



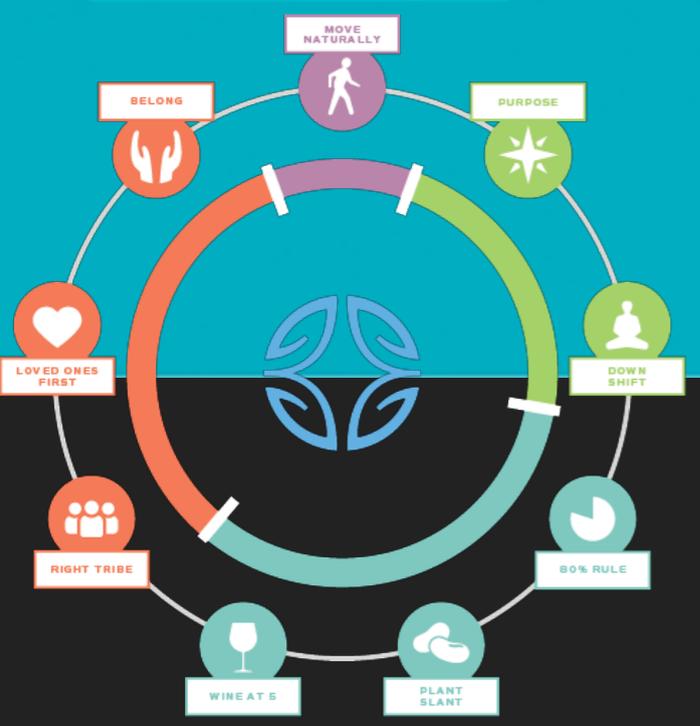
LOMA LINDA, CALIFORNIA
 Stress-reducing, healthy diet practices of local Seventh Day Adventists rub off on the whole town

SARDINIA, ITALY
 Daily wine and laughter help Sardinian men enjoy the longest male lifespan

NICOYA, COSTA RICA
 Water naturally rich in calcium and magnesium may help prevent heart disease and weak bones

IKARIA, GREECE
 Napping, occasional fasting and drinking goat milk may add years to life

OKINAWA, JAPAN
 Dedication to family and friends lifts Okinawan women to the longest female lifespan



