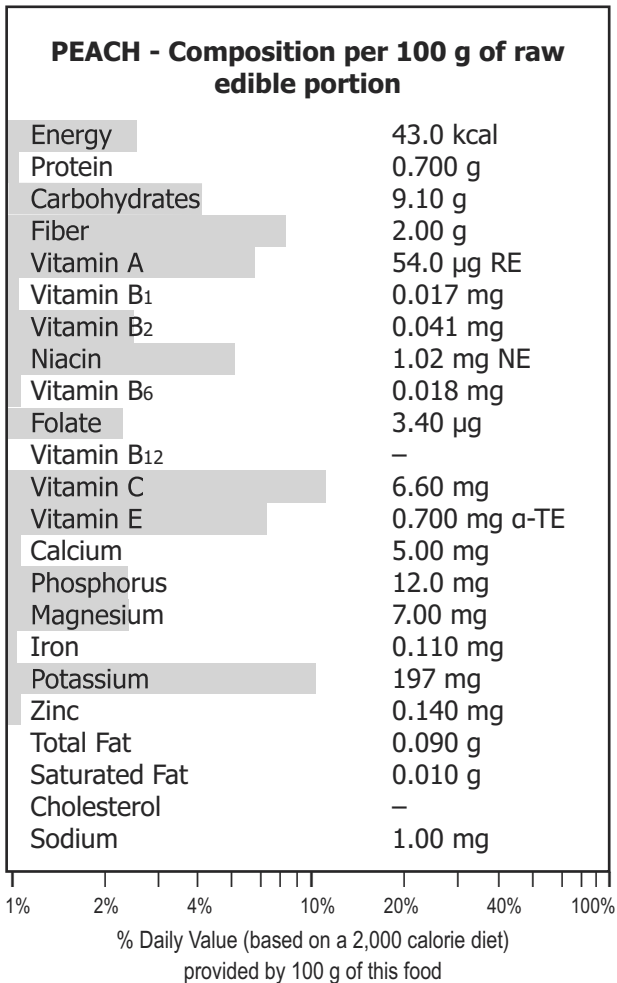


The arteries that are the most prone to deterioration are those that feed the heart. The chemical composition of the peach seems almost perfect for a healthy heart. Since peach has an ideal balance of vitamins A, C and E (best natural antioxidants), this fruit maintains artery health and improves blood flow to tissues and organs.

Peach is also quite rich in B group vitamins necessary for heart muscle cell contraction. Large quantities of potassium can be found in peach, and additionally, magnesium and minerals crucial to maintaining normal heartbeat rhythm.

Absence of fats and sodium in peach helps avoid hypertension and aids the cardiac activity. Peach gives energy to the heart and

promotes the elimination of waste materials from the blood.



Peas

The heart's friends

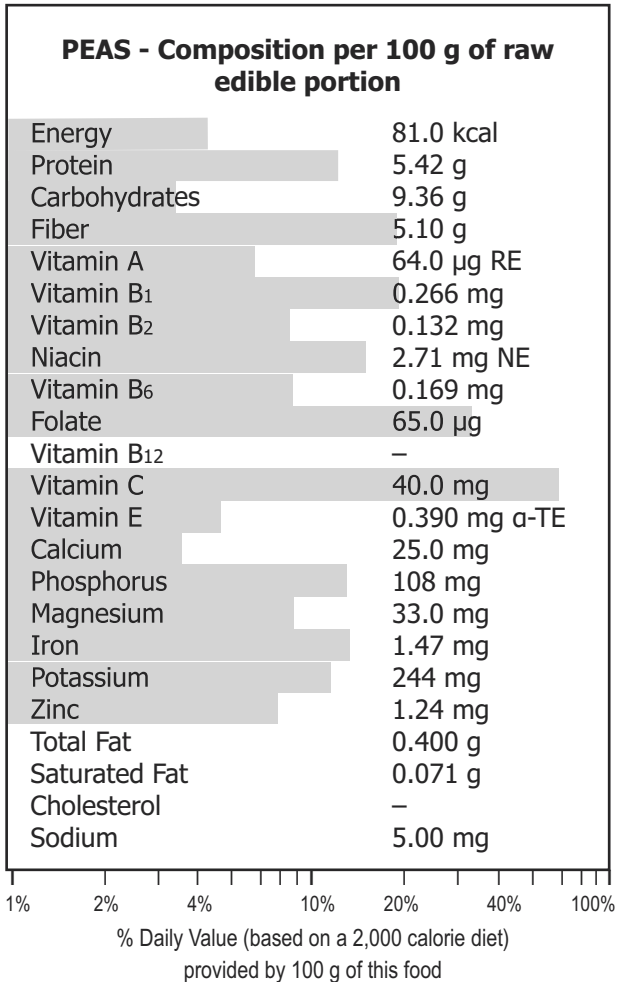


Peas are a good source of proteins, especially if combined with corn, since this combination provides body with all the amino acids necessary to our body. This plant is a good source of B complex vitamins necessary for proper function of the heart and nervous system, helping with insomnia, depression and irritability.

It is very rich in vitamin C (almost as much as lemon), making it a very powerful antioxidant that aids arterial function and keeps them free of cholesterol. Peas have high levels of potassium, which is very important for heart's health.

Also, peas is a good source of iron, zinc and fibers, and provides significant amounts of provitamin A (beta-carotene), vitamin E and magnesium making this plant an excellent combination of important components for cardiac health.

The starch in peas is slowly converted in simple sugars during digestion, keeping the level of blood sugar in balance.



Foods for the arteries

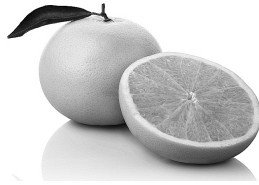
In order to have healthy and strong muscles, oxygen and nutrients sent by heart have to successfully reach them. This is what arteries do. Without healthy and strong arteries, there can be no healthy and strong muscles. Arteries provide oxygen and nutrients to other organs also and all of them play a significant role in muscle and bone health, as well as in reaching top results in sport.

Substances that are bad for arteries are (large quantities of) sodium – primarily from table salt, saturated fat and cholesterol, found only in animal products. Beneficial components are antioxidants (primarily found in fruits and vegetables), unsaturated fatty acids (nuts and seeds) and soluble fiber (fruits, vegetables and legumes).

Below we'll analyze some of the best foods for the arteries.

Grapefruit

Cleanses the arteries

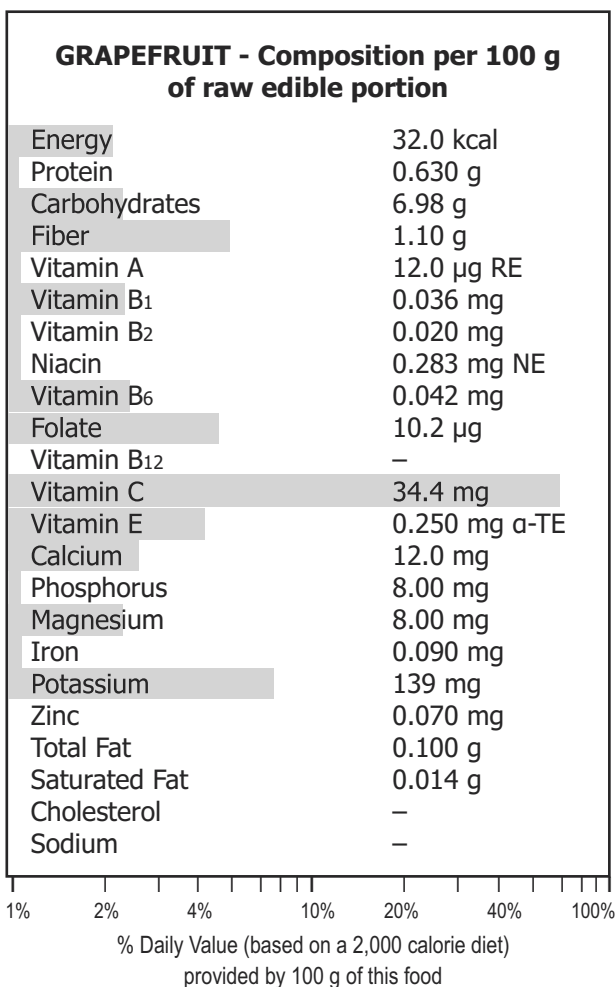


Due to high levels of pectin (soluble vegetable fiber), grapefruit is known for its anti-cholesterol effects and ability to protect arteries. Also, flavonoids (phytochemicals) in grapefruit facilitate blood flow and act as antioxidants and anticancerogens.

Hematocrit is a measure of blood concentration in cells. Grapefruit has the property to lower the level of hematocrit to normal levels, thereby reducing the risk of blood clots formation that are the most serious complication of arteriosclerosis. On the other hand, if hematocrit is lower because of the anemia, grapefruit – quite miraculously- helps raise its level toward balance. Similarly, vitamin C, abundant in this type of fruit, also protects the arteries.

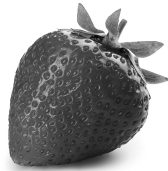
A glass of freshly squeezed grapefruit in the morning, drank on an empty stomach,

is one of the best and simplest ways to detoxify your body, aiding with obesity.



Strawberry

The strongest antioxidant fruit

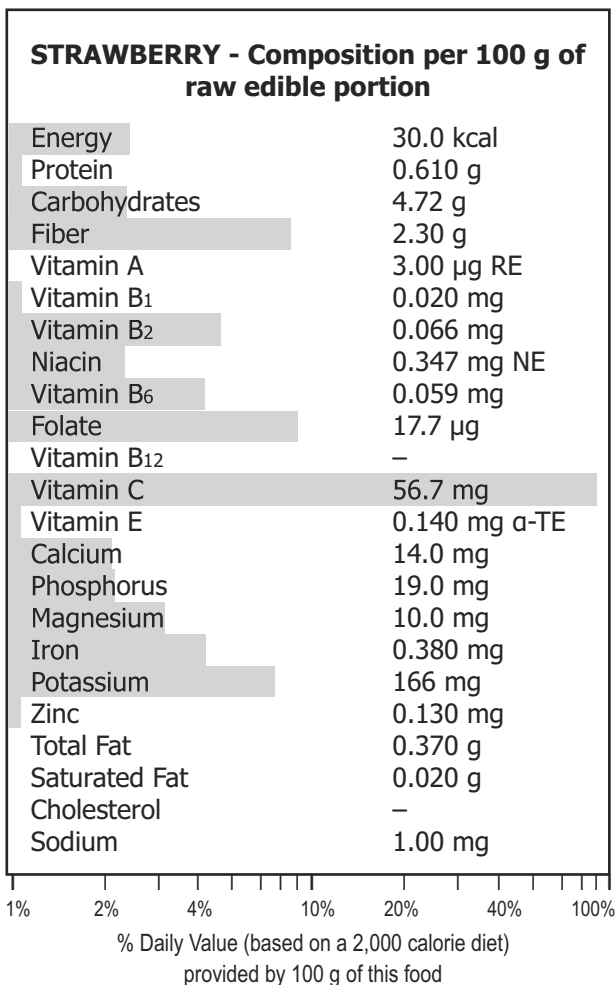


Free radicals are feared for their ability to oxidize lipoproteins (that enable fat transport in blood). If the process of oxidation is not stopped, then the cholesterol is going to get deposited on artery walls, leading to arteriosclerosis. Strawberry, as the strongest antioxidant among fruit, neutralizes the effect of free radicals thereby protecting arteries.

The antioxidant properties of strawberry are the result of its high concentration of vitamin C, bioflavonoid (vitamin P) and other phytochemicals.

Strawberry increases urine production and facilitate the elimination of uric acid due to its alkalizing properties. High levels of soluble fiber let this fruit aid with constipation. Strawberries can cause allergic reaction due to their salicylic acid content in

those people whose body needs detoxification.



Squash

Ally to arteries



Due to the best sodium/potassium ration in plants, squash is very important in preventing hypertension and its negative consequences (arterial blood clots and stroke). Squash's minimum levels of fat and richness in beta-carotene also aid in protection of arterial walls.

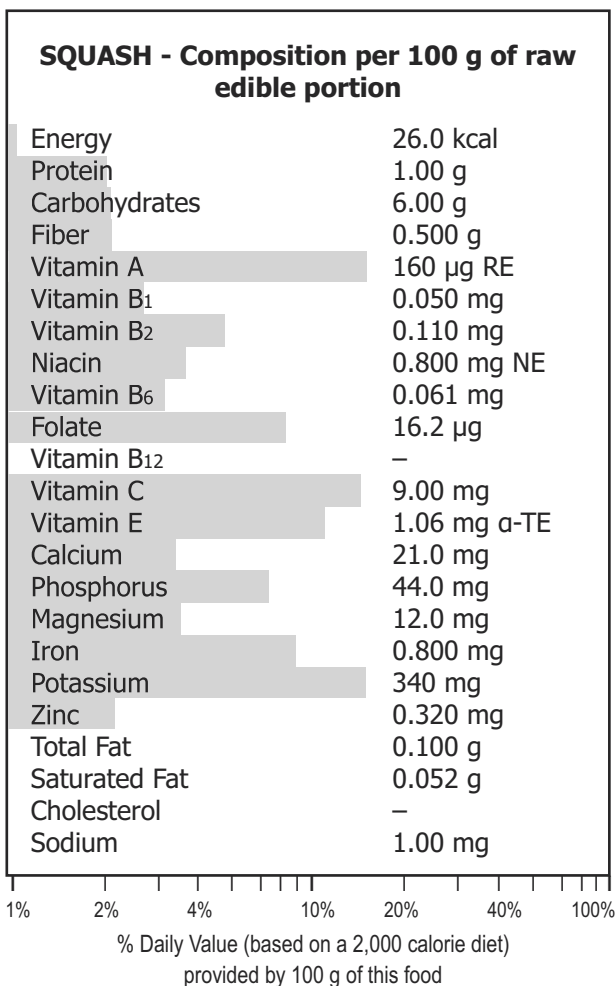
Squash promotes the production of urine and can be used in regulating proper renal function. It also neutralizes excess stomach acid and has a protective effect on the stomach mucosa.

Squash seeds stop the excessive growth of prostate, produced in many males over the age of fifty.

They also relax the urinary bladder and facilitate its function.

Recovery for Athletes

Squash seeds can also paralyze parasitic worms in the intestine, making their elimination much easier.



Buckwheat

Feeds and protects the arteries

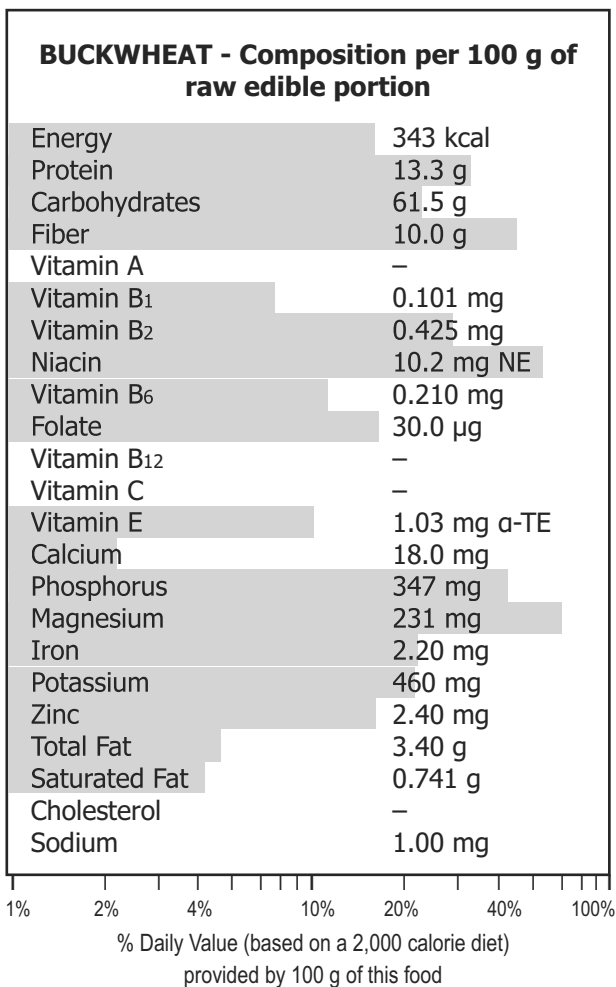


Buckwheat has a great nutritional value, similar to other grains, but its most important characteristic is its richness in lysine, an essential amino acid lacking in wheat and other grain, making buckwheat protein more complete than those of wheat.

Buckwheat is also rich in nutrients (such as vitamin P) necessary for the healthy function of the capillaries and arteries.

That's why it's very nutritious and easily digestible, making buckwheat very desirable part of athletes', physical laborers' and adolescents' diet.

Very low sodium level makes this grain good for those suffering from hypertension disorders, arteriosclerosis and vascular fragility.





Avocado

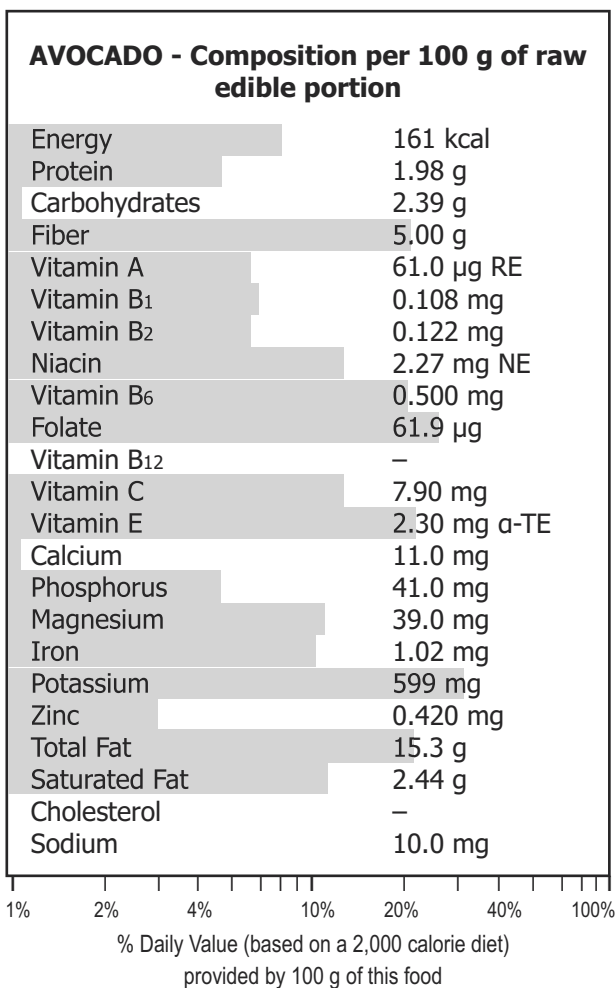
Against anemia and high cholesterol level

This fruit is very concentrated with high nutritional and caloric value. Avocado is one of the fruits richest in good fats, without cholesterol and richest in proteins, containing all essential amino acids.

Avocado contains the most vitamin E (the vitamin of reproduction) of any fresh fruit. This vitamin also has powerful antioxidant effect and protects our body from cancer and cellular aging. With more than 5% of fiber, the avocado is the richest of any fresh fruit.

Avocado is very good for arterial function and blood pressure regulation, due to its optimal sodium/potassium ratio. The iron in avocado is well absorbed and is good in fighting anemia.

Abundance of vitamin B6 facilitates neural function, battling nervousness and depression.



Pear

Regulates blood pressure

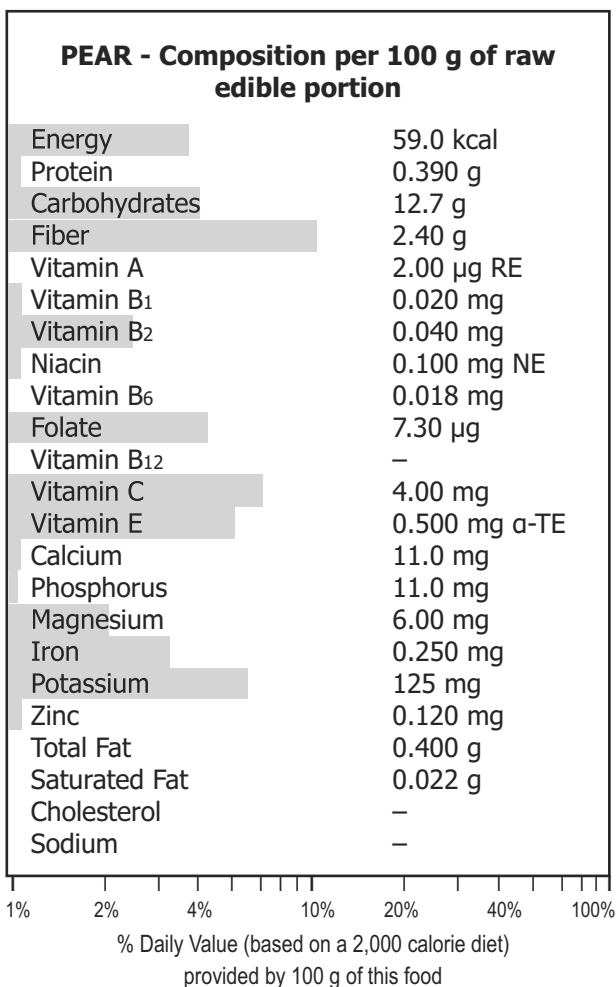


The pear's ability to lower blood pressure has been known for ages. This is due to its mild diuretic effect and complete absence of sodium – mineral that retains water in body thus raising blood pressure level. And, since pear is rich in potassium, it additionally reduces risk of high blood pressure.

Low level of protein and abundance of potassium are an excellent combination for stimulating proper renal function. The pear is digested rapidly and fights against putrefaction and flatulence.

The pear is rich in good sugars, containing high amounts of magnesium, iron, copper and manganese. A good combination of fibers in pear enables it to work against high cholesterol levels and have laxative effect. Organic acids and tannins level in

pear are responsible for absorbent and anti-inflammatory effect of pear.



Sunflower

Fights arteriosclerosis

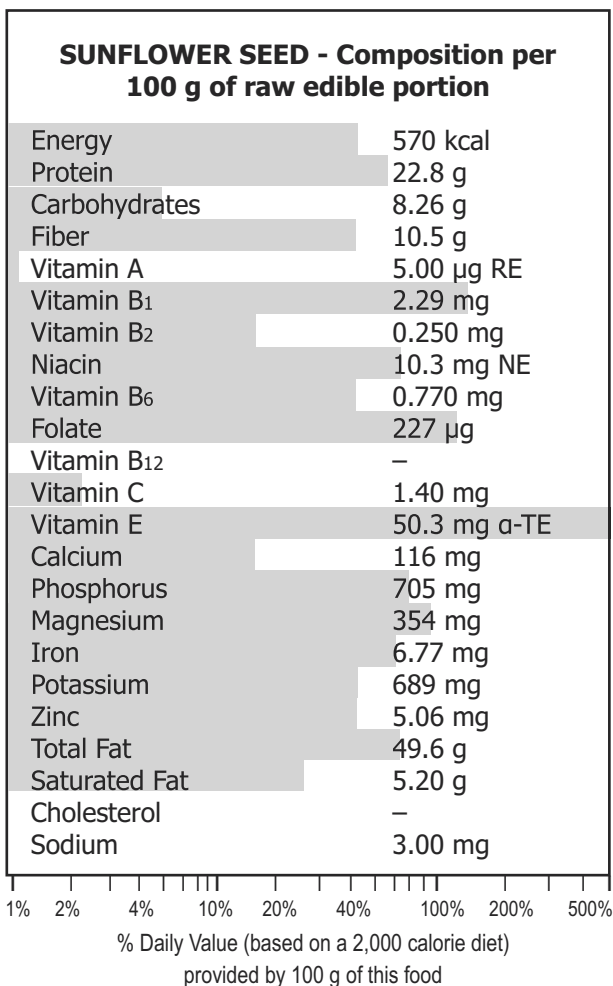


Sunflower seeds are one of the most nutritionally valuable foods in nature. They have the lowest concentration of saturated fats making them very good in lowering bad cholesterol levels. Also, sunflower has the ability to dilate blood vessels and reduce stickiness of the platelets, thus reducing the risk of blood clots.

Since sunflower seeds are one of the best sources of vitamin E, it has powerful antioxidant properties. Additionally, they prevent deterioration of arteries and regenerate them. This vitamin, along with linoleic acid (vitamin F) improve the elasticity of the skin and protects its cells from aging, strengthening the nails and hair, as well as reducing the number of gray hairs.

Sunflower seeds are abundant in vitamin B₁. Together with phosphorous, lecithin and linoleic acid, this seeds contain an excellent mixture of nutrients that benefit the

nervous system, especially for the brain. It's best to eat it raw, dried in air for a couple of days.



Rye

Flexibility for the arteries



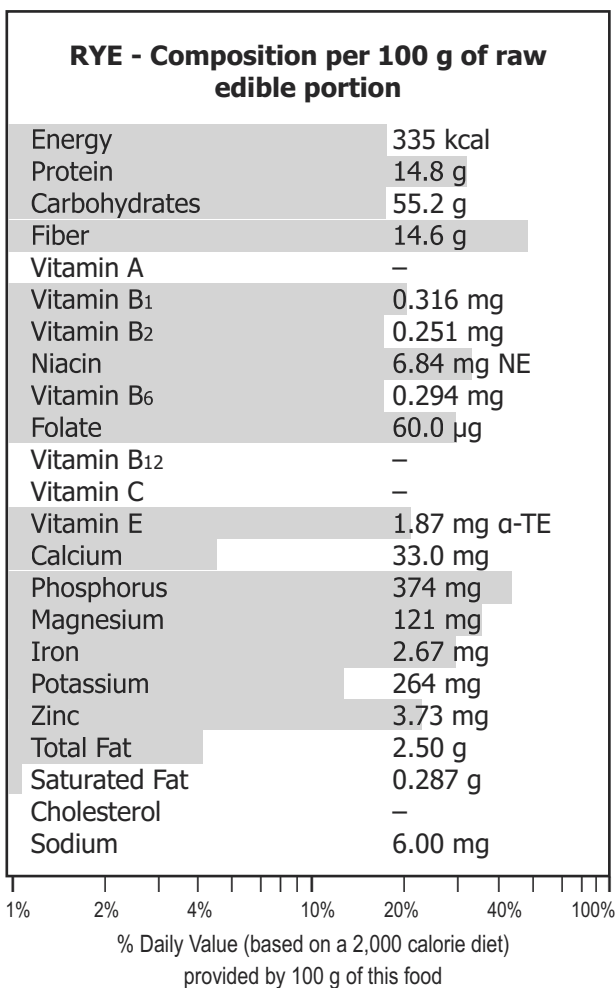
Rye is an excellent source of proteins and when combined with legumes provide the body with all essential amino acids. It's well known that grains make the arterial walls more elastic, the blood more fluid and improve circulation, and rye seems to have the most prolific effect.

This property can likewise be attributed to rye's richness in vitamin E and selenium.

Due to its positive effect on the arteries and has a low level of sodium, rye is good for those suffering from hypertension. Its richness in fibers makes it beneficial for intestinal regulation.

Besides all of this, rye lowers the concentration of bile and other acids in the intestine. This grain is very rich in phosphorus, magnesium, zinc and other microele-

ments, and just 100g of rye satisfies one fourth of our daily need for iron.



