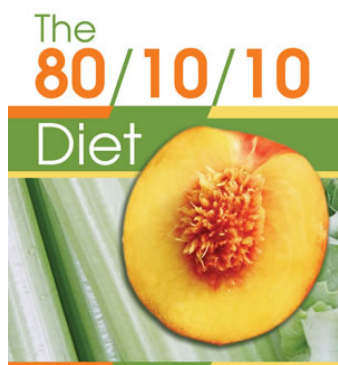


Scris de Administrator
Marți, 04 Decembrie 2012

Titlu:

The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life, One Luscious Bite at a Time



Balancing Your Health, Your Weight, and Your Life,
One Luscious Bite at a Time

Dr. Douglas N. Graham

Autor(i):

- **Dr. Douglas N. Graham**

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Prezentare:

[ROMANA]

Dr. Doug Graham a luat dieta de enorm succes cu nivel scazut de grasimi (saraca in grasimi, putine grasimi) dieta pe baza de plante (plante alimentare) si a incarcat-o, optimizat-o la putere maxima (turbo) fara precedent, oferindu-i rezultate care nu se incadreaza, depasesc tiparele stiute (pentru optimizarea sanatatii, sanatate exceptionala).

Eclipsand chiar si beneficiile uimitoare atat de bine documentate de catre profesionistii din domeniul sanatatii (cartea Studiul China, etc.) de renume care sustin, de asemenea alimentarea cu un nivel scazut, sarac de grasimi, planul Dr-ului Graham este in primul rand prezentarea unei diete, alimentatii sarace in grasimi si programul de stil de viata bazat exclusiv în jurul fructelor integrale (neprocesate), proaspete, crude si vegetale.

De la o echilibrare a greutatii corporale fara efort, pana la o sanatate vibranta (exceptionala) fara precedent si ameliorarea, vindecarea afectiunilor ("bolilor") pana la performantele atletice exceptionale, Dieta 80/10/10 ofera in moduri in care nici un alt plan (dieta, alimentatie) nu poate spera acestea.

Dar, in loc de a citi neobosita noastra sustinere, aici (in carte) sunt 811 povesti de succes din jurul, intreaga lume.

Dupa mai mult de 5 ani de munca intensa ghidul definitiv Dieta 80/10/10 este aici!
Pune mana pe cea mai recenta carte a Dr.-lui Douglas Graham, Dieta 80/10/10 - Echilibrarea Sanatatii Tale, Greutatii Tale, si a Vietii Tale, O Mancare Delicioasa la un Moment Dat.

Daca ati luptat sa ramaneti pe alimentatia crudivora (vegan crudivor - raw vegan - gatit fara foc, mancare fara foc, neprocesata termic), doriti sa pierdeti in greutate (sa slabiti), sau sa va schimbati viata in mai bine, nu cautati mai departe decat aceasta carte inovatoare.

[ENGLISH]

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results.

Eclipsing even the astounding benefits so well documented by renowned health professionals (The China Study book, etc.) who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables.

From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match.

But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

After more than 5 years of intensive work the definitive guide to the 80/10/10 Diet is here! Get your hands on the latest book by Dr. Douglas Graham, The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life, One Luscious Bite at a Time.

If you have struggled with staying raw (raw vegan - cooking without fire, food without fire, thermally processed), would like to lose weight, or change your life for the better, look no further than this groundbreaking book.

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[ROMANA]

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Cuprinsul cu notele si tabelele le puteti vedea pe Amazon.com, aveti link mai jos la linkul spre cartea de pe Amazon.

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Adresabilitate:

Medici practicieni de diferite specialitati, nutritionisti, antrenori si sportivi (amatori sau de performanta), publicul larg.

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Extras din carte / Extras from the book:

Scribd: [The Diet 80 10 10 - Success Guide - Dieta 80 10 10 - Ghidul de Succes](#)

80/10/10 este o importanta sursa de resurse pentru informatii despre macronutrientii de care aveti nevoie!

Calorii/100 g + % Apa + % Fibre + Carbohidrati, Proteine, Grasimi (masurate in grame si in calorii %) PLUS: Portiile comune cu echivalente in grame pentru stilul de viata in ce priveste alimentatia crudivora (vegan crudivor), este important sa stii ce mananci...