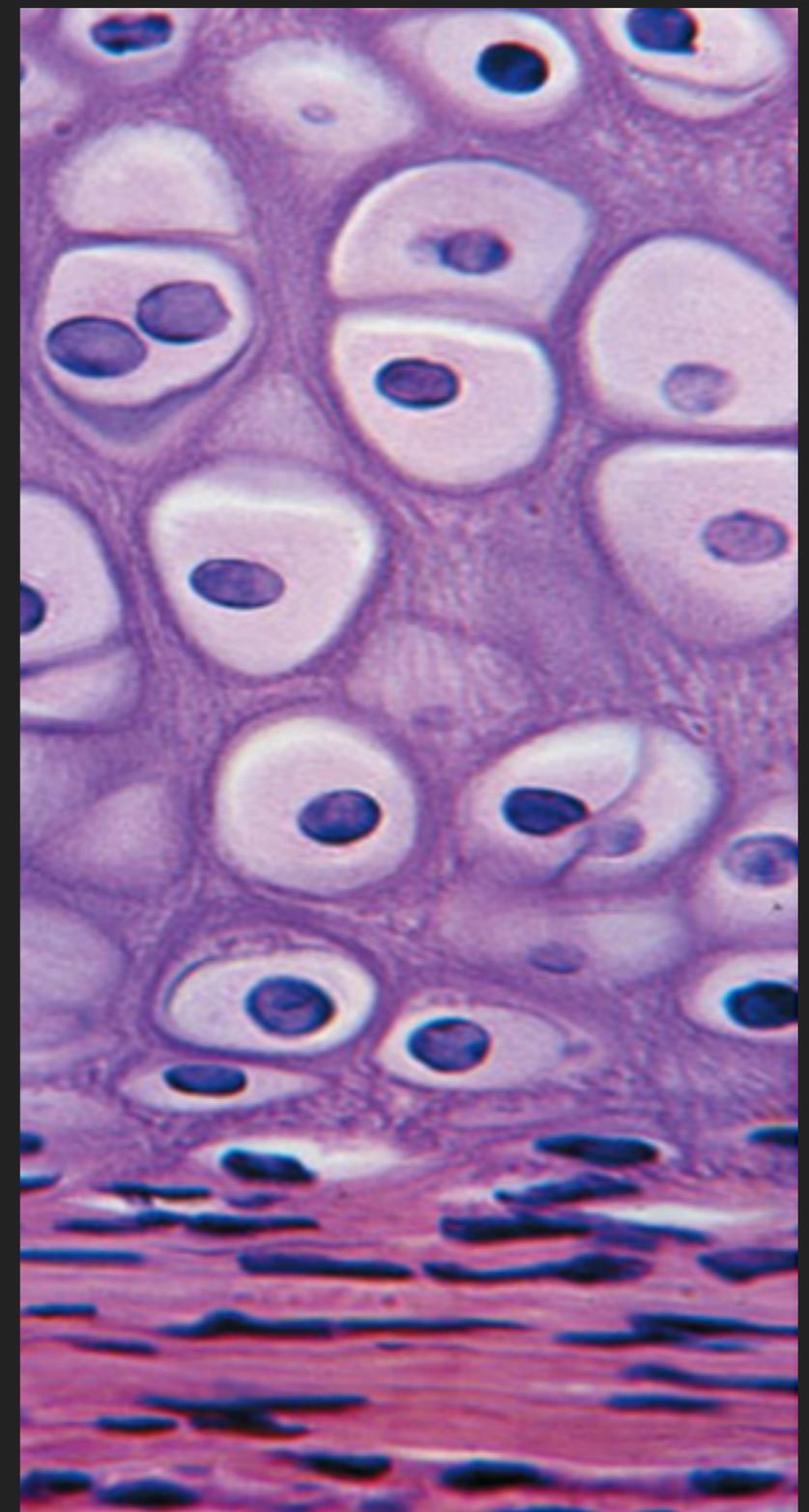
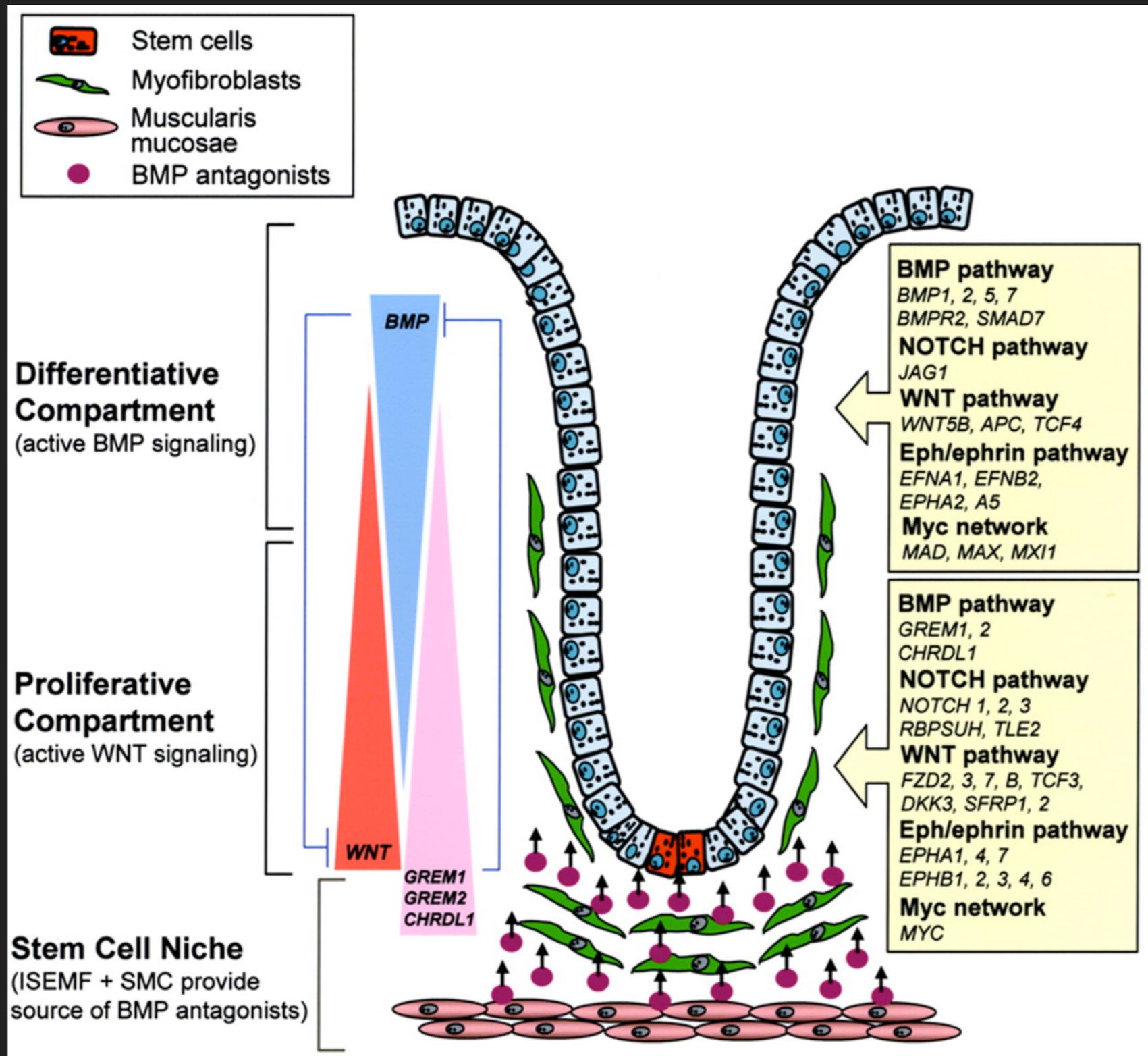


