

Type of report: **General condition**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



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



83

**Bronchopulmonary system**

No abnormalities



82

**Digestive system**

Minimum abnormalities



71

**Urinary system**

Minimum abnormalities



67

**ENDOCRINE SYSTEM**

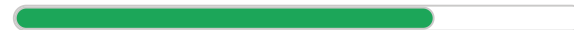
No abnormalities



77

**IMMUNE SYSTEM**

No abnormalities



74

**Head organs**

Minimum abnormalities



83

**Musculoskeletal system**

Minimum abnormalities



77

**Lymphatic system**

Minimum abnormalities



82



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



Type of vegetative nervous system  
**Increase of sympathetic division tonus**



Central nervous system  
**norm**



Organism's degree of reactivity  
**Hyperergy**

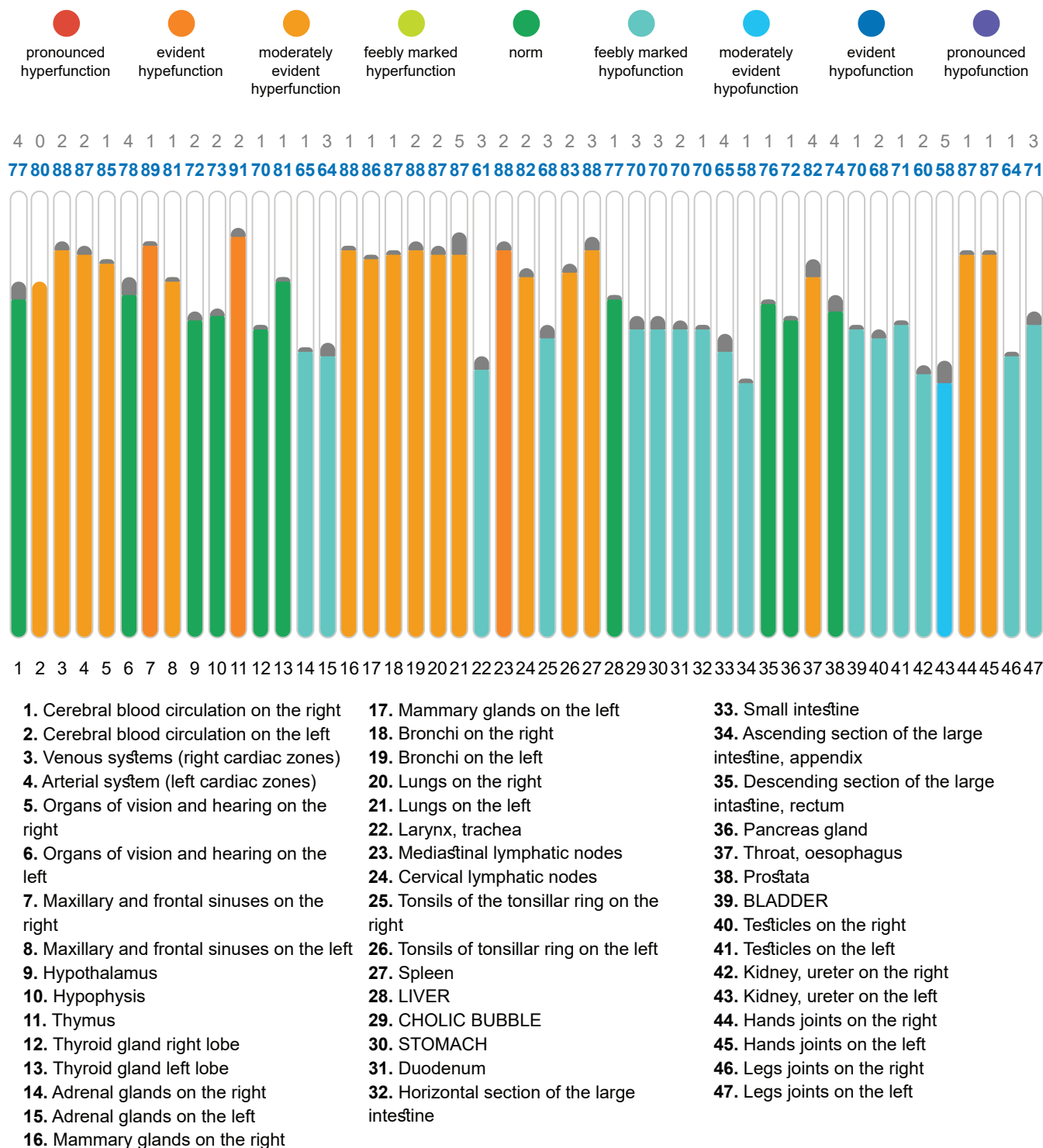
The report is based on the diagram of 47 organs and systems. Each line in the diagram is connected with an organ or system and represents their overall state under average figures.

Type of report: **Diagram**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



This interpretation is not a diagnosis, it only displays an organ or a system from the point of view of its hypo- or hyper-condition at the moment of testing. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!

Type of report: **Dynamics**

Sex: **Male**

Full name **momo test-number-**

The test found no deviations for this report

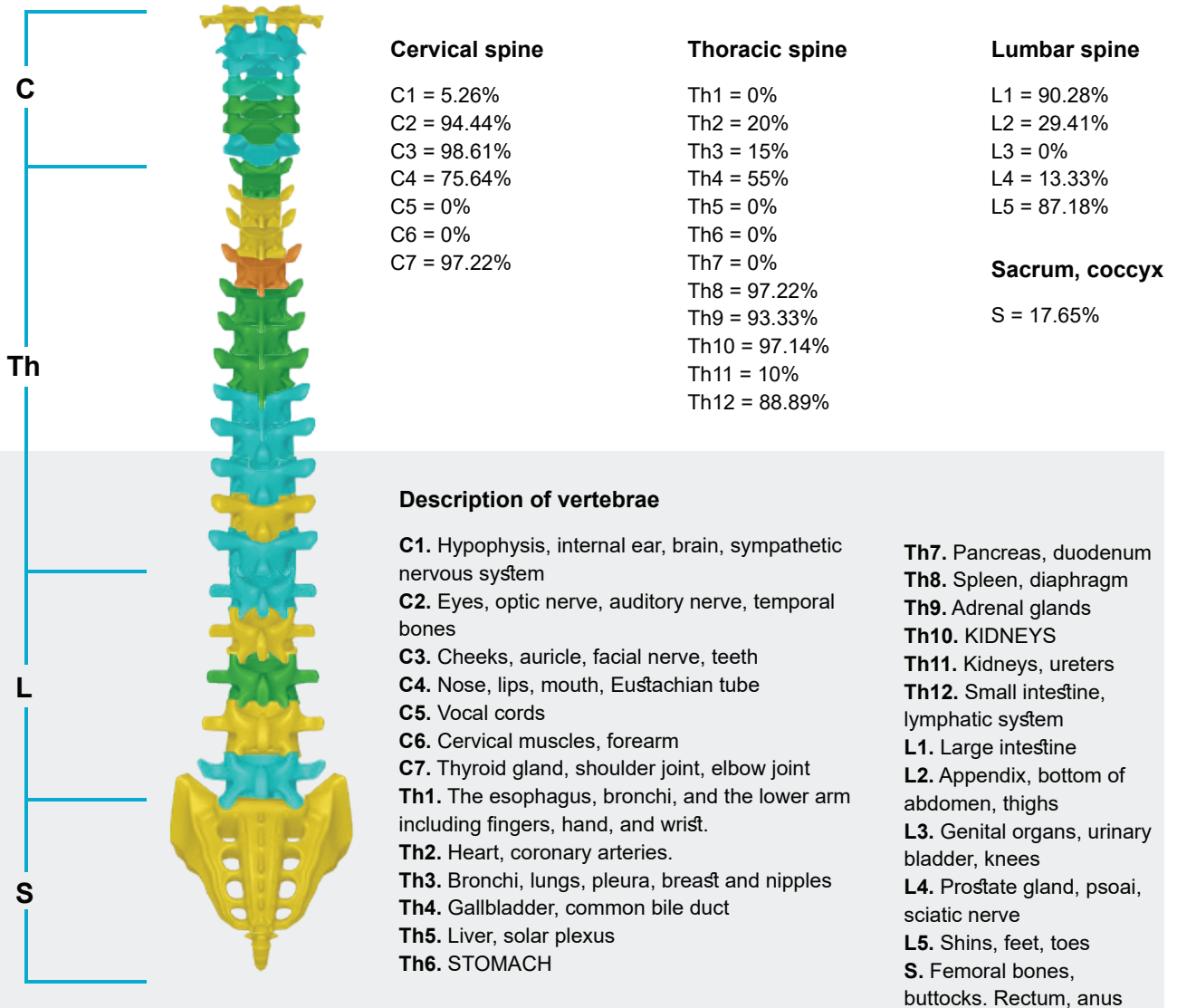
This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of comparative analysis of the chosen tests and prediction mode.

