

Type of report: **General condition**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**



General condition:
satisfactory



Unbalance coefficient (internal system pH):
Medium-scale degree of alkaline reactions in cells

General condition of a system:

Circulatory system

No abnormalities



Bronchopulmonary system

Minimum abnormalities



Digestive system

Minimum abnormalities



Urinary system

Moderate abnormalities



ENDOCRINE SYSTEM

No abnormalities



IMMUNE SYSTEM

Minimum abnormalities



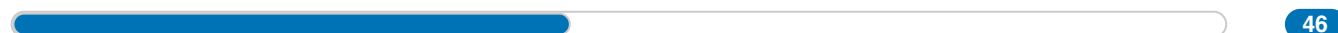
Head organs

Minimum abnormalities



Musculoskeletal system

Moderate abnormalities



Lymphatic system

Minimum abnormalities



General resistance to damaging factors of outdoor environment
Resistance to bio-pathogenic factors - average



Type of vegetative nervous system
Increase of parasympathetic division tonus



Central nervous system
norm



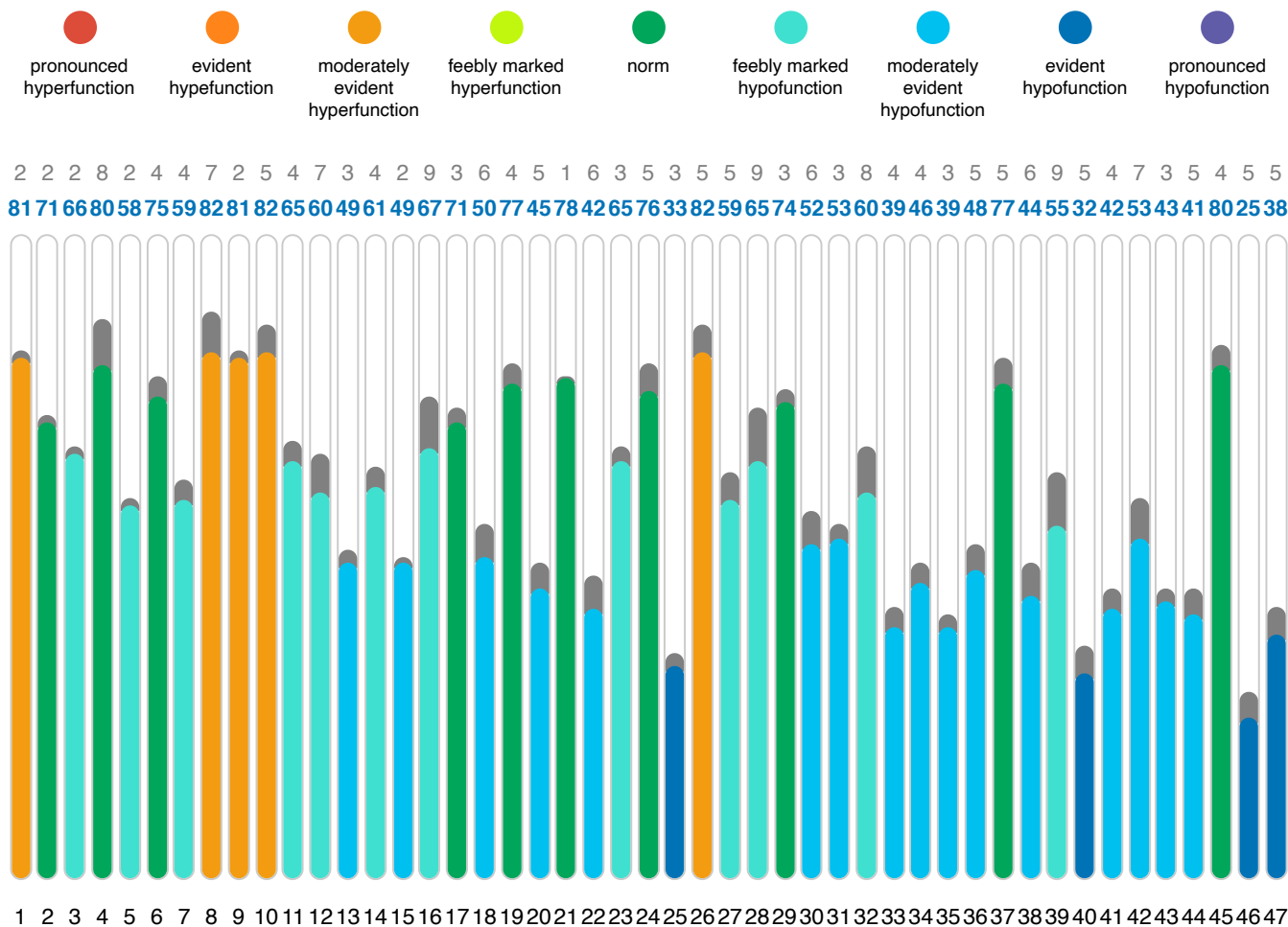
Organism's degree of reactivity
Hyperergy

Type of report: **Diagram**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**



1. Cerebral blood circulation on the right
2. Cerebral blood circulation on the left
3. Venous systems (right cardiac zones)
4. Arterial system (left cardiac zones)
5. Organs of vision and hearing on the right
6. Organs of vision and hearing on the left
7. Maxillary and frontal sinuses on the right
8. Maxillary and frontal sinuses on the left
9. Hypothalamus
10. Hypophysis
11. Thymus
12. Thyroid gland right lobe
13. Thyroid gland left lobe
14. Adrenal glands on the right
15. Adrenal glands on the left
16. Mammary glands on the right

17. Mammary glands on the left
18. Bronchi on the right
19. Bronchi on the left
20. Lungs on the right
21. Lungs on the left.
22. Larynx, trachea
23. Mediastinal lymphatic nodes
24. Cervical lymphatic nodes
25. Tonsils of the tonsillar ring on the right
26. Tonsils of tonsillar ring on the left
27. Spleen
28. LIVER
29. CHOLIC BUBBLE
30. STOMACH
31. Duodenum
32. Horizontal section of the large intestine

33. Small intestine
34. Ascending section of the large intestine, appendix
35. Descending section of the large intestine, rectum
36. Pancreas gland
37. Throat, oesophagus
38. Uterus
39. BLADDER
40. Ovary on the right
41. Ovary on the left
42. Kidney, ureter on the right
43. Kidney, ureter on the left
44. Hands joints on the right
45. Hands joints on the left
46. Legs joints on the right
47. Legs joints on the left

Type of report: **Dynamics**

Sex: **Female**

Full name **Тро Еле**

The test found no deviations for this report

Type of report: **Spine**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**

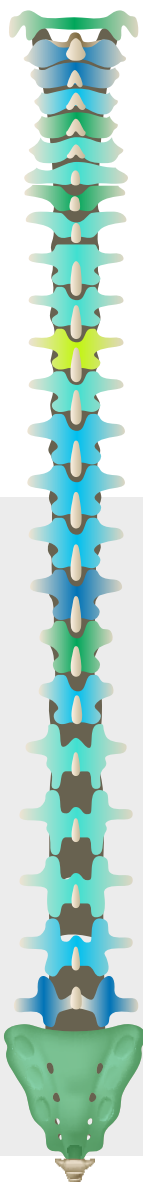


C

Th

L

S



Cervical spine

C1 = 0%
C2 = 44.44%
C3 = 58.33%
C4 = 61.54%
C5 = 0%
C6 = 85.92%
C7 = 87.5%

Thoracic spine

Th1 = 0%
Th2 = 97.33%
Th3 = 98.57%
Th4 = 92.86%
Th5 = 10%
Th6 = 85.71%
Th7 = 71.43%
Th8 = 76.39%
Th9 = 76%
Th10 = 47.14%
Th11 = 0%
Th12 = 68.06%