OKINAWA

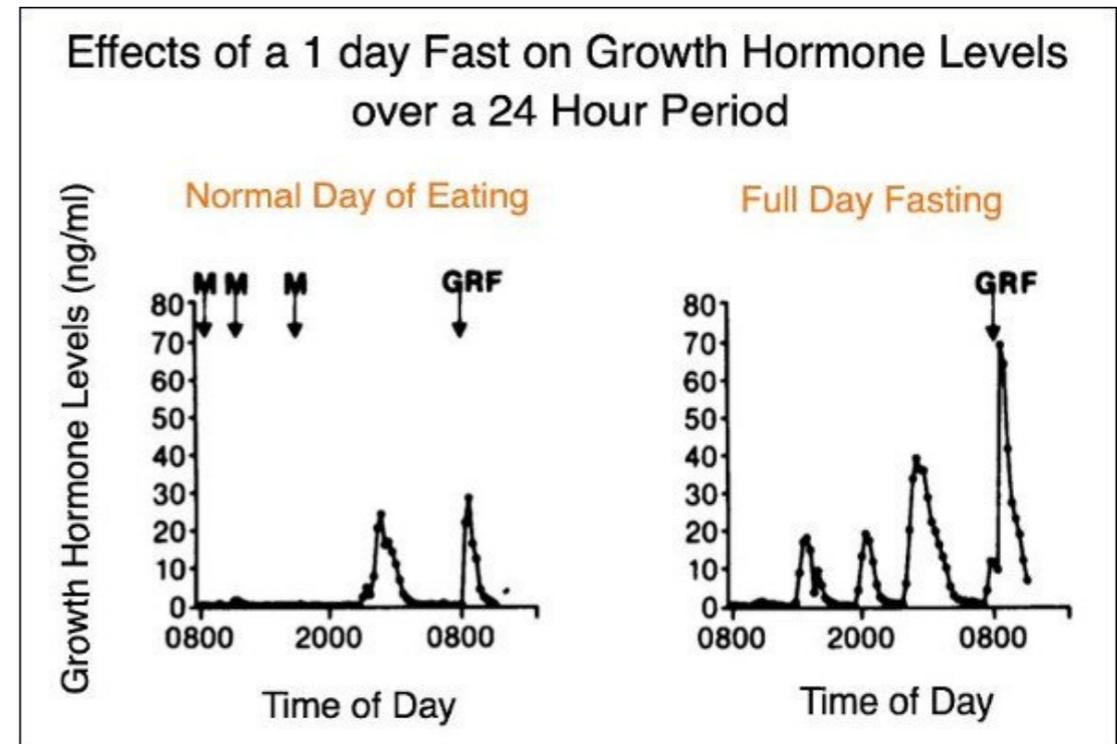
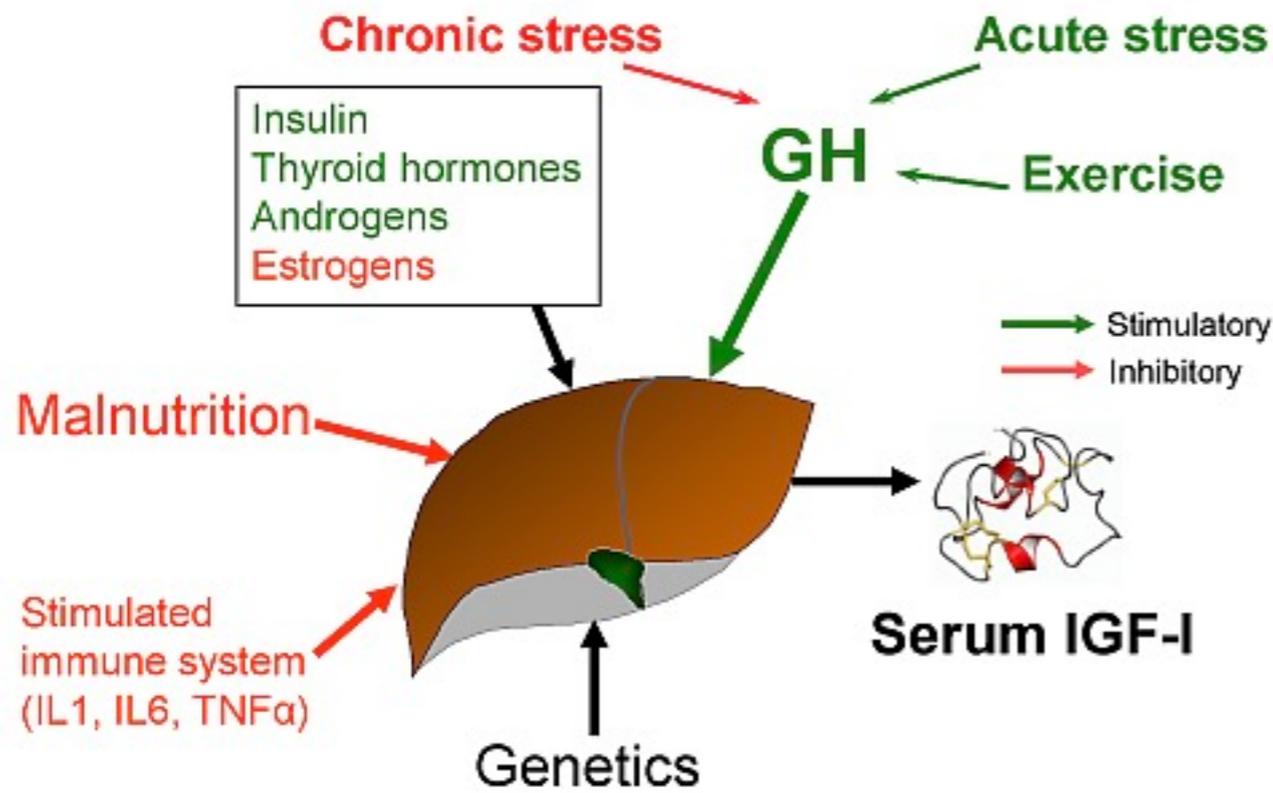
SARDINIA



STH & KMENOVÉ BB.