Type of report: **Spine**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



### Changes in spine

Derangement of microcirculation and nourishment of intervertebral disks' cartilaginous tissue (the third degree); Derangement of elasticity of disks' ring, reduction of intervertebral disks altitude (the third degree); Derangements of conformity of articular surfaces (the first degree); Derangement of mineral metabolism of calcium and phosphorus in bone tissue; Inadequate exercise stress on muscles and ligaments of back; Change of foot arch; Increased load on one part of spine; Dehydration of intervertebral disks of the third degree; Curvature of posture; Crunch in spinal joints; 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; Pinching of vertebral artery accompanied by arterial pressure jumps; 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

This interpretation is not a diagnosis. Spine changes are based on the connection between vertebrae and organism's organs and systems from the point of view of their hypo- or hyper-condition at the moment of testing. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!



Type of report: **Ranking**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



## Organs and systems

1. Thymus		91	2	55%	25. Cervical lymphatic nodes		82	2	10%
2. Maxillary and frontal sinuses on the right		89	1	45%	26. Duodenum		70	2	10%
3. Mediastinal lymphatic nodes		88	2	40%	27. Throat, oesophagus		82	4	10%
4. Mammary glands on the right		88	1	29%	28. Legs joints on the left		71	3	9%
5. Kidney, ureter on the left		58	5	26%	29. Testicles on the right		68	2	6%
6. Organs of vision and hearing on the right		85	1	25%	30. Maxillary and frontal sinuses on the left		81	1	5%
7. Ascending section of the large intestine, appendix		58	1	23%	31. Tonsils of the tonsillar ring on the right		68	3	3%
8. Kidney, ureter on the right		60	2	23%	32. CHOLIC BUBBLE		70	3	3%
9. Venous systems (right cardiac zones)		88	2	20%	33. STOMACH		70	3	3%
10. Bronchi on the left		88	2	20%	34. Horizontal section of the large intestine		70	1	3%
11. Spleen		88	3	20%	35. BLADDER		70	1	3%
12. Larynx, trachea		61	3	19%	36. Testicles on the left		71	1	1%
13. Mammary glands on the left		86	1	18%	37. Cerebral blood circulation on the right		77	4	0%
14. Legs joints on the right		64	1	18%	38. Cerebral blood circulation on the left		80	0	0%
15. Tonsils of tonsillar ring on the left		83	2	15%	39. Organs of vision and hearing on the left		78	4	0%
16. Arterial system (left cardiac zones)		87	2	13%	40. Hypothalamus		72	2	0%
17. Bronchi on the right		87	1	13%	41. Hypophysis		73	2	0%
18. Lungs on the right		87	2	13%	42. Thyroid gland right lobe		70	1	0%
19. Lungs on the left		87	5	13%	43. Thyroid gland left lobe		81	1	0%
20. Small intestine		65	4	13%	44. LIVER		77	1	0%
21. Hands joints on the right		87	1	13%	45. Descending section of the large intestine, rectum		76	1	0%
22. Hands joints on the left		87	1	13%	46. Pancreas gland		72	1	0%
23. Adrenal glands on the left		64	3	11%	47. Prostata		74	4	0%
24. Adrenal glands on the right		65	1	10%					

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.