Lumbar spine

L1 = 84.72%
L2 = 95.71%
L3 = 86.11%
L4 = 64.29%
L5 = 41.03%

Sacrum, coccyx

S = 0%

Description of vertebrae

C1. Hypophysis, internal ear, brain, sympathetic nervous system
C2. Eyes, optic nerve, auditory nerve, temporal bones
C3. Cheeks, auricle, facial nerve, teeth
C4. Nose, lips, mouth, Eustachian tube
C5. Vocal cords
C6. Cervical muscles, forearm
C7. Thyroid gland, shoulder joint, elbow joint
Th1. Arms, wrists and palms, esophagus and trachea
Th2. Arms, wrists and palms, esophagus and trachea
Th3. Bronchi, lungs, pleura, breast and nipples
Th4. Gallbladder, common bile duct
Th5. Liver, solar plexus
Th6. STOMACH

Th7. Pancreas, duodenum
Th8. Spleen, diaphragm
Th9. Adrenal glands
Th10. KIDNEYS
Th11. Kidneys, ureters
Th12. Small intestine, lymphatic system
L1. Large intestine
L2. Appendix, bottom of abdomen, thighs
L3. Genital organs, urinary bladder, knees
L4. Prostate gland, psoai, sciatic nerve
L5. Shins, feet, toes
S. Femoral bones, buttocks. Rectum, anus

Changes in spine

Derangement of microcirculation and nourishment of intervertebral disks' cartilaginous tissue (the second degree); Derangement of elasticity of disks' ring, reduction of intervertebral disks altitude (the first degree); Derangements of conformity of articular surfaces (the third degree); Augmenting of kyphosis in thoracic spine; Relaxation of tendinous-ligamentous apparatus of vertebral column; Inadequate exercise stress on muscles and ligaments of back; Change of foot arch; Dehydration of intervertebral disks of the third degree; Stiffness of joints of spine; Curvature of posture; Tension of the group of muscles that provide compensatory support for vertebral column; Defect of atlantoaxial joint between occiput and vertebrae C2 and C1; Consequences of old rachitis; Degenerative-dystrophic changes of vertebral column; Worsening of mobility of cervical spine; Pinching of vertebral artery accompanied by headache in occiput; Pinching of vertebral artery accompanied by hearing and eyesight impairment; Worsening of sensitivity of facial skin in case of pinching of vertebral artery; Constriction of thoracic cage with reduction of lung volume; Feeling of numbness of hands and fingers; Development of hernia of an intervertebral disk in sacrum; Development of hernia of an intervertebral disk in thoracic spine; Syndrome of crush of piriform muscle; Problems with mobility of feet and knee joints; Gait disorder, claudication in case of pinching of

sciatic nerve; Spasms of back muscles due to their hypersthenia; Frequent supercooling of lumbar region and sacral region that leads to dorsopathy; Irrational exercise stress on vertebral column; Somatic diseases that lead to changes in spinal motion segments

Type of report: **Ranking**













































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Full name **Тро Еле**

Sex: **Female**



Organs and systems

1. Legs joints on the right		25	5	68%	28. Venous systems (right cardiac zones)		66	2	12%
2. Ovary on the right		32	5	56%	29. Maxillary and frontal sinuses on the left		82	7	10%
3. Tonsils of the tonsillar ring on the right		33	3	53%	30. Hypophysis		82	5	10%
4. Legs joints on the left		38	5	51%	31. Tonsils of tonsillar ring on the left		82	5	10%
5. Small intestine		39	4	48%	32. LIVER		65	9	10%
6. Hands joints on the right		41	5	47%	33. Thymus		65	4	7%
7. Descending section of the large intestine, rectum		39	3	46%	34. Mediastinal lymphatic nodes		65	3	7%
8. Kidney, ureter on the left		43	3	45%	35. Cerebral blood circulation on the right		81	2	5%
9. Larynx, trachea		42	6	44%	36. Hypothalamus		81	2	5%
10. Ovary on the left		42	4	42%	37. Mammary glands on the right		67	9	4%
11. Ascending section of the large intestine, appendix		46	4	39%	38. Cerebral blood circulation on the left		71	2	0%
12. Uterus		44	6	39%	39. Arterial system (left cardiac zones)		80	8	0%
13. Lungs on the right		45	5	36%	40. Organs of vision and hearing on the left		75	4	0%
14. Pancreas gland		48	5	33%	41. Mammary glands on the left		71	3	0%
15. Adrenal glands on the left		49	2	32%	42. Bronchi on the left		77	4	0%
16. Duodenum		53	3	32%	43. Lungs on the left.		78	1	0%
17. Kidney, ureter on the right		53	7	32%	44. Cervical lymphatic nodes		76	5	0%
18. Thyroid gland left lobe		49	3	30%	45. CHOLIC BUBBLE		74	3	0%
19. Bronchi on the right		50	6	29%	46. Throat, oesophagus		77	5	0%
20. STOMACH		52	6	28%	47. Hands joints on the left		80	4	0%
21. BLADDER		55	9	24%					
22. Spleen		59	5	21%					
23. Organs of vision and hearing on the right		58	2	17%					
24. Horizontal section of the large intestine		60	8	17%					
25. Maxillary and frontal sinuses on the right		59	4	16%					
26. Adrenal glands on the right		61	4	15%					
27. Thyroid gland right lobe		60	7	14%					

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

Type of report: **Unbalance system**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**

Blood-vascular system

Cerebral blood circulation on the right	+5%	<div><div></div></div>
Cerebral blood circulation on the left	0%	<div><div></div></div>
Venous systems (right cardiac zones)	-12%	<div><div></div></div>
Arterial system (left cardiac zones)	0%	<div><div></div></div>

Head organs

Organs of vision and hearing on the right	-17%	<div><div></div></div>
Organs of vision and hearing on the left	0%	<div><div></div></div>
Maxillary and frontal sinuses on the right	-16%	<div><div></div></div>
Maxillary and frontal sinuses on the left	+10%	<div><div></div></div>

ENDOCRINE SYSTEM

Hypothalamus	+5%	<div><div></div></div>
Hypophysis	+10%	<div><div></div></div>
Thymus	-7%	<div><div></div></div>
Thyroid gland right lobe	-14%	<div><div></div></div>
Thyroid gland left lobe	-30%	<div><div></div></div>
Adrenal glands on the right	-15%	<div><div></div></div>
Adrenal glands on the left	-32%	<div><div></div></div>
Mammary glands on the right	-4%	<div><div></div></div>
Mammary glands on the left	0%	<div><div></div></div>

Respiratory system

Bronchi on the right	-29%	<div><div></div></div>
Bronchi on the left	0%	<div><div></div></div>
Lungs on the right	-36%	<div><div></div></div>
Lungs on the left.	0%	<div><div></div></div>
Larynx, trachea	-44%	<div><div></div></div>

IMMUNE SYSTEM

Mediastinal lymphatic nodes	-7%	<div><div></div></div>
Cervical lymphatic nodes	0%	<div><div></div></div>
Tonsils of the tonsillar ring on the right	-53%	<div><div></div></div>
Tonsils of tonsillar ring on the left	+10%	<div><div></div></div>
Spleen	-21%	<div><div></div></div>

Digestive system

LIVER	-10%	<div><div></div></div>
CHOLIC BUBBLE	0%	<div><div></div></div>
STOMACH	-28%	<div><div></div></div>
Duodenum	-32%	<div><div></div></div>
Horizontal section of the large intestine	-17%	<div><div></div></div>
Small intestine	-48%	<div><div></div></div>
Ascending section of the large intestine, appendix	-39%	<div><div></div></div>
Descending section of the large intestine, rectum	-46%	<div><div></div></div>
Pancreas gland	-33%	<div><div></div></div>
Throat, oesophagus	0%	<div><div></div></div>

Urogenital system

Uterus	-39%	<div><div></div></div>
BLADDER	-24%	<div><div></div></div>
Ovary on the right	-56%	<div><div></div></div>
Ovary on the left	-42%	<div><div></div></div>
Kidney, ureter on the right	-32%	<div><div></div></div>
Kidney, ureter on the left	-45%	<div><div></div></div>