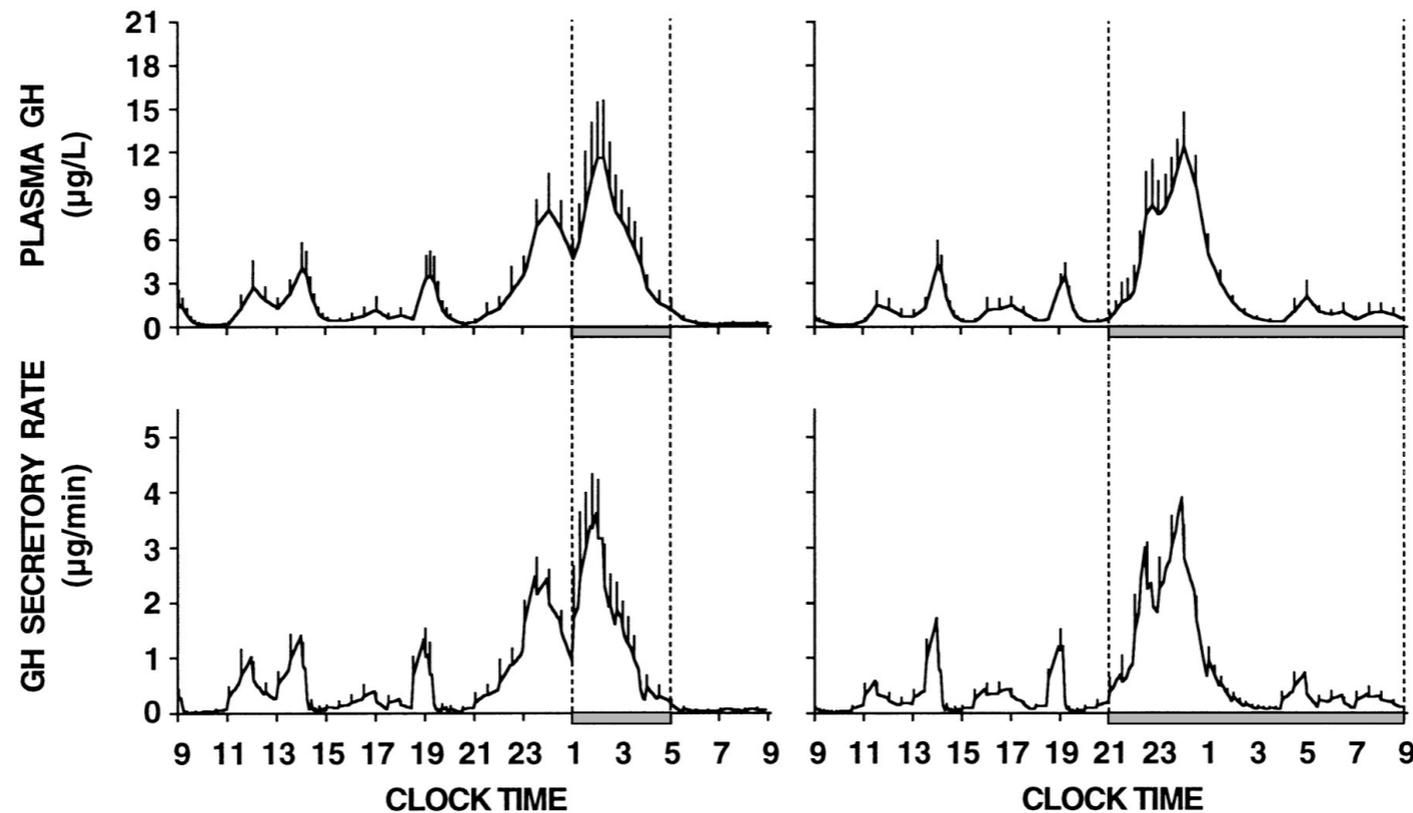


Factors that Influence Serum IGF-I



SLEEP RESTRICTION

SLEEP EXTENSION



SUPLEMENTY

10%

SPORT – POHYB

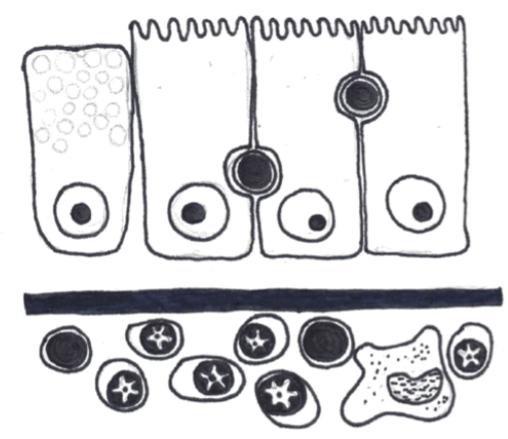
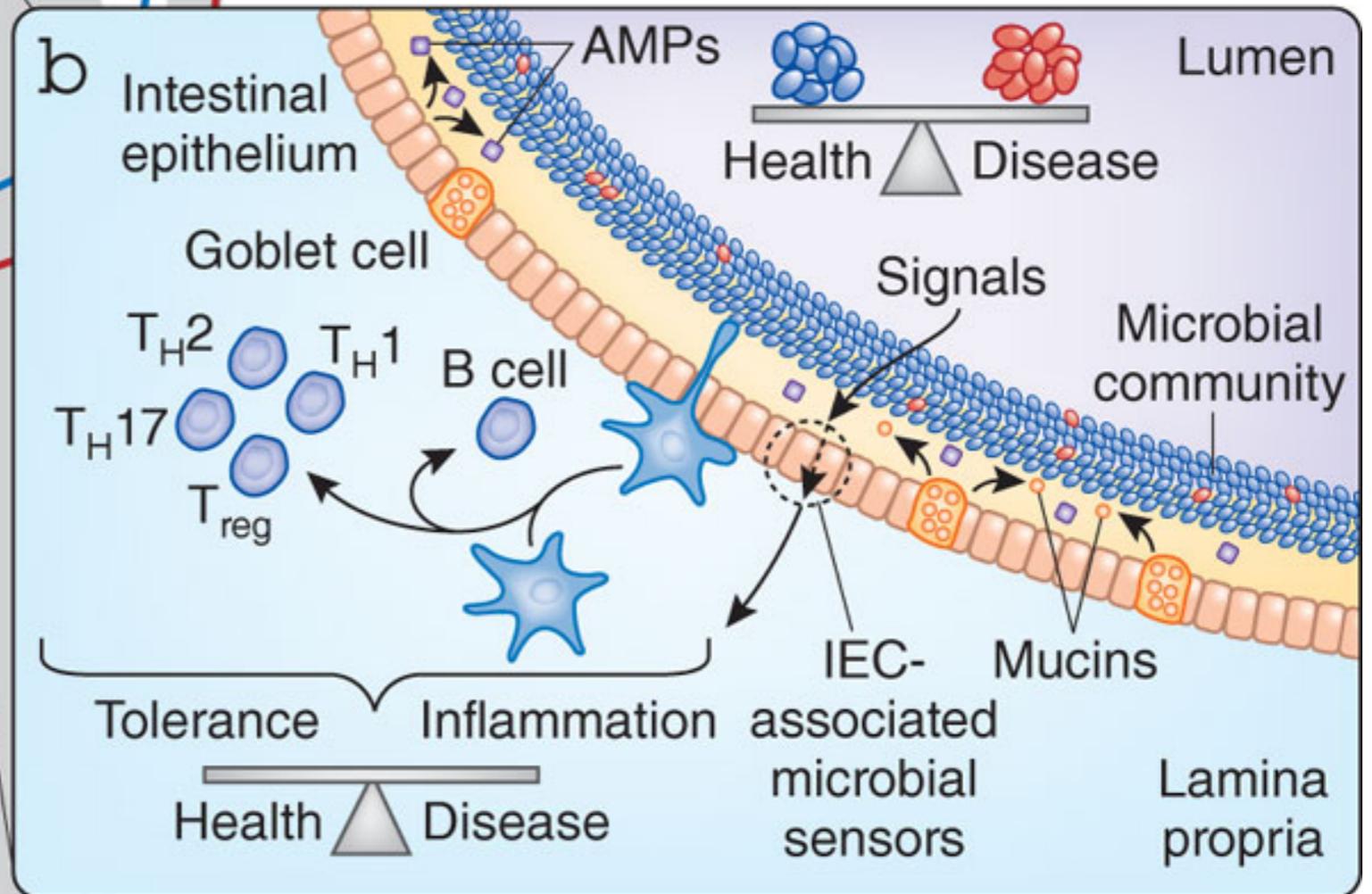
