



"Mother Nature never has bad weather..." Ryazanov E.

Dear friends, soon there will be autumn, then winter comes. I am not going to threat you with incurable diseases or insist on becoming vegetarians and strictly adhere to all rules of the healthy way of life. To fully observe all these demands you should have unlimited sources of financing and have no obligations to relatives and friends. In this case a person becomes an egoist and thinks only about himself/herself.

Modern life is extremely intense. People constantly have to work in the forced tempo, simultaneously solve several tasks, overcome their fatigue having no time for recharge after recent overloads (psychological, associated with food or alcohol). In general, the human body is very strong and has a large establishment potential. But even this potential is not enough for struggle with the surrounding aggressive factors.

As a model a man is intended for 8 million years. 3 million years have already passed. We shall preserve the health granted to us by the God and strengthen it, if we can. Because health is FREED OM. This is the freedom to go anywhere, to bring something, to eat your favorite food, to sleep soundly. In general, it means to live a normal life with simple everyday joys we disregard in the fuss of days.



Several conditions are essential for your health:

1) to have peace of mind, if possible. Or easily find it, if you experience passion (of any type) or stress.

2) if you can, have physical activity.
It is enough to walk or to do stretching exercises in the morning. It is important to make all the joints move, to get a lungful of fresh air and to create your life tone.

3) Eat healthy products or at least focus on them in your food.

First of all, it is necessary to choose a DIES and reorganize it based on your needs. A man can't live without food, as it is a source of energy and "building" materials for the body. On the other hand, use of "unhealthy" products leads to obesity, joints overstrain, blood pressure increase, and increases the risk of pancreatic diabetes. Another danger is damage of vessels due to cholesterol, deposits thereof lead to atherosclerosis and internal luminal occlusion that may cause disturbed circulation in vital organs. If this organ is head, then it will cause stroke, heart - infarction, limbs - mortification.

Principles of healthy diet for adults can be summarized as follows.

1) Daily control over the body weight, maintaining your weight within the recommended limits for your height, sex and age by reducing calorie intake and moderate daily exercises. If you have excess weight, your goal is at least not to gain extra weight. Starving all the time is dangerous, while fasting days are healthy.

2) Limit fats intake with food (maximum 30% of the daily caloric content). Use fats of vegetable origin instead of animal fats. Replace fatty meat and gastronomic meat products with lean meat, fish, poultry, beans.

3) Use milk and milk products (kefir, sour milk, yogurt, cheese) with LOW content of fat and salt.

4) Use different food products, preferably of the vegetable origin.



5) You can eat bread, products made from coarse flour, grains, potatoes several times a day.

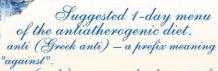
6) Eat vegetables and fruit, preferably fresh, several times a day (at least 400 g per day).

7) Choose products with low sugar content limiting the amount of sweets and sweet drinks.

8) Total amount of salt in food shall not exceed one tea spoon - 5 g a day. Never put extra salt in the cooked meals. Remove a salt cellar from the table.

9) It is better to boil, steam food, cook it in the microwave oven, bake than fry.

It will help not only to reduce the amount of carcinogens formed during frying, but also to consume less fat, oil, salt, sugar.



atherogenic (med.) — ensures development of the atherosclerotic vascular disease.

BREAKFAST.

Oatmeal with skim milk. Vegetable salad with sunflower or olive oil. Coffee with milk (maximum 1.5% fat content) with one tea spoon of sugar.

LUNCH.

Cottage cheese with yogurt, raisins and 1 tea spoon of sugar. Apples (possibly baked).

DINNER.

Vegetable soup, 0.5 serving. Boiled low-fat meat with white sauce and buckwheat. Dried fruit compot.

AFTERNOON LUNCHEON.

Briar tea with croutons.

SUPPER.

Boiled fish, preferably sea fish with boiled potatoes. Tea with lemon.

BEFORE GOING TO BED.

Low-fat sour milk (kefir) (less than 1.5%)

FOR THE WHOLE DAY.

White bread 100 g, brown bread 150 g, sugar 50 g.