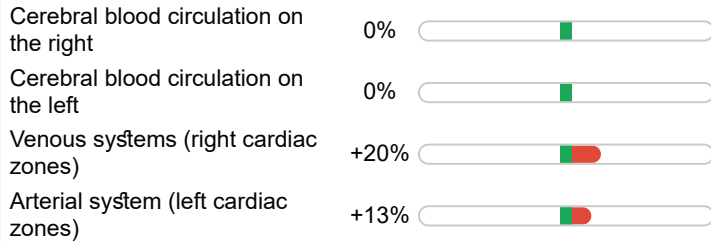
Type of report: **Unbalance system**

Session: **2023-11-12 08:30:47**

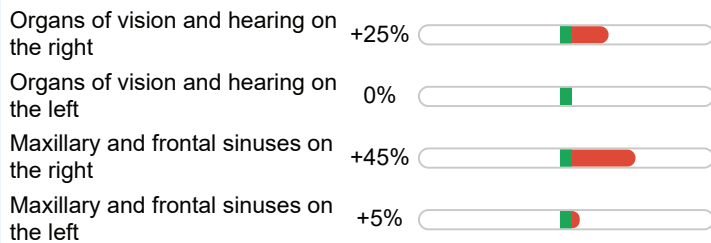
Full name **momo test-number-**

Sex: **Male**

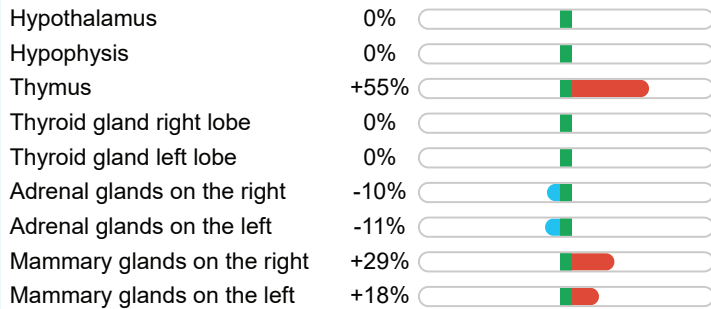
### Blood-vascular system



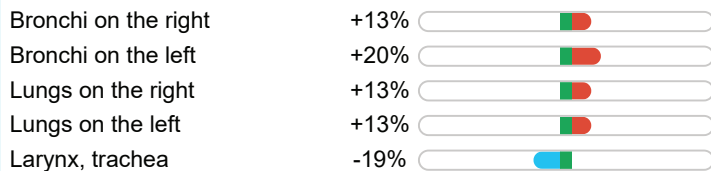
### Head organs



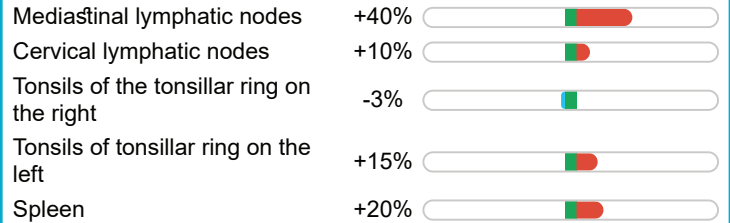
### ENDOCRINE SYSTEM



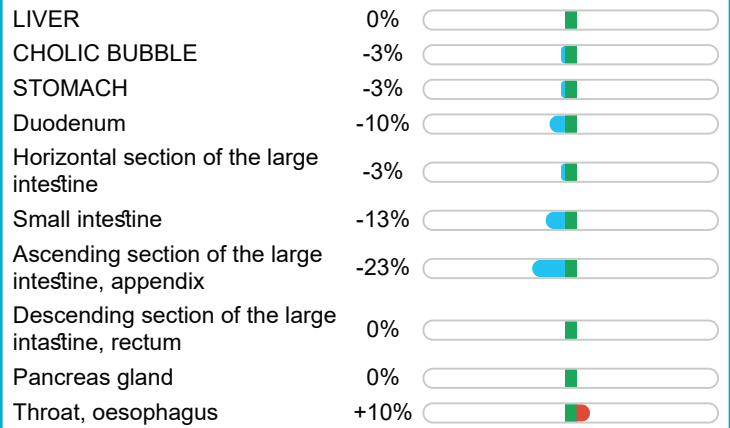
### Respiratory system



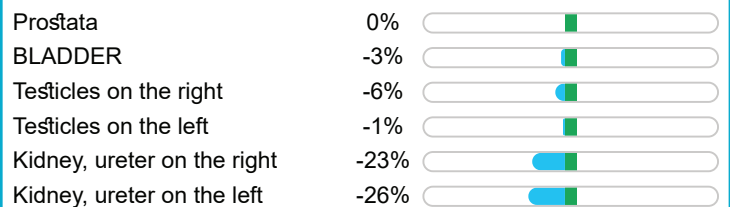
### IMMUNE SYSTEM



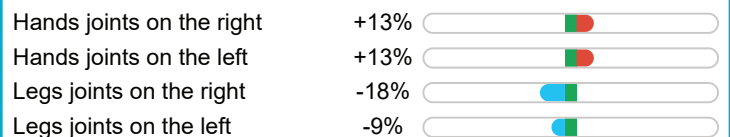
### Digestive system



### Urogenital system



### JOINT



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

Type of report: **Chakras**

Session: **2023-11-12 08:30:47**

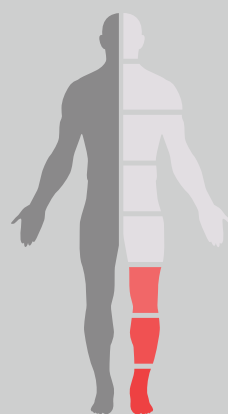
Full name **momo test-number-**

Sex: **Male**



Open chakra
Open chakra
Open chakra
Open chakra
Open chakra
Open chakra
Open chakra

- 1 Closed chakra and damaged organs that are related to it
- 2 Closed chakra with weakly damaged organs
- 3 Neutral condition of organs of non-opening chakra
- 4 Opening chakra
- 5 Open chakra



Organism energy level

19.5

Weak energy (absorbing energy from others)

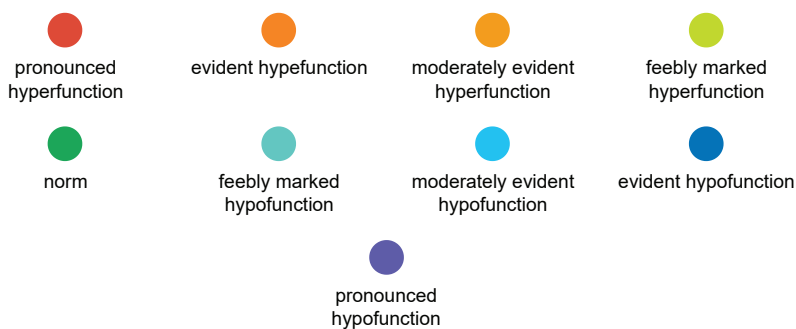
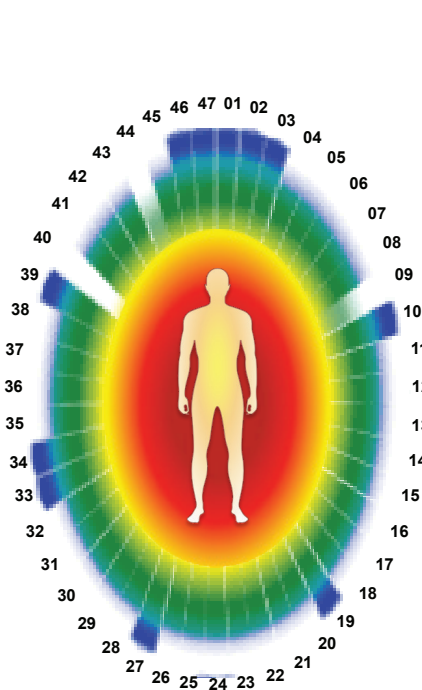


Type of report: **Aurogram**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



1=80	13=87	26=68	39=70
2=80	14=87	27=74	40=91
3=78	15=88	28=60	41=61
4=81	16=70	29=64	42=68
5=86	17=70	30=58	43=88
6=83	18=65	31=70	44=89
7=82	19=76	32=70	45=85
8=82	20=64	33=77	46=77
9=88	21=58	34=72	47=77
10=81	22=70	35=87	
11=87	23=71	36=87	
12=88	24=71	37=87	
	25=64	38=88	

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

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

Type of report: **Probable affections**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

**Probable affections caused by toxins of various parasites:**

Name	Probability	Affected organ
Protozoa		
Trichomonas tenax	91%	Oral cavity;Tonsils of pharyngeal ring
Naegleria fowleri	55%	Oral cavity;Tonsils of pharyngeal ring
Trichomonas hominis	93%	Oral cavity;Tonsils of pharyngeal ring
Eimeria	72%	Large intestine
Dientamoeba fragilis	78%	Large intestine
Acanthamoeba	55%	Bulbar conjunctiva
FUNGUS		
Allergen Saccharomyces	55%	Tonsils of pharyngeal ring;Small intestine
Candida norvogensis	54%	Tonsils of pharyngeal ring
Aspergillus terreus	65%	Trachea
Geotrichium candidum	55%	Feet skin
Aspergillus niger	55%	Small intestine
Mucor mucedo	78%	Esophagus
Candida glabrata	89%	Urethra;Edea
Candida dubliniensis	65%	Pharynx
Fonsecaea pedrosi	88%	SKIN
Nocardia asteroides	93%	Lung tissue
BACTERIA		

Borrelia burgdorferi	68%	Auricles of heart;Ventricles of heart
Nanobacterium sanguineum	76%	KIDNEYS
Chryseobacterium gleumc	77%	Rectum
Porphyromonas gingivalis	37%	Trachea
Balneatrix alpica	79%	Trachea
Acinetobacter lwoffii	41%	LIVER
Eubacterium nodatum	58%	Trachea
Mobiluncus	80%	
Hafnia alvei	80%	Small intestine
Citrobacter europaeus	37%	Small intestine

#### VIRUSES

Human orthopneumovirus	55%	Trachea;Bronchi
Human alphaherpesvirus 2	80%	Oral cavity;Edea
Thottapalayam orthohantavirus	67%	LIVER
Human alphaherpesvirus 3	95%	SKIN
Reoviridae	65%	Bronchi
Rubivirus	69%	Submaxillary lymph nodes
Hepatitis G	80%	LIVER
Hepatitis E	55%	LIVER
Hepatitis B	80%	LIVER

#### Helminths

Necator americanus	65%	Small intestine
Opisthorchis viverrini	91%	Bile-excreting ducts;CHOLIC BUBBLE
Ancylostoma duodenale	57%	Small intestine;Duodenum
Strongyloides stercoralis	95%	Small intestine;Large intestine
Enterobius vermicularis	78%	Rectum
Capillaria hepatica	54%	LIVER
Eurytrema pancreaticum	72%	Tail of pancreas;Body of pancreas
Trichinella nelsoni	37%	Intercostal muscles
Metastrongylus elongatus	82%	Bronchi
Gongylonema pulchrum	77%	Oral cavity

This interpretation is not a diagnosis. Probable affections are formed on basis of statistical data and they display the possibility of presence of affections in percentage, with specifying of a probable target organ. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!