Felicitari! Aveti in mana ghidul suprem pentru succesul pe termen lung pe calea voastra catre sanatate vibranta (de exceptie, de varf).

The authoritative 80/10/10 resource for the macronutrient information you need!

Calories/100 g + % Water + % Fiber + Carbohydrate, Protein, Fat (in both grams and % calories) PLUS: Common portions with gram equivalents on the raw-food lifestyle, it's important to know what you're eating ...

Congratulations! You hold in your hand the ultimate guide for long-term success on your path to vibrant health.

Dr. Douglas Graham

[ROMANA]

Despre Dr. Douglas Graham

Dr. Douglas Graham, un atlet intreaga viata si adeptul alimentatiei crudivore vegane (raw vegan) din 1978, este un consultant pentru atleti de clasa mondiala si antrenori, formatori din intreaga lume. El a lucrat profesional cu artisti de top din aproape orice sport si fiecare domeniu de divertisment, inclusiv cele mai notabile cum ar fi legenda in tenis Martina Navratilova, jucatorul de Basketball profesionist NBA - Grandison Ronnie, pista olimpica - sprinterul Dickinson Doug, fotbal feminin profesionist - jucatoarea Withers Callie, campionatul de culturism - Kenneth G Williams, "Supa de Pui pentru Suflet" coautor Mark Victor Hansen, si actrita Demi Moore.

Ca proprietar al unui institut de postit (institut unde se practica postul pentru vindecarea bolilor, afectiunilor) in Florida Keys timp de zece ani, dr. Graham a supravegheat personal mii de [persoane care au postit](#) (detoxificare, regenerare, vindecare prin post). El a fost, in practica privata, un chiropractician timp de douazeci de ani, inainte de retragerea din acest domeniu, pentru a se concentra pe scrierile si prezentarile lui (despre sanatate si stil de viata sanatos).

Dr. Graham este autorul a numeroase carti de alimentatie cruda (crudivora - gatit fara foc, mancare fara foc, neprocesata termic) si de sanatate, inclusiv Dieta cu Cantitati Mari de Energie

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Noul Ghid cu Retete (The New High Energy Diet Recipe Guide), Nutritia si Performanta Atletica (Nutrition and Athletic Performance), Pericolele Cerealelor (Grain Damage), Prevenirea si ingrijirea accidentelor atletilor (Prevention and Care of Athletic Injuries) si Dieta 80/10/10 (The 80/10/10 Diet).

El a impartasit strategiile sale de succes la public avand audiente la mai mult de 4.000 de prezentari din intreaga lume si este recunoscut ca fiind unul dintre parintii miscarii moderne pentru alimentatia crudivora (alimentatie numai cu cruditati - gatit fara foc, mancarea fara foc, mancarea neprocesata termic).

(...)

Mai multe detalii la: <http://foodnsport.com/about.php>

Persoanele care au o alimentatie crudivora (mananca numai alimente crude), de obicei acestia sunt vegetarieni si se se numesc vegani crudivori sau raw vegans (in engleza).

[ENGLISH]

About Dr. Douglas Graham

Dr. Douglas Graham, a lifetime athlete and raw fooder since 1978, is an advisor to world-class athletes and trainers from around the globe. He has worked professionally with top performers from almost every sport and every field of entertainment, including such notables as tennis legend Martina Navratilova, NBA pro basketball player Ronnie Grandison, track Olympic sprinter Doug Dickinson, pro women's soccer player Callie Withers, championship bodybuilder Kenneth G. Williams, Chicken Soup for the Soul coauthor Mark Victor Hansen, and actress Demi Moore.

As owner of a fasting retreat in the Florida Keys for ten years, Dr. Graham personally supervised thousands of [fasts](#) . He was in private practice as a chiropractor for twenty years, before retiring to focus on his writing and speaking.

Dr. Graham is the author of many books on raw food and health including The High Energy Diet Recipe Guide, Nutrition and Athletic Performance, Grain Damage, Prevention and Care of Athletic Injuries and The 80/10/10 Diet.