Chickpea

Ideal food for athletes

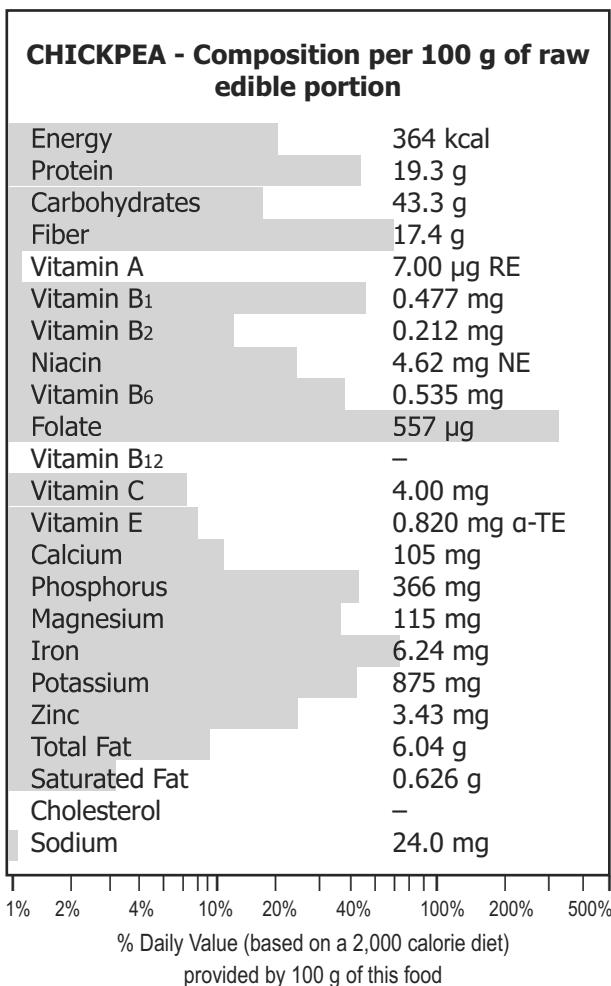


Due to the lifestyle of modern athletes, plagued by stress and inadequate nutrition, a plate of chickpeas is simply a must-have for them. This plant lowers the level of cholesterol in blood and strengthens the nervous system.

Chickpea contains much energy and is a good source of majority of nutrients, containing more proteins than meat and eggs. Plant proteins, such as those of chickpea are complete and contain almost every essential and non-essential amino acid.

Chickpea is the best source of B group vitamins, which are very important in neural function regulation. It contains three times more iron than meat and is an excellent source of zinc (just like lentils and soy), making it an excellent choice for athletes.

Chickpea's fiber content facilitates intestinal function.



Foods for blood

Red blood cells (erythrocytes) are those that give blood its red color and transport oxygen that keeps all cells alive. Erythrocytes live about hundred days, and the bone marrow constantly produces new red blood cells, and this process requires adequate nutrition. Reduction in red blood cell number leads to anemia (literally means “lack of blood”). The most important substances for blood production are iron, proteins, vitamins B₁₂ and B₉.

The majority of iron from food is in form that is hard to absorb by intestine. However, vitamin C from fruits, especially acidic ones, speeds the absorption rate of iron two to three times. Legumes, green leafy vegetables, fruits and grains are the best sources of nutrients needed for blood production. Our bodies don't need meat to produce blood. Blood produced from plant-based nutrients has much greater quality than that of foods of animal origin. We'll elaborate on this below.

Red beet

For strong blood

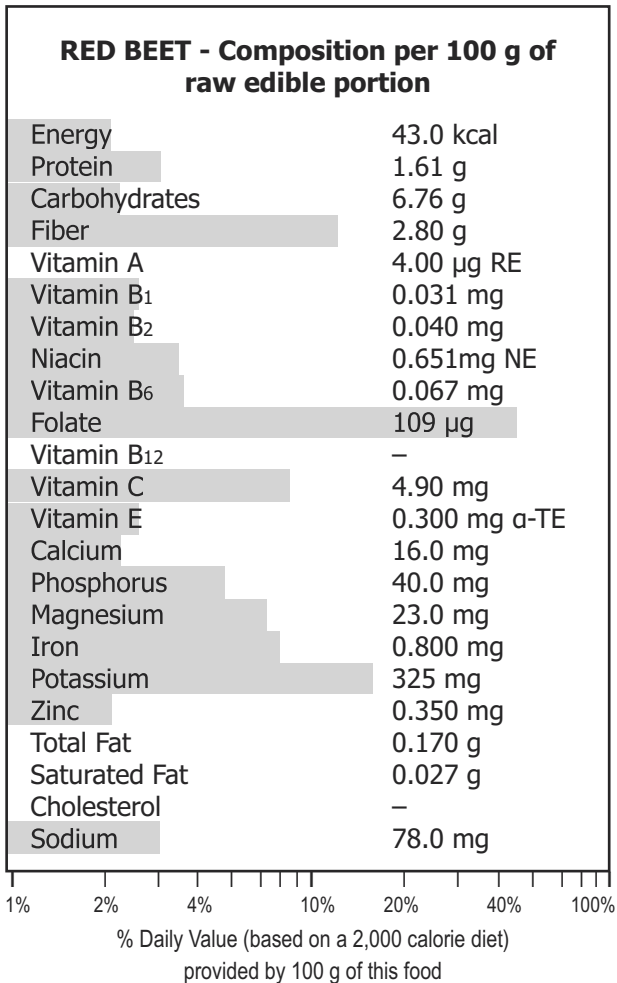


This vegetable contains a lot of iron and vitamin C, which facilitates the absorption of this element. Drinking 50-100 ml of freshly squeezed beet juice gives the greatest anti-anemic effect. Red beet juice on its own doesn't have a particularly good taste and therefore it's best to mix it with carrot or/and apple juice.

High levels of potassium, calcium and magnesium have alkalizing effect on the blood, making red beet good in cases of arthritis. Its high content of fiber gives it ability to promote proper intestinal function. Also, it regulates cholesterol levels in blood. Eating red beet during three weeks (intake of about 30 mg of beet fiber) lowers cholesterol level in blood for 10%.

Beet's ingredients have a soothing effect on stomach and a powerful anticancerogenic effect. Research show that a daily dose of

250g of shredded red beets or 300-500 ml of juice is capable of eliminating cancer completely.



Lemon

Purifies blood

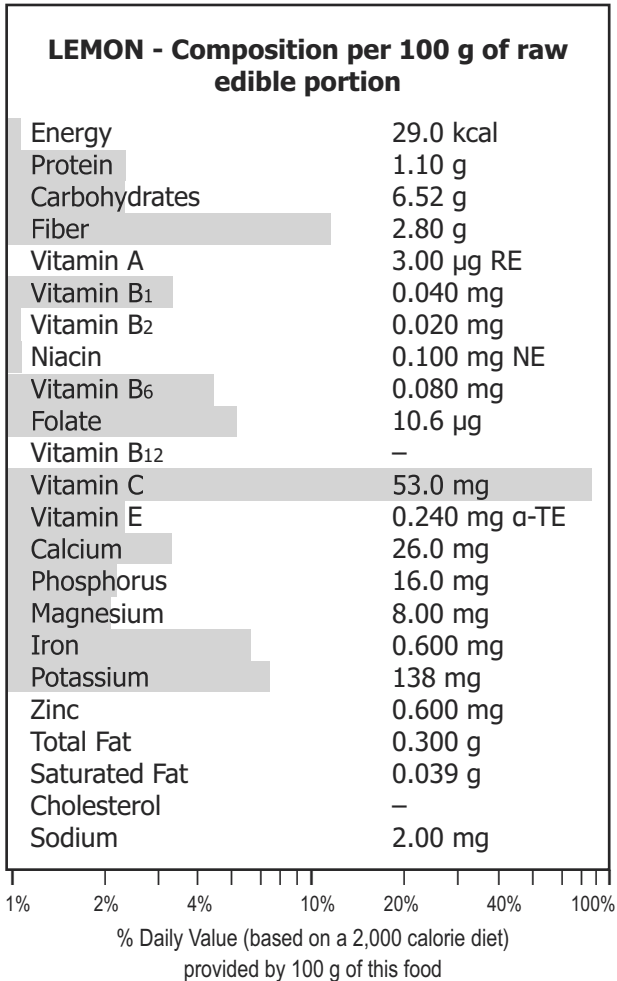


The most important components of lemon are not its nutrients, but rather its accompanying substances or phytochemicals. It's rich in vitamin C, which, among other things, facilitates iron absorption. Even half a lemon a day would be enough. This vitamin also has strong antibacterial properties.

Lemon is rich in flavonoids (vitamin P) which that act like antioxidants, neutralizing the harmful activity of free radicals and slowing the aging process. They also improve blood flow and prevent edema and blood clots. Lemon is also known for its anticancerogenic properties.

Lemon peel contains aromatic terpenes that detoxify the body and protect it from cancer. This fruit can greatly improve renal function and help dissolve kidney stones, additionally improving immunity to infec-

tions. Two drops of lemon juice in the eye two or three times a day are enough to help in case of conjunctivitis.



Pistachio

Richness of iron

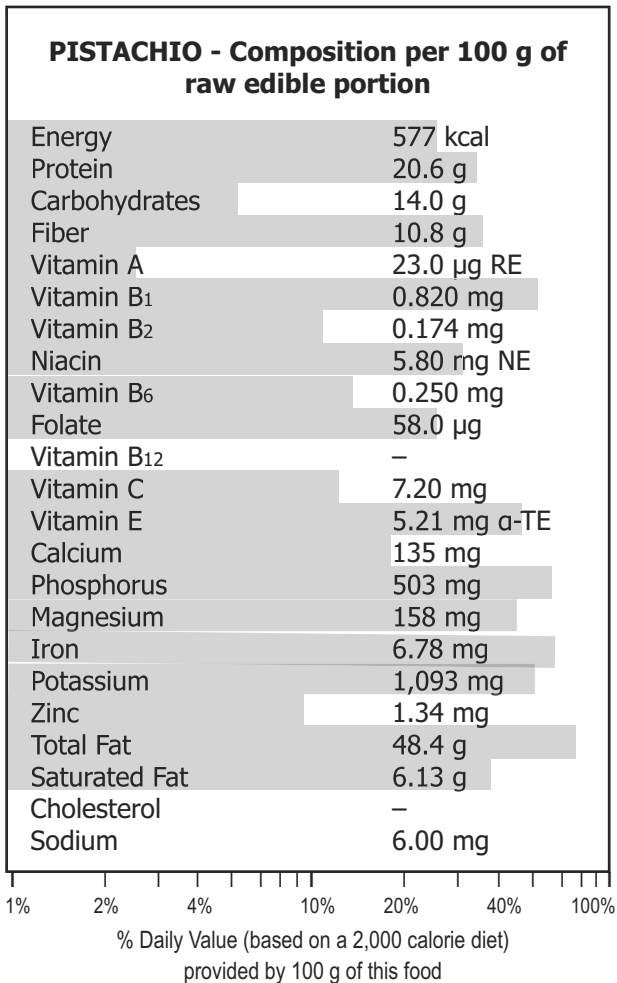


Since ancient times, pistachios were called “some of the best products of the land”, together with honey and almonds. Its most outstanding feature is the abundance of iron, surpassing that of lentils. They also contain many minerals: potassium, magnesium, phosphorous and calcium. Pistachio’s content of microelements such as copper facilitates the absorption of the iron.

The iron and copper combination in pistachio induces a stronger anti-anemic effect than any pharmaceutical product.

This property is even more enhanced when pistachios are eaten with fruits rich in vitamin C, since it’s known that this vitamin promotes the absorption of iron in intestinal.

Pistachios are very rich in proteins, but have fewer fats than other nuts. They also contain a lot of carbohydrates.



Lentils

Rich in iron and fiber

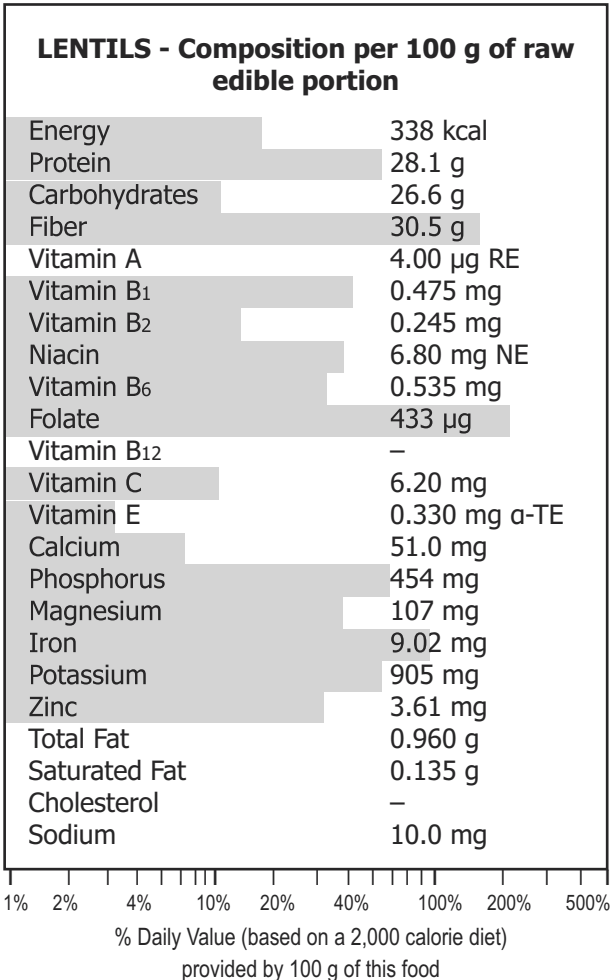


Lentils are very concentrated food that is an excellent source of energy, mostly from proteins and carbohydrates since lentils contain virtually no fat. This type of legume is slightly acidifying and that's why it should be combined with green vegetables. It's very rich in fiber and thus stimulates proper intestinal function.

Only a 100 grams of raw lentils meets most of almost all of the nutritional need of an athlete. It's good to combine it with lemon, rich in vitamin C, in order to promote iron absorption from lentils. Eaten with rice, these two plants give all the necessary amino acids.

Lentils are best prepared if they are soaked in water overnight, and then rinsed in the morning and left wet. This is repeated every 3-5 hours until it germinates, which occurs in about 24 hours. Lentils can be

consumed as seen the sprouts appear. This method applies to all legumes.





Alfalfa

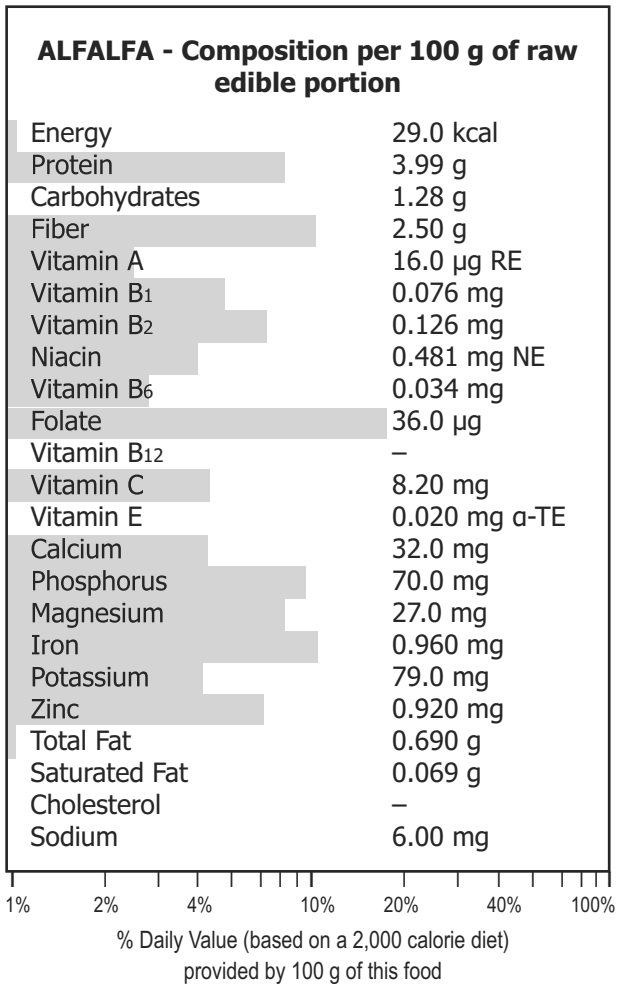
A little appreciated food of great value

Alfalfa is best eaten when sprouted, after being soaked in water. It's especially rich in proteins, calcium, iron, as well as vitamins C, E and B₉. Its nutritional value is greater than that of most other vegetables and it shouldn't come as surprise that horses fed with alfalfa have great stamina.

This extraordinary plant has high concentration of vitamin K (much more than meat and milk), important in the process of coagulation. This vitamin also facilitates the use of calcium in bones.

Apart from iron, alfalfa contains many other minerals, such as copper and boron, as well as vitamins that have an anti-anemic effect and have regenerative effect. This vegetable promotes proper intestinal function and lowers cholesterol level. Studies show that athletes who consumed alfalfa

regularly showed better results in cases of exhaustion, depression and nervousness.



Fava bean

Abundance of iron and energy



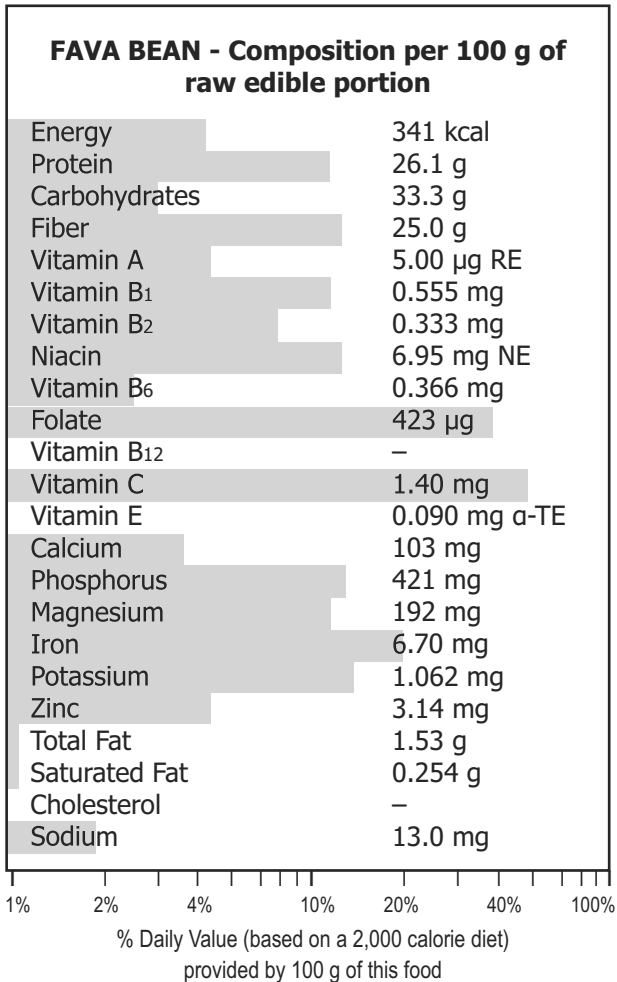
Man has been using fava beans for ages. Iron is the most prominent ingredient of fava beans, and whose absorption is enhanced by the presence of vitamin C.

That's why fava beans should be combined with other vegetables that contain this precious vitamin. It is particularly recommended to top athletes, adolescents, pregnant women, and those recuperating from an infection or surgery.

This plant has high levels of proteins and carbohydrates. Fava beans are best consumed when fresh and tender, or sprouted.

These and other beans are best to eat after they are shortly boiled or steamed. Also, it might be useful to remove the membrane from the pods. Fava beans are a good source of vitamin B₁ and B₉, as well as vi-

tamin C, which they contain about half that of the lemon.



Food for the nervous system

Brain is the control center for every neuron in human body. It requires only two substances to function: oxygen and sugar (glucose). However, higher brain function such as thought, memory and self-control require many other nutrients.

Lack of magnesium leads to nervousness and anxiety. B group vitamins have the greatest influence of health and proper function of brain and nervous system in general. If there is not enough vitamin B₁, we may become irritable and depressed. Vitamin B₆ deficiency leads to nervousness and fatigue. Unsaturated fatty acids found particularly in nuts are also very important for health and development of the nervous system. On the other hand, refined white sugar and additives affect the nervous system very negatively. In one sentence: grains and nuts have the best balance of nutrients needed to neural system.

Almond

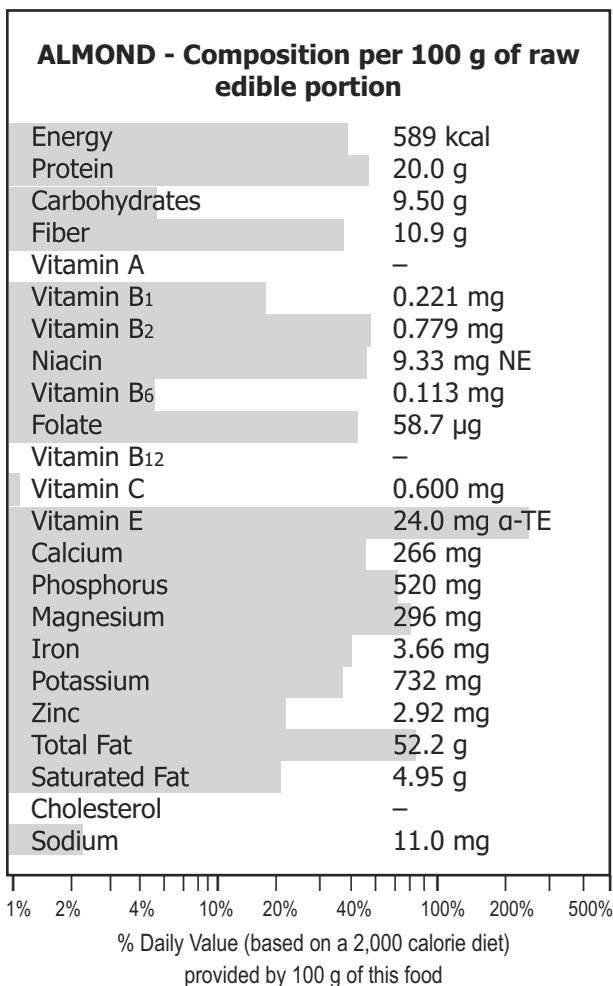
For strong nerves



A traditional Mediterranean farm lunch is made up of a handful of almonds, whole bread and an apple. This meal has a great nutritional value that surpasses meat in caloric and protein value. Almond proteins are easily absorbed and have a complete composition of amino acids.

High-quality fats make up more than half of the weight of the almond, predominantly linoleic acid that is of vital significance to nervous system. Almond is rich in vitamin B₁ and B₆, and especially vitamin E. This nut is among the richest plant in calcium (more than milk) and phosphorous, and due to ideal balance of these two minerals, almond is a powerful tool in keeping the muscle stability and irritation prevention. Also, almond is very rich in zinc, copper and manganese that are responsible for important functions in our

body. Because of its incredible composition and easy digestion, almond is considered to be the most valued and useful nut.



Lettuce

Calms the nerves



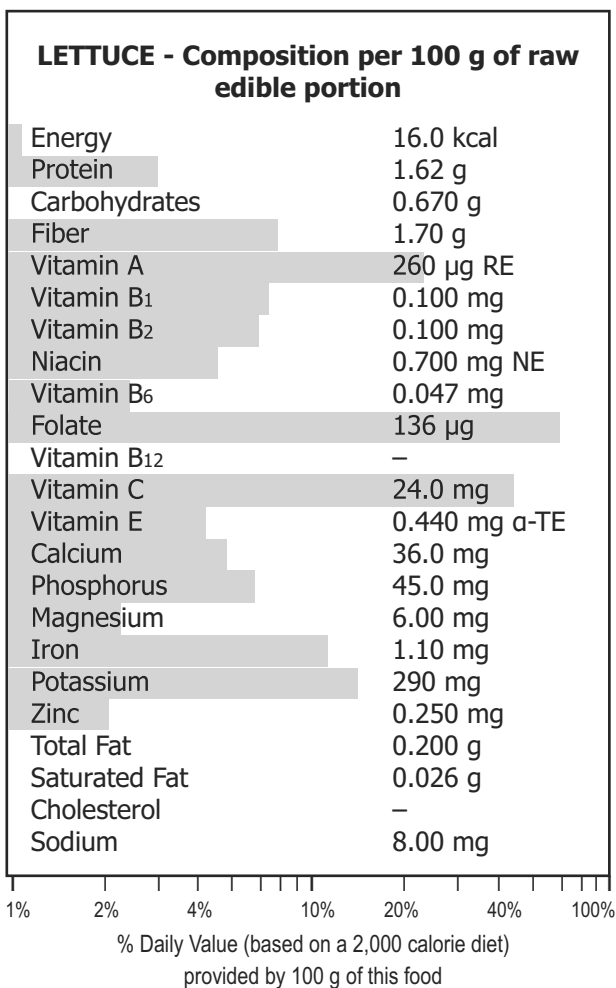
After overeating at dinner, the ancient Romans ate lettuce afterwards as a sleep aid. Today, those seeking the soothing effect of food should eat lettuce in place of the dinner. This effect is the result of substances chemically similar to opium, but completely harmless and non-addictive.

Lettuce has a relatively high level of proteins, and combined with legumes provides human body with all the necessary amino acids.

Only 100 g of lettuce provides one quarter of daily requirement of provitamin A. It contains necessary B vitamins that provide nervous system stability.

It's quite rich in potassium, and also has high levels of calcium, phosphorous and magnesium, as well as trace elements such as zinc, copper and manganese making let-

tuce beneficial for stomach and blood alkalizing.



Cashew

Abundance of magnesium

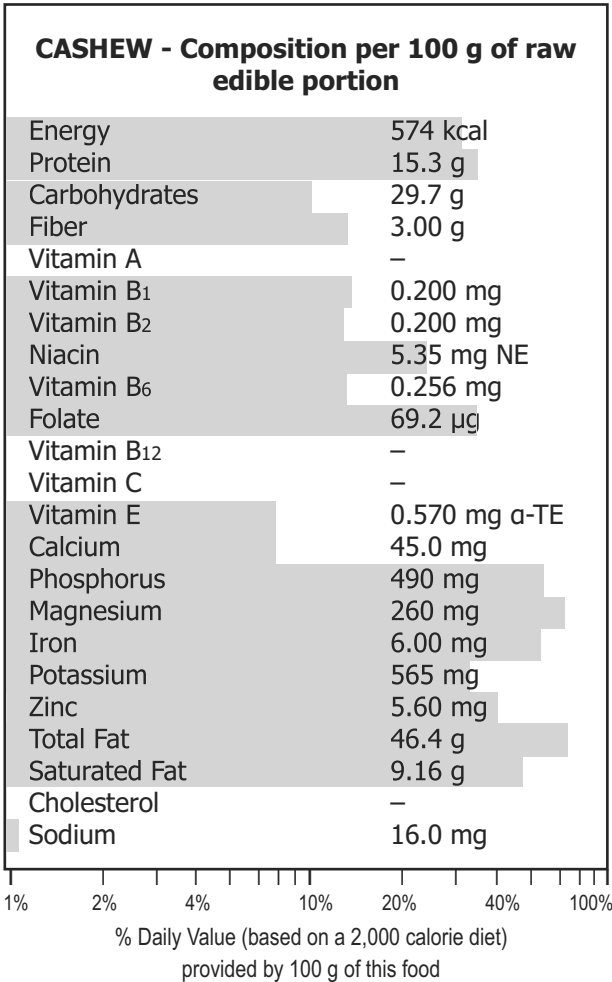


Cashew is a vegetable with one of the highest magnesium content (surpassing meat, milk and eggs; only sunflower seeds have higher levels of magnesium). Due to richness in this mineral, cashew is very important for many metabolic processes in human body, particularly the transmission of nerve impulses.

Since it's also rich in vitamins B₁ and B₂ (more than almond and walnut) it's essential for nervous stability.

Cashew can really help in cases of nervousness, irritability, weakness, abnormal fatigue and depression. Also, it's very effective against cramps, not just in muscles, but also in colon (when it irritated by poisons) and in arteries that feed the heart (due to congestion). Cashew is an excellent choice for making vegetable milk – just blend a

handful of these nuts with a few dates and 3 ml of water.