JOINT

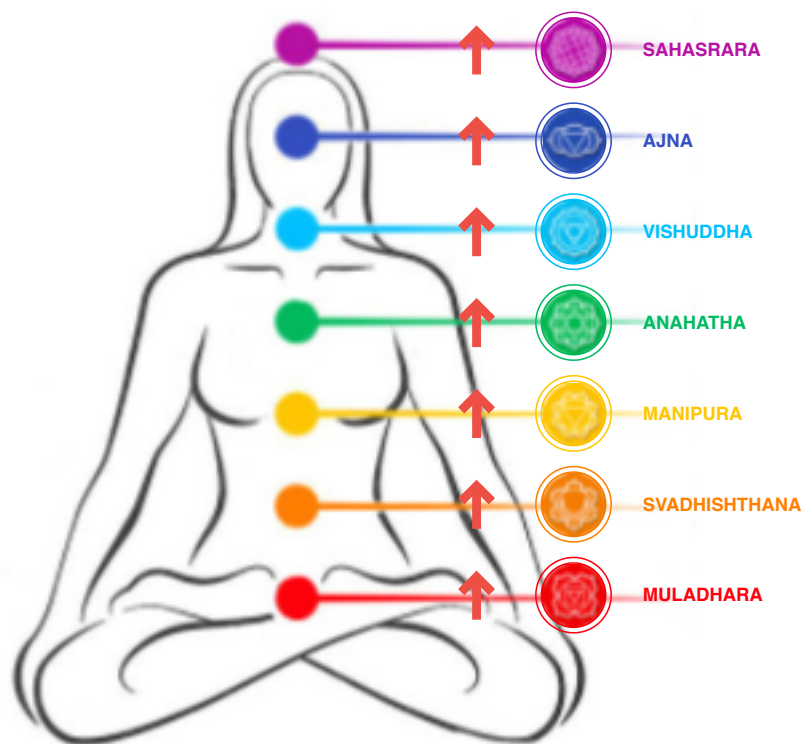
Hands joints on the right	-47%	<div><div></div></div>
Hands joints on the left	0%	<div><div></div></div>
Legs joints on the right	-68%	<div><div></div></div>
Legs joints on the left	-51%	<div><div></div></div>

Type of report: **Chakras**

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SAHASRARA	Opening chakra
AJNA	Opening chakra
VISHUDDHA	Opening chakra
ANAHATHA	Opening chakra
MANIPURA	Opening chakra
SVADHISHTHANA	Opening chakra
MULADHARA	Opening chakra

- ☐ Open chakra
- ☐ Opening chakra
- ☐ Neutral condition of organs of non-opening chakra
- ☐ Closed chakra with weakly damaged organs
- ☐ Closed chakra and damaged organs that are related to it



Organism energy level

12.5

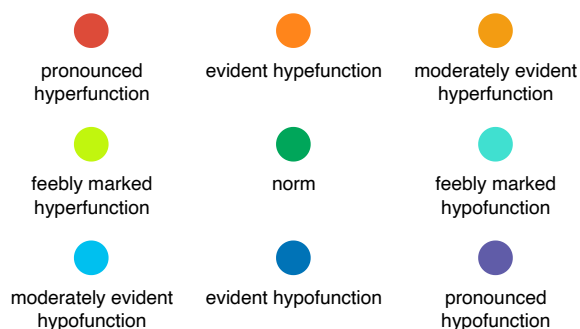
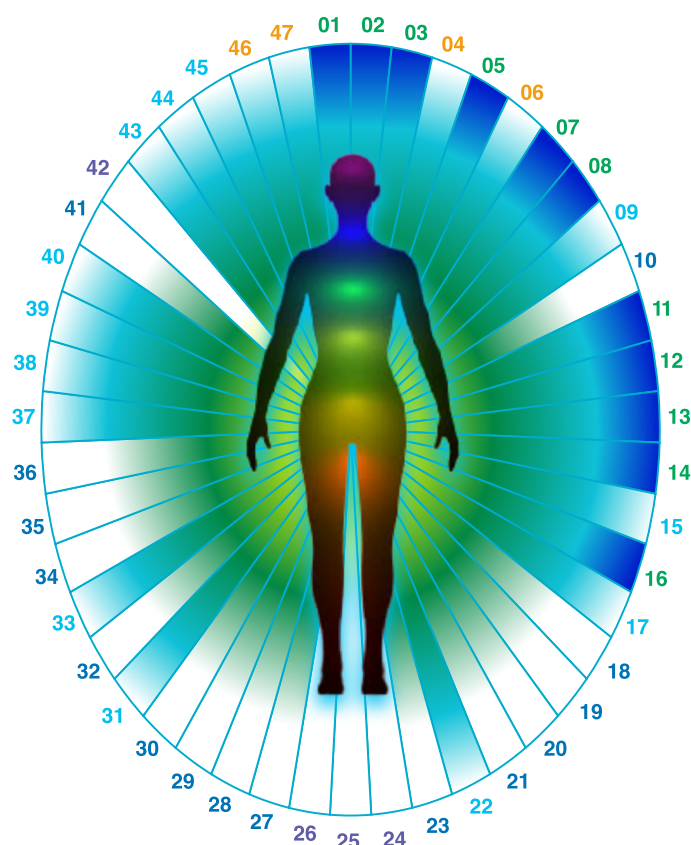
Weak energy (absorbing energy from others)

Type of report: **Aurogram**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**



1=71	13=78	26=32	39=60
2=71	14=80	27=44	40=65
3=75	15=59	28=53	41=42
4=82	16=74	29=49	42=33
5=71	17=52	30=46	43=67
6=82	18=39	31=60	44=59
7=76	19=39	32=53	45=58
8=77	20=49	33=65	46=81
9=65	21=43	34=48	47=81
10=49	22=55	35=41	
11=80	23=42	36=45	
12=77	24=38	37=50	
	25=25	38=66	

01 . Left cerebral hemisphere and its vessels
 02 . Brainstem, cerebellum, left hemisphere
 03 . Organ of vision and hearing on the left
 04 . Mucous membrane of nose and paranasal sinus on the left
 05 . Mammary glands on the left
 06 . Tonsils and lymphoepithelial ring on the left
 07 . Lymph outflow from organs of head and neck
 08 . Esophagus
 09 . Thoracic lymphatic duct
 10 . Thyroid gland on the left
 11 . Arterial system, left heart
 12 . Bronchi on the left
 13 . Lung on the left
 14 . Joints of arms and shoulder girdle
 15 . Spleen
 16 . Gallbladder and bile-excreting tracts

17 . STOMACH
 18 . Small intestine
 19 . Descending part of colon, rectum
 20 . Left adrenal gland
 21 . Left kidney
 22 . BLADDER
 23 . Ovaries on the left
 24 . Joints of legs and pelvic girdle on the left
 25 . Joints of legs and pelvic girdle on the right
 26 . Ovaries on the right
 27 . Uterus and vagina
 28 . Right kidney
 29 . Right adrenal gland
 30 . Ascending part of colon
 31 . Horizontal part of colon
 32 . Duodenum
 33 . LIVER

34 . Pancreas
 35 . Joints of arms and shoulder girdle
 36 . Lung on the right
 37 . Bronchi on the right
 38 . Venous system, right heart
 39 . Thyroid gland on the right
 40 . Thymus
 41 . Larynx
 42 . Tonsils and lymphoepithelial ring on the right
 43 . Mammary glands on the right
 44 . Mucous membrane of nose and paranasal sinus on the right
 45 . Organ of vision and hearing on the right
 46 . Brainstem, cerebellum, right hemisphere
 47 . Right cerebral hemisphere and its vessels

Type of report: **Probable affections**

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Full name **Тро Еле**

Sex: **Female**

Probable affections caused by toxins of various parasites:

Name	Probability	Affected organ
Protozoa		
Trichomonas hominis	91%	Trachea
Naegleria fowleri	55%	Oral cavity;Tonsils of pharyngeal ring
Dientamoeba fragilis	88%	Large intestine
Eimeria	77%	Large intestine
Acanthamoeba	41%	Bulbar conjunctiva
FUNGUS		
Mucor racemosus	89%	Oral cavity
Pityriasis versicolor	80%	Feet skin
Allergen mucor	59%	Bulbar conjunctiva;Small intestine
Penicillium marneffe	55%	Small intestine
Mucor mucedo	96%	Small intestine
Candida glabrata	77%	Oral cavity;Small intestine;Edea
Candida robista	74%	Oral cavity;Tonsils of pharyngeal ring;Small intestine;Edea
Candida parapsilosis	92%	Oral cavity;Tonsils of pharyngeal ring
Aspergillus glaucus	82%	Tonsils of pharyngeal ring;Nasal ducts
BACTERIA		
Streptococcus pneumoniae	96%	Pleura
Mycoplasma genitalium	94%	Vagina;Edea
Peptococcus varibilis	89%	Vagina
Nanobacterium sanguineum	84%	KIDNEYS
Mycoplasma pneumoniae	80%	Vagina
Flavimonas oryzihabitans	78%	Small intestine
Peptostreptococcus anaerobius	65%	SKIN
Peptococcus asaccharolyticus	97%	SKIN
Citrobacter	80%	Duodenum
Stenotrophomonas maltophilia	79%	Bile-excreting ducts