He has shared his strategies for success with audiences at more than 4,000 presentations worldwide and is recognized as one of the fathers of the modern raw food movement.

(...)

More details at: <http://foodnsport.com/about.php>

People that eat a raw food (only raw foods), usually those are vegetarians and they are called raw vegans.

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Pentru a cumpara cartea vedeti:

- siteul oficial al cartii: FoodnSport.com (dar gasiti aici si alte carti scrise de dr. Douglas Graham)

- sau la The 80/10/10 Diet - Amazon.com

- cartile scrise de dr. Douglas Graham le gasiti si pe Amazon.com:

* [Nutrition and Athletic Performance](#) (Nutritia si Performanta Atletica) by (de) Douglas N. Graham (Dec 4, 2008)

* [The New High Energy Diet Recipe Guide](#) (Dieta cu Cantitati Mari de Energie Noul Ghid cu Retete - [energie mai ales din fructe care contin carbohidrati simpli pe care organismul ca sa-i poata folosi ii descompune, converteste in zaharuri simple - glucoza, fructoza - cea mai buna si sanatoasa sursa de energie pentru corpul uman]) by (de) Douglas N. Graham (Aug 31, 2007)

* [Grain Damage: Rethinking the High-Starch Diet](#) (Pericolele Cerealelor: Regandirea Dietei Bogate in Amidon) by (de) Douglas N. Graham (Mar 1, 2005)

* [On Nutrition and Physical Performance](#) (Despre Nutritie si Performanta Psihica) by (de) Dr. Douglas N. Graham (2000)

Prezentari video cu Dr. Douglas Graham, despre alimentatia sanatoasa, Dieta 80/10/10, vindecari uimitoare, marturii, etc. :

Dr. Graham to Speak at Woodstock Fruit Festival - Dr. Graham la Festivalul Fructelor Woodstock

{youtube}BTjimm3zYTc{/youtube}

Why Pay for Health Education? Dr. Doug Graham Answers - De ce sa platesti pentru a te educa in Sanatate? - Raspunsurile Dr-lui Doug Graham

{youtube}otrNobWDy10{/youtube}

De ce este bine sa investim in sanatatea noastra?

Este mai ieftin sa fii sanatos sau sa fii bolnav?

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Cine castiga, cine pierde daca suntem sanatosi sau bolnavi?

De ce sa platim cu sutele educatia pentru sanatate? sau carti? sau DVD-uri?

Dr. Doug Graham raspunde la aceasta intrebare intr-un mod succint intr-un questionar Intrebari si Raspunsuri.

Why is it good to invest in our health?
Is cheaper to be healthy or to be ill?
Who wins, who loses if we are healthy or sick?

Why would anyone pay hundreds for health education? or books? or DVDs?

Dr. Doug Graham answers this question succinctly in a short Q&A.

80/10/10 Proof! The Raw Vegan Debate Is Over! - 80/10/10 Dovada! Dezbaterrea (si neclaritatile, neincrederea despre alimentatia) Vegana Crudivora s-a Sfarsit! - Part 1 of 2
{youtube}ucHEVNX2c9o{/youtube}

Dovada este aici! Terminati Dezbaterile! Fructele sunt Castigatoare!

Dieta vegetariana crudivora, (dieta) 80/10/10, a permis oamenilor, de TOATE formele si marimile, sa obtina sanatate si performanta de varf (exceptionala). O urmezi, obtii rezultatele. E atat de simplu.

Ce? Ati auzit altfel?

Ei bine, fiti siguri dovada este in budinca de sapote (sapote este o fructa originara din Mexic, orice budinca este sanatoasa daca este facuta din fructe crude, proaspete si culese la momentul optim de coacere). Studiati imaginile, retetele culinare si informatiile de pe siteul dr-lui Graham.

E timp pentru a sari la bord, aceasta barca banana a parasit deja docul.

[Mamey sapote](#) ([Pouteria sapota](#)) este un fruct tropical nativ din sudul Mexicului si America Centrala. Se gaseste si in alte zone precum Cuba, Republica Dominicana, America de Sud sau Florida.

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The Proof Is In! End the Debate! Fruit Wins!