Type of report: **Supposed changes**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

### Supposed alterations in organs and systems:

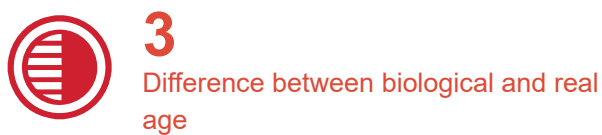
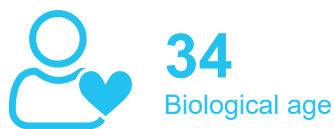
Maldigestion syndrome;  
 Irritable bowel syndrome of parasitic nature;  
 A pathology of intestine of non-inflammatory genesis the basis of which is enzymopathy;  
 Chronic inflammation of urinary bladder (chronic cystitis);  
 Chronic inflammation of gallbladder and pancreas;  
 Increased nervousness (of hormonal genesis);  
 Derangement of water-electrolytic balance;  
 Asparaginic acid deficiency;  
 Frequent consumption of refined food stuffs;  
 Zinc deficiency;  
 Fatty liver infiltration;  
 Contact allergic lesion of skin;  
 Propensity to stone formation in gallbladder;  
 Paroxysmal heart beat;  
 Malabsorption in intestine;  
 Derangement of microbiocenosis of intestine of the first degree;  
 Valine deficiency;  
 Depressive reaction (short-term);  
 Headache;  
 Increased irritability of hormonal genesis;  
 Meteorism;  
 Glutaminic acid deficiency;  
 Chronic inflammation of tonsils of pharyngeal ring ;  
 Propensity to autoimmune diseases;  
 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);  
 Inflammation of liver (hepatitis);  
 Allergic lesion of skin;  
 Chronic inflammation of mucous membrane of stomach and duodenum;  
 Consumption of water that is too much mineralized;  
 Tyrosine deficiency;  
 Mycotic lesion of larynx;  
 Mycotic lesion of mouth cavity;  
 Physical overfatigue;  
 Cardiac blood circulation derangement;  
 Chronic inflammation of prostate gland of mixed origin;

Type of report: **Biological age**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

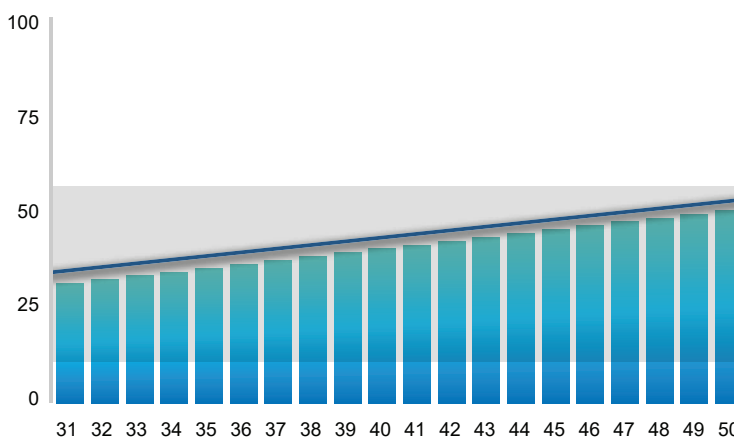


### Tendency for the next 20 years

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



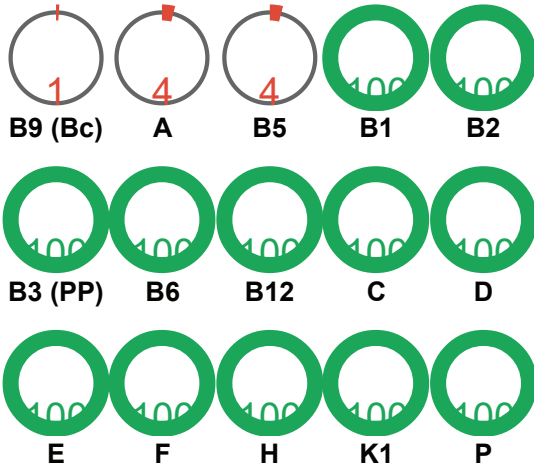
This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of visualization of indicators of real age, biological age, difference between them and aging coefficient with specifying main causes of aging.

Type of report: **Vitamins**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



### Required daily rate

A	B5	B9 (Bc)
1.03 - 1.51 mg	5-12 mg	1.5 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.

**B5. Performed functions:** It promotes good fat and protein metabolism.

**Consequences of shortage:** Adrenal glands dysfunction.

**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.

This report is generated according to mathematical modelling principles based on the test conducted to detect the state of the body's organs and systems with the possibility of percentage visualization of vitamin saturation indicators and specification of a daily dose and role of insufficient vitamins. These figures represent indirect information about the changes in body, and they can be indicators for a specialist to carry out a further in-depth examination within the bounds of rendering medical services by him or her. Yet, this information should not be interpreted as an encouragement for independent vitamin intake. Having excluded contraindications, prescription of vitamins should be given by a specialist.

Type of report: **Possible toxic loads**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

Postvaccinal allergic reaction of the 1st degree

Affection by heavy metals of the 1st degree

Affection by food additives E of the 3rd degree

Disturbance of barrier function of skin of the 3rd degree

Increased content of manganese

Increased content of molybdenum

Increased content of mercury

Increased content of steroid hormones

This interpretation is not a diagnosis. Possible toxic loads are formed on basis of statistical data and they display the possibility of presence of toxins in an organism. These rates are indirect information about the presence of toxins in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis or an indication to undergo different medical methods of detoxification.

Type of report: **AMINO ACIDS**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

## Dispensable amino acids

### Alanine deficiency

Alanine is an important source of energy for brain and CNS. This acid is necessary for muscle tone maintaining and adequate sexual function. It regulates blood sugar and participates in antibodies synthesis (it stimulates immunity). Alanine is synthesized from branched-chain amino acids (leucine, isoleucine and valine) and it is widely spread in wildlife. Organisms try to maintain fixed glucose level in blood. That's why blood sugar reduction and carbs deficiency in food lead to muscle protein destruction and liver transforms received alanine into glucose.

Alanine deficiency causes reproductive function derangement, chronic fatigue syndrome and diseases of CNS and VNS.

Natural sources of alanine are corn, beef, eggs, gelatin, pork, milk, soy and oats.

### Aspartic acid deficiency

Aspartic acid (asparagine acid, aspartate) is an  $\alpha$ -amino acid that is used in the biosynthesis of proteins. In favorable conditions, it is produced both by our organism and is received with food. This acid is one of 20 proteinogenic amino acids present in our organism both as a constituent of proteins and singly.

Aspartic acid is highly useful and important for people. It is responsible for CNS health since it acts as a neurotransmitter in CNS. Aspartic acid is found in brain cells, therefore it positively affects mental activity, it takes part in synthesis of antibodies, formation of urea and pyrimidine bases, it strengthens immune system, it participates in ammonia deactivation and relieves liver of chemical residues, including medicinal drugs. In addition, aspartic acid supports endocrine system, it activates testosterone production, it increases sex drive, muscle endurance and muscle growth, it restores working capacity, it promotes adequate metabolism and has a general strengthening effect on the human body which is also important for athletes.