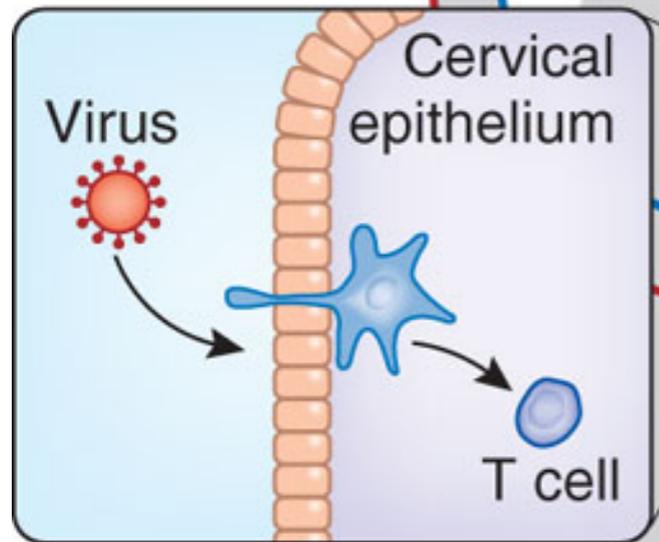
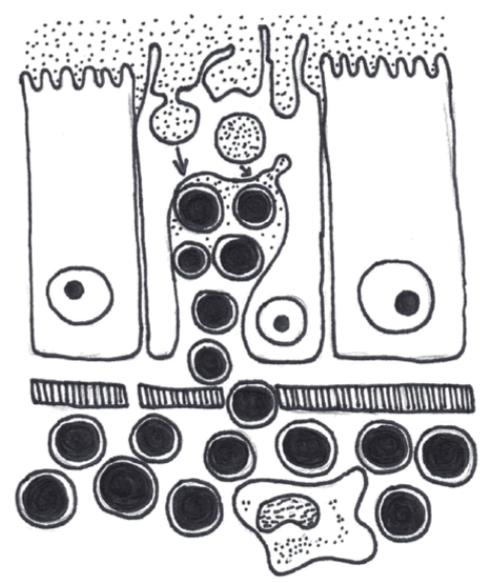
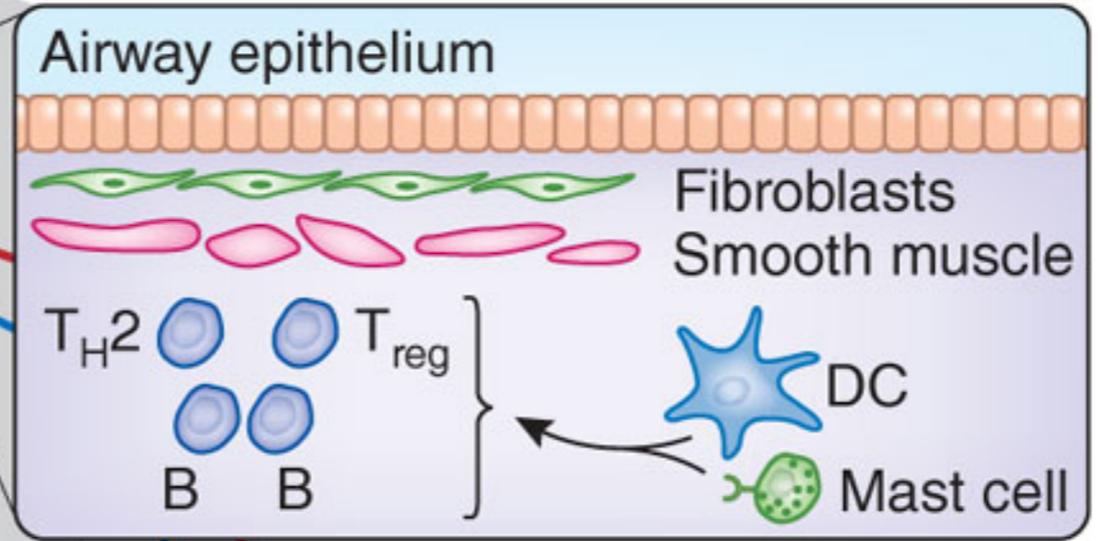
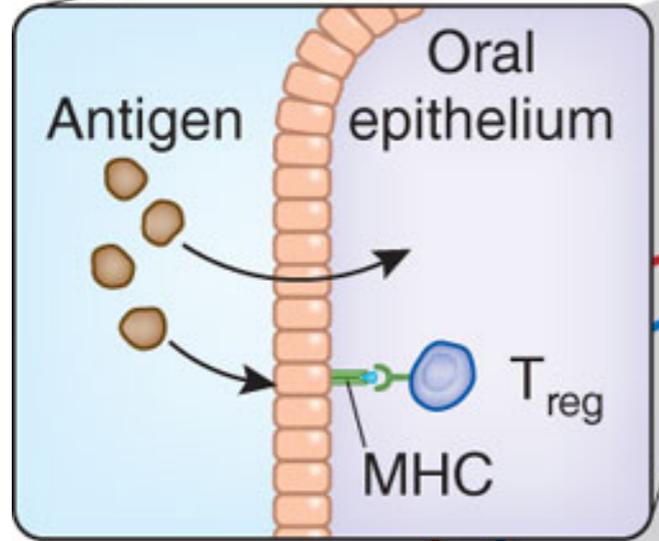
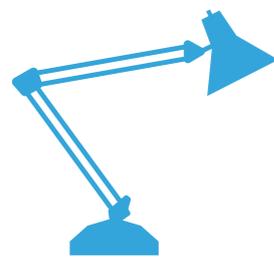
20%

STRAVA

70%

REGENERACE

KMENOVÉ BB.