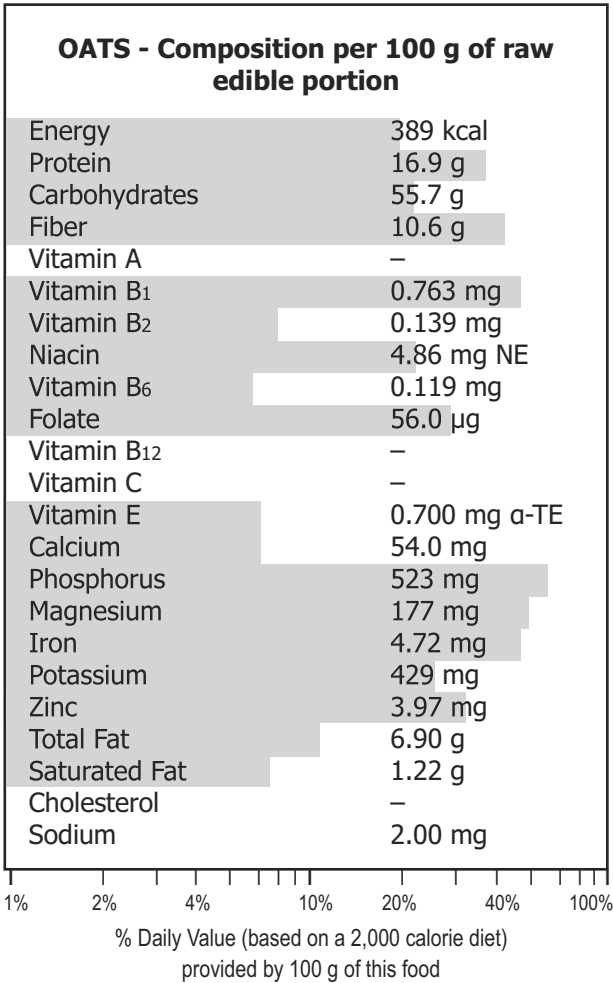
Oats

Balances the nerves



There is a practice in some European countries to have those suffering from insomnia or nervousness sleep on a mattress of oat hay. This practice might not be that baseless, since it's known that oats contain an alkaloid that soothes the nervous system. And while in some places, such as Scotland, oatmeal was a common breakfast dish, in England this grain was used primarily to feed horses. Perhaps that is the origin of the saying that says "Scotland has the most beautiful people, England has the best horses." Combined with chickpeas, oats meets our body's needs for essential amino acids. Oats has the greatest nutritional value of all grains. Oats provide the most important nutrients for proper function of neural cells, such as glucose (sugar), fatty acids, phosphorous, lecithin and vitamin B1. In cases of nervousness, fatigue, mental exhaustion, insomnia and depres-

sion, oats should be eaten every day. When soaked in water, it's going to swell after a few hours and then can be eaten raw.



Brazil nuts

Rich in vitamin B₁

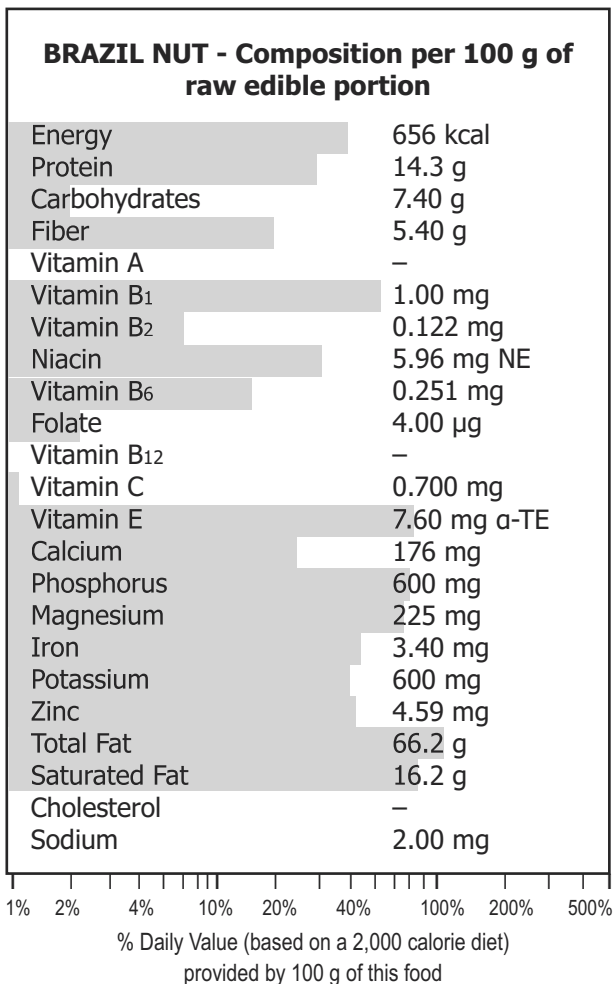


The most important nutritional property of Brazil nuts is its high vitamin B₁ level, higher than meat, milk and egg. This makes them good for those suffering from nervousness and depression, as well as concentration, memory and nerve stability improvement. Those who want to stop smoking should definitely include Brazil nuts in their diet because of the effect vitamin B₁ has on the neural system (wheat germ, brewer's yeast, sunflower seed and pine nuts).

This type of nuts is rich in protein, as well as vitamin E, which regenerates our body cells in a specific way. Brazil nut also contains some phosphorus, magnesium, calcium and iron.

Due to their high content of saturated fatty acids (up to 25%), it's not recom-

mended to be eaten to excess on a daily basis.



Pine nuts

Food for the brain



Pine nuts have a great diet value, but their high price and scarcity on the market makes them somewhat rarely used.

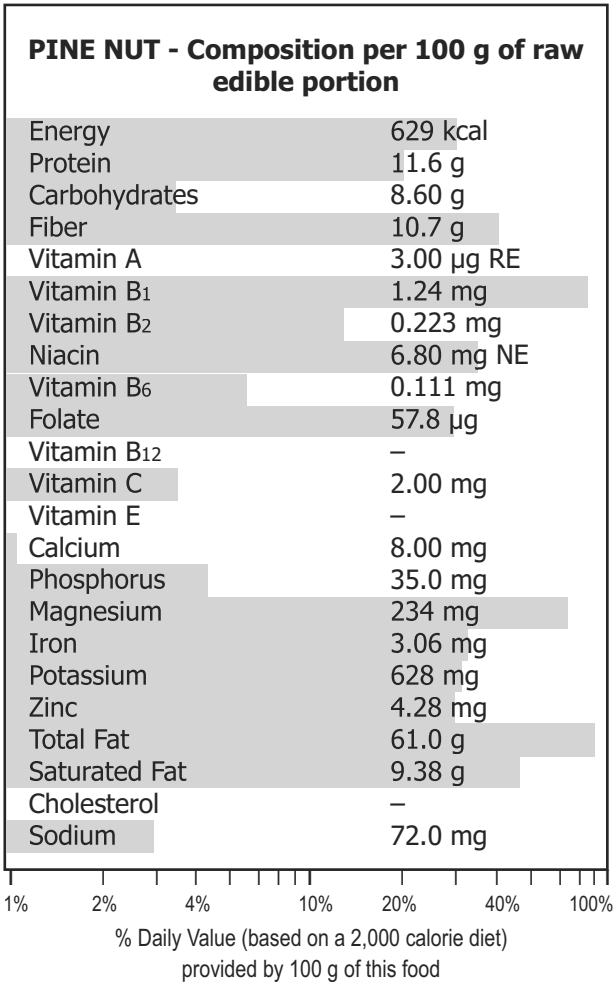
They contain a high percent of good fats (linoleic and pinoleic fatty acid) that are important for adequate neural formation.

Fatty acids in pine nuts have a beneficial effect on heart and arteries and reduce the blood cholesterol.

This vegetable is rich in high quality proteins, iron, as well as in large quantities of vitamin B₁.

Due to its high vitamin B₁ content and essential fatty acids, they are very good for those facing depression and stress, and great intellectual activity. They should be stored in a well-sealed container so that

they wouldn't become rancid because of their high fat concentration.



Foods for the respiratory system

Without proper respiratory function, there won't be an adequate blood supply for the muscles, brain and other organs, and thus body as whole won't function properly. Nutrition influences the condition of respiratory system more than is commonly believed. Those who eat two or more type of fruits a day breathe better and have lower risk of respiratory difficulty. On the other hand, pulmonary function is dramatically worsened in those who eat processed meat (ham, sausages, etc.). It is known that milk and eggs often cause asthmatic problems, while garlic and onion have beneficial effect on respiratory system, especially in case of bronchitis. Cough is the most common symptom of respiratory disease, and is in fact the body's defense mechanism to eliminate foreign and irritating substances from the bronchial tract. Certain foods can help eliminate the causes of cough, while other make it worse.

Fig

Soothes the respiratory tract



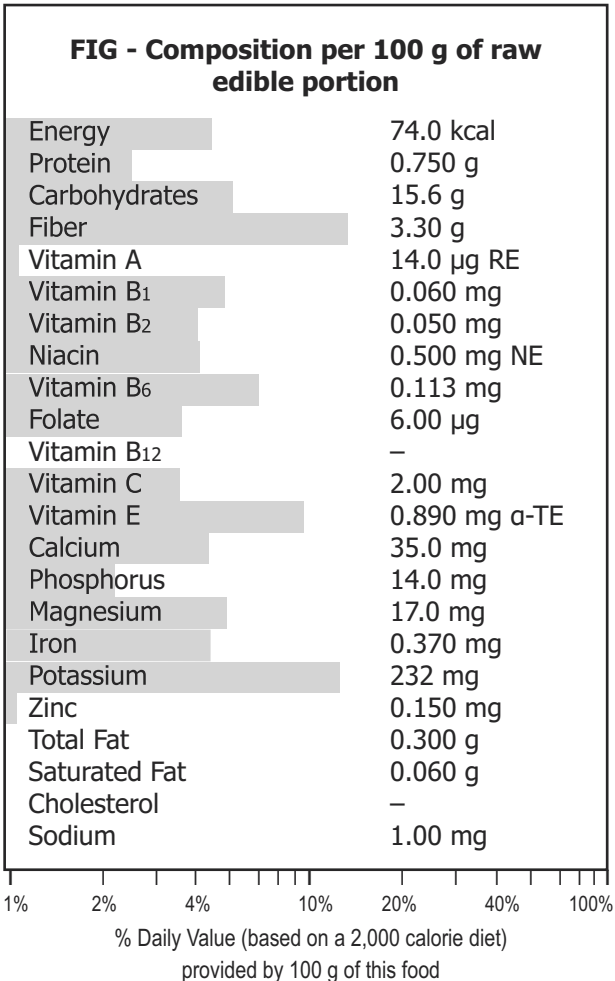
Ancient Greek athletes, following the instructions of their physicians, ate figs to restore their strength. Turkish dock workers, famous for their strength, included figs as a part of their everyday nutrition. Today we know that figs are abundant in carbohydrates – fuel for human body.

Apart from muscle strength, figs have many other beneficial properties. When eaten fresh or dry, or blended with honey to vegetable milk make for an excellent cough remedy and expectorant.

Figs are rich in vitamins E, B₁, B₂ and B₆. They have a soothing effect on intestinal system and bowel movements, similar to fresh and dry plum.

They are also beneficial in cases of anemia and fatigue, whether the cause is physical or psychological, due to their invigorating ef-

fect. This fruit can also be used externally – for skin regeneration.



Date

Relieves respiratory tract

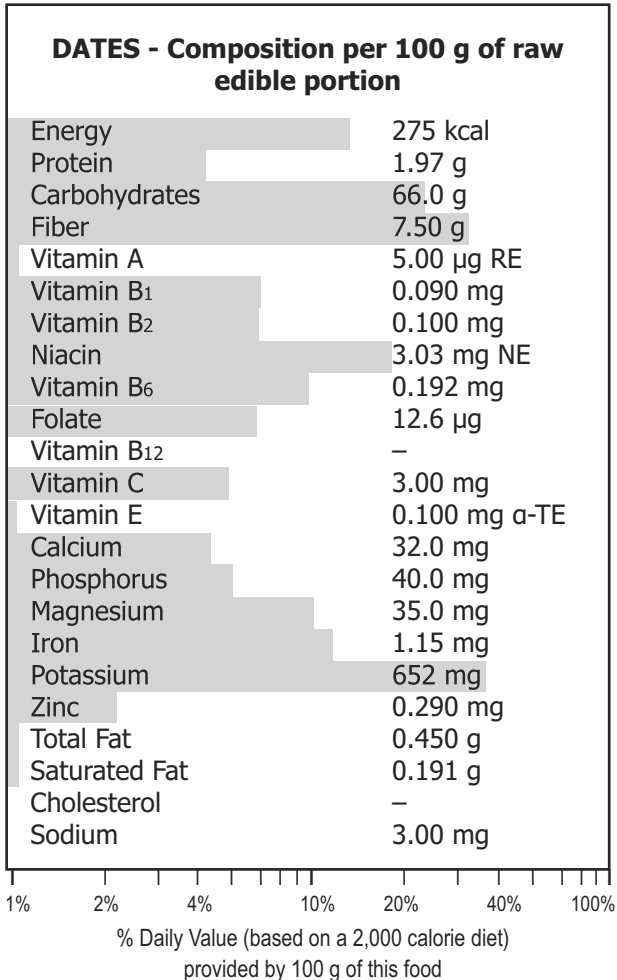


Many consider date as a mere sweet of dessert, ignoring its nutritional value. Beneficial effect of dates, cooked in milk or mixed with vegan milk in blender (a handful of walnuts and dates with 5 dl of water) on respiratory system has been known for centuries.

Dates are one of the most energy-rich fruits, invigorating the body and being particularly beneficial in cases of fatigue and weakness at any age. B group vitamins, present in dates, facilitate the usage of sugars by our body.

Also, dates are among the richest of all fruits in minerals, mainly potassium, iron, magnesium, phosphorous and calcium, as well as microelements manganese, copper and zinc. Just a hundred grams of dates provide almost one-third of recommended dietary allowance (RDA) of fiber. Best way

to eat dates is to pull out the kernel and stuff it with nuts.



Onion

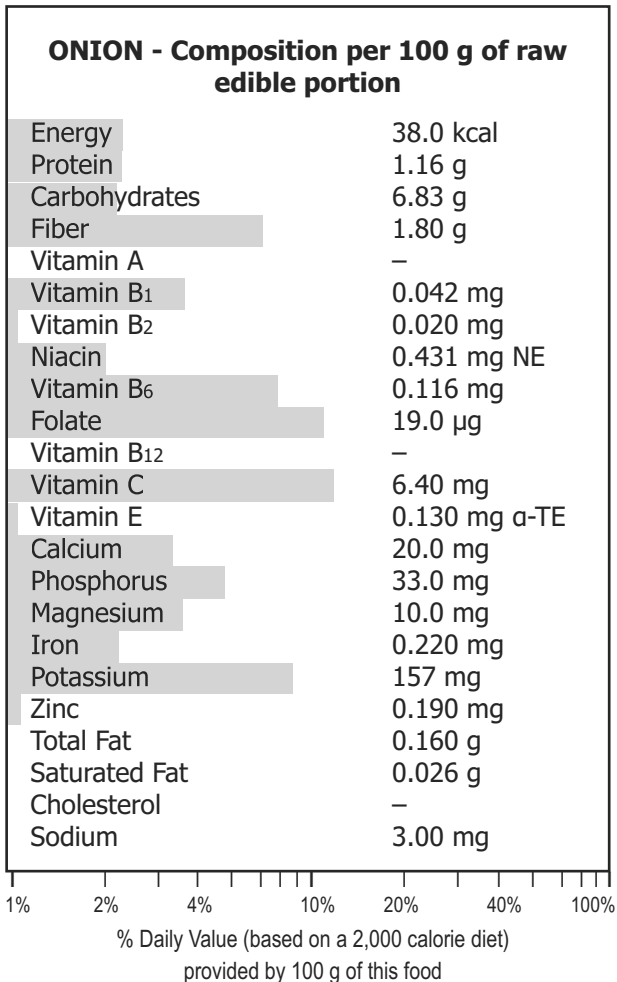
Cleanses the respiratory tract



Onion doesn't provide a lot of calories, nor does it have a particularly good flavor. It possess all the vitamins, but in small quantities. Same is with the minerals. However, its therapeutic properties are well-known since ancient times.

The sulfur compounds, that form the onion's essential oil, quickly pass to the bloodstream from the stomach and are released in the lungs. This explains why the breath will get it characteristic odor in no time. They are able to break down heavy mucus and facilitate its expectoration. Onion has a positive effect on all types of respiratory infections, from sinusitis to pneumonia. This vegetable is very rich in non-nutritional substances of great physiological value. Flavonoids (vitamin P) in onion prevent blood clots and oxidation of fats in blood that cause arteriosclerosis.

The essential oil and aforementioned flavonoids act like antibiotic, heart and arterial protectors, anticancerogenic, etc.



Foods for metabolism

Metabolism is the entire composition of biochemical reactions that are constantly occurring in body to produce energy and maintain life. All food that is eaten becomes a part of metabolism. Some foods lower blood sugar level, other enhances the elimination of waste products, third is a source of nutrients needed to produce energy within the body.

When we talk about fatigue, we don't necessarily think of physical exhaustion. Processed (junk) food induces a lack of certain nutrients present only in fresh fruits and vegetables, leading to fatigue. The same applies to energy. A half kilo of cherries gives as much energy as 100 grams of cake does, with the difference that chocolate causes obesity and weakens immune system, while cherries prevent the aforementioned. Below we'll talk about these and other metabolic processes and their relation to diet.



Cherry

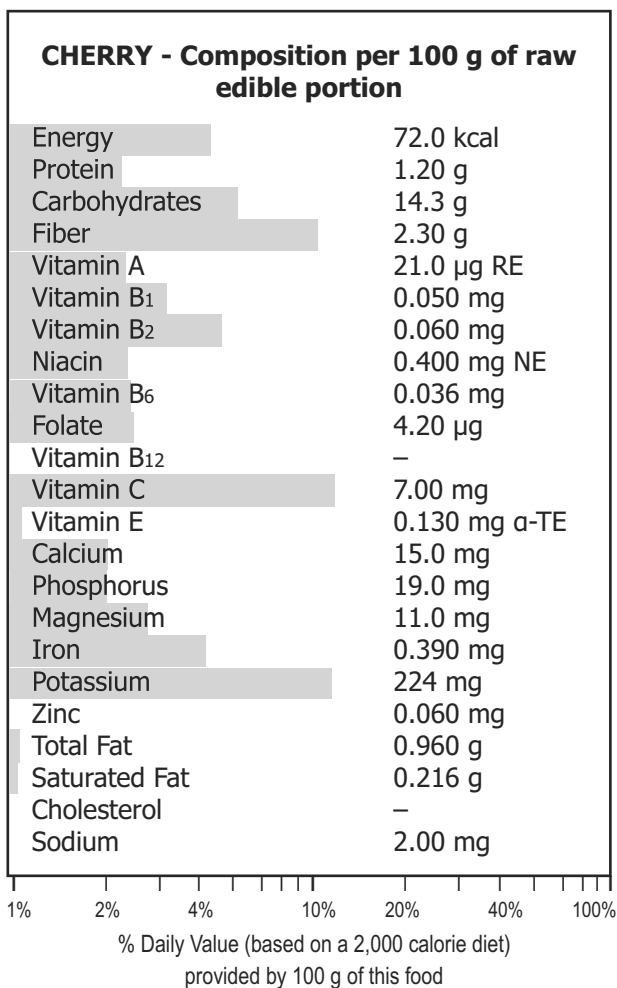
Satisfies the hunger and purifies the blood

It takes about 15 minutes to eat 500 grams of cherries, and the feeling of satiety is equal to that after eating a huge unhealthy cake with white sugar. The sweet taste of cherries and their effect on appetite make us feel satiated. This is very good for those who want to lose extra weight.

Organic acids in cherries act like stimuli to intestinal glands and they also purify blood. Salicylic acid is the natural replacement for aspirin and is excellent against inflammations and rheumatism.

Cherry also contains flavonoids that prevent normal cells from transforming into cancer cells. One or two days of treatment with larger amounts of cherries detoxify the body completely, facilitating the elimination of wastes and toxins.

This fruit is very beneficial in cases of constipation and all kinds of chronic conditions.



Wheat

The best grain

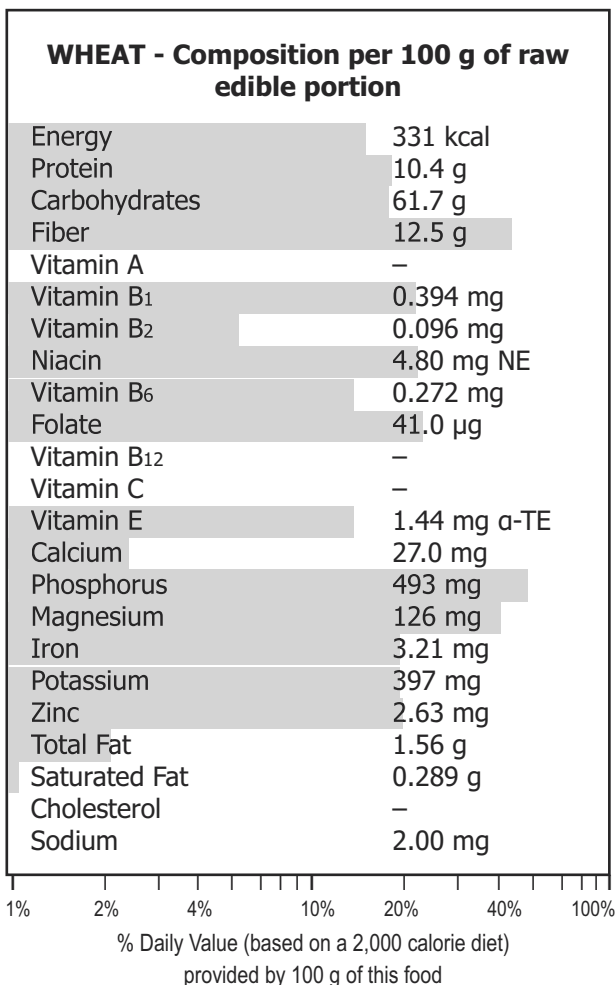


Wheat is the main source of proteins and calories for a third of humanity. It contains almost all nutrients necessary to body, balanced and most complete. Due to its high levels of vitamin B, glucose (sugar) from wheat is easily digestible. Wheat is a mandatory part of every diet in case of increased demand for energy, as is the case of athletes.

It's important to eat whole grain of wheat (with germ and bran), because it contains many useful properties. Some of the properties of wheat germ are: increased endurance and stamina in athletes, fights against fatigue, depression, stress and anxiety, lowers blood cholesterol level, regenerates cells, acts as antioxidant and anti-cancerogenic. Wheat bran promotes intestinal excretion of waste, cholesterol, bile salts and carcinogenic substances. It's best

Recovery for Athletes

to eat grain raw – soaked into water until it becomes soft.



Chard

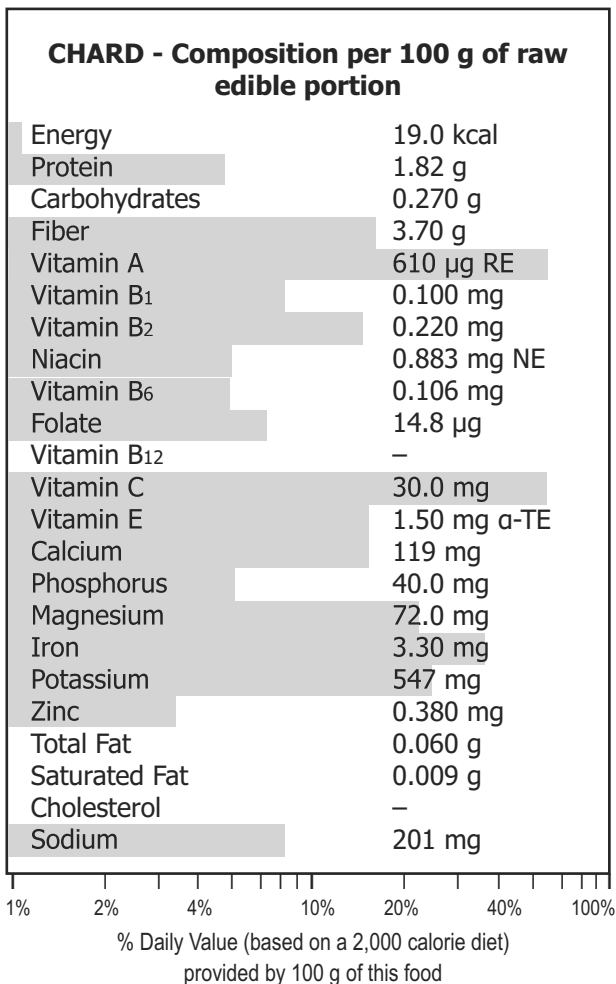
Ideal for dinner



Although its value in diet has been known for centuries, chard is today considered as an ordinary vegetable.

However, this vegetable is quite useful in number of cases:

- satisfies the appetite with very few calories, making it ideal dish for dinner, when it's necessary to eat without pressuring the stomach too much.
- good for those who want to lose weight.
- purifies and alkalizes blood because of its richness in mineral salts.
- promotes proper intestinal function and bowel movements; recommended in cases of gastritis, hemorrhoids and constipation.
- iron abundance makes it good against anemia.



Sweet potato

Energy without excessive weight



This type of potato is rich in carbohydrates, mainly in form of starch and sugars (primarily saccharose).

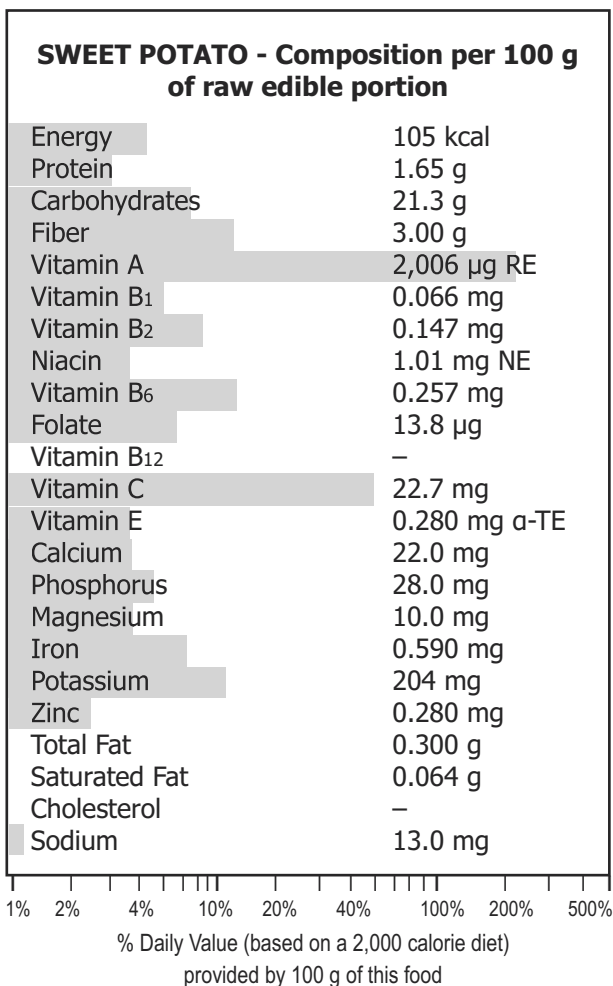
Although sweet potatoes are rich in starch, and, therefore, calories, they have the unique feature of producing a sensation of satiety, thus calming the appetite.

The sweet potato has three dietetic and therapeutic applications:

1) They produce a sensation of satitety. Consumption of 100 grams of sweet potatoes has only 105 calories, can relieve feelings of hunger for several hours.

2) Arteriosclerosis and circulatory disorders. Sweet potato is rich in beta-carotene. This provitamin protects the inner lining of the arteries, whose degeneration, produced by cholesterol deposits, results in arteriosclerosis.

3) Increased need for energy. Sweet potato is very beneficial to those individuals involved in intense physical activity.



Foods for the digestive system

In order for an athlete to reach his maximum, it's necessary to properly prepare and deliver foods to all organs. Heart and blood vessels transport the food through body, and digestive system prepares it. Without good digestion, there can be no strong muscles, or great stamina.

In this chapter we are going to discuss the general importance of food for good digestion, not about specific nutrition of intestinal organs, such as: liver and gallbladder, stomach and intestines.

The first stage of digestion happens in mouth, pharynx, esophagus and stomach. Very hot or very cold food can dramatically irritate the digestive mucosa. Lack of iron and B vitamins leads to mouth sores. Zinc deficiency can lead to oral, ulcer-like wounds.