Aspartic acid deficiency is manifested by immunity decrease, mental disorders, memory impairment, muscle pain, weakness and sexual weakness and decreased performance.

Main sources of aspartic acid are alfalfa, asparagus, coconut, potato, peanuts, lentil, beans, bean and soybean sprouts as well as beef, veal, chicken, sea fish, spiny lobsters, chicken eggs, hard cheeses. It is also present in natural juices (made from tropical fruits and apples) and tomatoes.

### Glutamic acid deficiency



Glutamic acid is a dispensable amino acid that plays the role of a neurotransmitter with high metabolic activity in brain. It stimulates oxidation-reduction processes in brain. Glutamic acid normalizes metabolism by changing functional conditions of nervous and endocrine system. Glutamic acid can be used by brain cells as a source of energy.

Glutamic acid deficiency causes weakening of immune system (and, as a result, frequent seasonal diseases), as well as mood changes and apathy. Small amounts of this amino acid also leads to central nervous system and vegetative nervous system diseases (apoplexy, dystonia and sclerosis), early graying and disorders of gastrointestinal tract.

Glutamic acid is present in cereals, meat, milk and soya.

### **Proline deficiency**

Proline is a proteinogenic amino acid that is used in proteins biosynthesis. Proline deficiency is manifested, as a rule, in the form of general weakness, loss of strength, anemia, decreased mental activity, various skin problems, menstrual cramps, head vessels spasms and metabolic disturbances.

Proline deficiency leads to arthritis and arthrosis, two huge problems all over the world, especially in megacities. Also, small amounts of this acid can cause increased excitability, since the poor state of the vessels with collagen does not allow normal blood flow in brain. This leads to cerebral hypoxia, i.e. lack of oxygen.

If you suddenly feel bad or your skin condition has suddenly worsened, if wounds are healed for too long or you experience any of the above symptoms, you should reconsider your diet and enrich it with proline.

Proline is found in cottage cheese, animal cartilages, cereal grains and eggs.

### **Serine deficiency**

Serine is one of the most important amino acids. It participates in deposition of glycogen in liver and muscles, it is an important component of cellular energy production, therefore, athletes often use L-serine supplements. In addition, serine is involved in synthesis of methionine, tryptophan, glycine and cysteine, as well as enzymes (peptide hydrolase, esterase) and compounds such as purine, creatine, porphyrin and pyrimidine.

Serine is involved in cortisol regulation in muscles, it promotes muscle growth, it accelerates recovery after physical activity, it burns fats and supports immunity.

Serine has a beneficial effect on central nervous system as it is responsible for transmission of nerve impulses to brain (including hypothalamus), it has a stimulating effect, it normalizes brain functioning and it is a natural painkiller. It improves digestive tract, it increases blood sugar, it helps absorption of vitamins (or disposal of their excess), it protects cells from aging. Serine is also necessary for normal fat metabolism.

Serine deficiency is manifested by depression, decreased immunity and performance, memory impairment and Alzheimer's disease.

The main sources of serine are chicken eggs, hard cheeses, feta cheese, lamb, beef, sea fish, chicken, milk, kumiss and cottage cheese. Also, beans, broccoli, corn, nuts, pumpkin seeds, soy, lentils and peas are rich in serine.

### **Glutathione deficiency**

Description

Glutathione is a simple substance naturally produced in our body. It consists of amino acids or proteins: cysteine and glutamine. Glutathione also contains sulfur-containing groups, which, due to the fact that sulfur is a very sticky substance with a strong odor, work similarly to sticky paper for catching flies. Stickiness allows this group to "catch" compounds harmful to the body, including toxins, heavy metals and free radicals.

Glutathione removes chemical compounds from the liver that are foreign to the body, such as pollutants and contaminants, as well as medical preparations. Our body processes glutathione. However, in cases where there are too many toxins or other harmful compounds in the body, processing of glutathione becomes impossible. Therefore, your body becomes more susceptible to various diseases, your physical condition can worsen significantly.

Also, the level of glutathione in the body may be too low. This condition is called glutathione deficiency. It increases the risk of oxidative stress.

Lack of this substance also increases the likelihood of developing diseases such as Parkinson's disease, cancer and Alzheimer's disease.

Partially indispensable amino acids

The test found no deviations for this report

Indispensable amino acids

Leucine deficiency

Leucine is a very important indispensable amino acid that does not directly affect brain function but is a source of psychic energy. It stimulates growth hormone and favors recovery of bones, muscles and skin. Leucine also slightly reduces blood sugar. It is recommended during the recovery period after surgeries and injuries.

Leucine is one of three branched-chain amino acids that provide organism growth, favors healing of skin injuries and bone tissue injuries. It also reduces blood sugar in case of diabetes and favors cholesterol level reduction.

Without receiving sufficient leucine amount, pathological processes in kidneys and thyroid gland develop in a human organism. Leucine deficiency can cause metabolic disorder, weakening of immunity and hypoglycaemia and also pain in head and neck area, dizziness, nervousness, rapid fatigue, weight loss and growth and development impairments in children.

Leucine sources are brown rice, beans, meat, nuts, soybean flour and wheat flour.

Irreplaceable amino acids	
Leucine	150 mg per 1 kg of the body weight per day
Valine	93 mg per 1 kg of the body weight per day
Isoleucine	90 mg per 1 kg of the body weight per day
Lysine	150 mg per 1 kg of the body weight per day
Methionine	70 mg per 1 kg of the body weight per day
Threonine	60 mg per 1 kg of the body weight per day
Tryptophan	22 mg per 1 kg of the body weight per day
Phenylalanine	90 mg per 1 kg of the body weight per day

Partially irreplaceable amino acids	
Arginine	10 mg per 1 kg of the body weight per day
Histidine	32 mg per 1 kg of the body weight per day

Partially irreplaceable amino acids	
Tyrosine	25 mg per 1 kg of the body weight per day
Cysteine	45 mg per 1 kg of the body weight per day

Replaceable amino acids	
Alanine	1.7 g per day
Asparagine	3-6 g per day
Aspartic acid	1-7 g per day
Glycine	0.1 g per day
Glutamine	3-5 g per day
Glutamic acid	0.1-0.15 g per day
Proline	4-5 g per day
Serine	2-4 g per day
Taurine	0.5-2 g per day
Citrulline	4-8 g per day
Ornithine	0.3-0.75 g per day
Gamma-aminobutyric acid	1.5-3 g per day
Glutathione	0.05-0.1 g per day
Carnitine	0.3-0.5 g per day
Dimethylglycine	0.05-0.1 g per day
Glutathione	0.1-0.6 g per day

Amino acids

Type of report: **Psychosomatics**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

### **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. 21**

This program of psychoemotional correction is tested in case of hypersensitivity to emotional environmental factors, spiritual and mental stress; in case of the absence of bioenergy protection, in case of energy hypersensitivity to others; in case of energy hypersensitivity to the environment; in case of energy hypersensitivity to the spiritual energy; with energy hypersensitivity to emotions.

The liver, pancreas, stomach, gallbladder, adrenal glands, small intestine and kidneys suffer.

Personal negative energy affects chakras 3, 5 and 6.

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

The section "Anatomy and Physiology": liver and bile (control frequencies 1, 2), pancreas, stomach - body, adrenal glands, small intestine, kidneys, center of protective functions, time center and the programs for chakras 3, 5 and 6.