Highly recommended. Fresh vegetables, fruit and berries rich with potassium salts dried apricot halves, dried plums, peaches, apricots, pineapples, briar, potatoes, cabbage, eggplants. Products rich with magnesium salts oatmeal, buckwheat, wheat, brans, walnuts, almond, chestnuts. Sea food - laminaria, scallops, oysters, prawns. Notes. Scrambled eggs or whole eggs - maximum 2 pcs. per week. Fats. Vegetable fats max. 30 g per day. Butter max. 20 g a day. If you have excess weight, there are special recommendations. Besides body weight control, It is recommended to measure your waist circumference in cm.

Diet recommendations for people with excess weight.

| FOOD PRODUCTS AND MEALS | RECOMMENDED | EXCLUDE |
|----------------------------|--|--|
| Bread and pastries | Rye and wheat bread from coarse flour. Protein-wheat bread and protein-bran bread — 100 -150 g per day. | Products from high-grade and 1st grade wheat flour, fancy and puff pastry. |
| Soup | Max. 250-300 g per one serving. Made of different vegetables with some potatoes and grains. Shchi, borshtch, okroshka, beetroot. 2-3 times a week. Soup made of low-fat meat or fish stock with vegetables, meatballs. | With milk, potatoes, grain, beans, noodle products. |
| Meat and poultry | Max. 150 g a day. Low-fat beef, veal, rabbit, chickens, turkey. Meat is fried after boiling. | High-fat meat, goose, duck, ham, sausages boiled or smoked. |
| Fish. Sea products. | Low-fat products max. 150-200 g a day. Boiled, bakes, fried. Sea products. | High-fat products. Salty, smoked, canned fish in oil, caviar. |
| Milk products. | Milk and sour milk drinks with low fat content. Low-fat cottage cheese (100-200 g a day) - natural and in the form of cottage cheese pancakes, puddings. | High-fat cottage cheese, sweet cottage cheese pancakes, dairy cream, sweet yogurt, boiled fermented milk, baked milk, high-fat and salty cheese. |
| Eggs. | 1-2 pcs. a week.1-2 times a week. Hard boiled eggs, high protein scrambled eggs, scrambled eggs with | Fried. |

vegetables.

| FOOD PRODUCTS AND MEALS | RECOMMENDED | EXCLUDE | | |
|-----------------------------|--|---|--|--|
| Grain. | For a limited use in the vegetable soup. Fluffy porridge made of buckwheat, barley and peeled barley while reducing the amount of bread. | Other grains, especially rice, semolina and oatmeal, noodle products, beans. | | |
| Vegetables. | Are widely used in all forms. A part of the whole vegetable intake shall be fresh vegetables. Preferably all types of cabbage, fresh cucumbers, radish, salad, courgettes, pumpkin, tomatoes, turnip. Sour cabbage after flushing. | It is recommended to limit the meals from potatoes, beetroot, green peas, carrots, turnip (in total max. 200 g a day), and brined and pickled vegetables. | | |
| Snacks. | Salads made of fresh vegetables, vinegrets, vegetable salads with boiled meat and fish. | High-fat and spicy snacks. | | |
| Fruit, sweet meals, sweets. | Fresh or boiled sweet-and-sour fruit and berries. Jelly and mouses with sugar substitutes (xylite, sorbite). Non-sweet compots. | Grapes, raisins, bananas, figs, dates, extra sweet sorts of other fruit, sugar, confectionery products, jam, honey, ice cream, jellies. | | |
| Drinks. | Tea, non-sweet fruit, berry, vegetable juices. | Grape and other sweet juices, cocoa. | | |
| Fats. | Butter (limited use) and vegetable oil in meals. | Meat and cooking fats. | | |

Another important issue, you shall turn your attention to, while maintaining your health, is osteoporosis. Now it is called a "silent" epidemic which stares in the face of the mankind and is getting rampant. It doesn't matter if you young or old, a man or a woman, you shall be aware of osteoporosis. This disease makes the bones so brittle that they may be easily broken. As a rule, this disease creeps upon you unnoticed and usually manifests itself in bone fractures. Men and women of different age are vulnerable to the disease. As it is known, osteoporosis infects every third woman and every twelfth man after 50 years. The disease most frequently develops in women on the background of the hormonal body modification after menopause.