VIRUSES

Human betaherpesvirus 7	81%	Tonsils of pharyngeal ring
Human orthopneumovirus	65%	Trachea;Bronchi
Human Papillomavirus	72%	Edea
Human alphaherpesvirus 3	65%	SKIN
Hepatitis G	55%	LIVER
Hepatitis E	37%	LIVER
Reoviridae	55%	Small intestine;Duodenum
Hepatitis B	55%	LIVER

Helminths

Enterobius vermicularis	83%	Rectum;Edea
Hymenolepis nana	67%	Small intestine;Large intestine
Taenia solium (яйца)	67%	Small intestine;Large intestine
Necator americanus	65%	Small intestine
Toxocara canis	89%	Small intestine
Hymenolepis nana (яйца)	87%	Small intestine;Large intestine
Clonorchis sinensis(яйца)	84%	Bile-excreting ducts;CHOLIC BUBBLE
Strongyloides stercoralis	80%	Small intestine;Large intestine
Ascaris lumbricoides (яйца)	77%	Small intestine;Large intestine
Gongylonema pulchrum	65%	Oral cavity

Type of report: **Supposed changes**Session: **2021-11-25 12:14:35**Full name **Тро Еле**Sex: **Female****Supposed alterations in organs and systems:**

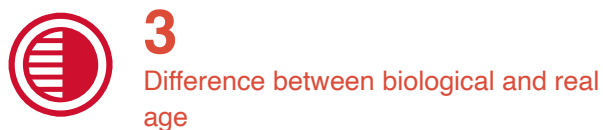
Asparaginic acid deficiency; Zinc deficiency; Fatty liver infiltration; Contact allergic lesion of skin; Propensity to stone formation in gallbladder; Paroxysmal heart beat; Mycotic lesion of mouth cavity; Mouth cavity candidiasis; Frequent consumption of refined food stuffs; Malabsorption in intestine; Derangement of microbiocenosis of intestine of the first degree; Irritable bowel syndrome of parasitic nature; Reduced platelets content in blood; Derangement of cellular texture of perimetrium (surface layer of neck of uterus); Sympathoadrenal crises; A pathological process of endometrium spreading (internal layer of uterine wall) beyond its normal position; Urinary bladder inflammation of psychosomatic origin; Valine deficiency; Depressive reaction (short-term); Headache; Increased irritability of hormonal genesis; Increased nervousness (of hormonal genesis); Chronic inflammation of gallbladder and pancreas; Meteorism; Glutaminic acid deficiency; Insufficient production of enzymes by pancreas; Chronic inflammation of pancreas (chronic pancreatitis); Decrease of thyroid hormones production; Proliferation of conjunctive tissue in cardiac wall; Metabolic disorder; Inflammation of thyroid gland (of autoimmune thyroiditis type); Dilation of superficial veins in lower extremities that is accompanied by failure of valves and circulatory disturbance ; Cortisol secretion derangement; Meteopathia; Circulatory collapse; Inflammation of liver (hepatitis); Inflammation of ear of fungal etiology; Instability of spinal motor segments; Chronic inflammation of urinary bladder (chronic cystitis); Urinary bladder inflammation of unclear etiology; Conditions that are developed due to absence or derangement of activity of any enzymes; Long intake of anticoagulants; Inflammation of urethra (urethritis); Cardiac blood circulation derangement;

Type of report: **Biological age**

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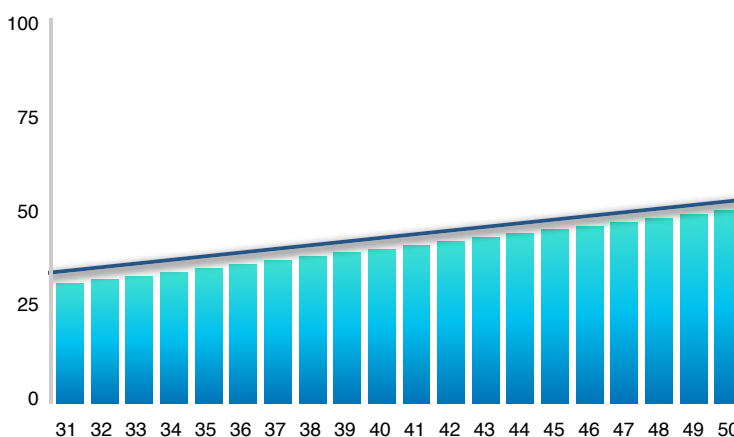


Tendency for the next 20 years

Real age	Biological age
31	34
32	35
33	36
34	37
35	38
36	39
37	40
38	41
39	42
40	43
41	44
42	45
43	46
44	47
45	48
46	49
47	50
48	51
49	52
50	53

Main causes of aging:

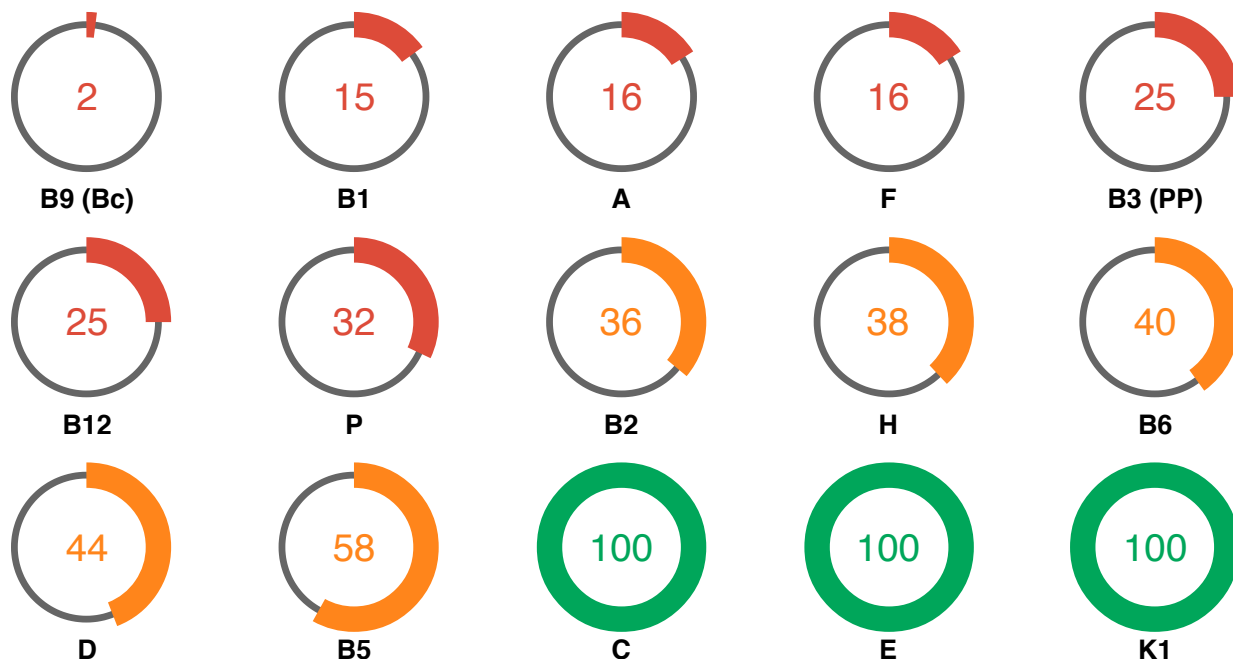
- Negative influence of Curry grid
- Abnormal accumulation of pollutants
- Chronic intoxication with detergents



Type of report: **Vitamins**

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Full name **Тро Еле**

Sex: **Female**


Required daily rate

A	B1	B3 (PP)	B9 (Bc)	B12	F	P
1.03 - 1.51 mg	1.1-2.4 mg	12-25 mg	1.5 mg	2-3 mcg	1000 mg	25-50 mg

Function of missing vitamins

A. Performed functions: A very important vitamin for organs of sight. In addition, it forms immune system and influences hair and nails condition and growth; can favour cutaneous covering elasticity.