The paid section: "Cholesterol normalization program", "Systemic health recovery program", "Streptococcus cleansing program", "Full body cleansing", "Carcinogen excretion program", "Cleansing of toxins and poisons in everyday life", "Program for energy circulation and vital rhythms", "Purification of blood and lymph from toxins", "Purification from heavy metals", "Program for strengthening the body's defenses", "Program for full cleansing", "Program for purifying lymph from slags and toxins".

### **Psycho-emotional correction program No. 36**

This psycho-emotional correction program is tested when there is a violation of the understanding of the role of food in life, with a tendency to use food for past and present negative impressions, when the energy balance is disturbed as a result of inappropriate dietary habits, with frequent overeating and when food is used to compensate for emotional needs and pain.

The stomach, large intestine, thyroid and endocrine glands are affected.

The self-negative energy affects chakra 5.

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

Large intestine, anus, stomach body, thyroid gland, endocrine glands (control frequencies), balance center, digestive tract, solar plexus - regulation, stress, digestive center and the program of chakra 5.

Paid programs: "Cleansing the large intestine", "Restoration of the intestines and stomach", "Cleansing the large intestine and elimination of constipation, polyposis and hemorrhoids", "Clean intestines - enzymatic cleaning of the intestines", "Healing along the meridians", "Cleansing the liver, kidneys and intestines", "Complete cleansing of the body", "Digestion restoration", "Digestion correction program", "Post-stress recovery", "Systemic health restoration program".

### **Psycho-emotional correction program No. 50**

This program of psychoemotional correction is tested in case of violation of bioenergetic support and protection from disharmony and chaos of a big city; with a weakness of its own electromagnetic field compared with electromagnetic interference and noise; with a tendency to create barriers in relations between people; with

sensations caused by social changes, with environmental stress factors that block the healing process; in violation of the electromagnetic field; if necessary, social adaptation.

The stomach, spleen, adrenal glands and thymus suffer.

Own negative energy affects the chakra 3.

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

From the section "Anatomy and Physiology": spleen, white blood cells, red blood cells, immune system, thymus CF 1, adrenal glands, stomach - gastric enzymes, middle stomach, joy center, program of chakra 3.

From the paid programs section: "Stimulation of the immune system", "Stabilization of the immune system", "Balance of the immune system", "Liver and immunity", "Improvement along the meridians", "Thymus. Immune restoration", "Systemic health recovery program", "Liver, kidney and intestine cleansing", "Management of healing and recovery processes", "Full cleansing of the body", "Restoration of the intestines and stomach", "Improving through the meridians".

### **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: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

### **Body reactivity marker 15**

This marker is tested in case of altered body reactivity, as well as intolerance to potatoes, beets, garlic, peanuts, white and red onions, carrots, artichokes, radishes, turnips, celery, turnip, and shallots. The preparation is tested in case of rheumatic disorders and muscle pains, and pain along the nerves, with seasonal exacerbations. It can be tested as a marker - an indicator of a tendency to autoimmune problems in the body.

The use of selective programs is recommended:

Radiculitis. Neuritis. Neuralgia. Sciatica, Recovery of nerves after neuralgia, Balance of the nervous system, Antivirus - strong nerves, Program - nerves and recovery, Correction of allergies, Complete cleansing of the body, Cleansing of toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins , Program for complete cleansing, Renewal of cells of the immune, hormonal and nervous systems, Program for 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, Deep cleansing program, Deep liver cleansing, Digestion restoration, Nervous system restoration program.

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 22**

This marker is tested in case of altered reactivity of the body, as well as in case of intolerance to all types of aromatic substances and essential oils. The preparation is also tested positively for chronic asthenia, hypoglycemia, depression, hypovitaminosis, imbalance in minerals, as well as excessive sugar intake.

The use of selective programs is recommended:

Vitalization of the body, Restoration of the blood information system, Correction of allergies, Complete cleansing of the body, Cleansing of the large intestine, Restorer of the intestines and apud system, Cleansing from toxins and poisons in everyday life, Thymus (Restoration of immunity), Cleansing-restoration, Cleansing lymph from parasitic toxins , Restoring the balance of hormones, Cleansing the blood and lymph from toxins, Cleansing the liver, Program for complete cleansing, Program for restoring the nervous system, Program for 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 emergency cleansing of the body from food toxins, Deep cleansing program, Recovery after stress, Systemic health recovery program, Program for restoring energy circulation and rhythms of life.

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 41**

This marker is tested in case of altered reactivity of systems in relation to their own immunity. The preparation is tested positively for autoimmune problems, or at the stage of the initial manifestations of auto-aggression. The marker may indicate the presence in the body of foci of chronic infection (bacterial or viral origin), as well as in violation of the circadian rhythm of the body.

The use of selective programs is recommended:



Autoimmune diseases, Correction of allergies, 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, Cleansing the liver, Complete cleansing program, Program for cleansing lymph from toxins and slags , Cleansing the large intestine and eliminating constipation, Restoring the balance of hormones, Restorer of the intestines and apud-system, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Recovery after stress, Systemic health restoration program, Nervous system restoration program, Intestine and stomach restoration, Antiparasitic and cleansing block, The program of emergency cleansing of the body from food toxins, The program of deep cleansing, Deep cleansing of the liver, Restoring digestion, Restoring the liver, kidneys, skin and lungs, The program for restoring the circulation of energy and vital rhythms, The complex for restoring the automatic digestion bots, Restoration of immunity of the mucous membranes of the respiratory and ENT organs, Restoration of connective tissue, Restoration and cleaning of capillaries, Restoration of blood pressure and elimination of hypercholesterolemia, Restoration of biological clock, Restoration of biorhythms.

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 21**

This marker is tested in case of altered body reactivity, as well as intolerance to maple syrup, aspartame, sugar beet, horn, cyclamate, barley fructose, malt syrup, honey, lactose, wheat syrup, mannitol, molasses, cane sugar, saccharin , sorbitol and white sugar. The preparation is tested positively in asthenia syndromes due to chronic fatigue, in yeast infections, in latent hypoglycemia, with a predominance of a carbohydrate diet.

The use of selective programs is recommended:

Hidden parasites - chlamydia, candidiasis, giardiasis, Correction of allergies, Complete cleansing of the body, Cleansing the colon, Cleansing from toxins and poisons in everyday life, Candida and other fungi, Cleansing the lymph from parasitic toxins, Cleansing the blood and lymph from toxins, Candida and others pathogenic fungi, Cleansing the liver, Chronic fatigue syndrome, Complete cleansing program, Program for cleansing lymph from toxins and slags, Cleansing the colon and eliminating constipation, Cleansing the body according to Academician Bolotov, Diabetes as a parasitic disease, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block , Program of emergency cleansing of the body from food toxins, Program of deep cleansing, Deep cleansing of the liver, Candidiasis, thrush, Coccidioidosis, histoplasmosis, actinomycosis, nocardiosis, maduromycosis, candidiasis, Diabetes mellitus, latent course.

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 36**

This marker is tested in case of an altered body reactivity with intolerance to coffee, tea, chocolate or cocoa. The preparation has been tested positively in coffee addicts, as well as in states of nervousness, fatigue, insomnia and asthenia.

The use of selective programs is recommended:

Energy blocks - emotional trauma, Antiparasitic program against insomnia, Correction of allergies, Complete cleansing of the body, Cleansing the large intestine, Insomnia and parasites, Cleansing from toxins and poisons in everyday life, Psycho-emotional balance, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins, Cleansing the liver, The program of complete cleansing, Correction for insomnia, Stabilization of emotional states, The program of cleansing lymph from toxins and slags, Cleansing the colon and eliminating constipation, Insomnia, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block , The program of emergency cleansing of the body from food toxins, The program of deep cleansing, Chronic fatigue syndrome, Herpes virus type 7. Chronic fatigue syndrome.