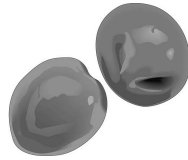
Alcoholic beverages weaken the immune system and irritate mucosa, and together with bad digestion and smoking cause bad breath. White (refined) sugar and soft drinks encourage development of germs in mouth and bad breath. Vitamin C depression causes bleeding gums.

Vitamin A is essential in maintaining healthy mucous membranes of intestines. Excessive phosphorous in diet leads to loss of calcium, weakening the bones and teeth decay. Cola beverages, meat and fish have the highest amounts of phosphorous.

Eating various types of fresh plants in adequate proportions and manner guarantees the proper function of digestive tract and body as whole.

Olive

For good appetite and digestion

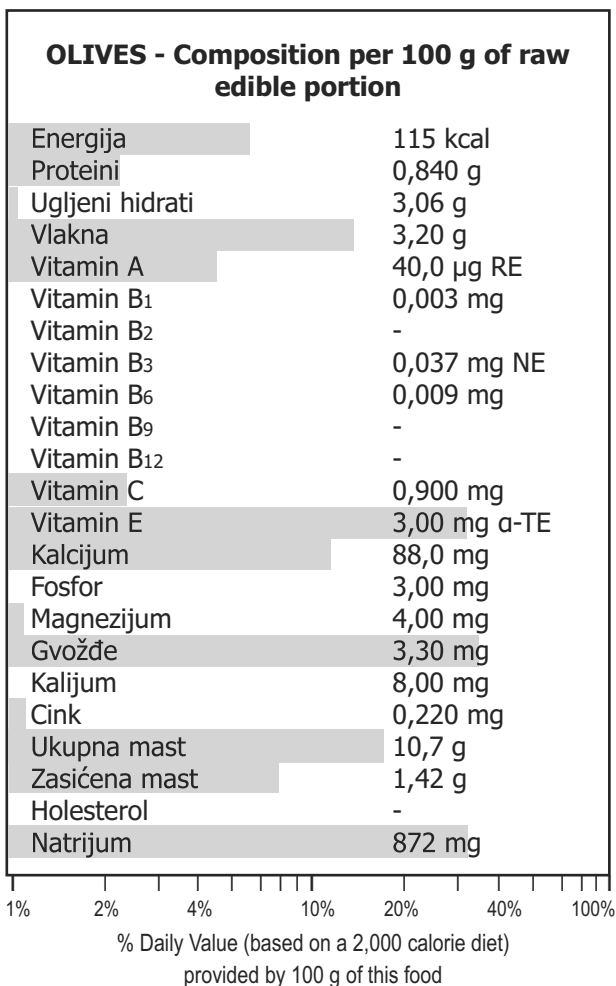


Olives are very rich in calories, since they contain high levels of fat, and proteins of high biological quality because they contain all essential amino acids. Olives are among the fruits with highest fiber content, which is very important for proper intestinal function and gallbladder disorders.

Eating two or three olives before a meal increases gastric juice production and improves digestion. Olive oil – squeezed olive juice, is ideal adding to any vegetable or salad.

Olive contains significant amounts of provitamin A and vitamins B and E. As for minerals, calcium is the most dominant, with solid amounts of potassium and iron. Black olives are more nutritious than green ones, since they spend more time on tree.

They contain less water, but more oil, minerals and vitamins.



Barley

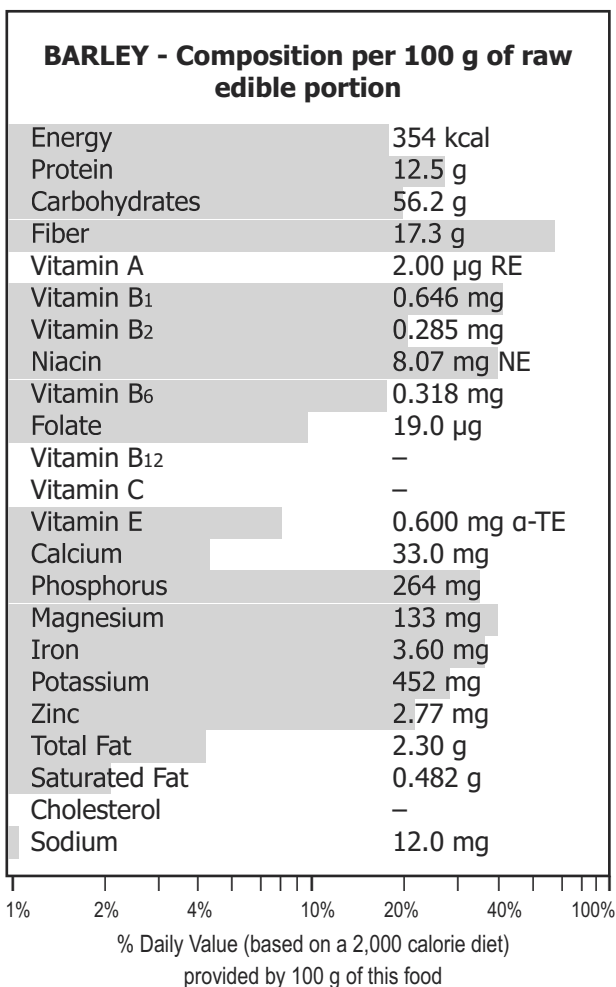
Eases digestion



One of the most popular product for treating digestion problems is barley water, prepared by boiling 100g of barley so that after hour of cooking, one liter of this liquid remains. Lemon and honey may be added to this broth, in order that barley water may protect the intestinal mucosa, successfully removing diarrhea and other types of intestinal inflammation, preventing more severe disorders and diseases, such as cancer.

Combined with legumes, barley provides body with all essential amino acids. It's rich in carbohydrates and B group vitamins, as well as magnesium and iron. Barley successfully lowers bad cholesterol level, which damages blood vessels. This grain is also very good in balancing blood sugar level. Barley is best consumed raw, soaked in water for a few hours until it swells, then

rinsed and finally, added to fruit or vegetable salads, which can be enriched by adding grinded nuts.



Zucchini

Soothes the digestive tract



Due to its specific properties, zucchini are very good at softening food during digestion.

Their soothing effect makes them good for preventing gastritis, irritable bowel and colitis (colon inflammation).

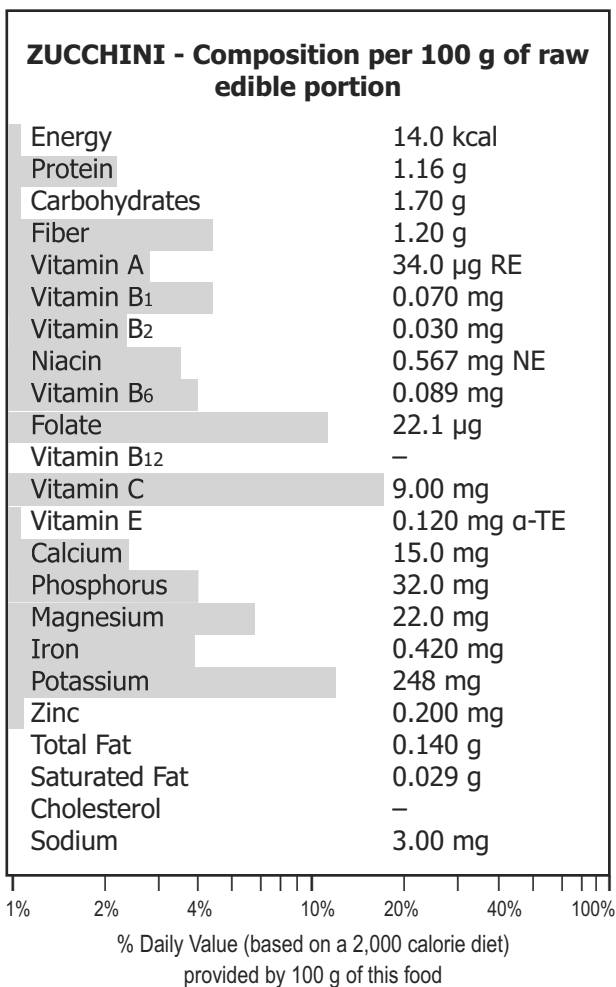
Zucchini have a mild diuretic effect, promoting waste matter excretion. Since it offers little fats and calories, as well as proteins, this vegetable is good for those looking to lose weight.

We also know that zucchini has the ability to prevent cardiovascular diseases (hypertension, arteriosclerosis and coronary disease),

It can be eaten raw, in salad, combined with plants.

Recovery for Athletes

Raw zucchini spaghetti and lasagnas with cashews are also very popular dishes around the world.



Papaya

Enhances digestion



This is a plant that is very easily digestible and one that promotes digestion of other foods.

During history, people would finish their heavy meat-based meals by eating papaya, to facilitate digestion.

Papaya neutralizes excess gastric acid and prevents pyrosis and gastric ulcer.

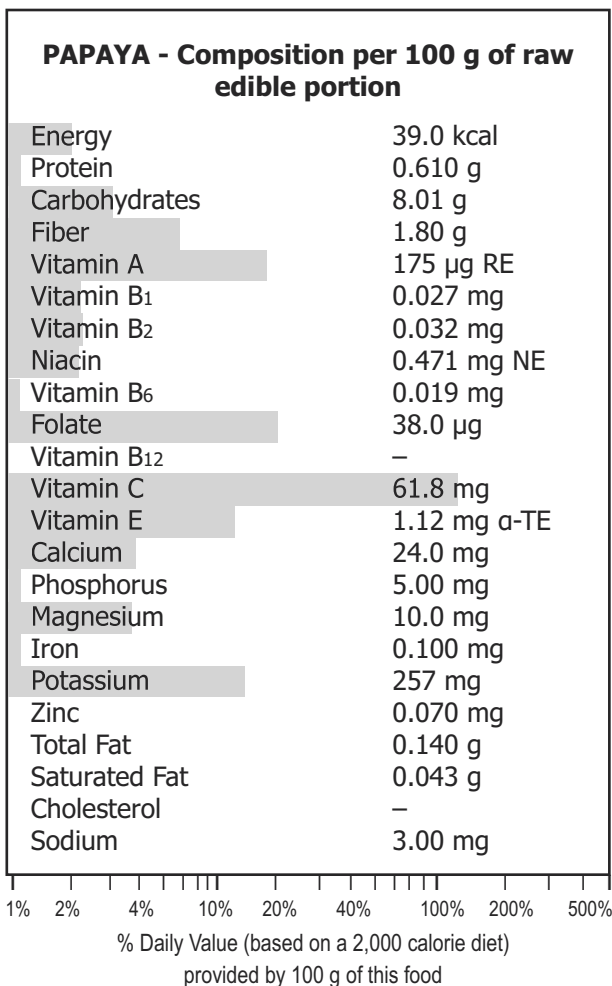
It also has beneficial effect on intestinal mucosa and prevents development of harmful intestinal bacteria.

It's very useful in cases of diarrhea.

Papaya juice can be used in treating skin disorders, such as eczema, ulcers and acne because of its abundance in provitamin A.

Research has shown that papaya has 106 substances whose function is partially

known, while nutritional and therapeutic properties have been known for centuries.



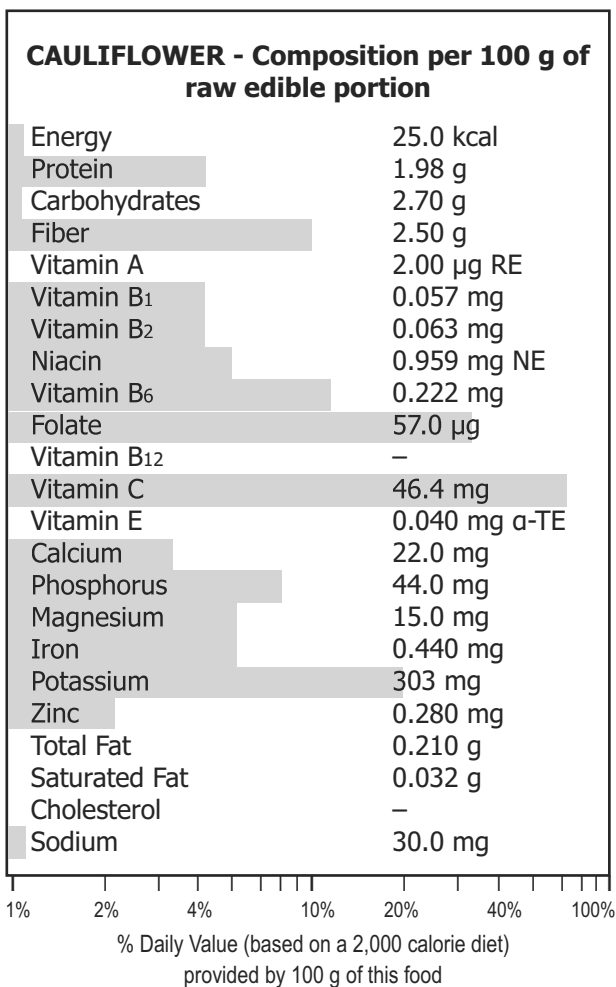
Cauliflower

Blessing for the digestive tract



Cauliflower is the most digestible cabbage. It represents an extraordinary source of vitamins, minerals and trace elements that revive the process of digestion. It enhances the digestive process in general, from stomach to colon. It prevents ulcers and stomach pain, while regulating the amount of gastric acid. Cauliflower has a very beneficial effect in cases of constipation, colon inflammation and contamination. Its low sodium level, richness in potassium and virtually no fat, make cauliflower an excellent food for heart and circulatory system. Even though it contains few calories, this vegetable produces a sense of satiety and is a perfect choice for dinner, but also for those who want to lose weight. It's proven that cauliflower does an excellent job in eliminating excess water retained in edema, promoting renal function and regular urine excretion.

Cauliflower has strong anticancerogenic effect due to the content of specific phytochemicals.



Foods for the liver and gallbladder

The liver is the largest internal organ and a place where the majority of chemical processes take place. Each minute, about 1.5 liters of blood arrives at the liver from the intestine, where it passes through the process of detoxification. In liver, sugars, amino acids and fatty acids are processed in order to be later used by the rest of the body. Also, liver cleanses the body from toxins and secretes bile necessary for digestion. Alcohol is the true nemesis of the liver (regardless of dose), as well as animal-based foods rich in fats, food additives and synthetic drugs. In order to have a strong and healthy liver, it's necessary to eat whole grains (contain complex carbohydrates and B vitamins), fruits (rich in good sugars and antioxidants), green leafy vegetables (source of potassium and other minerals).

Below we'll say a bit more about food that stimulates liver and gall bladder function.

Radish

Promotes bile production



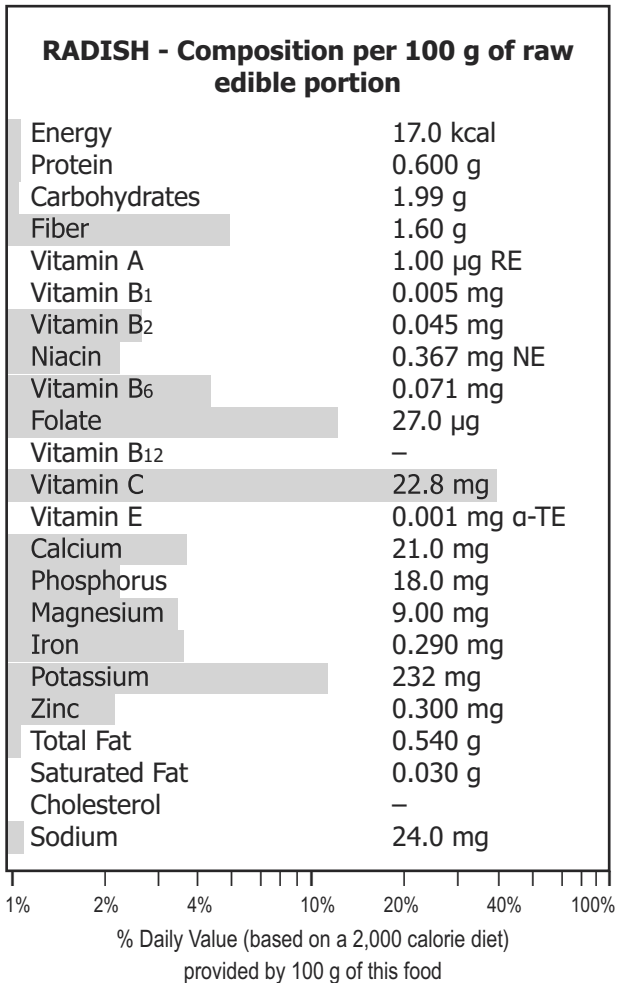
In Korea, liver and bile diseases are very rare, since an average Korean eat about 30kg of radish a year. On the other hand, in Western world, an average citizen eats about 250 grams of this vegetable on a yearly basis.

Although the radish is 95% water, this plant really does wonders. It contains a specific sulfurated essence that gives it a piquant taste, and has many useful properties (increases bile production, stimulates bladder drainage and proper digestion, fights the bacteria).

Radish is especially rich in vitamin C (powerful antioxidant), vitamin B₉ (encourages liver detoxification) and potassium (promotes proper liver function).

This vegetable is also very useful in cases of sinus and bronchia inflammation.

Radish is essential part of any good salad vegetable.



Artichoke

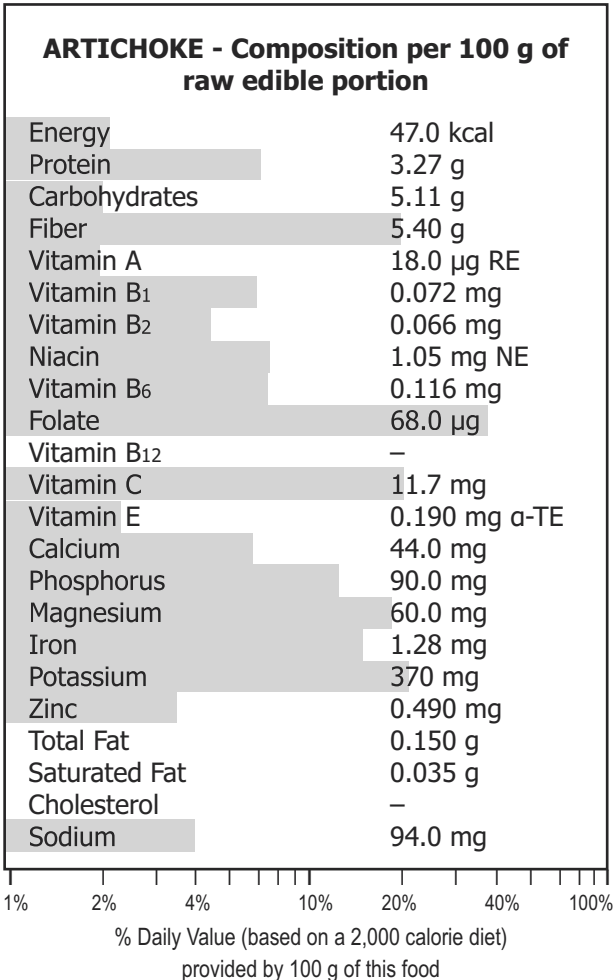
Cleanses the liver



Artichoke is known for the various substances it contains that have remarkable effect on our body. Some of them are: cynarine – increases bile and urine production; cynaroside - has anti-inflammatory properties; organic acids – stimulates the activity of two previously-mentioned chemical compounds.

Normally, the liver secretes about 800 ml of bile a day, while eating 500 grams of artichokes can raise that number to 1200 ml. After eating artichokes, bile becomes more fluid and less dense, aiding the liver function and blood purification. Substances found in this vegetable facilitate the production of urea in the urine. Urea is a highly poisonous substance that is the result of process of protein metabolism and has to be eliminated through kidneys. Artichoke promotes urea excretion and body detoxification.

It's best to eat it fresh, in a salad, with a bit of lemon and cold pressed oil.



Endive

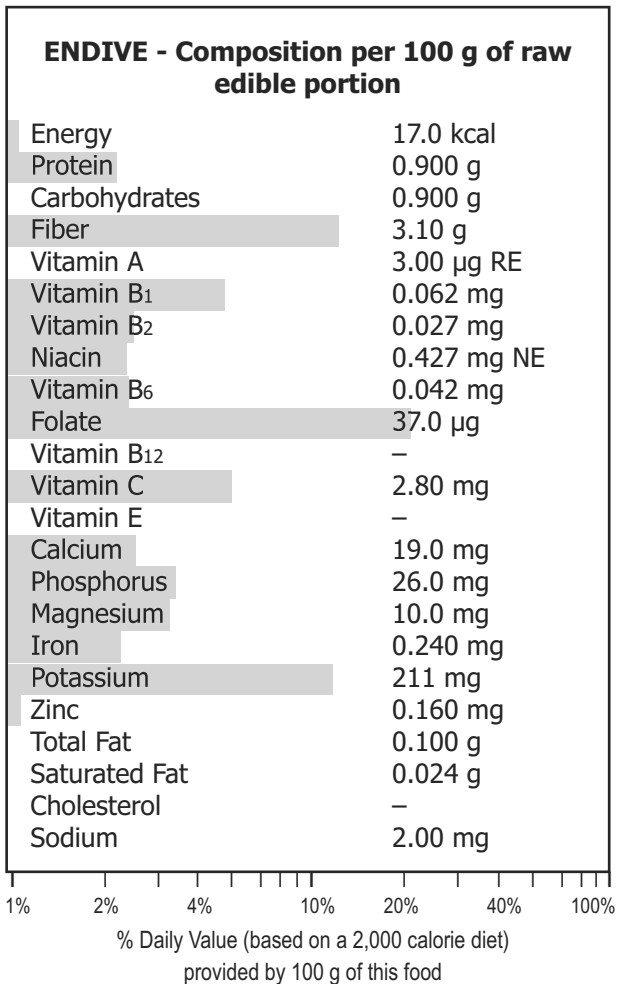
Eases digestion



This vegetable, similar to lettuce, has a very powerful effect in enhancing the bile secretion which is necessary for good digestion. It also has a soothing effect on stomach and facilitates digestive function. Since it contains virtually no fat, it's very easy to digest it. Fructose is the carbohydrate primarily found in this vegetable. This simple sugar doesn't need insulin, unlike glucose. Endive slows down the process of sugar absorption in the small intestine (glucose) and prevents sudden changes of blood sugar levels.

This vegetable is one of the foods with least calories and is very good for those who have problems with excessive weight. It's rich in B group vitamins. As for the minerals, endive has some potassium, zinc, copper and manganese. Endive is over 90% water, and is best to consume when

in salad, combined with vegetables, lemon and cold pressed oil.



Foods for the stomach

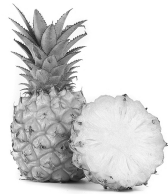
Hydrochloric acid is one of the components of stomach juice. A few drops of this substance can destroy any tissue and cell in our body. However, thanks to a special lining of the stomach, formed out of mucosa, the stomach is protected from the acid it produces, and which is necessary for the digestive process.

The health of our stomach depends on keeping this protective barrier. Two of the most common consequences of the breach of mucus barrier are gastritis and gastric and duodenal ulcers. Foods we consume directly influence the health of this protective layer.

The greatest enemies of the stomach are coffee, tobacco, alcohol, fatty foods and certain type of medicines. On the other hand, various types of plant-based foods have a beneficial effect of stomach and protective lining health.

Pineapple

Protects the stomach

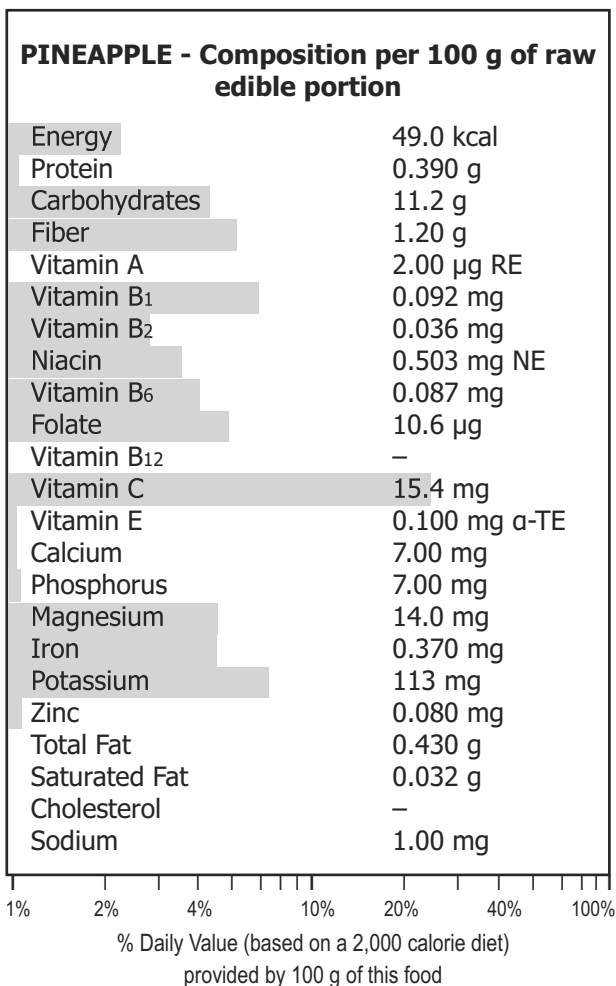


Nutritional and medical properties of pineapple are numerous. The citric and malic acids potentiate the activity of vitamin C and have a very positive effect on metabolism. Bromelin is a digesting enzyme that breaks down proteins to amino acids and thus enhances digestion.

One of the stronger carcinogenic substances are nitrosamines that are formed in the chemical reaction between nitrites and certain proteins in foods. It is proven that pineapple prevents the formation of nitrosamines because of its many highly therapeutic compounds.

This fruit is one of the richest in manganese, pineapple battles infertility by promoting reproductive cell production in both male and female. It also facilitates the production of urine and detoxifies body. Pineapple stimulates digestion, particularly

if the stomach became too sensitive from any reason whatsoever.



Potato

The stomach's friend

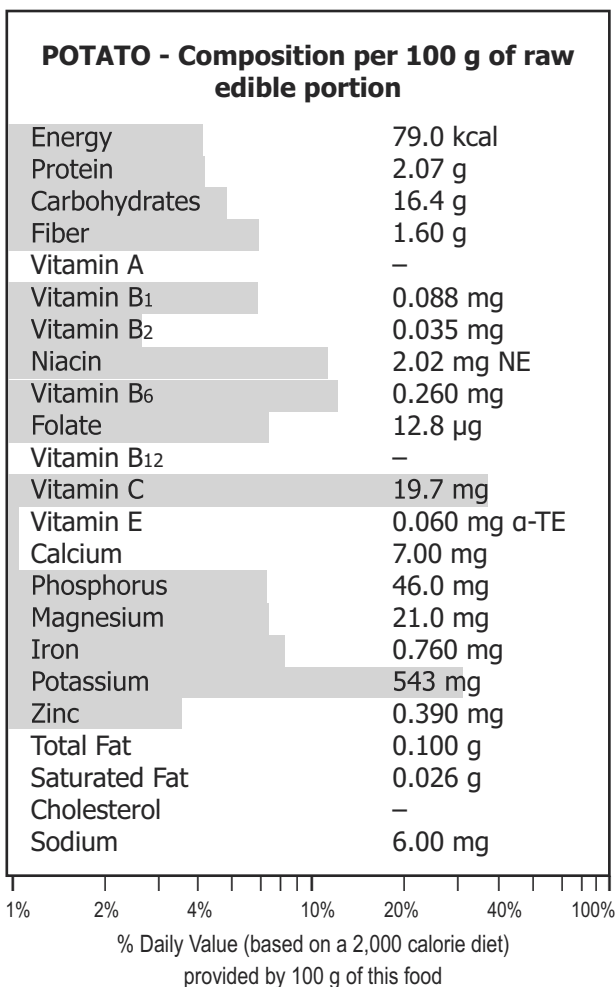


With is 1.300 subspecies, potato is the most cultivated plant in the world, although it was know as “edible rock” during the Middle ages. Potato provides almost all nutrients human body needs. It contains all necessary amino acids in sufficient quantities and encourages cell growth. Combined with grains, it is the ideal food for man.