Consequences of shortage: Visual impairment, xeroderma, aggravation of hair condition, different types of conjunctivitis.

B1. Performed functions: It favours in extracting of energy from received carbohydrates, improves appetite and forms normal development of nervous system.

Consequences of shortage: Cardiovascular system issues and fatigability

B3 (PP). Performed functions: It influences cholesterol level, provides correct metabolism. In addition, it is considered to be the vitamin that improves memory.

Consequences of shortage: General weakness, feeling unwell and nervous system disorders, lowering of capacity for work, gustatory sensation disorder, numbness of fingers, vertigo, insomnia, gastrointestinal tract upset.

B9 (Bc). Performed functions: It influences correct transfer of genetic information from a mother to a fetus. In addition, it influences hemoglobin level in blood.

Consequences of shortage: Anaemia, worsening of body resistance, gastrointestinal upsets.

B12. Performed functions: It participates in blood production and affects "correct" iron level in blood. In addition, it provides metabolism at cellular level.

Consequences of shortage: Anaemia, deterioration of erythrocytes production, hair loss.

F. Performed functions: It participates in synthesis of an organism's own fats as well as in metabolism of cholesterol. It stimulates organism's immune defence and favours wound healing.

Consequences of shortage: For metabolic processes, higher nervous activity regulation and water-salt metabolism.

P. Performed functions: It has the ability to regulate collagen production (the main component of skin and vessels' walls). It strengthens walls of capillaries and improves their elasticity and strength. It prevents atherosclerosis development, holds back reproduction of tumor cells and normalizes arterial pressure.

Consequences of shortage: It influences blood pressure, normalizes thyroid gland function, digestive apparatus function and liver choleresis.

Type of report: **Possible toxic loads**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**

Postvaccinal allergic reaction of the 2nd degree
Affection by heavy metals of the 2nd degree
Affection by food additives E of the 1st degree
Affection by toxic residues of pesticides of the 3rd degree
Increased content of vanadium
Increased content of bismuth
Increased content of cadmium
Increased content of cobalt
Increased content of copper
Increased content of arsenic
Increased content of nickel
Increased content of tin
Increased content of lead
Increased content of silver
Increased content of antimony
Increased content of chromium
Increased content of zinc
Increased content of aluminium
Increased content of remains of medicinal chemical compounds

Type of report: **AMINO ACIDS**Session: **2021-11-25 12:14:35**Full name **Тро Еле**Sex: **Female**

Dispensable amino acids

Gamma-aminobutyric acid deficiency

Description

Gamma-aminobutyric acid (GABA) - plays the role of the main inhibitory neurotransmitter of the central nervous system, the concentration of which is especially high in the brain tissue. Gamma-aminobutyric acid improves brain metabolism, has a nootropic, sedative and anticonvulsant effect. It is especially important for vascular diseases of the brain, a decrease in intellectual functions, encephalopathy, and depression. In extreme situations, GABA breaks down with the release of a large amount of energy, thereby ensuring the maximum speed of the brain. Gamma-aminobutyric acid is synthesized in the nervous system from glutamic acid.

A deficiency of gamma-aminobutyric acid in the brain can cause many health problems. Some of the symptoms that people with GABA deficiency may experience are: general and social anxiety, panic attacks, inability to calm down and relax, poor stress tolerance, insomnia, bad mood or depression, chronic pain and inflammation, headaches. GABA is a fairly common amino acid in the animal and plant world. In vegetables and fruit, its content, in comparison with other sources, is much greater. The material below provides background information on the content of GABA in products.

GABA tea - remains the leading product in terms of gamma-aminobutyric acid content. However, GABA can also be found in tomatoes, potatoes (steamed), sprouted rice, eggplant, soybeans, mulberry leaves, oranges and grapefruit. Fermented food is one of the sources of gamma-aminobutyric acid. Sour-milk products are also included in this list, since lactic acid bacteria secrete GABA in the course of their life.

Dimethylglycine deficiency

Description

Dimethylglycine is a derivative of the glycine amino acid. DMG is much more than a natural stimulant. Since it is one of the so-called donors of the methyl group, the body uses it in many useful biochemical reactions, through which it, by adding an extra carbon link, turns some substances into others, neutralizes toxins and protects our genes.

It cleanses the body of toxins, removing them from the blood. That is why DMG can be used as a detoxification agent in various poisonings.

It was found that when DMG enters the body, lipid metabolism improves significantly. Also, this component saturates the body cells with oxygen. Thanks to DMG, the cells receive the necessary energy for regeneration and functioning.

Dimethylglycine helps to reduce the percentage of cholesterol and triglycerides in the blood, thereby preventing the appearance of atherosclerotic plaques in the blood vessels. For this reason, DMG is useful for the prevention of coronary heart disease (CHD), myocardial infarction, strokes, angina pectoris, tachycardia, hypertension and other cardiovascular diseases.

It helps to normalize blood pressure and prevents blood clots forming. DMG protects against the varicose veins development.

The use of vitamin DMG provides protection against diabetes, since the vitamin regulates blood glucose levels. Dimethylglycine can be obtained from plant and animal foods. This substance is one of the constituents of buckwheat, rice, nuts and legumes. A considerable percentage of the vitamin is in yeast, pumpkin seeds, sesame seeds, fruit seeds and sauerkraut. Spinach is rich in it.

Among animal products, marine fish, red caviar and bird liver (chicken and turkey) contain DMG. Milk, eggs and meat also contain dimethylglycine.

Partially indispensable amino acids

Histidine deficiency

Histidine is an indispensable amino acid that facilitates tissue growth and recovery. Histidine is included into the composition of myelin sheaths that protect nerve cells. It is also required for production of erythrocytes and leukocytes.

Histidine deficiency might lead to decreased libido, delaying in physical and mental progression, thrombogenesis, muscle weakness, hearing impairment and fibromyalgia and it also reduces erythrocytes production in bone marrow.

Natural sources of histidine are bananas, fish, beef, wheat and rye.

Cysteine deficiency

Cysteine is the precursor of glutathione, a substance that provides a protective effect on brain cells and liver cells damaged by alcohol, some medical preparations and toxic substances in cigarette smoke. It also helps neutralize some toxic substances and protects the body from the damaging effects of radiation. It is one of the most powerful antioxidants. It is necessary for hair and nails growth. It is not recommended for people who have diabetes to take cysteine with vitamins C and B1 since such combinations might reduce insulin efficacy.

Cysteine deficiency causes nails fragility, hair loss, skin dryness and fissures on mucous membranes. It might also negatively affect gastrointestinal tract and cardiovascular system. It weakens immunity and increases depression.

This amino acid is included into the composition of insulin. If necessary, cysteine is able to transform into glucose and provide the organism with energy.

Indispensable amino acids

Isoleucine deficiency

Isoleucine is an indispensable amino acid that determines physical and psychic endurance since it regulates energy supply processes in a human organism. This acid is necessary for hemo-globin synthesis and it regulates blood sugar. Due to the above-mentioned characteristics, the acid is extremely important for physical exercise and in case of mental disorders (incl. mental diseases).

This acid deficiency is manifested as severe headache, dizziness, fast fatigue, mental disorders (depression), muscular tremor, appetite loss, nervousness and immunity weakening. Hypoglycaemia is also often caused by this acid deficiency. Vegetarians should pay special attention to isoleucine level and receive it from chemically synthesized preparations.

Isoleucine sources are almond, cashew, chicken, chick-pea, eggs, fish, lentil, liver, meat, rye, most seeds, and soya proteins.

Lysine deficiency

Lysine is an indispensable amino acid that participates in synthesis and formation of collagen and also tissues recovery. This acid deficiency can lead to irritability, fatigue and weakness, appetite loss, growth decrease and weight loss. Lysine is involved in synthesis of antibodies, enzymes and hormones and favors antiviral protection. It is an inherent part of proper formation of bones and children growth, it improves calcium uptake and maintains proper nitrogen exchange in adults.