The premier raw vegan diet, 80/10/10, has been allowing people, of ALL shapes and sizes, to achieve peak health and performance. You follow it, you get the results. It's that simple.

What? Have you heard otherwise?

Well, rest assured the proof is in the sapote pudding. Study the pictures and study the pages of information on Dr. Graham's website.

Time to jump on board, this banana boat has already left the dock.

Amazing Before and Afters, Body Transformations | The 80/10/10 Diet Proof Video #2 - Uimitor Inainte si Dupa, Transformarile Corpului (..si vindecari de "boli", afectiuni grave si "incurabile") - Dieta 80/10/10 Dovada video -

Part 2 of 2

{youtube}TivRDePErA0{/youtube}

Dieta 80/10/10 functioneaza pentru toata lumea care se implica. Vedeti aceste uimitoare inainte si dupa, transformari ale corpului, corpuri frumoase si tur, demonstratii de forta in fitness (conditie fizica foarte buna).

Ia-ti astazi cartea "Dieta 80 / 10/10 ", si incepe programul tau de sanatate si fitness.

The 80/10/10 Diet works for everyone that works it. Check out these amazing before and afters, body transformations, beautiful bodies and fitness stunts.

Enjoy, subscribe, and spread the video.

Get your copy of the '80/10/10 Diet' today, and jump start your health and fitness program.

Amazing Before and Afters Body Transformations. The 80 10 10 Raw Vegan Diet - Uimitor Inainte si Dupa, Transformarile Corpului.

Dieta 80/10/10

Vegan Crudivora

{youtube}unBv5wFYhBE{/youtube}

A Celebration of Raw Food Unity - Sarbatorirea Unitatii in Alimentatia Crudivora - Celebrarea Armoniei Alimentatiei Crudivore

{youtube}RwBk2_RFuMo{/youtube}

Within the raw food community, 80/10/10 is the sole movement that is growing. In the raw food world, others are dropping out as quickly as they are coming in, until they find 80/10/10. Those on 80/10/10 are using this guideline for years and years, with impressive results happening all along the way.

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Remember: 80/10/10 is a guideline, NOT a hard strict rule. We recommend a 100% raw food diet, but 80/10/10 can also be maintained with the inclusion of cooked food.

Music by Tim McMorris - 'Shape The World'

Come along and meet some of the beautiful beings enjoying a fruit-based 80/10/10 style of eating....

Let's shape the world!

(Many of those featured can be found here on YouTube. Look for **)(Sorry that we could not include everyone and all in this video. We have another video coming very soon that features all of the 811 related YouTube channels we could find)

Dr. Douglas Graham - Age 60, 30+ years raw vegan, lifelong athlete, pro trainer, author, speaker *FoodnSport*

1. Robert Martin - Age 64, Pro Musician, Zappa band member *Robert Martin*

2. Kristina Carrillo-Bucaram - Healed hyperglycemia, founded the #1 Co-op in the USA *FullyRaw*

3. Robert Lockhart - Age 68, 30+ yrs raw vegan, can walk on hands across entire football field

4. Megan Elizabeth - Lost 60lbs, Author, Raw chef *Easytoberaw*

5. Don Bennett - 25+ yrs Raw vegan, Author, Speaker
6. Evan Rock - *FruitZen*
7. Pam Boteler - National Canoeist Champion
8. Denis Mikhaylov - Champion Ultramarathoner *DenisFruktoed*
9. Dan McDonald - Raw chef, Speaker *TheLifeRegenerator*
10. Adam Frewer - Pro Stuntman, Actor, Model *Rawsomeliving1*
11. Anne Osbourne - 20+ yrs raw vegan, Mother of 2 raw children, Author
12. Kathleen Leonard - Ironman triathlete, Mother of 3
13. Richard Gambino - Age 50, US Masters Running Champ
14. Chris Randall - Lost 160+lbs *realrawresults*
15. Tim Van Orden - US National Running Champ, Speaker *runningraw*

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16. Vicky Arnstein - Champion Ultramarathoner *vicky2c*