Only of a few drops of potato juice neutralizes excess stomach acid. Since it' rich in potassium, but doesn't contain much sodium, potato is an excellent food for heart and blood vessel protection.

It is very easily digestible and is a real blessing for the stomach. Potato alkalizes blood and urine, facilitates renal function and waste excretion. If it's fried and too salty, potato loses a large portion of its nutritional and therapeutic properties. It can be

eaten raw, even with peel, grated in salads with other vegetables.



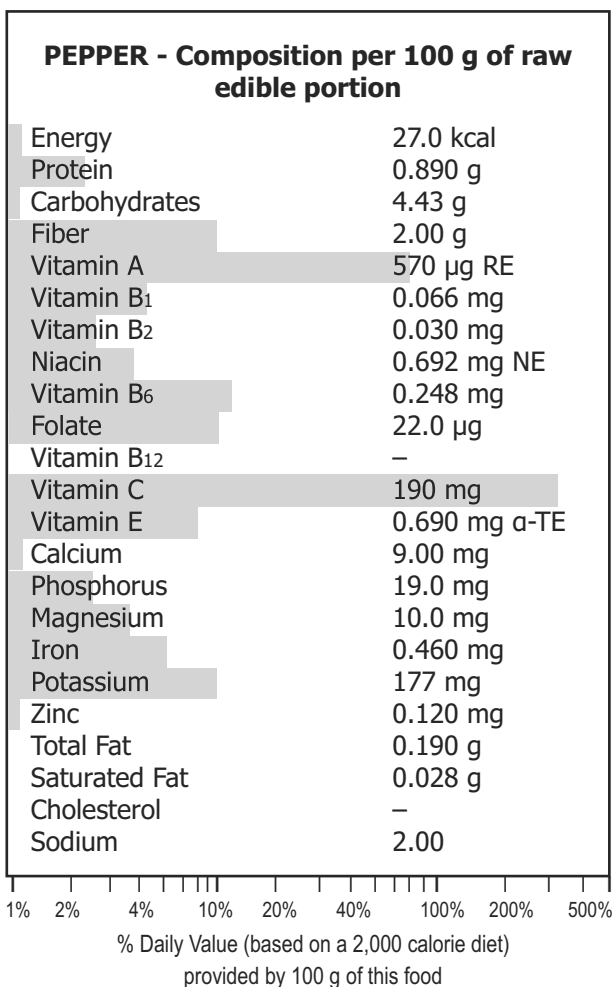
Pepper

Soothes the stomach



Pepper has a very soothing effect on the stomach because it stimulates the flow of gastric juices, calms the stomach and prevents inflammation and bloating. Only 100 g of pepper contains more than half of the daily requirement of provitamin A (beta-carotene) that are body transforms into vitamin A. It's also one of the best sources of vitamin C. These two vitamins (A and C) are powerful antioxidants that prevent cells from mutating into cancer ones. Red peppers are richer in vitamin A and C than green type of this vegetable, while the remaining nutrients are present in similar proportions. Since they contain very few proteins and carbohydrates, and virtually no fat, they are suitable for dinner. The substance that makes peppers hot is a compound known as capsaicin. Hot pepper is one of the most therapeutically powerful

plants. Among other properties, it stimulates circulation and almost instant blood coagulation.



Cabbage

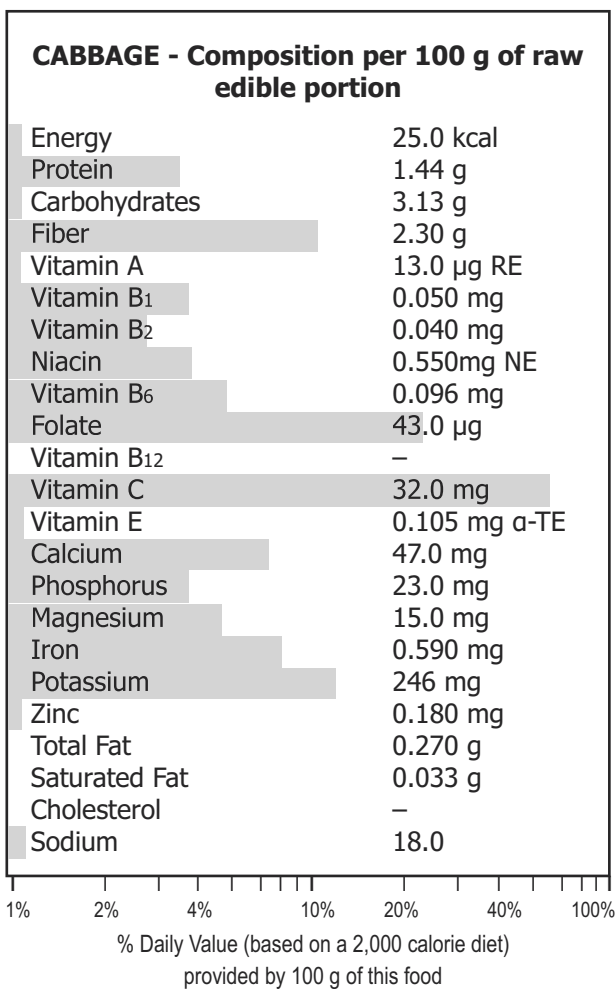
Against inflammation and ulcers



Cabbage is quite rich in proteins and combined with whole grains give all the necessary proteins. Only a few spoonfuls of cabbage juice taken on empty stomach 5-10 minutes before meal are enough to relieve gastric pain and inflammation. Due to high fiber content it sedates the intestines. The sulfurated substances present in cabbage help renew the bacterial flora within intestine and act as antibiotics in cases of infection. Fresh cabbage juice is very good for gastro duodenal ulcers.

Squeezed cabbage juice is very good in expelling parasites, and since this vegetable is rich in potassium, and low in sodium, it has a very beneficial effect on the heart and blood vessels. Many researches show that cabbage has strong anticancerogenic properties and that it prevents the formation of tumors.

It's quite rich in easily-absorbed calcium and is very good for the bones.



Foods for the intestine

The intestine is the largest part of the channel through which food passes. As it advances through the small intestine, the majority of nutrients from food is absorbed and sent to bloodstream, and then to all organs, including bones and muscles. What is left is moved to large intestine and excreted. The most common intestinal disorders are associated to the speed of food passing through intestine. If the food passes too quickly through intestine (in cases of diarrhea), the body won't have enough time to absorb water and nutrients from food. If the food travels too slowly (constipation), the remains of food produce toxic substances that enter bloodstream and induce a state of autointoxication. In order to have healthy digestive tract, it essential to: 1) drink enough water, so that the body wouldn't extract water from the feces and thus making the more difficult to expel. And, 2) eating a plant-based diet since it is rich in fiber..

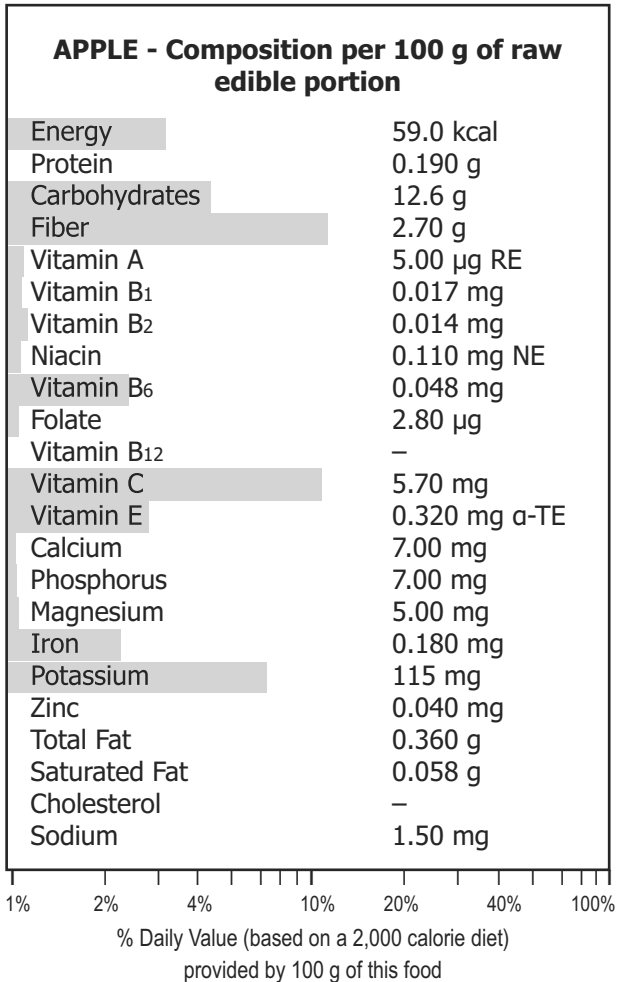
Apple

Protects the intestine



Apple is, after grapes, orange and banana the fourth most produced fruit in the world. It possesses many nutritional and therapeutic properties. Rich in pectin, apple is one of the best intestine cleaners. Organic acids found in this fruit prevent intestinal fermentation, renew the intestinal flora and alkalize the blood and tissues. Due to abundance in tannins, apple is very good against inflammations, while flavonoids (vitamin P) prevent cholesterol deposition on arterial walls. Apple is one of the foods richest in boron. This mineral facilitates the assimilation of calcium and magnesium, thus strengthening the bones. Compounds found in apple have a beneficial effect on nervous system and help balance blood pressure. An important characteristic of apple is that it makes the bile more fluid and prevents the formation of gallstones. Studies show that this fruit pre-

vents development of colon tumor. Generally speaking, fresh or squeezed apple is one of the best protectors of human intestine.



Rice

Prevent diarrhea



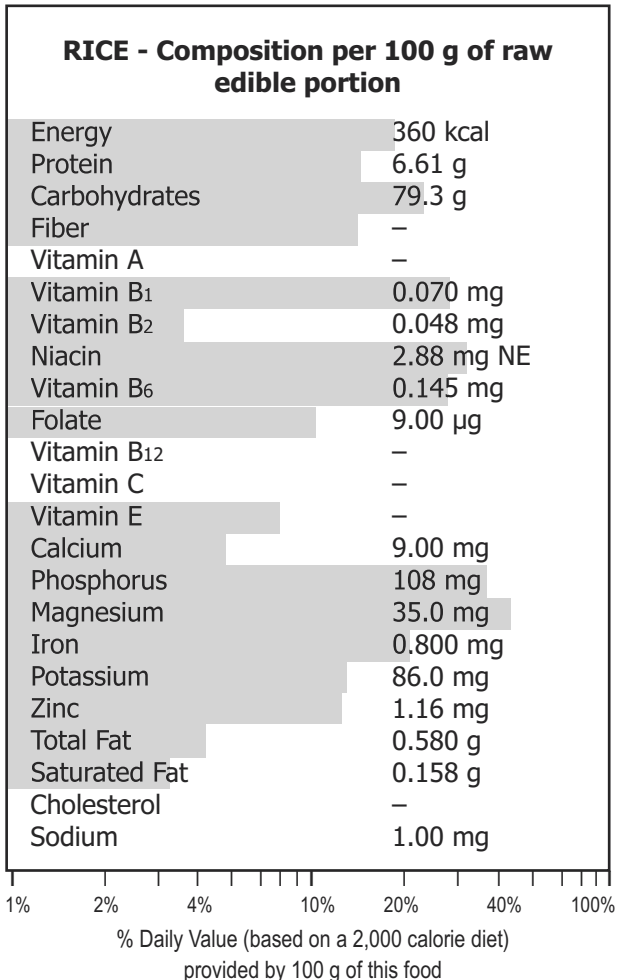
Among many of its properties, the rice's ability to regenerate the mucous membranes of the intestine and remove problems with diarrhea are the most prominent.

Rice water is very effective in cases of bowel problems, in both adults and children. Rice is very easily digestible, and combined with legumes it provides the body with all the essential amino acids.

Rice is very good for those suffering from hypertension since it contains very little sodium. Sodium is a mineral that retains fluids in tissues (edema) and this way increases blood pressure. All animal-based foods are very rich in sodium.

Since it contains almost no fat, rice lowers bad cholesterol level. We recommend that you use only whole-grain rice, because it's

very rich in vitamin B group, unlike white rice.



Plum

Cleanses the intestine

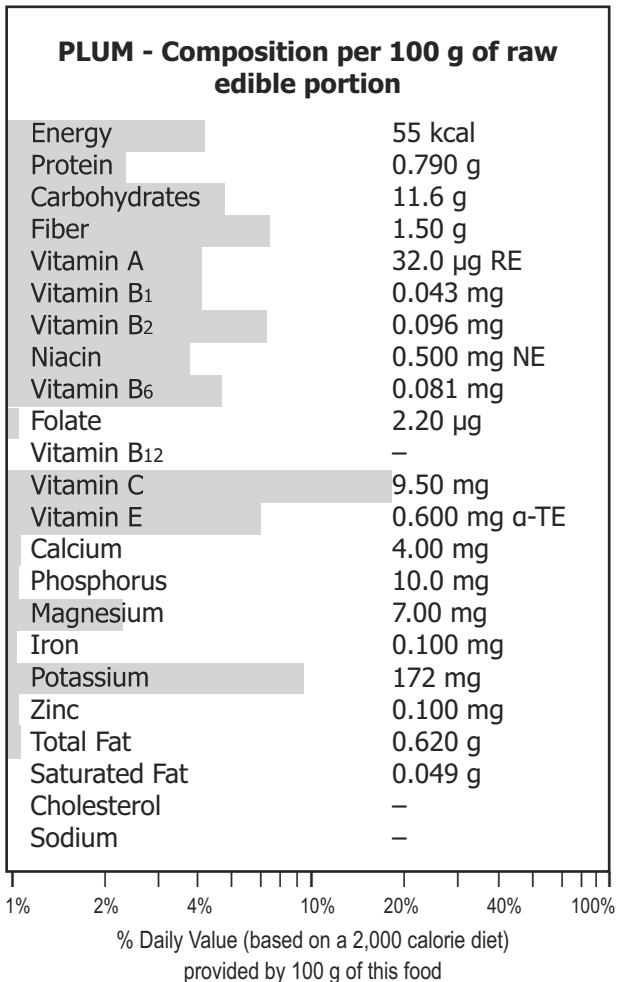


Plum is rich in fiber, mostly pectin, a complex carbohydrate that absorbs water, cholesterol and biliary salts in the intestine, softens the stool and promotes excretion. These fibers protect the intestinal walls and are very beneficial for the entire digestive tract.

Studies show that only 12 prunes a day increase the weight of feces up to 20%, making them softer and easier to excrete. Eating a dozen prunes would also lower bad cholesterol level. They are very good in cases of arteriosclerosis, gout, excess uric acid, joint conditions (rheumatism and arthrosis) and liver diseases (hepatitis and cirrhosis).

Research show that plums prevent colon cancer. Lithocholic and other biliary acids are related to cases of colon cancer, aiding in its removal. Combined with whole-grain

brad, honey and walnuts, plums make one high quality meal.



Corn

Soothes the intestine



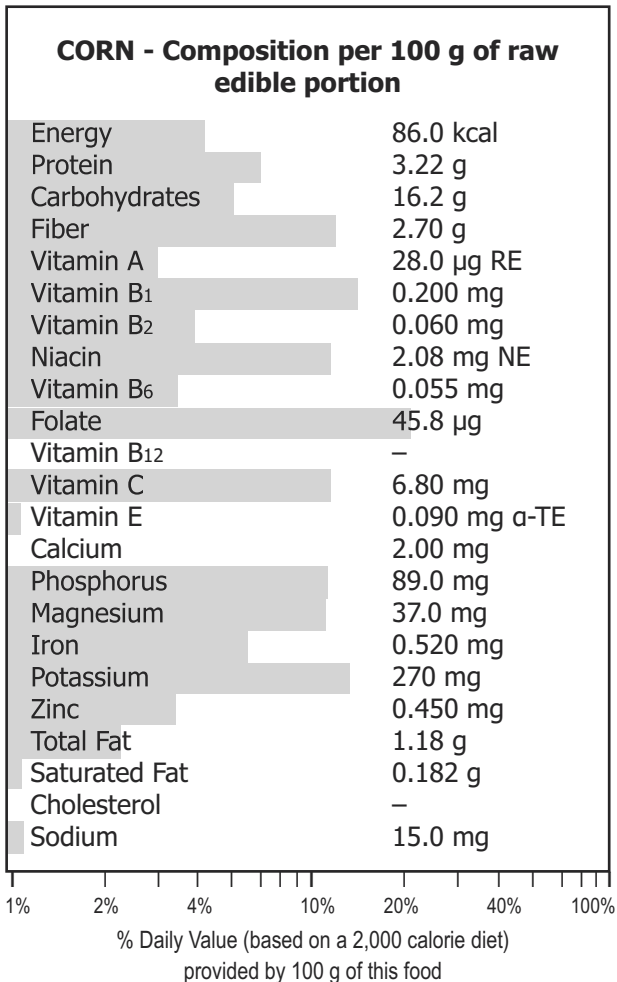
90% of today's corn is used as animal food, although corn is much more useful to man than to animals. Mixed with legumes and sunflower seeds, corn gives all essential amino acids.

Corn is very good for intestinal mucosa. Also, it removes bloating, pain and cramping in the intestines. This vegetable is very good in eliminating large intestine inflammations. It's the first solid food for children.

Corn and corn silk have a very positive effect on renal system. Its bran is capable of reducing blood cholesterol level. Corn is able to promote proper function of thyroid gland and metabolism in general.

For those who want to gain bigger muscles, corn is the way to go. One of the

most famous dishes in the world is Mexican corn tortilla with beans.



Quince

Stimulates intestinal function

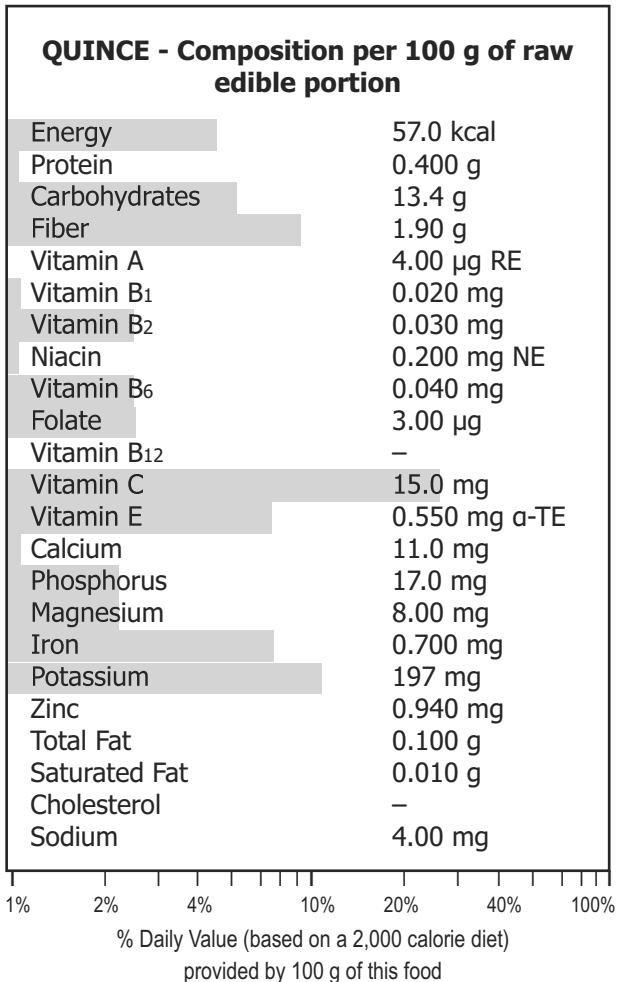


Two main characteristics of quince are its anti-inflammatory effect and muscle function stimulation. This is the result of pectin (a soluble fiber that soothes the intestine and promotes bowel movements) and tannins (complex herbal astringent compounds that dry the intestinal mucosa and have anti-inflammatory effect) presence.

Quince is very rich in vitamin C, which is a very powerful anticarcinogenic and antioxidant, as well as vitamin E – another powerful antioxidant and activator of proper reproductive function.

Additionally, quince is a very good source of potassium, iron and copper. It does wonders in cases of diarrhea and intestinal inflammation. Pectin in quince has the ability to lower cholesterol level.

Due to its bitter taste, it's best to eat it with honey, dates or any other sweet fruit.



Pomegranate

Prevents intestinal inflammation

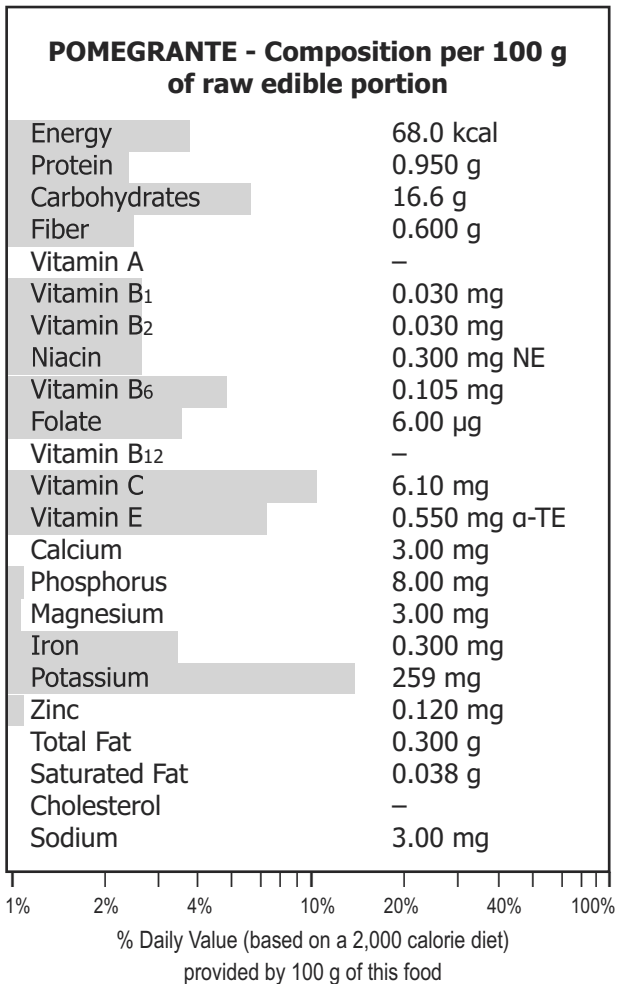


Citric and other organic acids give the pomegranate its pleasant taste and are useful for the process of bacterial flora restoration. Flavonoids (vitamin P) in this fruit prevent intestinal inflammation and act a strong antioxidant, slowing down the process of cell aging and cancerous degeneration.

Alkaloids found in pomegranate protect us from parasites (such as tapeworm). Pomegranate is also rich in compounds that mineralize and alkalize the body. This fruit is very effective in cases of constipation and cramps, also being able to reduce the production of gastric juice in inadequate nutrition induced inflammation.

Pomegranate is an excellent source of copper. This mineral encourages iron assimilation making this plant very useful in preventing anemia.

It regulates blood pressure levels due to favorable potassium/sodium balance.



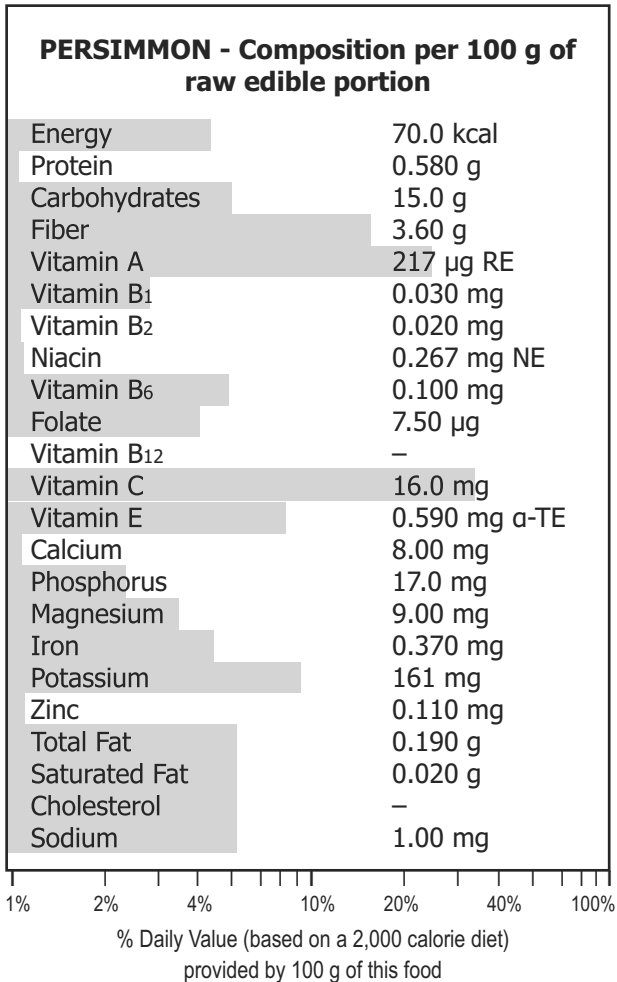
Persimmon

For elastic intestinal



Persimmon (also known as kaki fruit and Chinese fig) has a soothing effect on the digestive system, especially the intestine, since it softens tissue walls, increases their elasticity and preserves water in them. Pectin and mucilage of persimmon soften the stool and stimulate bowel movements. They also retain animal-based cholesterol found in the digestive tract and eliminate it. They are very soothing for the intestine and have anti-inflammatory properties, especially on the end of the large intestine, which is extra sensitive. Tannins present in persimmon coagulate proteins and form a resistant protective layer on the mucosa. This fruit is one of the richest in beta-carotene (prevents cell degeneration and arteriosclerosis). Persimmon contains a fair amount of vitamin C that stimulates iron absorption and blood cell formation. High content of

fibers retains sugar and slowly releases it, thus keeping the blood sugar level under control.



Foods for the urinary tract

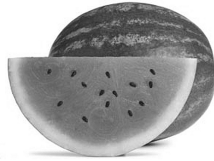
Urinary tract is consisted of: two kidneys, bladder, ureters and urethra. It is know that the blood doesn't transport only oxygen and nutrients, but also various toxins that are the result of various metabolic processes and external contaminants entering the body through food. It is necessary to remove these poisons from body.

The kidneys are the primary organs responsible for eliminating foreign substances from body. Fruits and vegetables, together with clean, non-carbonated water are the kidneys' best friends. A plant-based diet is the essential in preventing the formation of kidney stones. Excessive salt and protein rich animal foods, increases calcium concentration and encourages renal deterioration.

Below we are going to list the best foods for the urinary tract.

Watermelon

A gift to the kidneys

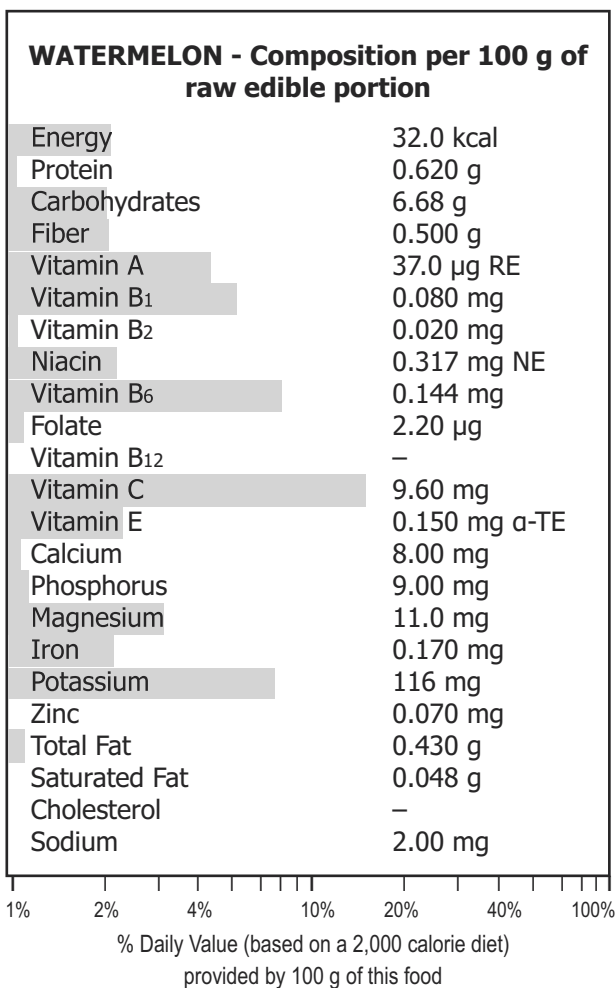


Due to its specific composition (watermelon is 90% water), this fruit is excellent in promoting proper renal function, prevention of the kidney stone and infections, as well as ejecting the toxins from blood.