Tui Heights Healthy Food Pyramid

- Eat sensibly — use common sense
- Avoid extremes
- Eat homemade
- Eat home grown or organic when you can
- Limit or avoid processed & junk foods
- Avoid artificial sweeteners & sugar
- Avoid most vegetable oils & ALL margarine

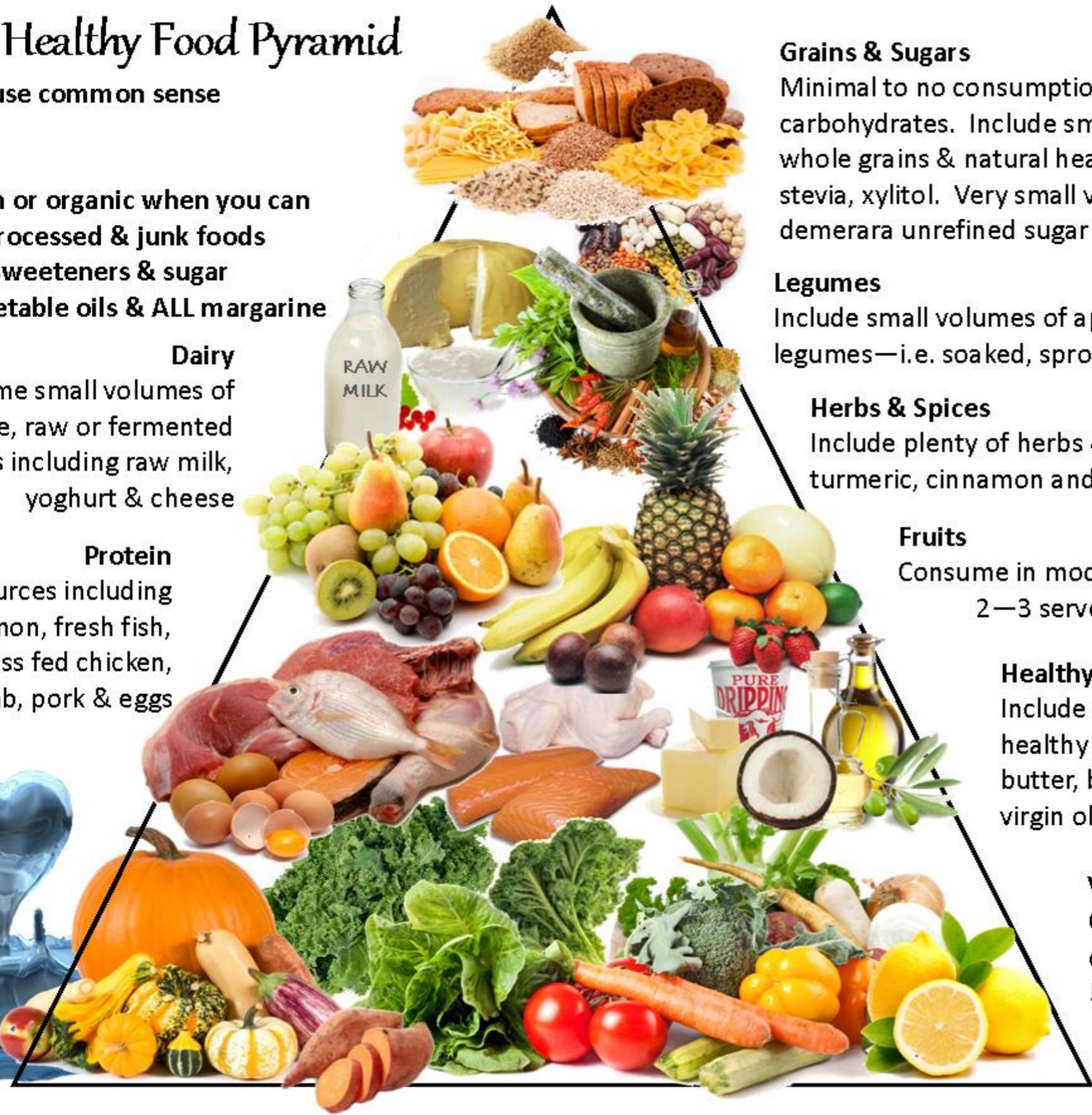
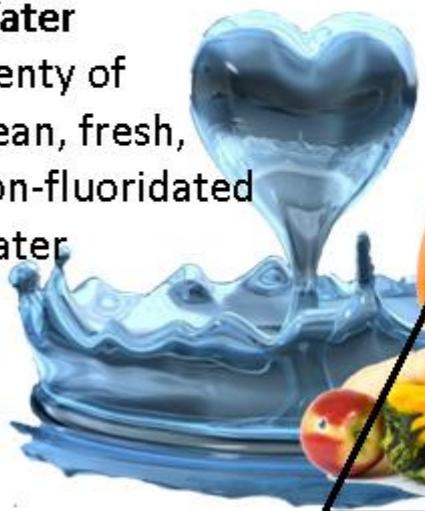
Dairy

Consume small volumes of healthy whole, raw or fermented dairy products including raw milk, yoghurt & cheese

Protein

Include healthy sources including wild salmon, fresh fish, free range & grass fed chicken, turkey, beef, lamb, pork & eggs

Water
Plenty of clean, fresh, non-fluoridated water



Grains & Sugars

Minimal to no consumption of simple sugars & carbohydrates. Include small volumes of ancient grains, whole grains & natural healthy sweeteners like honey, stevia, xylitol. Very small volumes of muscovado or demerara unrefined sugar is ok too—for most people.