Depressions, bad mood, herpes on lips, frequent bone fractures, bone tissue weakening, fast weight loss, appearance of small blood vessels on eyes, reduction of stress resistance, headache, nausea, probable hearing impairment, slow growth, hair loss, dysmenorrhea, general weakness, frequent seasonal diseases, appetite loss and osteoporosis are the symptoms that show lysine deficiency.

Food sources of lysine are: cheese, eggs, fish, milk, potatoes, red meat, soy and yeast products.

Threonine deficiency

Threonine is an indispensable amino acid that provides proper protein exchange. This acid is important for synthesis of collagen and elastin, it assists liver function, it participates in lipid exchange together with asparagine acid and methionine. Threonine is present in heart, central nervous system, skeletal muscles and prevents deposition of fat in liver. This amino acid stimulates immune system, as it promotes production of antibodies. Threonine is found in small amounts in grains, so vegetarians often have deficiency of this amino acid.

Threonine deficiency can cause muscle weakness, impaired concentration, muscle mass loss, stunted growth and development, mental disorder (depression). And also its lack negatively affects skin, hair, nails and teeth. As a rule, people receive sufficient amount of threonine with food, therefore, full and balanced diets seldom cause threonine deficiency.

Food sources of threonine are eggs, milk, peas, beef and wheat.

Type of report: **Psychosomatics**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**

Psycho-emotional correction program No. 8

This program of psycho-emotional correction is tested in case of blocking manifestations of femininity, endocrine regulation violation, and also a lack of passion and sexuality; with bioenergetic disorders in relations with mother; with consequences of emotional bioenergetic disorders; in the maturation period and menstrual bioenergetic disorders.

Note: might be prescribed for men.

The spleen, heart, endocrine system, uterus, ovaries, thyroid gland, hypothalamus and limbic system are affected.

The negative energy affects chakras 1, 2 and 6.

To correct the conditions, the following programs should be used:

Spleen, heart, endocrine glands (control frequencies), uterus, ovaries, thyroid gland, hypothalamus, pituitary gland (the anterior lobe), lymph, center of the lymph glands, and the programs of chakras 1, 2 and 6.

Paid programs: "Antivirus - strong nerves", "Five hormones of youth", "Restoring the balance of hormones", "Women's formula (for women)", "Men's formula (for men)", "Program for cleansing the lymph from toxins and slags", "Correction of the thyroid gland".

Psycho-emotional correction program No. 12

This psychoemotional correction program is tested in the absence of a balance of Kundalini energy, which is responsible for vitality, in the absence of spiritual growth.

The kidneys, bladder, spleen, pancreas and limbic system are affected.

Its own negative energy affects the chakras: 2, 6 and 7.

To correct conditions, you must use the programs:

Kidneys, bladder, spleen, pancreas cp, blood circulation cc, sex glands - hormonal balance, center of creativity, center of joy, programs 2, 6, 7 chakras.

From the section of paid programs: "Systemic cleansing of the body", "Uterine fibroids. Endometriosis "(for women)," Prostatitis and prostate adenoma ", " Pancreas and pancreatitis ", " Cleansing and restoration. Liver, pancreas ", " Urolithiasis correction program ", " Improvement and cleansing of the kidneys and urinary tract ", " Stimulation of the immune system ", " Stabilization of the immune system ", " Improvement of the immune system ", " Adenoids, tonsillitis, tonsils, tonsils ", "Clean intestine - enzymatic intestinal cleansing."

Psycho-emotional correction program No. 17

This program of psychoemotional correction is tested in case of bioenergetic disturbances and stagnation caused by a sense of despair, in case of internal restlessness and anxiety; in case of feelings of oppression of obligations and responsibility and also the inability to find a solution to the problem.

The pineal gland, pancreas, liver, stomach, kidneys and heart suffer.

The negative energy affects all chakras, mainly, the second and the third.

To correct the conditions, you the following programs should be used:

Epiphysis, pancreas, liver and bile (control frequencies 1.2), stomach - the body, stomach - the cardia, stomach - the outlet, kidneys, heart - right ventricle, heart - left ventricle, the center of sadness (sorrow), the center of joy, "7 chakras" and programs for the 2nd and the 3rd chakras.

Paid programs: "Restoration of liver, kidneys, skin and lungs", "Cleansing the liver from parasites", "Cleansing the liver, kidneys and intestines", "Liver help", "Liver parasites", "Deep cleaning of the liver", "Cleansing liver from parasites", "Deep cleansing of the liver".

Psycho-emotional correction program No. 19

This program of psycho-emotional correction is tested in case of blockages generated by a lack of acceptance of unpleasant events or situations, in case of a rejection of yourself and others, with a rejection of the inner child; when you do not accept other people's feelings and thoughts and in the absence of self-esteem.

The prostate gland, uterus, liver, pancreas, blood circulation and lymphatic system suffer.

The negative energy affects chakras 1 and 3.

To correct the conditions, the following programs should be used:

Uterus, prostate gland, liver, pancreas, blood circulation (control frequencies), thymus - thymus gland, altruism (egoism) center, concentration center, balance center, programs for the 1st and the 3rd chakras.

Paid programs: "Prostatitis and prostate adenoma" (for men), "Prostate health", "Women's formula" (for women), "Pancreas and pancreatitis", "Cleansing and restoration. Liver, pancreas", "Recovery. Pancreas", "Stabilization of the immune system", "The body's resistance to immune complex diseases", "Thymus. Immunity recovery", "Liver and immunity".

Psycho-emotional correction program No. 25

This program of psycho-emotional correction is tested in the absence of harmonization of the energy of anxiety and distraction; in case of a tendency to a constant change a treatment course; in case of an impatient temperament; with a tendency to be good for everyone and an inability to be mentally open and internally calm; in case of an incorrect lifestyle with a hyperstimulated and nervous vital energy; with an excessive use of stimulants (coffee, etc.), with common bioenergetic disorders of the central nervous system (heavy metals, pesticides, chemical agents); with a weakened bioenergy of the digestive system.

The pericardium, bladder, heart, kidneys and liver are suffering.

The negative energy affects chakras 4 and 5.

To correct the conditions, the following programs should be used:

Bladder - urethra, bladder, heart - myocardium, connective tissue, stomach - gastric enzymes, kidneys, motor center, bile production, digestive center and the programs of chakras 4 and 5.

Paid programs: "Systemic cleansing of the body", "Improvement and cleansing of the kidneys and urinary tract", "Improvement along the meridians", "Restoration of connective tissue", "Liver parasites", "Cleansing-restoration.

Liver, pancreas", "Deep cleaning of the liver", "Cleansing the liver from parasites", "Improvement along the meridians", "Restoration and cleaning of capillaries. Improvement of the liver and lungs", "Digestion and parasitic dysbiosis", "Complex for restoring the automatic work of digestion".

Psycho-emotional correction program No. 44

This program of psychoemotional correction is tested depending on the strong influence of needs, feelings and opinions of others; with the energy influence of others; with uncertainty and weakness, as well as the inability to say no, with a subordinate position in partnership; in the absence of protection from the negative attitude of others; with excessive concern for the welfare of others, while suppressing their own personality out of a desire to satisfy the needs of others; when absorbed in other people's desires and their implementation.

Kidneys and bladder, pancreas and stomach suffer.

Personal negative energy affects the chakra 3.

To correct the conditions, you should use the following programs:

From the section "Anatomy and Physiology": kidneys, bladder, bladder - urethra, pancreas, cn, stomach - cardia, stomach - gastric enzymes, hearing center, center of vision, center of altruism (egoism), skin center, 3 chakra program.

From the paid programs section: "Healthy kidneys", "Recovery of the liver, kidneys, skin and lungs", "Systemic cleansing of the body", "Complete cleansing of the body", "Recovery. Pancreas", "Restoring the intestines and stomach", "Improving and cleansing the kidneys and urinary tract."

Psycho-emotional correction program No. 57

This program of psychoemotional correction is tested in case of disharmony of energy caused by anxiety; with groundless or unreasonable fear; with "excessive" or suppressed energy of the "nervous type"; with energy blockade as a result of increased anxiety.