17. Alicia Grant - No more headaches or indigestion *Rawsynergy*

18. Victoria Everett - Lost 120+lbs *thecrazybananalady*

19. Ted Carr - Ironman Triathlete *hawaiilivin*

20. Harley Johnstone - Durianrider *durianriders*

21. Karen Ranzi - Author, Mother of Gabriela *SuperHealthyChildren*

22. Freelee - Dropped 40lbs, The "BananaGirl" *freelea*

23. Chris Kendall - Yoga & Nutrition Practitioner, Raw chef *ck1nsh*

24. Paul & Yulia Tarbath - Recovered from chronic illnesses *Rawsomehealthy*

25. Richie Fruitbat - Regained health, after undiagnosed celiac disease *RichieFruitbat*

26. Andrew Perlot - Lost 55lbs, Healed Colitis *Andrew Perlot*

27. Jessica - Got rid of chronic stomach pain *40andFitonFruit*

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28. Michael Arnstein - Multiple Ultrarunning Championships, Sub 2:30 Marathon *TheFruitarian*

29. Tarah Shannon - Lost Weight, Beginner Raw Chef *40BelowFruity*

30. Karl Ess - Fitness Trainer, Athlete *karlessdotcom*

31. John Kohler - Healed Spinal Meningitis, Raw Equipment Expert *okraw*

32. Sexy Raw Vegan Drew - Shed 30+ lbs, Author, Trainer *thesexyrawvegan*

33. Grant Campbell - Raw Aussie Athlete, Ultramarathoner

34. Mike Vlasaty - 400+lb Deadlift *fruitnstrength*

35. Kevin Cosmo - Ultramarathoner, Author, High Energy Parent of 2 *FruitForLifeCo*

Join all of us at Woodstock Fruit Festival 2013!!!

How Fruit Will Save the World; The Sweet, Simple Solution - Cum pot salva Fructele Lumea; Dulcea si Simpla Solutie.

{youtube}oLKKVBCE2nI{/youtube}

If you are worried about the environment, if you want to see an Earth abundant with life, if you desire a world that is peaceful, then fruit is your savior.

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By simply eating sweet, juicy, delicious fruits and vegetables, we place ourselves back in alignment with our natural ecology. This seemingly simple solution to saving the world, has far reaching effects on the animals, the flora, the oxygen availability, the quality of our food, human health, fuel emissions, and on and on.

If you consider yourself an environmentally conscious human being, then it's high time you adopt a diet and lifestyle that reflects this consciousness. Eat your fruits and vegetables!

Eat 80/10/10 low-fat raw vegan!

Raw Food Girls - Fetele cu Alimentatia Crudivora - Cum arata fetele care mananca fast-food fata de fetele care mananca crudivor, care au o alimentatie vegetariana crudivora?

{youtube}iO7LZTd1eho{/youtube}

What's the difference between eating fast food from McDonald's, BK, etc and eating nature's fast foods? If you think it's no big deal, then you need a Wake Up song!

For the sake of vanity and health, stick to nature's fast food.

This video was made as a light-hearted showcase of some benefits of eating more raw fruits and vegetables. Please keep the comments equally light-hearted. =)
(Any vulgarity will be removed)

Song "Raw Food" by SkillinJah

Lyrics:

(Spoken) Every single day this gal a come in me ears
and ring, dingy, ingy, dingy,

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she want fast food, but she want Mc Donalds
I tell her she should eat more vegetables and more fruit
That's what I say, yo! (Spoken)

Over 120 Pound Weight Loss, 80/10/10 Interview with Victoria Everett - Peste 54 kg pierdere in greutate, 80/10/10 interviu cu Victoria Everett

{youtube}pxzEnvLQvZA{/youtube}

Dupa ani si ani de lupta cu obezitatea, Victoria a descoperit stilul de viata cu (dieta, alimentatia) 80/10/10 si si-a schimbat greutatea si viata ei.

After years and years of struggling with obesity, Victoria discovered the 80/10/10 lifestyle and revolutionized her weight and life.

Live a Long and Healthy Life - Traieste o Viata Lunga si Sanatoasa - Dr. Doug Graham

{youtube}pyZXmuFPse4{/youtube}

Dr. Douglas Graham prezinta, tine o prelegere intitulata, "Traieste o Viata Lunga si Sanatoasa" la Facultatea de Drept Libertatea.