Legumes

Include small volumes of appropriately prepared legumes—i.e. soaked, sprouted, fermented

Herbs & Spices

Include plenty of herbs & spices especially turmeric, cinnamon and Himalayan salt

Fruits

Consume in moderation
2—3 serves daily

Healthy Fats

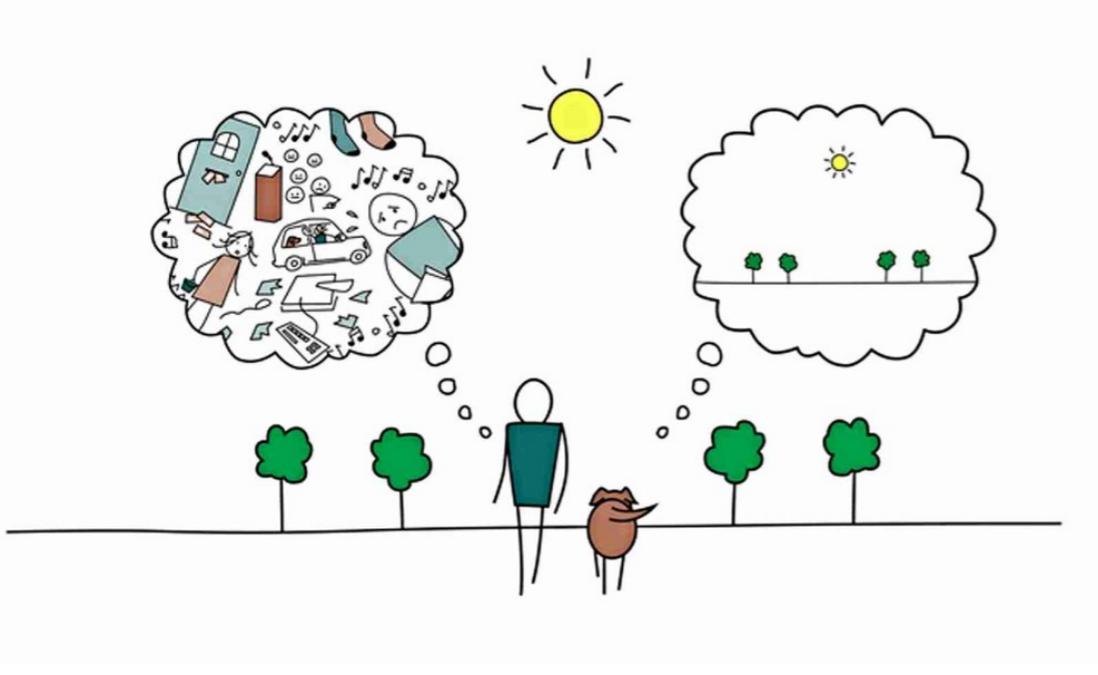
Include moderate amounts of healthy fats including coconut oil, butter, beef dripping or lard, extra virgin olive oil, avocado & raw nuts

Vegetables

Consume lots of fresh, lightly cooked & raw vegetables
5—8 serves daily



<u>3. NEBEZPEČNÁ POTRAVINOVÁ ADITIVA</u>	
E102, TARTAZIN	E228, HYDROGENSIŘIČITAN DRASELNÝ
E104, CHINOLINOVÁ ŽLUŤ	E231, ORTHOFENYLFENOL
E110, POTRAVINÁŘSKÁ ŽLUŤ 3	E232, ORTHOFENYLFENOLÁT SODNÝ
E120, KOŠELINA, KYSELINA KARMÍNOVÁ	E239, HEXAMETHYLENTETRAAMIN
E122, AZORUBIN, KARMOISIN	E310, PROPYLGALLÁT
E123, AMARANT (BARVIVO)	E311, OKTYLGALLÁT
E124, POTRAVINÁŘSKÁ ČERVENĚ 7	E312, DODECYGALLÁT
E127, POTRAVINÁŘSKÁ ČERVENĚ 14	E320, BUTYLHYDROXYANISOL (BHA)
E128, AZOGERANIN (ČERVENĚ)	E321, BUTYLHYDROXYTOLUEN (BHT)
E129, ČERVENĚ ALLURA AC	E400, KYSELINA ALGINOVÁ
E131, POTRAVINÁŘSKÁ MODŘ V	E401, ALGINÁT SODNÝ
E132, POTRAVINÁŘSKÁ MODŘ 1	E401, ALGINÁT SODNÝ
E133, POTRAVINÁŘSKÁ MODŘ 2	E402, ALGINÁT DRASELNÝ
E151, BRILANTNÍ ČERŇ BN	E402, ALGINÁT DRASELNÝ
E154, POTRAVINÁŘSKÁ HNĚĚ 1	E403, ALGINÁT AMONNÝ
E155, POTRAVINÁŘSKÁ HNĚĚ 3	E404, ALGINÁT VÁPENATÝ
E160b, ANNATO, BIXIN, NORBIXIN (BARVIVO)	E405, PROPYLENGLYKOLALGINÁT
E180, LITHOLRUBIN BK	E407, KARAGENANY
E200, KYSELINA SORBOVÁ	E410, KARUBIN
E202, SORBAN DRASELNÝ	E413, TRAGANT
E203, SORBAN VÁPENATÝ	E413, TRAGANT
E210, KYSELINA BENZOOVÁ	E452, POLYFOSFOREČNANY
E210-213, BENZOÁTY	E620, KYSELINA L-GLUTAMOVÁ
E210-E2013, KYSELINA BENZOOVÁ A JEJÍ SOLI	E620-E625, GLUTAMÁTY, GLUTAMANY
E211, BENZOÁT SODNÝ	E623, GLUTAMAN VÁPENATÝ
E212, BENZOÁT DRASELNÝ	CHININ
E213, BENZOÁT VÁPENATÝ	KARBOVÝ PRÁŠEK
E214-E219, PARABENY	KYSELINA SALICYLOVÁ
E215, ETHYLPARAHYDROXYBENZOÁT SODNÁ SŮL	
E218, METHYL PARABEN	
E219, METHYLPARAHYDROXYBENZOÁT	
E220-E228, SIŘIČITANY	
E222, HYDROGENSIŘIČITAN SODNÝ	
E223, DISIŘIČITAN SODNÝ	
E224, DISIŘIČITAN DRASELNÝ	
E227, HYDROGENSIŘIČITAN VÁPENATÝ	