The danger of osteoporosis lies in the fact that within many years the disease proceeds unnoticed, its presence is revealed among many women in the advanced stage after bones fractures, when treatment is usually less effective. In the human body the osteoporosis "target", where most of fractures occur, is the spine region, the radial bone and the femoral neck. Some women in the age of about 80 have a humped back as if under the load of years, forming a so-called "widow's hump". Actually the reason is illness that leads to constant deformation and depression of spondyles. However the most dangerous consequences occur after the femoral neck fracture: a half of patients remain handicapped for their whole life and one fifth of them die. Premature disability and death of people is an urgent social issue which was disregarded until present. It is very important to get enough calcium with your meals.

Calcium content in food products (for 100 g).

| PRODUCTS | CALCIUM | CALORIES | PRODUCTS | CALCIUM | CALORIES |
|--------------------------------|---------|----------|----------------------------|---------|----------|
| Milk with 3% fat content | 300 mg | 58 | strawberry | 40 mg | 41 |
| Milk with 1% fat content | 100 mg | 42 | Grape | 45 mg | 69 |
| Kefir | 120 mg | 59 | Currant | 36 mg | 38 |
| Cottage cheese | 120 mg | 132 | Oranges | 35 mg | 49 |
| Processed cheese spread | 95 mg | 215 | Dried apricot halves | 170 mg | 280 |
| Hard cheese (Edam, etc.) | 750 mg | 300 | Raisins | 56 mg | 270 |
| Sour cream | 100 mg | 157 | Dried apples | 45 mg | 225 |
| Milk yogurt | 120 mg | 63 | Dates | 45 mg | 75 |
| Butter | 24 mg | 661 | Figs | 57 mg | 145 |
| Codfish | 39 mg | 75 | Lettuce | 82 mg | 13 |
| Sardines in oil | 350 mg | 311 | Cabbage | 60 mg | 25 |
| Dried fish with bones | 3000 mg | 130 | Celery | 240 mg | 19 |

| Buckwheat | 70 mg | 329 | Green beans | 40 mg | 20 |
|-------------------|---------|-----|--------------------|--------|-----|
| Oat flakes | 52 mg | 255 | Green olives | 77 mg | 115 |
| Egg | 56 mg | 157 | Carrot | 51 mg | 33 |
| Dark bread | 31 mg | 211 | Sour cabbage | 48 mg | 28 |
| Milk chocolate | 220 mg | 564 | Sorrel | 47 mg | 28 |
| Almond | 254 mg | 630 | Beetroot | 37 mg | 48 |
| Pecan nut | 70 mg | 600 | Leek | 60 mg | 40 |
| Peanut | 70 mg | 600 | Pumpkin seeds | 60 mg | 565 |
| Sesame | 1150 mg | 590 | Sunflower seeds | 100 mg | 570 |

If you get more than 600 mg calcium with your food, it is enough. Additional intake of calcium drugs and multivitamins is not recommended.

If the total amount is less than 500 mg, you should change your diet or take food additives with calcium.

Now it is the 21st century. Some people may want to control the homeostasis parameters with analyses. There are parameters controlling the level of blood fat droplets. The detailed analysis is called the lipid profile. But it is enough to timely control total cholesterol (TC) and low-density lipoprotein cholesterol (LDLC).

Optimal values of blood lipid parameters.

| Parameter | If there is no CAD and pancreatic diabetes | Patients with CAD and pancreatic diabetes | |
|-----------|--|---|--|
| TC | less than 5 mmol/l | less than 4.5 mmol/l | |
| LDL C | less than 3 mmol/l | less than 2.5 mmol/1 | |

Regular control of your blood pressure and comparison of the obtained results with the table of parameters can be very helpful.

Blood pressure levels.

| category | BP (mm Hg) systolic, "upper" | BP (mm Hg), diastolic "lower" | |
|--------------------------------|----------------------------------|-----------------------------------|--|
| optimal | <120 | <80 | |
| normal | 120-129 | 80-84 | |
| Increased normal | 130-139 | 85-89 | |
| AH, stage I | 140-159 | 90-99 | |
| AH, stage II | 160-179 | 100-109 | |
| AH, stage III | ≥180 | ≥110 | |
| Isolated systolic hypertension | ≥140 | <90 | |



I wish YOU
good health!
Goodbye
for the moment.
Yours faithfully,
Alexander.