Although it's sweet, watermelon doesn't contain too much sugar, making it suitable for diabetic, who are generally prone to kidney dysfunction. It gives very few calories and quickly gives the sense of satiety, and is recommended to those who want to lose weight.

Watermelon is rich in beta-carotene (converted to vitamin A in the body), vitamins B₁ and B₆, and contains significant amounts of vitamin B₉, iron and potassium, being beneficial to other organs. Since it contains large amounts of water, it's recommended not to use it as a dessert, but rather as a starter, in order not to disturb

the digestion process (watermelon would dilute the gastric juice).



Blueberry

Protects the gallbladder

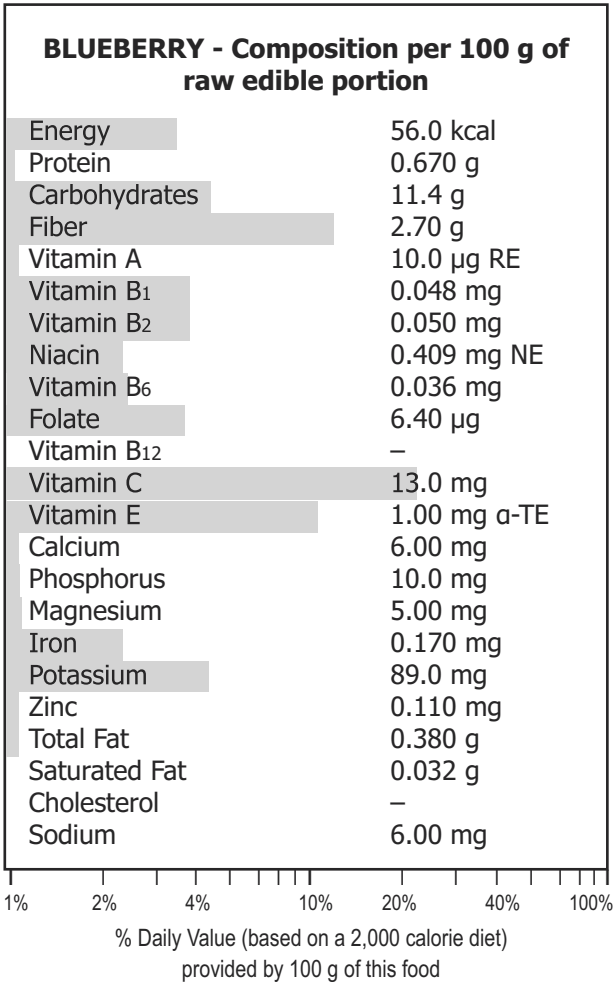


When we speak of blueberries, we think of cranberries which are not blue, but red colored and are part of same genus and have similar properties. They are very powerful against infection, especially *Escherichia coli*. Blueberry prevents the adherence of bacteria on the interior of the urinary bladder, a common phenomena in lower urinary tract infections, explaining the renewed infections if the infection is treated with regular antibiotics.

Blueberry contains quinic acid, a substance that prevents the formation of kidney stones. This fruit is good for regulation of intestinal bacterial flora and prevention of flatulence. It also protects capillary walls, reduces inflammation and swelling, particularly in cases of lower extremities, varicose veins, varicose ulcers and hemorrhoids.

Recovery for Athletes

The anthocyanins (responsible for the color of this fruit) improve retinal function and visual acuity.



Melon

Source of healing water

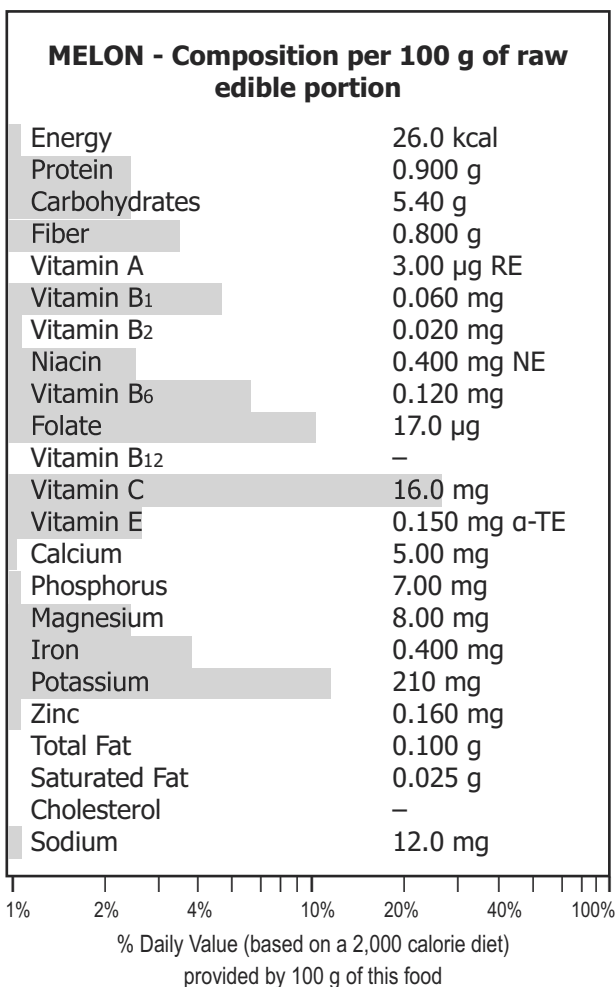


Although melon is 95% water, this is just tap water, but biological water that has been involved in thousands of chemical reactions within vegetable cells. Water from melon is the best thing we can offer to our kidneys.

It's best to eat melon before meal in order to prevent the interference with digestion process. Melon contains all necessary minerals. One 2.5 kg melon provides the daily need for iron and more than half of the magnesium requirements. It also alkalizes and soothes the body.

Melon improves kidney function and toxin excretion. Also, it neutralizes acidic salts and eliminates kidney stones. Due to its alkalizing effect, it inhibits the proliferation of harmful bacteria (they require acidic environment to grow).

Melon is excellent against diarrhea and constipation.



Hazelnut

Destroys kidney stones



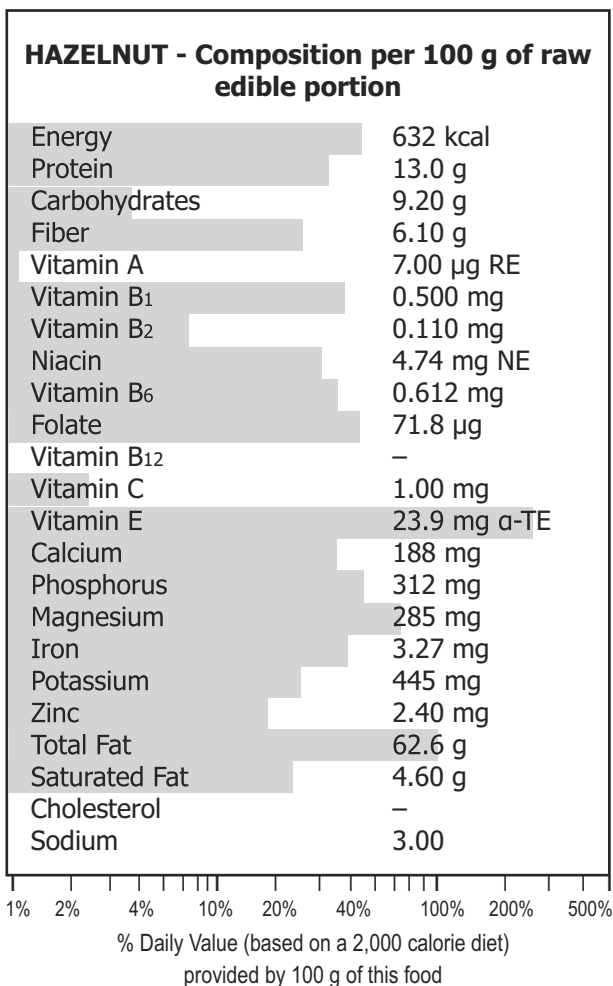
Hazelnut is a huge source of energy. Only 50g of this nut provides energy for at least an hour's worth of physical activity.

It's recommended to athletes and people weakened by heavy disease.

Together with dried fruit or dates, hazelnut makes an excellent meal for those who often travel.

Hazelnut is great in fighting kidney stones. One handful of this nut (about 50g) every morning, during the meal, is excellent for kidneys.

Hazelnut milk is one of the vegan milks. To prepare it, put a handful of hazelnut in blender, 2-3 dl of water and two spoons of honey, and mix everything for a few seconds.



Eggplant

Expels toxins



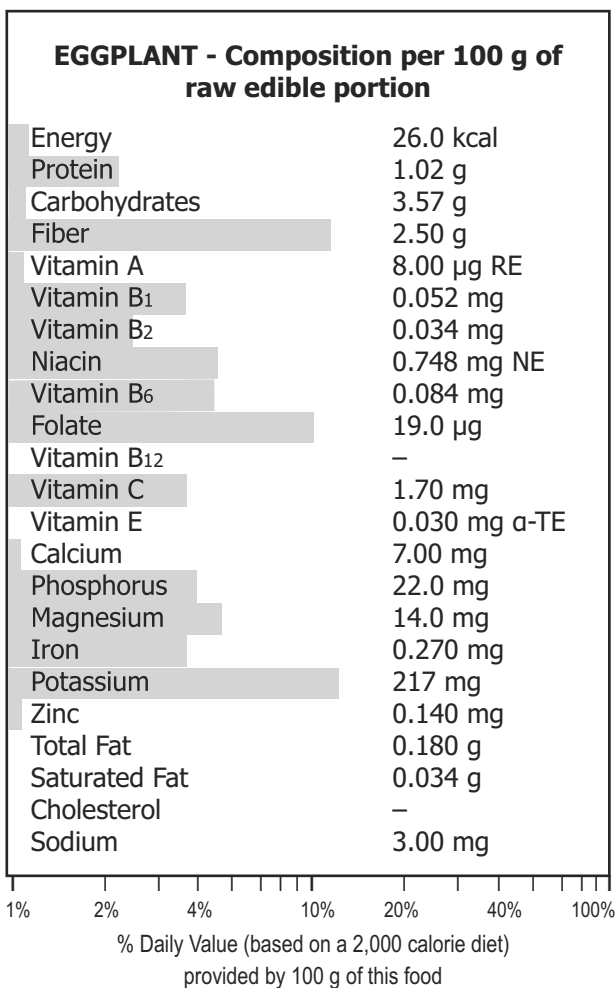
Eggplant promotes proper kidney function and increases urine production, filtering waste through it. It's very useful in battling kidney stones, hypertension, cardiovascular disease and edema.

This vegetable has a very beneficial effect on digestive tract since it stimulates biliary and pancreatic function. It can be used as a remedy for those suffering from digestive disorders and pyrosis.

Its fiber content gives eggplant the ability to stimulate bowel movements and body cleansing. Studies show that eggplant, together with other plants from genus Solanaceae, such as tomato, is abundant in phytochemicals that prevent cancer.

Eggplant can be eaten raw if fully ripe. If not, than it must be cooked, since unripe

eggplant contains an alkaloid that disturbs digestion, which is removed by cooking.



Asparagus

Stimulates the kidneys

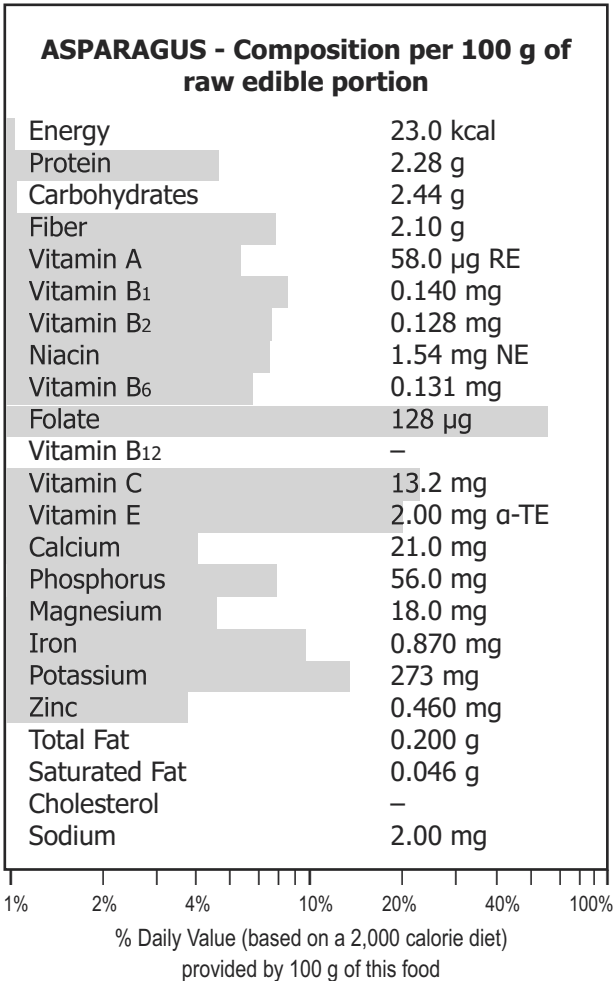


Asparagus is a vegetable known for its beneficial effect on urinary tract. It got its name after a substance named “asparagine” – an active compound that gives the urine a specific odor, promotes renal function and increases urine volume. Those suffering from kidney disorders mustn’t eat too much of this vegetable due to its strong influence of kidneys

Because of its very low caloric content, it’s very useful in cases of obesity. Abundance of fiber makes asparagus good against constipation, promoting bowel movements. Generally speaking, asparagus has the ability to detoxify and purify the whole body.

Asparagus is one of the vegetables richest in protein (only spinach has more). It’s rich in potassium, phosphorous, iron and mag-

nesium, B group vitamins, vitamins C, E and provitamin A.



Foods for skin

Diet plays a very important role for health, beauty and elasticity of skin than any cosmetic product. This applies for nails and hair also. Since the skin cells are constantly regenerated, a steady intake of nutrients is necessary for skin production. If there aren't sufficient proteins, essential fatty acids, iron and zinc, as well as vitamins A and C, the changes on skin will soon be visible.

The skin has an important function as eliminatory organ, and it's no wonder it's referred to as "the third kidney". The eliminatory potential of skin can be compromised when the kidneys and liver are not functioning properly, in case of constipation. This is particularly often in those who have largely animal-based diet, resulting in internal poisoning manifested through eczema, acne, dermatoses, etc. Here are some of the best foods for skin.

Cucumber

Purifies the skin

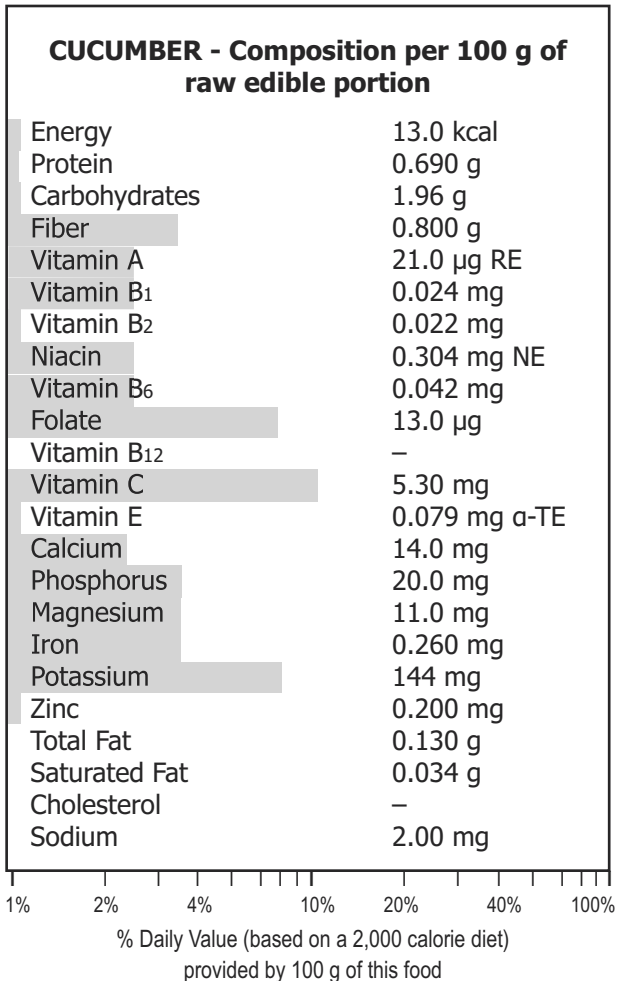


Tomato, cabbage and onion are three most cultivated vegetables in the world; cucumber is the fourth. Eating a cucumber is like drinking a glass of water – 96% of its weight is water. Still, cucumber has a great nutritional and therapeutic value.

Skin, nail and hair cells need sulfur, which can be provided by cucumber. It has the ability to neutralize excess acidic waste in body, appeared as a result of consummation of animal-based foods. This vegetable encourages detoxification through urine of skin. External use is also an option (rubbing it directly on the skin), having in mind that purity of skin depends more on the purity of blood, rather than preparations applied externally.

Cucumber contains minerals that are very alkaline, as well as different trace elements, most notably sulfur. Due to high water and

fiber content, cucumber is very good as a laxative.



Peanut

Nourishes the skin



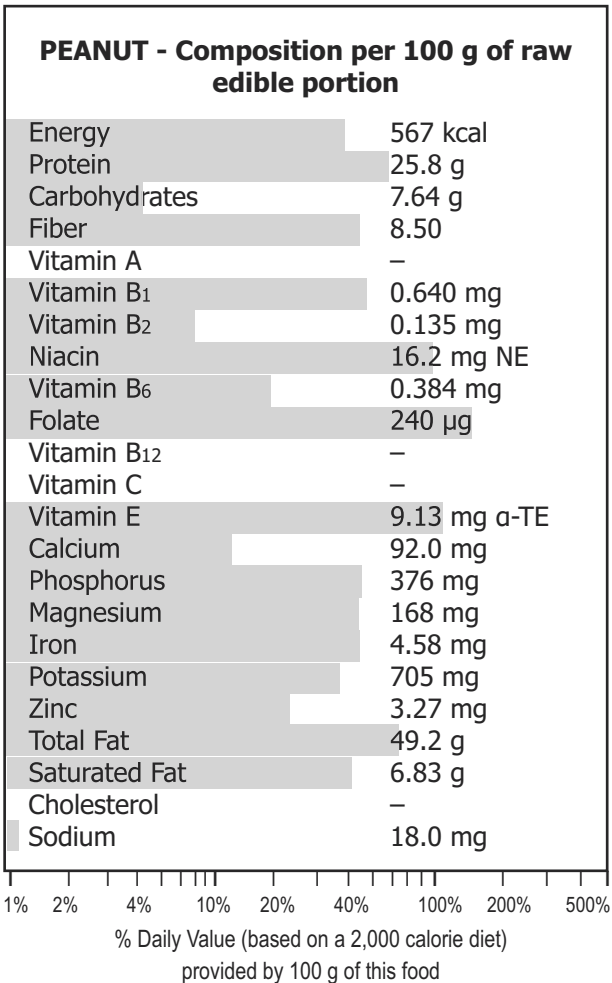
Peanut are highly nutritious food whose nutrient concentration surpasses all animal-based food, including meat. Only the walnut and almond can compare with peanut. This feature should make them unavoidable part of everyone's diet.

Peanut exceeds meat and eggs in carbohydrate, fat, protein, vitamin B and E and mineral (magnesium, calcium, potassium) concentration. Combined with whole grain and legumes, peanut provides all essential amino acids.

Abundance of vitamin B₃ and essential fatty acids make this vegetable very good for skin and mucosa. Fatty acids in peanut are very important energy source of cardiac cells.

Also, they lower cholesterol level and improve blood circulation. Peanut is very

good in maintaining proper blood pressure.



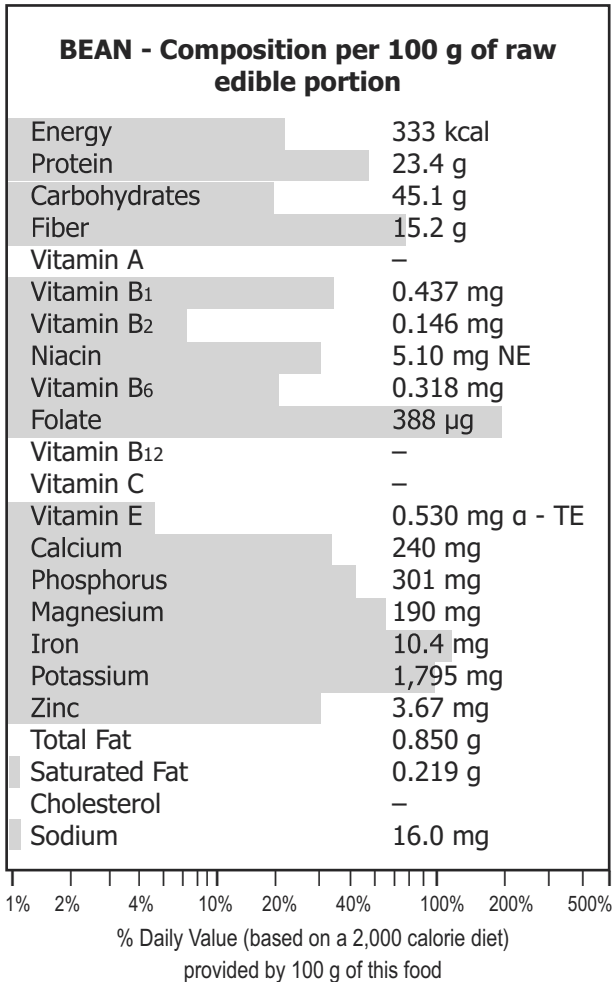
Bean

Strengthens the skin



Bean is an excellent source of amino acids. Combined with grains, sesame or sunflower seeds, this legume provides the body with all necessary amino acids. Not only does it have the power to induce a sense of satiety, bean is also very nutritious. It's quite rich in vitamins B₃ and B₅, which are very important for skin protection, preventing cracking and scaling. Also, bean is very effacing in preventing eczema, skin allergies, dry skin and irritation. Bean successfully keeps cholesterol level in check. Thanks to high fiber content, those regularly eating beans should have no problems with constipation and bowel movements. It's highly useful in controlling blood pressure, because of its good potassium/sodium ratio. This legume contains more iron and spinach, making it efficient in strengthening and regenerating the blood. The darker bean is, the strong its taste is,

and the proteins it contain easily digestible. It can be eaten raw, if soaked in water until it's swollen.



Mango

For healthy and beautiful skin

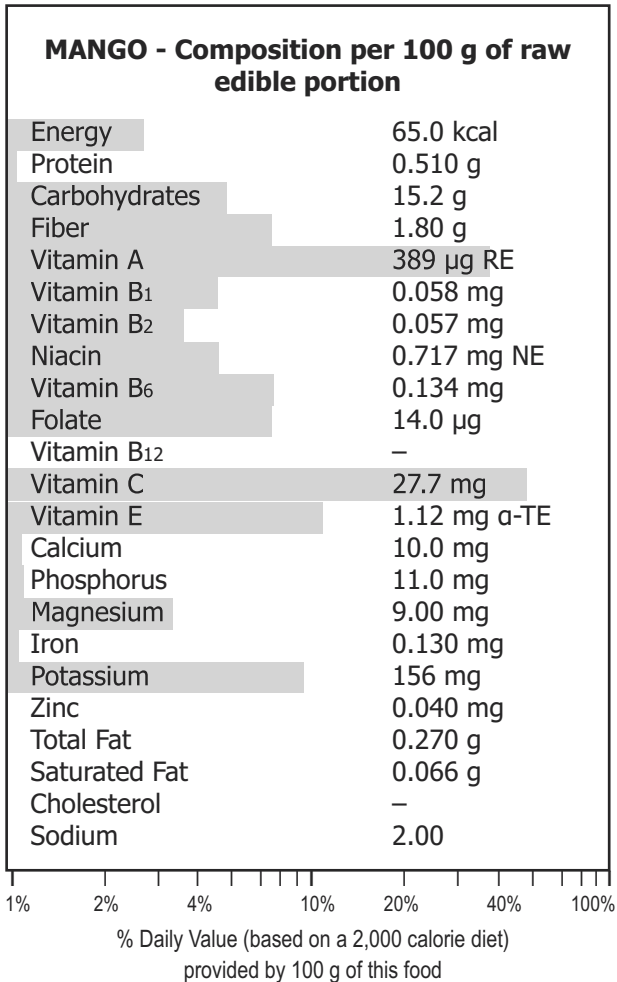


Fully grown mango tree yields about 20 thousand fruits a year, and since this tree can live more than one thousand year, it's likely it'll produce more than 2 million fruit.

Mango is the fruit with greatest vitamin A content, which is very important for skin and mucous protection. Sixteen types of carotenoids responsible for vitamin A activity have been discovered in mango. These carotenoids are powerful antioxidants that neutralize free radicals activity – molecules responsible for cell degeneration. Besides vitamin A, mango is rich in two other most potent antioxidants – vitamin C and E. The second one is especially important for reproductive organs.

This fruit is very useful in improving blood circulation in limbs, which is very important to athletes, and is also quite useful in

maintaining proper blood pressure. Mango can aid diabetics since it keeps blood sugar in check.



Foods for the eyes

More than million neural cells of retina send information to brain every second. Eye muscles are constantly moving and they perform three vital functions: 1) exploration of the field of vision, 2) opening and closing of the pupil according to the light available, 3) changing of the curve of the lens of the eye, depending on the distance of the viewed object, in order to sharpen the image.

To carry out all these important and complex functions, eye needs a small amount of oxygen and a few other substances that can be found in foods: 1) Vitamin A – necessary for the formation of rhodopsin – light-sensitive pigment found in retinal cells; 2) Carotenoids – prevent macular degeneration of the retina; 3) Vitamins C and E – antioxidant found exclusively in plants. They prevent cataracts and vision loss.

Carrot

For strong eyes



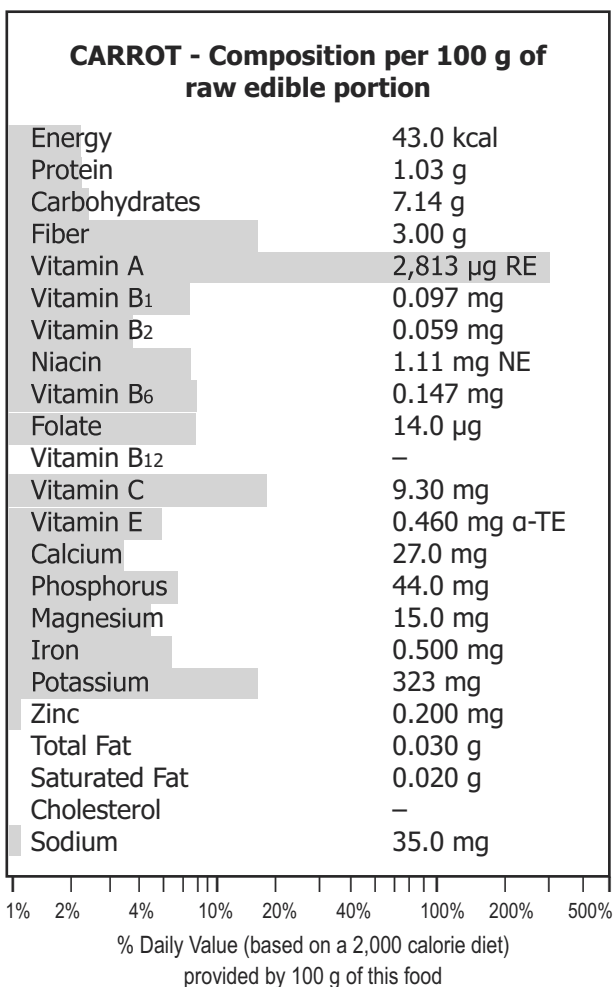
Carrots and alfalfa greens are the greatest sources of vitamin A in nature.