Dr. Douglas Graham presents a lecture entitled, 'Live A Long and Healthy Life' for Freedom Law School.

Breast Cancer Survivor & Six-Time Ironman Triathlete, Dr. Ruth Heidrich 80/10/10 Interview - Supravietuitoarea Cancerului de San si de 6 ori a fost la triatlonul IronMan ("omul de fier"), dr. Ruth Heidrich 80/10/10 Interviu

{youtube}tXoe3w-v-3o{/youtube}

Astazi, avem un interviu EPIC! Dr. Ruth Heidrich, un supravietuitor al cancerului de san si care a inregistrat recordul feminin la triatlon-ul IronMan, ne impartaseste din timpul, trecutul, experienta ei cu noi.

Interviul este un pic lung, dar merita timpul de ascultare.

Dr. Ruth chiar discuta despre modul in care ea si-a crescut densitatea osoasa, in perioada cand avea 50 de ani!

Today, we have an EPIC INTERVIEW! Dr. Ruth Heidrich, a breast cancer survivor and record setting female Ironman athlete shares her time, experience, and insights with us.

The interview is a bit long, but it's worth the listening time.

Dr. Ruth even discusses how she has increased her bone density, in her 50s!

- www.RuthHeidrich.com

- http://en.wikipedia.org/wiki/Ironman_Triathlon

- www.IronMan.com

Dr. Doug Fitness Stunts, Amazing Raw Vegan Athleticism - Dr. Doug demonstratii de forta in fitness (conditie fizica foarte buna), Atletism uimitor pe baza alimentatiei vegan crudivora

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{youtube}UhW0ENr6YXA{/youtube}

Cea mai mare miscare pentru alimentatie crudivora (vegana - 100% vegetariana, alimentatie vegetariana cruda numai pe baza de plante alimentare crude neprocesate termic, gatit fara foc, mancare fara foc) este in crestere, **Dieta 80/10/10**, este condusa de Dr. Douglas Graham. Acest clip video arata clar de ce atat de multi oameni incearca dieta (80/10/10), si apoi raman cu ea pe termen lung, pentru ca ea functioneaza si continua sa lucreze.

Dr. Graham are 59 de ani, si nu pare sa fi incetinit prea mult. De fapt, el continua sa raporteze cresteri in putere.

Uita-te la exercitiile sale de rezistenta cand ajunge la aproape varsta de 60 de ani.

Alaturati-va Dr-lui Graham si sponsorul pentru FoodnSport, Grant Campbell, la Festivalul Fructelor din Woodstock! - www.TheWoodstockFruitFestival.com

Ce obtii cu Dieta 80/10/10?

- performante de varf pentru orice atlet
- greutatea perfecta indiferent de ce tip este corpul
- stare de bine, iesita din comun (iesita din tipare), exceptionala
- succes cu o alimentatie vegana crudivora (vegetariana 100% si crudivora) saraca in grasimi
- simplitate in stilul tau de viata
- o relatie sanatoasa cu mancarea ta
- si vitalitate de invidiat (de dorit)

The largest growing raw food movement (raw vegan), **The 80/10/10 Diet**, is spearheaded by Dr. Douglas Graham.

This video makes it clear to see why so many people are trying the diet, and then sticking with it long term; because it works and continues to work.

Dr. Graham is 59 years old, and doesn't seem to be slowing down much. In fact, he continues to report increases in strength. Look out for his feats of strength video when reaches the ripe age of 60.

Join Dr. Graham and sponsor FoodnSport's very own, Grant Campbell, at the Woodstock Fruit Festival! - www.TheWoodstockFruitFestival.com

Connect with Dr. Graham & FoodnSport:

Web - FoodnSport.com

Forum - FoodnSport.com/forum

Facebook - Facebook.com/FoodnSport

Youtube - Youtube.com/FoodnSport

Twitter - Twitter.com/FoodnSport

What do you get with The 80/10/10 Diet?