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: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**



### ARIES (21.03-19.04)

Aries is a very active sign. The result of such untiring energy is significant mistakes in nutrition. All this together with strong natural health often leads to obesity and different diseases.

A weak point of Aries is the head vessels, the central nervous system and kidneys. That's why Aries often suffers from headaches and migraines.

Aries should avoid eating dark meat, junk fried foods, animal fats, canned food, as well as excessive consumption of salty and spicy dishes. Also stimulating drinks should be excluded - tea, coffee and strong alcohol. As well as all the rest signs of zodiac, Aries should not eat excessively confectionery products, which they like very much.

Useful products for Aries: fish, which is a source of phosphorus, the main part in the body energy balance. The Aries's needs in energy are well compensated with different cereals from any kind of grain. Especially useful and rich in iron are cereals of barley, millet, buckwheat, wheat, as well as bran. Needs for microelements will be provided by dairy products, cheese, low-fat cottage cheese, as well as carrots, cabbage, beets, turnips, radish. Aries can surely use legumes in the diet, which are not only a source of protein, but also necessary for the hemoglobin production. The metabolism in the organism of Aries is also well activated by parsley and parsnip.

Aries needs a lot of vitamin C like no other sign. So a variety of fruit will be useful, and first of all apples, bananas and citrus fruit. In winter a lack of vitamins can be provided with dried fruit, sauerkraut, cowberries, cranberries and viburnum.

Instead of traditional tea and coffee, Aries are advised to brew teas from dried berries - dog rose, hibiscus, sea-buckthorn, blueberry, hawthorn, raspberry, black chokeberry.

Thus, the diet for Aries should be well balanced and quite high-calorie. It is best to use your own balanced nutrition system, but you can also use a separate diet according to Herbert Shelton, a food system minus 60, Protasov's diet.

Aries is recommended to use diets based on cereals for weight loss, as it's also possible to lose weight on low-carb diets - the Kremlin's diet, Atkins, Margarita Koroleva. A good variant for weight loss can be diets from nutritionists, which are fairly balanced and allow Aries to save enough efforts and energy.

Aries, as well as other fire signs, is not recommended to use different fast low-calorie diets for weight loss, but fasting days can be useful.

People of this zodiacal sign are not recommended to snack, but to choose products carefully, try to eat at the same time and not to eat at night. Regular physical activities are also necessary. If these simple rules are kept, the health of Aries will allow them to achieve outstanding results in any kind of activity. Otherwise, different

diseases can make the life of people of this zodiacal sign very difficult. Although Aries like to overcome difficulties created by their own hands.

The energetical salt of Aries is potassium phosphate that stimulates the activity of the brain, muscles, nerves. A lot of potassium phosphate is in tomatoes, strawberries, nuts.

It's better to make fasting days on Tuesdays.

An approximate diet menu for Aries per day:

Breakfast: (choose one of appropriate variants for you):

a) one soft-boiled egg, one toast from bran bread, one glass of low-fat yogurt;

b) 25 g of unsweetened flakes with milk, one apple, one banana.

Dinner:

a) two slices of bran bread, a salad from the "unlimited" set, 50 g of low-fat ham or chicken (without skin), one apple;

b) a plate of lenten soup, a bun of wholemeal flour, a salad from the "unlimited" set, 75 g of salted tuna, one pear;

c) 150 g of the grill-cooked fish, 125 g of potatoes boiled in the skin, a large portion of mixed salad from the "unlimited" set.

Supper:

a) 75 g of low-fat meat, boiled carrots or cauliflower, a large portion of mixed salad from the "unlimited" set dressed with a lemon juice;

b) One well-glilled steak, baked tomatoes, two tablespoons of corn kernels, a large portion of a green salad dressed with a lemon juice.

March 21–30. Limit maximally the use of dark meat, canned food and animal fats, replacing them with vegetable ones. Also it's better to use cheese and cottage cheese with the minimum fat content. The most useful fruit is an apple, and the most useful vegetable is a tomato. Sauerkraut is useful.

March 31 – April 9. Add more often to the menu products containing potassium - aubergines, potatoes, dried fruit. Any white meat or fish is desirable, preferably baked or stewed, but not fried. Coffee and tea should be replaced with cocoa, apple and orange juices.

April 10–20. Reduce the consumption of sweets, smoked food. Limit dairy products, preferring fermented dairy products. Bakery products, stewed vegetables and seafood can be eaten as many as you want. Slightly alkaline mineral water is needed in the morning on an empty stomach and before bedtime.

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of individual selection of nutrition according to zodiacal characteristics and the data received after testing. This information is advisory and provides for further consultation with a dietologist.

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Type of report: **Nutrition (diet)**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

All vital functions of the body are associated to nutrition. Food is a source for building tissues and cells, their constant renewal, saturation of a person with energy. Improper nutrition - both excessive and insufficient - can cause significant harm to human health at any age.

This is manifested in a decrease in the level of physical and mental development, rapid fatigue, inability to resist the effects of adverse environmental factors, decreased performance, and even premature aging and reduced life time.

The human body is a very complex system; it requires both meat and plant foods for normal functioning. The lack of nutrients contained in the foods consumed by a person can cause serious health problems.

Proper nutrition does not consist in controlling calories and rigid diets, but in providing the body with a complete diet, which includes all the microelements necessary for it (proteins, fats and carbohydrates).

Choosing a diet is one of the main tasks in proper nutrition, but following it daily is no less important. If you follow the basic rules of a healthy diet not on an occasional basis, but constantly, then you won't have to worry about the excess weight, high blood pressure, decreased immunity, diseases of the digestive tract, etc.

There are several general rules for a healthy diet.

Don't consume fast food.

If you have a sugar addiction - this is just a sign that you lack carbohydrates! Add more complex carbohydrates to your diet (cereals, whole grain pasta, beans) to your diet and you will notice that you cease love a thing that you could not imagine a day without.

Of course, there are other psycho-emotional and pathogenic factors of the increased desire for sweets, but start with nutrition!

Eat as many seasonal products as possible - they contain a maximum of nutrients. Winter vegetables and fruits grown in greenhouses or brought from afar, due to chemical treatment and long-term storage, not only lose all their beneficial properties, but also become accumulators of nitrates and other harmful chemical compounds.

Limit your consumption of the refined foods as much as possible: sugar, vegetable oil, white wheat flour, polished white rice. They do not contain fiber, which is very important for the functioning of the digestive tract, as well as for nourishing the beneficial bacteria that live in the intestines. That is why it is much better to eat a whole wheat bread instead of a white bread. Replace refined sugar with stevia.

Drink water. Tea, coffee and juices do not replace water. The body needs to receive at least 30–35 ml of liquid per 1 kg of the body weight per day. Sweet carbonated drinks should be completely excluded from the diet, they contain too much sugar. Protein food can give a feeling of satiety for a long time, and besides, it is rich in amino acids. Proteins are necessary for the body to build cells and tissues, to replace the obsolete cells. Protein-rich foods include various types of meat, fish, squid, shrimp, nuts, mushrooms, some legumes, eggs, cottage cheese.

Correct food preparation is also of great importance in the formation of health.

Use several types of vegetable oil for cooking. It is the best source of the fatty acids that the body requires. Remember that unrefined oils are not suitable for heat treatment.

Cook correctly. It is possible to save all useful substances in products with minimal heat treatment. It is recommended to boil pasta or cereals for only a few minutes. Meat and fish products must be heat treated, since they may contain parasites. But at the same time, it is better to refuse frying in oil, the best ways are boiling, baking in the oven and steaming.