Three most significant substances found in carrot are: 1) carotenoids, of which the most notable is beta-carotene, which the body transforms into vitamin A. They are very important for retina function, especially in low light and night situations. They also vitalize skin and mucosa of all organs in human body. 2) carrot fibers help regulate intestinal function and soothe the intestinal mucosa. 3) carrot essential oil is very active against intestinal parasites.

This vegetable is also very useful in preventing disorders of retina and eyes in general, skin disorders, excess stomach acid, colitis and cancer.

Best way to consume carrots is in salads, with other vegetables, or in form of a

squeezed juice, combined with apple and red beet.



Spinach

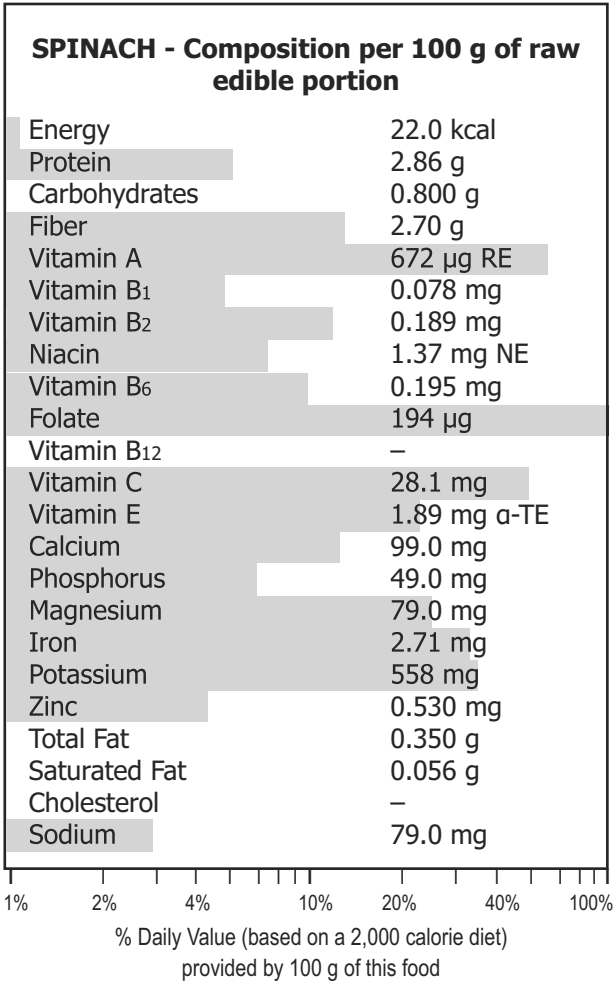
Protects the retina



Spinach is the most nutritious leafy green vegetable. It's very rich in lutein and zeaxanthin, carotenoids that prevent vision loss due to degeneration of macula (small yellow spot, about 2mm wide, located in the middle of retina, corresponding to the area of the highest visual activity). Although these two carotenoids do not transform into vitamin A, they are still very powerful antioxidant that protect the sensitive parts of the retina. Those who want to preserve their sight should regularly eat spinach, especially those over the age of 50.

High iron content (higher than that in meat), as well as abundance in other minerals, make spinach very useful for bone marrow blood cells production. Spinach is recommended for those who are physically active and children, who need strength and energy. Pregnant women should find spi-

nach very beneficial, because of its high B9 content which prevents fetal malformations.



Apricot

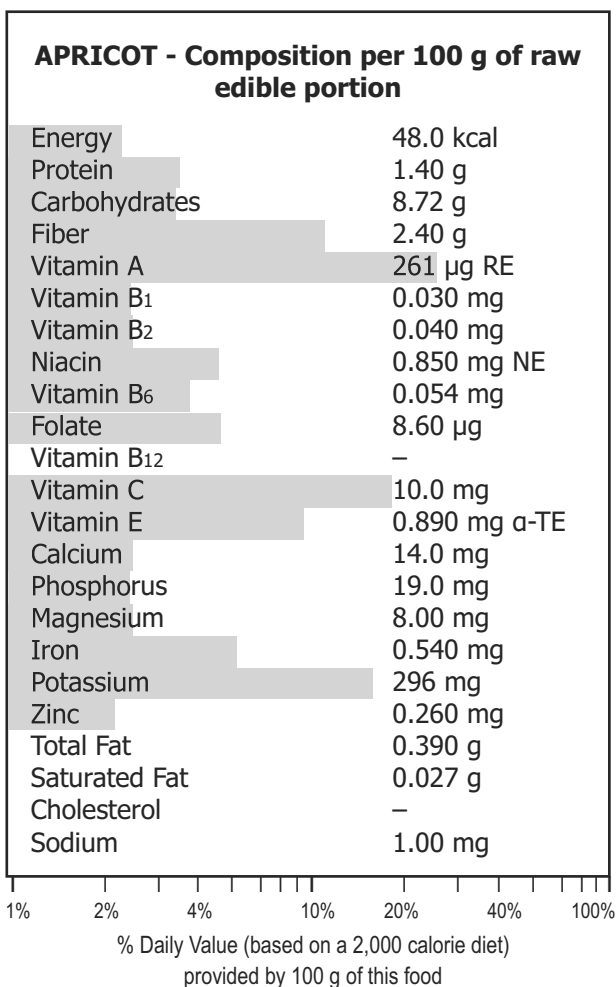
For beautiful and sparkly eyes



The most important component of apricots is beta-carotene or provitamin A, which our bodies transform to vitamin A. Thanks to this substance, together with numerous minerals and vitamins, apricot aids vision, giving sparkle and beauty to the eyes that are characteristics of good health. It prevents dryness, irritation and itching of the front membrane of the eye, as well loss of visual acuity and night blindness.

It has been established as a fact that a good combination of vitamins, minerals and other chemical substances present in natural foods increases their effect. Apricot is an excellent example since it prevents skin and mucous infections, chronic pharyngitis, sinusitis and eczema. This fruit is very beneficial in cases of depression, nervousness and loss of appetite. Dried apricots are an excellent source of proteins and

iron. They are great for blood and they also alkalize the body.



Foods for the reproductive system

It is a well-established fact that nutrition is one of the main factors in the emergence of reproductive organ disorders. Tobacco, caffeine and alcohol consumption are the most common causes of impotence. Diet rich in fruits, vegetables and whole-grains contribute to the maintenance of sexual potency better than any other food or chemical product. Prostate problems are a common occurrence in men. They can be successfully treated by altering the diet.

Those who don't get enough fiber through nutrition (only plants have fiber) are very prone to reproductive disorders. Women who have constipation are more prone to cysts and breast fibromas. Irregular and painful menstruation can be prevented by improving diet and eating more plants that contain chemical compounds that act as hormones and regulate the menstrual cycle.

Tomato

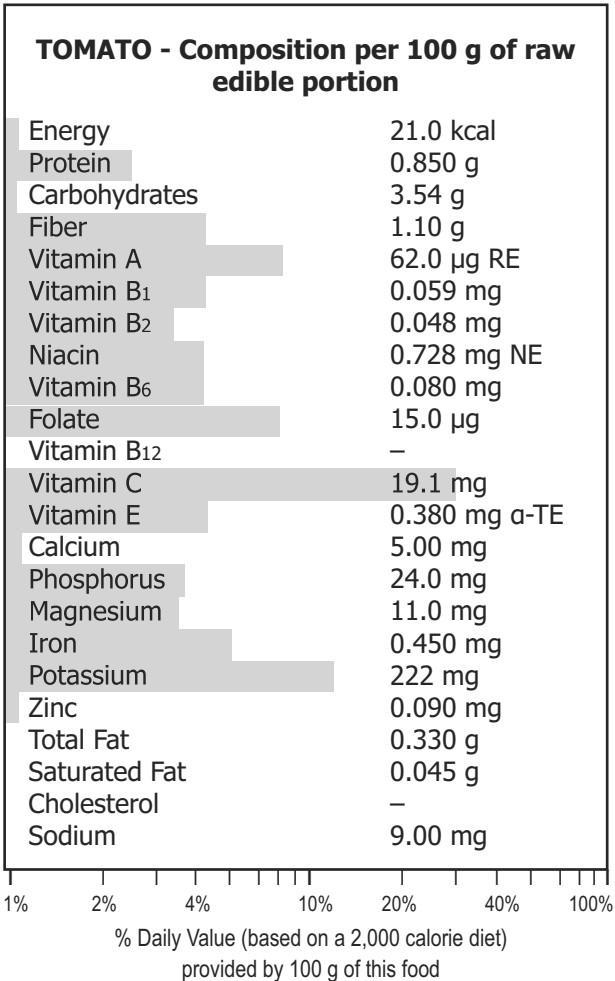
Protect the prostate



Prostate products are part of the seminal fluid and are very important for the process of ejaculation, erection, spermatozoid mobility and they also protect reproductive and urinary tract from infection. Tomato is the richest source of lycopene, a carotenoid that protects prostate cells from oxidation and abnormal growth. Lycopene is present in testicles and adrenal glands, and is essential to their proper function. Tomato also affects cell growth process and its antioxidant properties grant him the ability to destroy free radicals.

Also, tomato alkalizes blood, promotes renal function and neutralizes metabolic waste. Due to its richness in minerals, vitamins and antioxidant carotenoids, tomato stimulates immune system and has anti-inflammatory effect.

Substances found in tomato prevent the oxidation of cholesterol and thus prevent narrowing and hardening of the arteries.



Soy

Wondrous legume

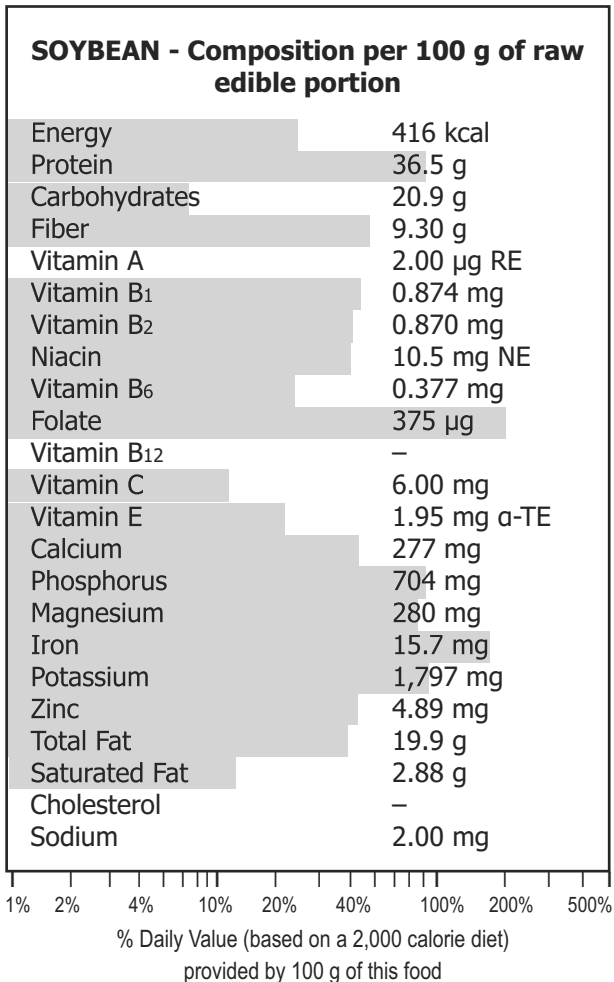


Research has shown that women in Japan and China almost never experience menopausal problems, and that men in these Asian countries have better reproductive health and lower cholesterol levels. The reason for this lies in their diet – people in Far East eat soy every day.

Soy is the greatest natural source of proteins. It contains 36.5% of proteins, unlike meat that contains 20% and eggs that have 12.5%. These proteins are easily digestible and absorbed.

Abundance of lecithin grants soy the ability to successfully purify blood vessels from excessive fat. It contains large amounts of B group vitamins and vitamin E. There is five times more iron in 100g of soy than there is in meat. Also, this legume's calcium content makes it an excellent food for the bones. Soy is good for

intestine, since it fiber content promotes bowel movements.



Foods for infections

The body is in a constant struggle against microorganisms and foreign substances that attack it. The immune system defends us through recognition and destruction of all kinds of microorganisms and foreign substances that are potentially dangerous, and those are primarily all other living cells, chemical products, dust, and degenerated cells that can cause diseases if they are let to develop.

Adequate nutrition stimulates immune system function. Vitamins A, C and E are necessary to immune system because they act as antioxidants and microelements iron, zinc, copper and selenium.

Improper nutrition (scarce vitamins and trace elements), stress and certain type of medicaments (i.e. chemotherapy) have a very bad effect on our immune system. Below we'll say something about types of food that are good for the immune system.

Orange

Abundance of vitamin C

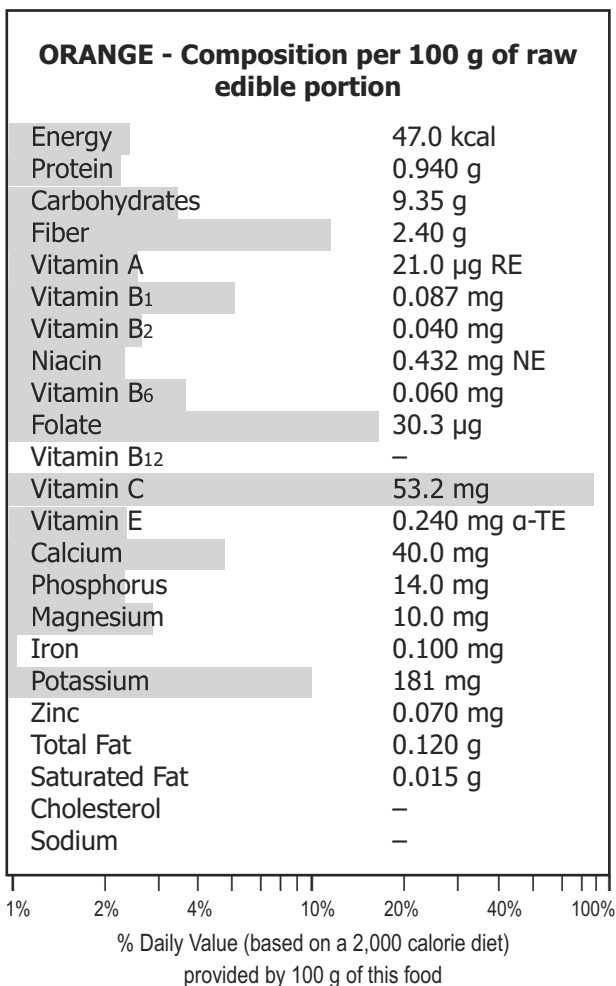


Orange is richer in vitamin C than any pharmaceutical product. In addition to vitamin C, orange also contains 170 phytochemicals that enhance the effect of vitamin C and complement it, thus empowering the immune system. Also, they increase the production of an antiviral protein (interferon) that the body produces by itself.

Apart from vitamin C, orange contains three most powerful antioxidant: provitamin A, vitamin B₉ and quercetin (a type of flavonoid or vitamin P) that mightily protects our body. High fiber content makes orange good in lowering cholesterol and battling digestive problems.

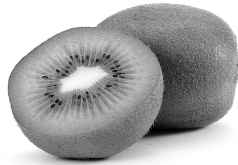
This fruit also stimulates gallbladder excretion, makes blood more fluent and improves circulation, especially towards brain

and heart, which need a steady supply of blood.



Kiwi

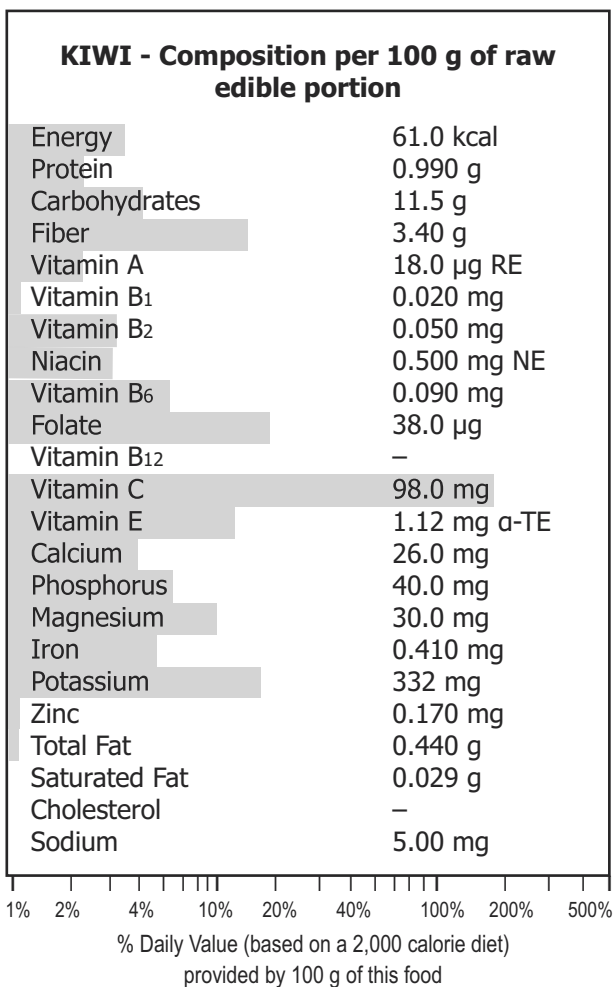
Strengthens the immunity



Richness in vitamin C make this fruit, together with numerous other vitamins and minerals, one of the strongest tools for improvement of the immune system, much stronger than any pharmaceutical product. Kiwi is one of the fruits richest in minerals, especially potassium, magnesium and iron. It also contains significant amounts of copper, which in combination with vitamin C facilitates iron assimilation.

To give a better idea how nutritious kiwi really is, consider the fact that it contains 17 times more vitamin C, 6 times more magnesium, 5 times more proteins and double the iron than an apple. It enriches the blood and prevents anemia. Research shows that athletes who eat kiwis show a 24% increase in strength over the control group who doesn't eat it. Eating at least a kiwi a day is very useful in preventing any

kind of infection, as well as for its treatment.



A couple of information about nutrition

We'd like to point out the fact that improper nutrition is the leading cause of illness and death in modern civilization, as well as the leading cause of sport injuries, since it prevents athletes to fulfill their potential. When a herbivore, such as man, eats foods of animal origin, and other processed foods full of chemical toxins, his body will get poisoned and acidified, making it more susceptible to diseases and injuries.

It's good to know a few more details regarding nutrition. It would be ideal if one would have three meals a day, without snacks. All organs need to rest and stomach is no different. It would be best to have an energetically strong breakfast, and then have at least a five-hour long break until the next meal. Nothing should be eaten during this period. It is desirable, however, to drink only clean, non-carbonated water.

Any juice, tea, snack or food disturb the balance of digestive tract and their rest.

Lunch should also be very energetic, at least five hours after the breakfast, while the dinner should, according to the same principle, be taken five hours after lunch. Dinner should be light, easily digestible, so that one could go to sleep with an empty stomach, thus letting the body rest instead of digesting food. For dinner, we recommend having fruit or (vegetable or fruit) salad.

It would be advisable to go to sleep a few hours after the dinner. If this doesn't happen, the body starts seeking food.

Eat a lot of garlic, since it's the most powerful natural antibiotic, and use hot pepper in meals because it promotes circulation.

The water should be drunk before meals, and at least an hour after the meal, so that the stomach acid function wouldn't be disturbed.

If you drink juices, do that at least ten minutes before the meal, and not during and immediately after the meal. Fruit juice can be consumed before a fruit based meal. The same applies to vegetables.

It's best to avoid mixing fruits and vegetables in one meal since this can create compounds that cause swelling and diarrhea. Sour apple is an exception and it can be used in vegetable juices, while green vegetables may be mixed with fruits.

We shouldn't bother ourselves too much with vitamin B₁₂, since intestinal and bacteria in our mouth produce it, and a healthy nutrition and lifestyle encourage beneficial bacteria activity and sufficient production of this vitamin.

Nutrition during the match and between two matches. During the game, and in short breaks during the match, we don't recommend taking solid food, but only freshly squeezed juices and spicy cayenne pepper diluted in juice or water. Juices require almost no digestion and they directly

go into the blood stream, thus saving the energy that would be used in digestion. If juices are chosen properly, they regenerate and revitalize body almost immediately. Juices are best in 2.5-5 dl doses. Some of them are:

- juice of a couple of carrots and an apple
- juice of 50% carrot, 30% red beet, 20% apple
- apple juice
- orange juice
- grape juice

Naturally, we are free to choose the combination of plants which we'll use to make the juice.

Hot pepper is a powerful tool for circulation and stamina improvement. Dip 60 drops of hot pepper tincture in 2 dl of water or one teaspoon of hottest pepper you've got on hand.

Juice and hot pepper solution can be prepared before the match and kept in sealed

bottle, and even better, in a thermos or refrigerator.

Massage during game breaks, as well as hot/cold showers also improve circulation and encourage faster blood flow and thus facilitate nutritive delivery and other physical agents. Hot/cold treatment consists from 7 series of hot and cold water showers.

At the end of this chapter, we'd like to emphasize that virtually all processed products found in stores, usually sold in bags and bottles labeled "100%", "integral", "natural" are very harmful, since they only give a short-term sense of satisfaction and satiety, but dramatically harm our health and ability to achieve top results.

Physical rest as a recovery factor

Pouring a bucket of water on our head would let the body get some water through skin, but the feeling of thirst wouldn't be quenched and the body would dehydrate.

This can be compared to a situation in which a soccer coach wouldn't let the best players play until the second half. Surely, the result wouldn't be as good as if the best players played from the beginning.

The same is with sleeping. If a man goes to sleep after midnight, his body cannot adequately rest, and his abilities and health are greatly endangered.

Going to sleep after midnight is the same as pouring a bucket over your head – it doesn't satisfy the need for water, nor does it satisfy the need for rest. Going to bed

before midnight is equivalent to the situation in which the first squad plays from beginning. It's safe to say an hour of sleep before midnight is worth two or three hours of sleep after 12 pm. Simply put, going to sleep after midnight and sleeping longer cannot make up for the loss of energy and rest.

A good analogy would be if a junior team played the first half of a match. It would be difficult if not impossible for the seniors to compensate the several goal difference from the first half.

Recovery centers pay a lot of attention to physical rest. Healthy diet isn't enough for a person recovering from injury. It is necessary to completely satisfy all needs a human being has, and one of them is physical rest. In these centers, all activity ceases at about 8 pm. The lights go off at 9 pm and everybody should go to sleep (of course, the visitors are free to disregard the recommended house rules, but this will

dramatically impact their recovery process).

A work day in such a center would look something like this:

- 5:30 - waking up
- 5:30 to 6:00 - washing, dressing
- 6:00 to 6:30 - brief group discussion with doctor or trainer to present the work plan of the day, as well as a brief motivational speech to encourage the residents to continue practicing healthy lifestyle.
- 6:30 to 7:30 - breakfast
- 7:30 to 8:00 - break
- 8:00 to 12:00 - a walk in the nature, outdoor exercise, socializing and lectures on health topics
- 12:00 to 12:30 - break and prepare for lunch
- 12:30 to 13:30 - lunch
- 13:30 to 16:00 - break and leisure
- 16:00 - 18.00 – a walk in the nature, outdoor exercise, socializing and lectures on health topics

- 18.00 - 18:30 - break
- 18:30 to 19:30 - dinner
- 19:30 to 20:00 - preparation for the end of the day
- 20:00 to 21:00 - cessation of all activities
- 21:00 - the lights go off and it's time to sleep

Note that this is a pattern of the majority of living organisms in nature.

With this approach, the body enters a healthy rhythm that has an extremely beneficial effect on the recovery process. After 7-10 days living on this regime, the body completely develops healthy habits that manifest themselves through increase of energy and endurance of the athlete or any person practicing them.

It would be great if athletes could apply this recovery plan in their everyday life. Training and activity regime dictated by the club they are playing for may, to some extent, disrupt the implementation of this plan.

However, with a little persistency and discipline, every athlete can adopt and implement this program almost completely, thus completely recovering and strengthening his body for the upcoming efforts.

A strong character is necessary to achieve great results in any field. In sport, the character is very important, not just for training, but in other areas of life also. This is especially the case in professional sport where there is little difference between top athletes and often, it's the quality of rest between the matches that determines who'll be the winner. For this reason, it's very important to show discipline after training and games, in the field of recovery.

Surely, it's not easy to be the oddball and avoid night parties, alcohol and junk food, something usually found in high-end clubs and restaurants. But, if an athlete wishes the top results, then he has to be best during the training, but also afterwards. Training without necessary recovery won't have

the same effect as training with adequate rest.

When speaking about night rest and sleep, it is necessary to reiterate to role of hormone melatonin, secreted in our brain by pineal gland. This hormone has multiple functions in our body, and one of the most important is his regenerative and rejuvenating power.

It's important to note that the secretion of melatonin begins and stops depending on the light and dark signals that travel from eye via optic nerve to brain, where they give the signal to pineal gland to start or stop producing melatonin. Dark signal signals the increase in melatonin secretion and that's why it's important to sleep in a completely dark room.

Combined with other biological mechanism in our body, dark signal at sunset is the ideal time for maximum production of this important hormone.

Also, it's worth mentioning that daily moderate exposure to sunlight stimulates the production of melatonin during night. The room in which we sleep should not be too hot, since sleeping in a cooler room is much better.

Physical rest doesn't include just night sleep in an appropriate time. It includes daily activities that help us to physically rest and regenerate. Breaks between two meals, breaks between training, time we spend with our family and friends, are also an important aspect of recovery.

It's also very desirable to have a little walk after the meal, thereby facilitating and accelerating digestion process. Training should not be done immediately after meal; moreover, one should wait at least two hours.

We already mentioned that break between meals should be at least five hours, which also is a form of rest important for the recovery of digestive tract and body in general.

Finally, the spiritual rest is the apex of the recovery process and we'll say more about that in the next chapter.

The spiritual rest as a recovery factor

Since man is not just a physical being, but a spiritual as well, he needs a spiritual rest as much as physical. We can even say that spiritual rest is more important than physical, since motivation and spiritual power factors are able to move a weaker body on to a higher level that a person with stronger body, but weaker spirit, could attain.

In order for a person to spiritually rest, he/she needs to have adequate goal in life. In other words, it is necessary that one's life has a meaning so that he could be spiritually healthy.

Think of an athlete whose only aim in life is to earn a lot of money and enjoy the applause and standing ovation of the roaring crowd. Is great fortune able to satisfy one's

spiritual needs? Mere money cannot do that.

The most important human need is to love and be loved. It's better to live in a small and poor house with someone who truly loves you, than to reside in a glamorous palace with hypocrites who love you because you're rich. Of course, the best option is to be materially secure and have those who love you and for whom is worth living and sacrificing for near you.

Thus we once again come to the question of the character. Character is something that makes us train hard, to have a healthy diet and to go to bed at an appropriate time. On the other hand, character is something that attracts others to us like a magnet, others who are like us. This rule doesn't apply only in case of parents. Parents generally love their children regardless of their character. We can be free to say that parents are the image of God who loves people no matter what they are doing. God and parents are very patient in

waiting for those whom they love to change.

However, that's not the case with many, with those who aren't our parents. Imagine a young man who's a successful athlete and has a lot of money, and who is looking for company, someone who'll he take into night clubs to drink with and "enjoy", or girl with whom he could have a one night stand, without any obligations. This type of "entertainment" usually includes alcohol consumption and possibly something "stronger", but in "moderate" doses, since "everybody knows" that anything in small amounts can't possibly be harmful.

This young man certainly wouldn't be able to establish a closer relationship with a fellow athlete who goes to sleep at 9 pm, and gets up at 6 in the morning and who is very careful with what he eats and drinks. Not to mention a girl that isn't interested in having an "adventure", but wants to be a wife and mother, to improve her physical and spiritual health, who wants to live with

a man that isn't interested in "partying", but one who invests his energy, time and money in family and children.

In other words, the character of a person determines who he/she will be friends with, what places he/she is going to visit, because that's where those with similar interests gather. Character is also a crucial factor in choosing with whom we're going to live.