The lymphatic system, blood circulation, stomach, autonomic nervous system, endocrine glands suffer.

Personal negative energy affects the chakra 4.

To correct the conditions, you should use the following programs:

From the section "Anatomy and Physiology": local blood circulation, circulation CF 1, lymph, ANS, sympathetic NS, stomach body, spleen, connective tissue, spine, endocrine glands CF, joy center, hearing center, balance center, program of the chakra 4.

From the paid programs section: "Cleansing from heavy metals", "Cleansing complex for increasing energy, improving memory and mind, normalizing blood pressure and cholesterol", "Deep cleansing of the liver", "Restoring and cleansing capillaries. Improving the liver and lungs", "Cleansing-restoration. Liver, pancreas", "Stomatitis and cleansing the mucous membranes from viruses, bacteria, fungi", "Connective tissue", "Program for the vessels of the heart", "Vegetative-vascular dystonia. VVD", "Systemic cleansing of the body", "Restoration of the intestines and stomach", "Improvement along the meridians".

Psycho-emotional correction program No. 61

This program of psycho-emotional correction is tested in the absence of introspection and honesty with yourself, to understand motivation; when recognizing internal self-torture or conflict; at the end of an unhealthy relationship, an unwillingness to listen to their own needs; with the energy self-aggression; when the protective energy is stagnant.

The spleen and stomach, thymus and pituitary gland are affected.

The negative energy affects chakras 4 and 5.

To correct the conditions, the following programs should be used:

The section "Anatomy and Physiology": pineal gland, pituitary gland, anterior lobe, thymus (control frequencies 1), spleen, erythrocytes, bone marrow, stomach - body, stomach - entrance, sadness (sorrow) center, joy center, healing center and the programs of chakras 4 and 5.

Paid programs: "The program against HSV-4 or Epstein-Barr virus", "The program of complete cleansing", "The program for cleansing the kidneys", "The program for cleansing the lymph from toxins and slags", "The program for the normalization of cerebral circulation for people of the third age", "Immunity Mobilization program", "Treatment of latent diseases and prevention of initial stages of cell reproduction pathology", "Stress and depression correction program", "Cleansing the Liver, Kidneys and Intestines", "Intestine and Stomach restoration", "Immune System stabilization", "The body's resistance to immune system diseases."

Psycho-emotional correction program No. 62

This program of psychoemotional correction is tested in the absence of faith in oneself and in others; in the absence of faith in the ability to heal; in the absence of positive internal values.

The spleen, thymus, adrenal glands, lungs and large intestine suffer.

Personal negative energy affects chakras 4, 5 and 6.

To correct the conditions, you should use the following programs:

From the section "Anatomy and Physiology": thymus CF 2, lungs, bronchi, large intestine CF 1, 2, adrenal glands, spleen, erythrocytes, bone skeleton, parathyroid gland, thyroid gland, joy center, center of responsibility, programs of chakras 4, 5 and 6.

From the section of paid programs: "The balance of the immune system", "Thymus. Restoration of immunity", "Immunodeficiency Gut Syndrome", "Liver and Immunity", "Renewal of cells of the immune, hormonal and nervous system", "Neuro-immuno-endocrine system (Melatonin)", "Bioresonant immunomodulator", "Immunity mobilization program", "Immunity. Allergy", "Immunity of ENT organs and respiratory organs", "Restoring immunity of the mucous membranes of the respiratory system and ENT-organs", "Restoring bone strength. Osteoporosis", "Osteoporosis".

Type of report: **Altered reactivity**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**

Body reactivity marker 3

This marker is tested in case of altered body reactivity towards chicken meat, eggs, duck meat, turkey meat, pigeon meat, duck, chicken and pigeon feathers. This index is tested in violation of intestinal microflora, impaired motility and intestinal peristalsis.

The use of selective programs is recommended:

Digestion and parasitic dysbiosis, Complex for the restoration of the automatic work of digestion, Correction of allergies, Complete cleansing of the body, Cleansing of the large intestine, Restoring digestion after past diseases, Clean intestine - enzymatic cleansing of the intestines, Restoration of the intestines and stomach, Complete cleansing of the body (The fourth stage is the normalization of gastrointestinal function -intestinal tract with the elimination of dysbiosis), Cleansing the liver, Program for complete cleansing, Two bacilli against dysbiosis, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Gastritis, peptic ulcer, colitis and dysbiosis, Emergency cleansing program from food toxins, Program of deep cleansing, Deep cleansing of the liver, Restoring digestion, Program for normalizing digestion, Program for correcting children's digestion, Dysbacteriosis.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

Body reactivity marker 40

This marker is tested in the case of altered reactivity of the body systems in relation to pathogenic microorganisms, manifested by symptoms of general asthenization, hypovitaminosis, changes in white and red blood, impaired absorption of trace elements and minerals. The marker can be tested as an indicator in case of a load on the body of heavy metals, toxic volatile compounds.

The use of selective programs is recommended:

Healthy blood, Prevention of health by blood group, Correction of allergies, Complete cleansing of the body, Cleansing the colon, Cleansing from toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins, Cleansing the liver, Complete cleansing program, Program cleansing lymph from toxins and slags, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block, Program for lowering blood cholesterol levels, Program for emergency cleansing of the body from food toxins, Deep cleansing program, Deep cleansing liver, Digestion restoration, Liver, kidney, skin and lung restoration, Cerebral circulation normalization program for people of the third age.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

Body reactivity marker 18

Aleurisma castellanii и Lugdunensis, Aspergillus (bronchialis, fumigatus, niger), закваска, дрожди, Candida albicans, Cladosporium metanigrum, Mucor mucedo, Mucor plumbeus, Mucor racemosus, Rizopus nigricans, Streptococcus faecalis, Trichophyton (depressum, versicolor, rubrum, tonsurans).

This marker is tested in case of altered reactivity of the body, as well as mold intolerance, with infections with molds of various localization. Symptoms of impaired reactivity worsen with increased air humidity and during rainy seasons, in damp rooms, in wooden houses, parks, forests, farms, attics, as well as after drinking alcoholic beverages, tea, vinegar, fruit, vegetables and enzymes.

The use of selective programs is recommended:

Antifungal general, Latent parasites - chlamydia, candidiasis, giardiasis, Candida and other fungi, Elimination of dysbiosis, fungi, mold, lamblia, campylobacter, Antiparasitic and cleansing block, Correction of allergies, Candidiasis, thrush, Complete cleansing of the body, Cleansing the colon toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Candida and other pathogenic fungi, Cleansing blood and lymph from toxins, Cleansing the liver, Complete cleansing program, Anti-alcohol program, Program for cleansing lymph from toxins and slags, Coccidioidosis, histoplasmosis, actinomycosis, nocardiosis, maduromycosis, candidiasis, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Complex against onco pathogens, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block, Program for emergency cleansing of the body from food toxins, Deep cleansing program, Deep liver cleansing, Digestion Recovery, Antiparasite Mobilizer ry protection, Pathogenetic frequency series.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

Body reactivity marker 8

This marker is tested in case of altered body reactivity towards peanuts, cashews and nuts in general, in case of impaired excretory function of the pancreas. It can be tested as a marker - an indicator, with the predominance of a protein diet.

The use of selective programs is recommended:

Recovery (Pancreas), Pancreas and pancreatitis, Correction of allergies, Complete cleansing of the body, Cleansing the lymph from parasitic toxins, Cleansing the liver, Complete cleansing program, Program for cleansing lymph from toxins and slags, Management of healing and recovery processes (Pancreas), Cleansing body according to academician Bolotov, Cleansing and restoration of the gastrointestinal tract, Antiparasitic and cleansing block, Fibrous changes and pancreatic cysts, Emergency cleansing program of the body from food toxins, Deep cleansing program, Cleansing-restoration. Liver, pancreas, Deep cleansing of the liver, Restoring digestion.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

Body reactivity marker 25

Powdered yeast. For preservatives: E200-202-210-211-212-214-216-218-220-221-222-223-224-239-249-250-251-252-621

This marker is tested in case of altered body reactivity, as well as intolerance to all types of food preservatives and additives. The preparation is tested positively in users suffering from pain in the spine, joints, with headaches of various localization.