Use only natural and fresh products for cooking. Any semi-finished product or a long-term storage product with preservatives, flavor enhancers and dyes increases the load on the body, prevents the elimination of toxins, and slows down the metabolism.

Compliance with the rules of a dietary regime is also a necessary part in the formation of health.

Infrequent food intake is harmful in the same way as constant snacking and the habit of chewing something all the time. It is optimal for a healthy person to eat 3-5 times a day, the interval between meals for more than 5 hours slows down the metabolism and forces the body to switch to economy mode. As a result, fat deposits begin to accumulate.

Eat vegetables daily. The recommended amount is 300 g per day. In this manner you will get all the necessary vitamins and fiber.

All products consumed by a person for food can be divided into the "useful" and "harmful". Useful foods must be included in the diet on a daily basis: they are rich in amino acids, vitamins, micro and macro elements, fatty acids, and fiber. At the same time, they are easily absorbed, do not slow down the metabolism and do not have a harmful effect on health.

These are the following food products:

Fresh berries, fruits and vegetables (vitamin C, fiber).

Cereals and the porridges prepared from them (vitamins B, E, magnesium, potassium, folic acid).

Dried fruits and nuts (vitamins, fatty acids, protein).

Poultry meat (protein, amino acids, vitamins A, B, E).

Fish and seafood (protein, polyunsaturated acids, vitamins D, E, B12, calcium, phosphorus).

Dairy products: sour cream, cottage cheese, yogurt (calcium, protein, amino acids, vitamins D, A, B12, carbohydrates).

Green tea (vitamins, minerals, polyphenols).

Oils of vegetable origin (phospholipids, linoleic and other polyunsaturated acids, vitamins A, D, E).

Grain bread (fiber, enzymes, amino acids).

Nuts and legumes (saturated fats are necessary for the proper functioning of hormones and other processes, vitamins K and P, etc.).

The use of these products in the correct combinations is a healthy diet, since they bring the undoubted benefits to the body and can maintain health, as well as strengthen it.

But when eating healthy foods, one should not forget about the exclusion of the "harmful" products from the diet - those that cause the accumulation of fats in the body and metabolic disorders:

Crisps, popcorn, rusks, salted nuts.

Alcoholic drinks.

Any semi-finished products and concentrated foods: dry mashed potatoes, instant noodles, etc.

Sweet pastries, especially those with a high sugar content.

Fried meals.

Ready factory sauces, including mayonnaise, ketchup, mustard.

Smoked products, sausages.

Sweets.

Fast food.

Juices (except freshly squeezed juices with pulp), carbonated drinks.

It is undesirable to consume sugar and excessive consumption of salty and spicy foods.

A healthy nutrition program cannot be compiled without determining the dietary calories and calculating the balance of proteins, fats and carbohydrates (PFC-balance). Adequately selected nutrition allows you not to feel hunger and weakness, provides the body with enough nutrients, maintains weight at the right level and feel great.

To calculate the dietary calories, you need to know the acceptable norm and the optimal daily number of calories, as well as take into account the lifestyle:

The calorie content of food during active sport workouts should be higher than during a sedentary work in the office and the same rest at home in front of the TV.

The average daily calorie intake for men is, depending on age and lifestyle, 2,000-2,400 kcal, for women – 1,800-2,400 kcal.

The balance of proteins, fats and carbohydrates should normally be as follows: proteins — 30%; carbohydrates — 40-45%; fats — 25-30%.

With proper nutrition, the time of eating should be precisely calculated, since only the timely intake of nutrients can compensate for energy expenditures. For a healthy person, the most rational is a four-time diet. It ensures a uniform load on the digestive system, food is better digested and absorbed. In case of the two-time food intake, with intervals between meals of up to 7 hours or more, the level of cholesterol in the blood increases, fat deposits accumulate, and the intensity of the thyroid gland functioning decreases. In addition, after a long period of time, a person can eat a lot of food at once, overfilling the stomach and reducing the mobility of its walls. Distension of the stomach not only has a negative effect on the quality of food digestion, but also raises the diaphragm, interfering the normal cardiac activity. Long breaks cause the secretion of a large volume of the gastric juice and irritation of the gastric mucosa. Too small breaks between meals are also undesirable. In this case, there is not enough time for the complete digestion process, which can lead to disruption of the digestive tract functioning.

A very important factor in arranging a healthy diet is the regularity of a food intake. By a certain time, a person has a feeling of hunger, which triggers the secretion of the gastric juice necessary for the digestion of food. In case of a disruption of the diet, this reflex in a person fades away. Food enters the stomach, which is not yet ready for the process of digestion. As a result, the appetite decreases, and all the food that has entered the body is very poorly absorbed, which causes gastritis, cholecystitis and other diseases.

It takes from a few days to three weeks to form a habit to the chosen diet. Thus, a daily healthy diet is a real way to achieve not only a good body shape, but also good health.

Breakfast options.

Oatmeal with water or alternative milk with dried fruits and a small handful of nuts. Alternate with buckwheat, rice and millet porridge.

Sandwich of whole wheat bread, boiled chicken breast or lightly salted salmon, lettuce, tomatoes, low-fat cheese and herbs.

Omelette of 4 egg whites and 2 egg yolks with herbs.

Granola with berries and white yogurt.

Cottage cheese with white yogurt, nuts and fresh fruits or berries.

Hummus with tabbouleh and tortilla.

Dinner options.

Soy meat goulash with bell pepper.

Boiled whole grain pasta with minced veal and tomato.

Baked cauliflower with sea bass and bulgur.

Low-fat vegetable lasagna.

Creamy lentil soup.

Low-fat rolls without breading.

Supper options.

Stewed vegetables with pieces of boiled chicken breast.

Seafood with salad.

Vegetable omelette of 3 egg whites and 1 egg yolk with herbs.

Cottage cheese casserole.

Boiled beef with baked vegetables.

Snack options.

Nuts (almonds, cashews, macadamia, pecans, etc.)

A slice of rye bread and a spread of tuna or liver.

Warm lavash with cottage cheese and herbs.

3 pieces of the homemade oatmeal cookies.

Vegan candies made from candied fruits, nuts and seeds.

Chia pudding.

Healthy dessert options.

(Sugar should be replaced with stevia, wheat flour with rice flour, and milk with the lactose-free or alternative milk).

The best time to consume is before 4:00 p.m. (As a replacement for one of your food intakes if you have a daily calorie limit assigned).

-Oat cookies.

- Poppy-curd dessert.

- Fruit pastille.

- Vegan banana ice-cream.

- Apple marmalade.

-Cottage cheese casserole.

- Pumpkin-curd soufflé.

-Tiramisu.



-Candied fruits.

- Strawberry Chips.

- Dried citrus fruits.

- Chia pudding with mango.

- Vegan candy.

Eat natural food, refraining from the industrially processed products.

This report is formed according to the principle of mathematical modeling based on the tests of the state of health of organs and systems of the body, with the possibility of individual selection of sports nutrition, indicating kilocalories, as well as the content of Proteins, Fats and Carbohydrates in the diet. This information is advisory in nature and provides for further consultation with a nutritionist.

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Type of report: **Water balance**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

Attention!

2023-11-12 08:30:47

To correctly calculate water balance, it is necessary to add height and weight to the patient's card or questionnaire.

This report is formed according to the principle of mathematical modeling based on the tests of the state of health of the organs and systems of the body, with the possibility of individual selection of the daily rate of water and water balance indicator in the body. This information is advisory and provides for further consultation with a nutritionist.

Type of report: **Description of complexes**

Session: **2023-11-12 08:30:47**

Full name **momo test-number-**

Sex: **Male**

Saved complexes not found

Saved complexes