- peak performance for any athlete

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- perfect weight no matter what your body type
- off-the-charts wellness
- success with a low-fat vegan raw food diet
- simplicity in your lifestyle
- a healthy relationship with your food
- and enviable (desirable) vitality

For more information visit: www.FoodnSport.com

Dieta 80/10/10 este o Dieta Vegana Crudivora Saraca in Grasimi si cu Cantitati Mari de Carbohidrati (carbohidrati din fructe minim 80%)

The 80/10/10 Diet is a Low Fat Raw Vegan (LFRV) diet and with High Carbohydrates (minimum 80% fruit carbs)

"Nimic nu are un gust la fel de bun ca sentimentul de a te simti bine." - Dr. Douglas Graham

"Nothing tastes as good as feeling good feels." - Dr. Douglas Graham

Mai multe inregistrari video cu Dr. Douglas Graham, despre Dieta 80/10/10, marturii etc. pe Youtube si aici:

http://www.youtube.com/playlist?list=PLv7pY-JP2gBibEFkhKPAP8axx5hRcOMAG&feature=view_all

Fitness - Bodybuilding - Calisthenics - Exercitii fizice, efort fizic, miscare - Sport - Exercitii fizice cu greutatea corpului

{youtube}https://www.youtube.com/watch?list=PLv7pY-JP2gBjv8n6-1cXkAQMxnIL-xgi9{/youtube}

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e}

Playlistul youtube cu **Calisthenics - Exerciții fizice cu greutatea corpului** de mai sus se găsește și pe siteul:

SportSiSanatate.ro

Informatii utile:

- [SA TRAIM SANATOS FARA TOXINE. GHID FUNDAMENTAL. ALIMENTE SI PLANTE NATURALE PENTRU REGENERAREA CELULARA COMPLETA](#) - Dr. Robert Morse - Editura Paralela 45 -2005 (prima ed) [The Detox Miracle Sourcebook: Raw Food and Herbs for Complete Cellular Regeneration](#) (carte - descarcare GRATUITA - PDF) - Cartea folosește și principiul 80/10/10
- [Adio, pahar ! - Efectele alcoolului asupra organismului uman.](#) - Dr. Emil Radulescu - Editura Viata si Sanatate - 2009 (prima editie) (carte)
- [Adio, tigari ! - Ce nu stii fumatorii despre fumat. Cum poti ajunge de la dependenta la independenta.](#) - Dr. Emil Radulescu - Editura Viata si Sanatate - 2004 (prima editie) (carte)
- [Moda crestina - RUSINEA FEMEILOR DIN ZIUA DE AZI \(machiaj, pantaloni, decolteuri, fuste si rochii provocatoare, etc.\) SI VINOVAȚII LOR! - Femeile care se imbraca in, poarta haine barbatesti sunt URACIUNE in fata lui Dumnezeu. - TRUP FRUMOS SI SUFLET MORT.](#)
- [Femeia crestina si femeia moderna - Unde este FEMEIA CRESTINA de candva? - Ce e cu tine FEMEIE CRESTINA? - Si despre IMBRACAMINTE, INCALTAMINTE, PODOABE, BIJUTERII, PLAJA, VOPSIT, MACHIAJ SI PRIVIRE intr-o CULTURA A CURVIEI, a desfranarii, desfraului, etc](#)
- [ATACUL IUBITORILOR DE MORALITATE PUBLICA din Suceava IMPOTRIVA PORNOGRAFIEI STRADALE: Dorim sa ne bucuram de inocenta copilariei noastre, drept dat de Dumnezeu. - RECLAMELE IN SLIP SI SUTIEN, COSTUM DE BAIE, DISTRUSE PENTRU CA SUNT PORNOGRAFIE STRADALA](#)
- [Pornografia maladia secolului XXI - Virgiliu Gheorghe - Editura Prodromos, Asociatia pentru apararea familiei si copilului - 2011 \(prima editie\)](#) (carte - descarcare GRATUITA - PDF)
- [Indrumarul medical si creștin despre viața al Federației Organizațiilor Ortodoxe Pro-Vita din Romania - Dr. Christa Todea-Gross, Preot prof. dr. Ilie Moldovan - Editura Renasterea - 2008](#)

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[\(prima editie\)](#) (carte - descarcare GRATUITA - PDF)