Sooner or later, everyone comes to inevitable conclusion that family and the warmth of the family home are the most beautiful things a man can create, spend time and enjoy in. Family is an endless source of true love from which one can drink and be inspired. Warmth of family love, care and attention of beloved spouse and eruption of a child's laughter, joy and happiness because being with him/her is the best spiritual food and the best source of spiritual rejuvenation and recovery that we can afford. That's why those who live with their family are much happier than

those who are separated from their loved ones because of the work. In other words, if an athlete is forced to move to another place since he signed for a new club, it would be very significant if his family could go with him. The separation from one's family, even a brief one that would last a few days, is a visible loss in spiritual sphere, dramatically reducing the ability to spiritually recover, and thus the potential to achieve top results on the sports field.

Man's spiritual being is designed so that the heat of the parental home is a spiritual invigoration until about he's 18 years old. After that, in man, regardless of the sex, a desire for another aspect of the family warmth beings to get stronger, one which is related to the need for a spouse and children.

Those who do not have a proper home education direct this need towards seeking temporary partners and relationships, where they are spiritually and emotionally consumed, damaging both their spiritual

and physical health. Consequently, their work abilities are drastically reduced, especially if their job requires maximum physical and mental readiness, as is the case with professional sports.

Abilities of an athlete who “broke up” with his girlfriend a day earlier are going to be seriously reduced. Let’s take a step back and analyze the abilities of an athlete that has a “relationship” and an athlete that doesn’t want temporary relationship, but seeks to get married and have family.

The first person in this example will perhaps say that he also wants marriage, and that he only dates girls so that he could find a person that suits him best. This approach is reminiscent of a military amateur that plans to cross a minefield without a map of the minefield and without an expert guiding him through the dangerous maze. Experience has shown that persons who enter into pre-marital relationships and change their partners experience great spiritual injuries and trauma, and such a re-

lationship rarely results in a successful marriage.

Research among young people has shown that the thing that hurts them most is the break-up with partner (death of their loved ones is on the second place). We can safely say that pre-marital relationships and partner changing is a way of causing pain to oneself with unforeseeable consequences. Perhaps the most serious consequence of such relationships are the children that get to live with only one parent (due to break-up or divorce), which particularly affects the parent that won't be able to live with his child(ren) - almost always the father.

And in the same way the idea of going early to bed is not popular, neither is the traditional concept of marriage and family. But, it remains successful and effective yet still.

When we buy a dog or any other animal, it's normal to check its pedigree and consult animal experts. Up to few decades ago, the same rules applied in selection of the

spouse, which resulted in good marriages, strong families and good and healthy children. Young people consulted elder and more experienced people (usually parents) and analyzed the potential spouse's family very carefully, as well as the physical, health and character traits.

In the same way one is free to eat what he chooses to and sleep when he/she wants to, a person is allowed to marry anyone whom he/she chooses. What interests others and what matters in both sport and life in general are the results. In sport, the most important thing is who won the game, and not whether the champion has five children, when he goes to sleep and what he eats. Lifestyle can be a conversation topic among colleagues, friends and journalists, but the real champions have something that differentiates them from the others. A champion might distinguish himself by training more, but if he's different from the rest in other segments that very much influence his abilities, than his chances of

achieving top results will be significantly increased. The quality of spiritual recovery is of the utmost importance in this context.

One can use his free time, meant for spiritual recovery, to play computer games, watch television and listen to music that excite his mind and inflame passions, but this only has a short-term effect that will be pleasurable at first, but end in spiritual draining and depression.

The spiritual being of every man is designed so that the maximum of his/her abilities is realized by being part of something more important, and that is investing into people that truly love us, just the way we are, and not because we have money or are a champion of any sort. Such love can only be given by family and friend who share the same spiritual value system as we do.

It's important to note that family and friends can't be found on the street. They are created and built. By building our own

character, we recommend ourselves to other people, and most importantly, we recommend ourselves for our future spouse. Without a good spouse we can't have what is most valuable in the entire universe, the reason that God created this world, and those are the children.

Children that come from such a healthy marriage are the greatest joy and happiness that one can experience in a lifetime, and the greatest source of spiritual rejuvenation and recovery there is. That is why those who have these beliefs have a greater chance of becoming champions.

On a molecular level, when one is with his spouse and children, specific mechanisms are triggered that regenerate, refresh and strengthen. Secretion of hormone of happiness, regeneration and rejuvenation reach their maximum in these situations.

On the other hand, participating in activities that excite our spirit will start a number of processes that disrupt the function of our cells and damage them. Unfortunately,

most athletes practice the latter concept, and their proneness to injury and illnesses is much greater.

Sooner or later, everyone comes to the same conclusion as to what is best for us. Pain and injuries are the mechanisms that prevent us from self-destruction. They don't only signal that we need a time-out, but also encourage us to think why the injury occurred in the first place and what can be done so that it wouldn't happen again.

In the next chapter, we'll say something about recovery from physical injuries and how to get back on the path of health and success.

Part II

Recovery of injured athletes

A plan for body recovery

In majority of cases, the cause of injury in most athletes isn't the bad tackle, but a lack of preparedness. And we don't refer to a lack of training, but rather the body's inability to withstand great strain. This weakness stems from a lack of recovery, caused by improper diet and inadequate physical and spiritual rest.

As mentioned, unhealthy diet leads to acidification of the body and lack of nutrients that cells need, rendering the body weaker and therefore more prone to injury. A similar pattern occurs in cases of muscle and other body part injuries.

Once the injury occurs, it's not enough just to return the injured bone back to its place, remove a bad innervation of the spine and strengthen a muscle or a bone with balms.

It's necessary to cleanse and strengthen the body and bring it to a state of high resistance to injury. If one has a strong and well-bred, properly trained body, the risk of injury is very low, almost impossible.

The process of an injured athlete recovery consists of three steps:

1) The physical rehabilitation of injury, which usually consists of relocating the injured bone, group of bones or vertebrae to its original position.

2) Commencement of the injured body part regeneration process using adequate balms and healthy diet.

3) Strengthening of the injured part of the body, after the completion of the regeneration process, through appropriate training.

In the next chapter, we'll talk about physical rehabilitation of injuries and regeneration using balms, and below we'll give you detailed instructions on how to regenerate

the body through proper nutrition and cleansing.

Cleansing the body

By “cleansing” we mean the physical removal of toxins from body and use of the best nutritional and medicinal ingredients that strengthen, heal and regenerate the body.

Step 1. Any serious cleansing program starts with colon cleansing. The colon is almost always filled with residual processed foods that rot in it and create a toxic environment in the body. This happens with almost everyone who has an animal-based diet, and so does the vast majority of athletes.

The easiest way to clean the colon is by drinking a liter of warm water with one squeezed lemon and one tablespoon of sea salt.

This salt water is drunk in the morning, after getting up, and it's recommended to drink it within a period of 5-10 minutes. Naturally, this water isn't very tasty, but a few minutes after drinking it, it starts bowel movements, several, in a short period of time. In this way, the colon will be thoroughly cleaned.

The cleansing process of the colon can be repeated up to five days in a row. (Cleansing with saltwater should be avoided if the person has heart or kidney problems.)

In rare cases, the salt water will not instantly cause bowel movements. This happens in patients who suffer from "lazy" intestinal muscles, a condition rarely occurring in athletes. If this is the case with you, use herbal formula "Intestine 1", made from Senna plant, which stimulates the bowels and their discharge.

Once drinking saltwater portion of detoxification portion is finished, start drinking squeezed juices once every hour a day in

2.5 dl doses. Two to four liters of squeezed juice is drunk per day and no food is consumed. Apart from juices, one can only drink pure non-carbonated water in any amount preferable. Squeezed juices are drunk at least five days and better yet, 10 days. In severe injuries, we recommend up to 30 days.

While drinking juices, the person won't be hungry, and the purpose of juice fasting is to use energy, not on digestion, but rather on cleansing and strengthening the body. Juices require almost no digestion and go directly into the bloodstream, thus preserving energy.

The best juices for cleansing and strengthening the body are:

- Juice made from a couple of carrots and an apple
- Juice consisting of 50% carrot, 30% red beet and 20% apple
- Juice made from a few apples
- Juice made from several oranges
- Grape juice

In cases of intestinal inflammation or diarrhea, it's recommended to drink juice three times a day, adding a teaspoon of charcoal (activate) in powder or tablet, since it is a powerful tool for absorbing toxins and excreting them from body.

It is also recommended to add a teaspoon of young barley grass in powder during the juice drinking phase of detox program. Young barley grass is known as a great source of nutrients – greater than any other type of food.

Juices are drunk slowly, sip by sip, swirled in mouth and then swallowed.

After finishing the drinking juice portion of the program, we go fully raw and eat three meals a day. Some of the recipes for preparing delicious raw plant dishes are in the appendix of this book.

It's highly recommend to use herbal preparations (tinctures), made from medical plants, for at least two weeks (and if necessary, even a month) during the recovery

process. These preparations are concentrated medicinal ingredients of best therapeutic herbs.

Generally, it's possible to use almost every plant in form of tea, tinctures and lining. In the case of tea, the plant is put in hot water and therapeutic substances from herb enter hot water which is then drunk. In tinctures, a herb (or a few of them) is put in blender, alcohol is added and the whole mixture is blended so that the alcohol would reach the smallest bits of the herb thus more powerfully extracting therapeutic substances than hot water.

In tinctures, the concentration of medicinal compounds is incomparably higher than in tea and is must, therefore, be consumed in droplets or poured into the juice or water.

Standard cleansing program includes the following tinctures:

- Immuno – boosts immunity
- Liver & gall – cleanses these two organs

- Kidneys & bladder
- Detox – cleanses the entire body, especially blood
- Antibiotic – cleanses body from harmful bacteria
- Circulation – encourages blood flow and nutrients and other vital agents therefore

Tinctures are usually drunk three times a day – morning, noon and night, in 2-3 minutes intervals. First, mix one of the tinctures with 0.5 dl of water or juice. Repeat this procedure with different tincture every few minutes.

During the day, it's recommended to take hot & cold showers to improve circulation. The body is first exposed to hot water (shower) for a minute, immediately followed by a one minute long cold shower. This procedure is repeated 7 times (a total of 14 reps) and can be applied several times a day.

Massage is also very useful in improving circulation. This is a simple procedure than anyone can do – simply pressing and massaging parts of the body will do the job.

We recommend using brush for massage and body cleansing. This brush can also be used before and after showering.

Liver and kidney cleansing can also be done using juices.

Liver detoxification using juices. This treatment consists of drinking juices in the morning, during a period of seven days:

- 250 ml squeezed juice (lemon, orange, grapefruit and tangerine)
- 250 ml of water
- 1–4 cloves of garlic
- 1-4 teaspoons of olive oil
- 2.5 cm of ginger root (if any)

Day 1. Add 250 ml of the abovementioned juice, 250 ml of water and one clove of garlic and just a teaspoon of olive oil

(with 2.5cm of ginger root, if any). Everything is blended and drunk.

Day 2. The next morning, use the same mix and add two cloves of garlic and two teaspoons of olive oil.

Day 3. Increase the dosage to three cloves of garlic and three teaspoons of olive oil. The next day, the dosage should be four of each and this maximum dose should be drunk until the seventh day.

After this seven-day period, we start the kidney cleansing procedure.

Kidney detoxification using juices. This treatment consists of drinking juices in the morning, during a period of seven days:

- 1-2 squeezed lemon
- 0.5-1 liter of water
- 1/4 teaspoon hot red pepper
- Honey, maple syrup (optional)

In cases of sever liver damage and immune system weakening, it's necessary to use coffee enema and hot bath enema method.

Coffee enema. This method is used for liver cleansing through colon wall. Add three teaspoons of coffee (about 45 g) in a liter of boiling water and cook for 15 minutes. Then, 2.5 dl of this coffee is diluted with 7.5 dl of tap water, resulting in one liter of diluted coffee.

This solution is inserted into colon using appropriate equipment (enema equipment can be purchased in any pharmacy). A person lies laterally and slowly, using tap on the tube, inserts the whole content into the large intestine. Tip of the tube is smeared with Vaseline to make it easier to penetrate the colon. It takes at least 12 -15 minutes to lie on the right side until the coffee solution cleanses the liver through colon wall. This procedure can be applied a few times a day.

Hot tub. This method is used to artificially increase the body temperature, thus stimulating the immune system. Water should be as hot as possible. Put a handful of hot

pepper, the hotter you can find. Also, prepare a liter of hot tea and put near the tub.

Person using this treatment should smear his nipples and genitals with Vaseline to protect them from hot pepper.

Once the person lies into tub, hot tea should be drunk, thereby artificially heating your body, both internally and externally. It's a well-known fact that by increasing body temperature by one degree, white blood cells (immune system agent) increase their speed up to four times, thus facilitating the elimination of germs and microorganisms. Raising the body temperature by two degrees increases the speed of white blood cells exponentially (16 times).

The patient should stay in the tub as long as possible, 10-20 minutes. It would be good if someone was with the person taking the treatment, aiding it by rubbing a cold towel on his forehead.

After the person starts feeling uncomfortably, water should be drained and the patient is to take a brief shower with somewhat cold water, put on some clothes and lie in bed, tucked with several blankets to make him/her warm and cozy. The patient should rest for 45-60 minutes.

This treatment can be used as needed, usually once a day.

In short, detoxification program would look something like this:

1. Colon cleansing in the morning, 1-5 days.
2. After that comes the juice drinking, every hour during the whole day in 2.5dl doses. Person is free to choose the dose in accordance with their own abilities. Juices are drunk 5-10 days, and in severe cases, up to 30 days. Fasting on juices won't make the faster hungry.

3. With the first juice from the morning, tinctures are taken three times a day: in the morning, noon and night, in accordance with the instructions on the bottle. Tinctures are taken for at least two weeks, even longer if necessary.

4. At the same time periods – morning, noon and evening, the patient is to take a teaspoon of young barley grass powder. Young barley can be used anytime, even after the healing is complete, since it is the only dietary supplement that is naturally balanced (unlike vitamin and mineral pills).

5. After the juice fast is over, the patient starts eating raw food, three times a day. Juices may still be drunk, but only before the meal. If the meal consists of fruit, we recommend drinking fruit juice. The same applies in the case of vegetable-based dish.

In the next chapter, we'll say something about physical rehabilitation of injuries

and regeneration program using balms and adequate training.

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.

During after the implementation of techniques for eliminating physical injuries, it's necessary that the patient is on the body detoxifying program, as described in the previous chapter. After the period of physical inactivity, due to the recovery and regeneration of the injured part of the body, it's best to spend some time in a recovery center where the patient would undergo adequate recovery program under the supervision of qualified persons.

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 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 in-

adequate 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 in-

grown 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 disinfected 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 regener-

ation. 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 in-

jured 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

Food recipes for recovery

The best recipes are those which are easiest. The problem is that modern man is not accustomed to eating simple and quality food, so it's necessary to develop positive habits and that is the hardest thing in the world.

The easiest recipe for preparing food is soaking the grain in water for a several hours to swell. Grains which swell quickest are oats and barley. All that you need to do is to soak 500 grams of oats (or barley) in water, spill the water in which the grains are, rinse them and leave them moist in a container or refrigerator.

The meal is prepared by adding 2-4 pieces of chopped fruit (i.e. apple, pear, banana and orange, or two bananas and two pears, and so on) in the bowl. Next, add 4-8 ta-

blespoons of swollen grains and 2-4 tablespoons ground walnuts, almonds or hazelnuts in the bowl. Mix the entire content of the bowl with a spoon, and add a bit of cinnamon if preferred. And that's it – the meal is ready for consumption.

Vegetable-based meals are made according to same principle. Instead of making a fruit salad, you get a vegetable salad of your choice. Add 4-6 tablespoons swollen grains and 2-4 tablespoons ground walnuts, almonds or hazelnut. Optionally, add a bit of spice of your choice (salt, hot red pepper, black pepper, basil, olive oil, etc.).

It's important to know that the foods that grant energy are grains and nuts. The amount and type of ingredients can vary depending on the person's appetite. We recommend adding a teaspoon of young barley powder and various seeds.

These meals can be eaten with a spoon or fork, but can also be blended and drunk like a shake.

Therefore, blender can be used in preparing these meals, and those who want to make ice creams, sauces, jellies... we recommend using juicers such as “Champion Juicer” or “Omega”. These juicers have the ability to produce various fresh raw vegetable products.

The best and the simplest ice cream (and also the healthiest and most delicious) is prepared by peeling 2-3 bananas, putting them in a freezer until they are frozen. Then, put them in Champion Juicer and you’ve got a delicious ice cream. Preferably, add strawberry juice or grounded nuts.

This way, any type of ice-cream can be made using frozen fruit.

Those who wish can also buy dehydrator and make vegetable patties without thermal processing, such as pizzas, lasagnas and other dishes made from raw vegetables. Plants are dried at a temperature of 40° C so that the nutrients would remain preserved. Below are some the best raw food recipes.

SWEET DISHES

DATES AND MILLET DESSERT

Ingredients:

- 200 g of millet, soaked in water over night
- 200 g of dates
- 400 g of fresh fruit, if desired
- 1/3 teaspoon cinnamon
- honey if desired
- raspberries or strawberries for garnish.

Preparation:

Drain millet, grind dates in the meat grinder, add millet with cinnamon and all other ingredients. Stir, then garnish with strawberries.

WHEAT RAFAELO BALLS

Ingredients:

- 200 g of wheat, soaked in water over night
- 100 g raisins
- 1 teaspoon coriander

- 4-5 tablespoons ground walnuts
- honey, coconut flour or carob if preferred

Preparation:

Grind wheat and grapes, add all ingredients except coconut, mix well and shape into balls. Roll in coconut.

FRUIT CUP WITH SPROUTS

Ingredients:

- 400-500 g of any fresh fruit
- 50 g of sesame
- 50 g of wheat sprouts or any other sprouts
- 1/2 tsp coriander
- a little nutmeg
- honey

Preparation:

Pound sesame in a mortar, spill the content in a bowl, add coriander, nutmeg, honey and mix everything. Mix the fruit with sprouts, add pre-made sauce. Dip a bit of lemon juice over the mixture.

FRUITCAKE

Ingredients:

- 150 g of sunflower seeds
- 100 g raisins
- one orange peel
- 100 g of dates
- 4 tablespoons of ground almonds
- 1/2 teaspoon ground anise

Preparation:

Soak dry fruit in water overnight, drain water and mix with sunflower in the meat grinder. Add grated orange peel and anise and knead dense dough while adding the water. Make little balls and flatten them into buns. Roll them in the grounded almond and leave them in a warm place or in the sun to dry out and become crispy. Place fresh fruit on top of them.

Proposition:

Use strawberries or raspberries, and dip some squeezed lemon over them.

A HEALTHY HALVAH

Ingredients:

- 150 g of sesame
- 1/2 teaspoon anise seeds
- 1/2 tsp coriander seeds
- 4 tablespoons chopped walnuts
- 4 tablespoons chopped raisins
- 4 tablespoons honey

Preparation:

Mix sesame with anise and coriander, grind in nut grinder and pound in mortar. Add the remaining ingredients and put them into a bowl so that the mixture would receive form, and then cut into pieces.

MELON AND CAROB CAKE

Ingredients:

- 1/2 ripe melons
- 100 g of sunflower seeds
- 50 g coconut or freshly grated coconut
- 100 g figs
- 5 tablespoons of carob powder
- 2 pears

Preparation:

Wash fruit, remove pits, cut into slices, mix with sunflower seeds and figs, then grind in a grinding machine. Add coconut and carob, knead and make a loaf. Allow it to sit a bit, then bake it and decorate the pieces with sliced oranges.

Proposition:

Instead of oranges, you can use plums filled with nuts, berries, or squeezed lemon juice.

EDEN ICE CREAM

Ingredients:

- 3 ripe bananas
- 1 papaya or 1/2 cantaloupe
- 200 g strawberries
- Juice of 1 lemon
- 3 tablespoons roughly chopped walnuts
- Pinch of nutmeg

Preparation:

Mash bananas and strawberries, add lemon and mix with grated melon. Add almonds

and nutmeg and mix well. Put the mixture into a bowl and leave it to cool.

PLUM JELLY

Ingredients:

- 20 ripe plums
- 20 pieces of walnuts
- 1/2 teaspoon cinnamon
- 500 g blackberries
- 200 g of dried figs
- Juice of 1 lemon
- 1 dl water

Preparation:

Wash plums, remove pits. Sprinkle cinnamon onto walnuts and put them into each plum. Place the plums into a larger jar or bowl. Grind figs in meat grinder and then add crushed blackberries. Add lemon juice and 1dl water. Pour the juice over plums and let it cool.

EXOTIC FRAPPE

Ingredients:

- 2 bananas
- Juice of 1 lemon
- 1-2 mangos
- 3-4 tablespoons of ground cashew nuts
- 3 tablespoons of wheat germ

Preparation:

Put all ingredients in blender, add water and blend. Garnish with freshly chopped mint.

MUESLI

Ingredients:

- 100 g of wheat germ
- 100 g of dates
- 200 g strawberries
- 1 orange
- 1/2 tsp grated ginger

Preparation:

Stir everything well.

DRIED FRUIT SMOOTHIE

Ingredients:

- 200 g of dried fruit (figs, grapes) soaked in water overnight with 1 teaspoon of fresh or dry ginger
- 50 g ground walnuts
- 2 crushed bananas
- Juice of 1/2 lemon

Preparation:

Put the mixture in blender with a bit of water and blend.

RICE PUDDING WITH BANANAS

Ingredients:

- 100 g of rice, soaked in water over night
- 3 bananas
- Juice of 1/2 lemon
- 1 tablespoon honey
- Pinch of cinnamon
- Strawberries for decoration

Preparation:

Grind soaked rice and add squashed bananas and other ingredients. Decorate with strawberries.

STUFFED PEACHES IN STRAWBERRY SAUCE

Ingredients:

- 7-8 peaches
- 150 g cashew nuts
- 100 g raisins
- 1/3 teaspoon nutmeg

Sauce:

- 200 g strawberries
- 1/2 teaspoon mint
- 3 kiwis
- 1 tablespoon honey

Preparation:

Remove pits from peaches, grind raisins and nuts, add nutmeg, and mix everything with a few tablespoons of water. Fill peaches with this mixture and stack them in a bowl.

Sauce:

Mash strawberries and kiwi fruit, mix with mint, add honey and sprinkle onto the peaches.

MILLET BREAKFAST

Ingredients:

- 100 g of washed and dried millet
- 2 bananas
- 100 g raisins
- 2 tablespoons ground walnuts
- A bit of fresh mint and a pinch of dry mint

Preparation:

Soak raisins in a glass of water. Grind millet in a coffee grinder. Mash the bananas and mix with millet, add the raisins with water and leave it for 30 minutes. Garnish with mint.

VEGETABLE DISHES

AVOCADO LUNCH

Ingredients:

- 2 ripe avocados
- 1 root and leaf of celery
- 100 g of wheat sprouts
- 3 tablespoons of sunflower seed

Recovery for Athletes

- 2 tablespoons of spices
- 2 tomatoes
- salt

Preparation:

Peel the avocado and slice it. Slice celery to sticks or grate it. Grind sunflower seeds and add spices. Add a few tablespoons of water. Mix with the vegetables and salt.

EDEN LUNCH

Ingredients:

- 2 zucchini
- 1 broccoli
- 250 g Brussels sprouts
- 3 tomatoes
- 3-4 carrots
- 100 g walnuts, roughly chopped
- 3-4 leaves of fresh basil

Preparation:

Slice the vegetables, add walnuts, basil and a bit of salt. Grind seeds and mix with the spices. Add salt, a little water and mix until the mixture becomes creamy. Pour over the vegetables.

BROCCOLI IN CASHEW SAUCE

Ingredients:

- 1 broccoli
- 1 avocado
- a bunch of chives or 1 tablespoon of dry one
- 2 tablespoons olive oil
- 2 fresh tomatoes

Sauce:

- 150 g cashew nuts, coarsely ground
- 2 tablespoons of spice with basil
- 2 teaspoons coarse minced or crushed coriander
- salt
- water

Preparation:

Cut and mix vegetables and avocado. Add salt and olive oil. Mix all ingredients with cashew nuts, add water and stir until creamy.

NUTS IN AVOCADO SAUCE

Ingredients:

- 50 g chopped walnuts, almonds, hazelnuts, cashews
- 50 g of ground sesame seeds

Sauce:

- 50 g pine
- 1 avocado
- 4 tablespoons of spices basil
- salt

Preparation:

Place nuts in a bowl. Ground pine nuts in mortar. Peel and mash avocado, mix it with sesame seeds and add spice and salts. Then, mix it with nuts. If desired, add two fresh tomatoes.

RED BEET LUNCH

Ingredients:

- 2 fresh red beet roots
- 1 zucchini
- 1 leek
- 2 tablespoons of pumpkin oil

- 3 tablespoons ground walnuts
- Bunch of parsley
- salt

Preparation:

Grate the beets and zucchini, add finely sliced leeks. Add remaining ingredients and mix well. Add salt.

FRESH SOUP

Ingredients:

- 200 g of cabbage and cucumber
- 4 tablespoons of wheat germ
- 2 tablespoons olive oil
- 1 teaspoon dill
- 2 tablespoons of ground sesame seeds
- salt

Preparation:

Finely grate cabbage and cucumber. Add other ingredients, about a liter of water and stir everything. Add salt and sprinkle with parsley.

CARROT - SESAME SALAD

Ingredients:

- 4-5 carrots
- 4 tablespoons of soy sprouts

Sauce:

- 4 tablespoons sesame seeds
- Bunch of garlic
- 2 tablespoons olive oil
- salt

Preparation:

Grate the carrots, add the sprouts and a bit of salt. Grind sesame, finely chop garlic and mix. Add oil, salt, 2 tablespoons water and mix and combine with carrots.

RED LENTILS LUNCH

Ingredients:

- 150 g red lentil, soaked over night
- 1/2 leek
- 1 tomato
- 2 tablespoons of pumpkin oil
- 3 cloves of garlic
- Bunch of squeezed parsley

- 2 fresh peppers

Preparation:

Finely chop vegetables and mix with lentils. Add the remaining ingredients and stir well. Sprinkle with parsley.

SPROUT STUFFED TOMATOES

Ingredients:

- 4 ripe tomatoes
- 50 g of wheat germ
- 2 tablespoons spice with sage
- 1 teaspoon dried mint
- Bunch of spring onions
- salt

Preparation:

Cut the top of the tomatoes. Gouge the interior of tomato using tomato and place them in a bowl. Add finely chopped onions and fill the tomatoes with other ingredients. Serve on lettuce.

BUCKWHEAT DISH

Ingredients:

- 2 cups buckwheat, soaked in water overnight
- 1 sliced onion
- 2 red beets
- 2-3 carrots
- 2 tablespoons of pumpkin oil
- 2 cloves of garlic
- 1/2 teaspoon dill
- salt

Preparation:

Put the buckwheat in a bowl, add onion, grated carrots and red beets. Then, add everything else. Mix well.

OATS SALT CAKE

Ingredients:

- 400 g of oats, soaked overnight
- 4-5 tablespoons of ground almonds (hazelnuts and walnuts are also an option)
- 2 tablespoons spice with thyme and garlic
- 1/2 teaspoon dill
- 3 minced carrots

- 2 cut peppers
- Little cabbage, finely sliced
- salt

Preparation:

Finely grind oats, add almonds, spices and salt. Stir well and put in a small rectangle baking pan. Finely cut vegetables, add dill, a bit of salt, place onto the cake. Cut into pieces and eat with green salad.

LEEK AND PARSNIP SOUP

Ingredients:

- 2 leeks
- 1 large parsnip root
- 2 cucumbers
- 200 g broccoli
- 3 tablespoons of seasoning with sage
- 50 g of wheat germ
- salt
- water

Preparation:

Grind vegetables, add spice, salt, water and stir well. Pour onto a plate, garnish with wheat germ.

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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 books “Healing Wonder” and “Nutrition for Athletes”. 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
- Shoulder
- Hand
- Flatfoot
- Tendons
- Ligaments
- Muscles

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