100%

TUK

75%

50%

BÍLKOVINY

25%

SACHARIDY

0%

6AM

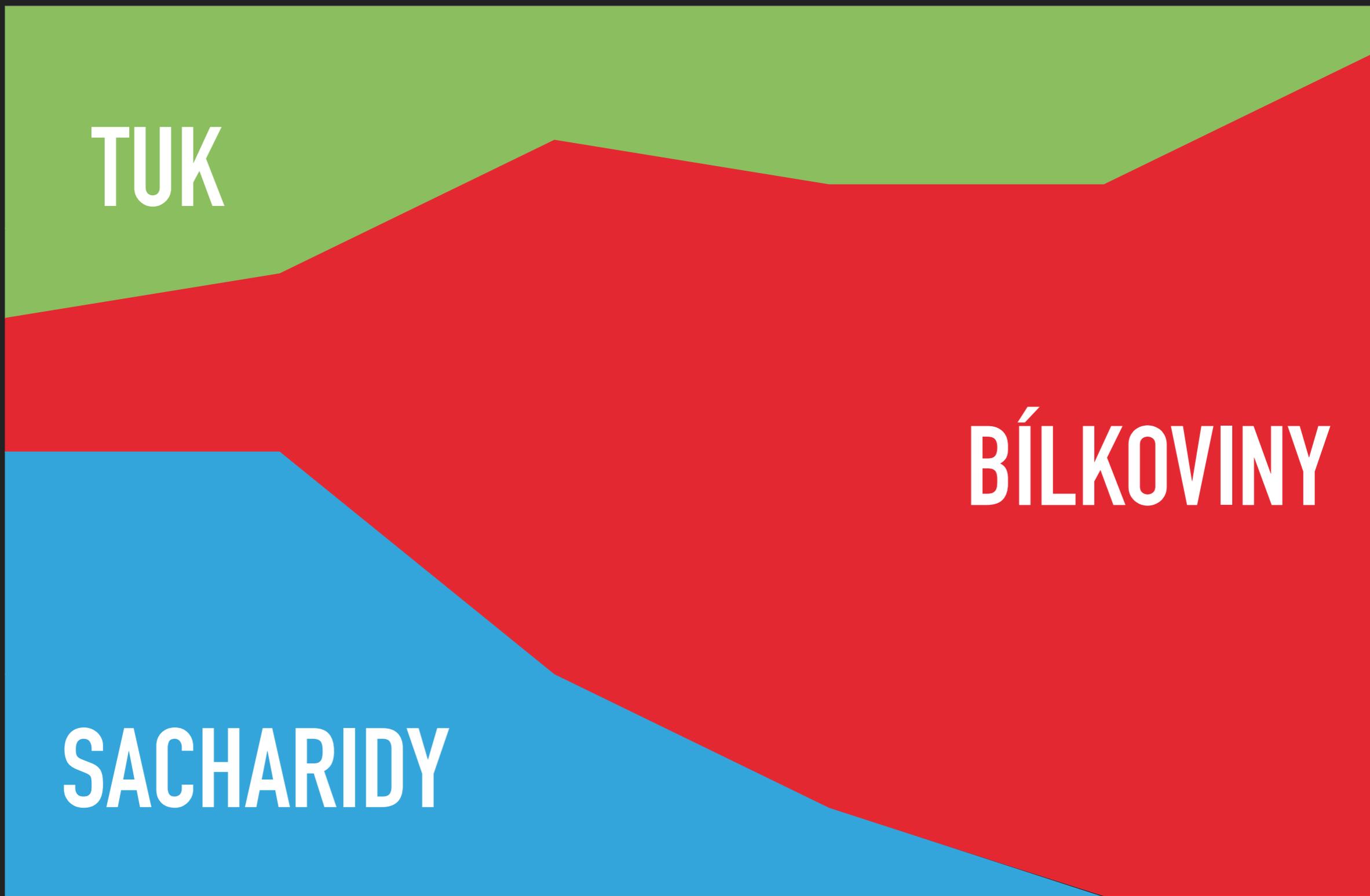
10AM

NOON

3PM

6PM

10PM

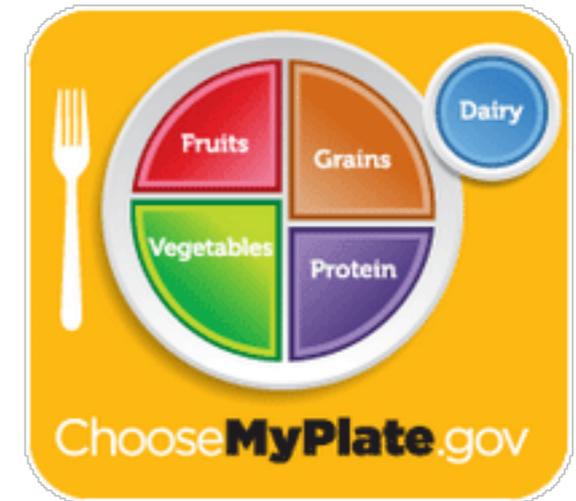


Find your **balance** between food & fun!



Eat well.
Be active.
Have fun.

For your personal plan go to:
ChooseMyPlate.gov





Q&A