The use of selective programs is recommended:

Chronic fatigue syndrome, Pathogens of the organs of the head, Parasitosis and exotoxins of bones, joints and spine, Hearing and vision impairment in case of problems in the spine, Complete cleansing of the body, Cleansing the large intestine, Cleansing from toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins, Diseases of the joints, Cleansing the liver, Program for complete cleansing, Program for cleansing lymph from toxins and slags, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Program for correcting the body for prion diseases, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block, Program

for emergency cleansing of the body from food toxins, Program for deep cleansing, Deep cleansing of the liver, Restoring digestion, Program for the spine.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

Type of report: **Zodiacal diet**Session: **2021-11-25 12:14:35**Full name **Тро Еле**Sex: **Female****TAURUS (20.04-20.05)**

Taurus should be very careful about his nutrition. His metabolism processes are slowed down, and excessive food leads very quickly to obesity and diseases.

Weak points of Taurus are a throat, a neck, a thyroid gland, legs, ankles, genitals and urinary tracts, a back and a spine, and excessive nutrition can lead to various circulatory disorders, cardiovascular diseases, varicose veins.

Taurus is excellent gourmet like no other sign. He likes to eat well and tasty, so he often overeats. Also Taurus has great desire for sweets and buns.

That's why first of all, Taurus should exclude sweets from food, various confectionery products, pastry, cakes, buns. Also, you shouldn't use strong tea and coffee. It's better to replace fatty meals, fried meat with poultry, fish, lean meats.

Taurus should consume more plant food and dairy products in the nutrition.

Stewed vegetables and vegetable salads - carrots, beets, cauliflower, lettuce, spinach, onions are recommended. Seafood is also useful, such as sea fish and especially sea kale, which contains a lot of iodine necessary for normal operation of the thyroid gland. Nuts are also useful.

As for fruit, preference should be given to oranges, peaches, apricots, quince, mandarins.

Acidic drinks based on cranberry, lemon juice, as well as diuretic herbs like cranberry leaf, chamomile, parsley, are the most appropriate for drinking.

Taurus needs to add food rich in vitamins A and E, and copper compounds in adulthood. Thus, the beef and pork liver, cod, "red" vegetables and fruit rich in carotene are especially useful. It is better to cook food for Taurus on vegetable oils, because vitamin E is found in vegetable oils.

As well as most zodiacal signs, the separate nutrition according to Shelton will be appropriate for Taurus and will allow better digestion of food and does not cause fermentation.

To lose weight you can surely use both different low-calorie and low-carbohydrate diets.

However, do not get involved in too rigid diets, after which it is very difficult to keep a measure of food for Taurus. It is better to use long-term diet for weight loss, popular nutrition systems, diets from nutritionists.

It is desirable for Taurus to eat in calm environment, thoroughly chewing food, trying not to eat at night, not to drink after eating.

Taurus's energetical salt is sodium sulfate (Glauber's salt), it has an antitoxic effect and removes excess water from the body. Common sources of sodium sulfate are low-fat beef, cheese, oats, chicory, onions. And strawberries, raspberries are the most common from berries, and also mineral waters.

It is better to spend fasting days on Fridays.

An approximate diet menu for Taurus per day:

Breakfast: (choose one from three variants):

- a) one toast of bran bread, a little marmalade, one apple;
- b) one slice of well-grilled bacon, baked tomatoes, two crispy loaves;
- c) 25 g of unsweetened flakes with milk, a small banana.

Dinner:

- a) a piece of melon, 250 g of chicken leg, (fried, or grilled (without skin), a large portion of mixed salad, a portion of low-calorie cookies, a small bar of Mars or Snickers;
- b) a plate of lean soup, two crispy loaves, 50 g of low-fat ham with four tablespoons of homemade cheese wrapped in it, a large portion of mixed salad, one pear, one cup of hot chocolate;
- c) two toasts, 125 g of boiled beans, baked tomatoes, 25 g of grated cheese "Cheddar", two small dry biscuits.

Supper: a large portion of mixed salad from an unlimited set with one of the following supplements:

- a) two tablespoons of homemade cheese with chopped pineapple;
- b) 50 g of finely chopped boiled chicken (without skin);
- c) two canned sardines in tomato sauce.

April 21–30. Protein food - eggs, cheeses, nuts, should prevail in the diet. Porridge, boiled on water with the addition of honey, is the best breakfast for you. Cakes, biscuits are undesirable. It's not desirable to eat meat more often than once a day, it's not easy to digest it for your body.

1–10 мая. Fermented dairy products are useful, especially cottage cheese. Liquid food, soups are preferable to any other. Do not drink chilled drinks, and do not drink sweet tea or soda after meals. Limit acidic food to avoid heartburn. Do not fry fish and meat, but boil.

May 11–20. Do not take risks, using incompatible dishes at the same time. For example, meat and fish. Your body is not adapted to this unlike others. Do not mix proteins, fats and carbohydrates at the same time. Fried potatoes, canned food and fatty meat are not allowed.

Type of report: **Fitness diet**

Session: **2021-11-25 12:14:35**

Full name **Тро Еле**

Sex: **Female**

MONDAY

Breakfast:

Frittata with cheese and marsh mallow;

Lunch:

Farmer yoghurt, cookies with dried fruit and nuts;

Dinner:

Minced mutton chop (turkey), summer salad with cheese and black olives;

Afternoon snack:

Pasta from durum wheat, cheese soufflé with cherries and cocoa;

Supper:

Fish terrine, grilled vegetables, couscous;

For the night:

It is advisable to drink a cup of milk or kefir.

TUESDAY

Breakfast:

Oatmeal porridge from durum wheat with fruit;

Lunch:

Fruit smoothie, a cheesecake:

Dinner:

Red lentil cream soup, baked chicken breast with mushrooms and spinach;

Afternoon snack:

Blanched vegetables, bulgur, fruit salad, a cheesecake;

Supper:

Red ocean perch cooked in oven, Greek salad, red rice;

For the night:

It is advisable to drink a cup of milk or kefir.

WEDNESDAY

Breakfast:

Bulgur with dried fruit and honey;

Lunch:

Farmer yoghurt, cookies with nuts and dried fruit;

Dinner:

Grilled chicken with citrus sauce, vegetable salad with pesto sauce;

Afternoon snack:

Rice mix, a panna-cotta with strawberry;

Supper:

Mackerel baked with spinach, salade niçoise, couscous;

For the night:

It is advisable to drink a cup of milk or kefir.

THURSDAY

Breakfast:

Cottage cheese pancakes (farmer cottage cheese) with fruit topping;

Lunch:

Fruit smoothie, dried fruit and nuts mix;

Dinner:

Chicken cream, a sandwich with chicken and grilled vegetables;

Afternoon snack:

Beetroot salad with goat's cheese, cottage cheese mousse with orange juice.;

Supper:

Mackerel baked in oven, salad of green leguminous haricot, bulgur;

For the night:

It is advisable to drink a cup of milk or kefir.

FRIDAY

Breakfast:

Corn porridge with dried fruit and nuts;

Lunch:

Farmer yoghurt, cookies with dried fruit and nuts;

Dinner:

Chicken shish kebab, ratatouille, boiled buckwheat;

Afternoon snack:

Chia seeds pudding with coconut milk and a mango;

Supper:

Salmon baked with spicy herbs, caprese salad, lentil;

For the night:

It is advisable to drink a cup of milk or kefir.

SATURDAY**Breakfast:**

Pumpkin porridge

Lunch:

A grated cheesecake with peach;

Dinner:

Cream soup with broccoli, turkey turrine, bulgur with vegetables, Shopska salad;

Afternoon snack:

Fruit smoothie, homemade cookies;

Supper:

Ocean perch fillet, fresh cabbage and cucumber salad with yoghurt seasoning;

For the night:

It is advisable to drink a cup of milk or kefir.

SUNDAY**Breakfast:**

Farmer cottage cheese with fruit;

Lunch:

Farmer yoghurt, "Rafaello";

Dinner:

Chicken breast with cream sauce, haricot stewed with vegetables

Afternoon snack:

Lentil, sliced fruit, cookies;

Supper:

Hake fillet with cheese, blanched vegetables, rice with greens;

For the night:

It is advisable to drink a cup of milk or kefir.