

List of Contents

Title	Page
Preface	5
<u>General Part</u>	6
Words of Priming	7
Instead of theory	9
The balance	10
The body as a chemical reactor	11
Most important parameters & related issues: an overview	22
Food	22
Food supplements and additives	34
Pharmaceutical drugs	34
Drinks	35
Alcohol	58
Smoking	60
Recuperating	62
Sleeping (nap taking)	63
Sweating	65
Excreting	68
Sex (sexual activity)	68
Psychical energy	69
Emotional energy	70
Concluding remarks	71
<u>Specific Part</u>	73
My Diet	74
Food	75
Dairy products	76
Pastry	81
Fruit	82
Vegetables	84
Fish	96
Meat	100
Oil	107
Eggs	108
Desserts	109
Eating out	110

Summary on food	116
Compatibility	119
Frequency and portion (serving) size	120
Rules on eating	137
Drinks	139
Water	139
Soft drinks	143
Coffee	145
Hot chocolate	147
Tea	147
Boza	150
Fermented fruit extracts	150
Summary on drinks	152
Total drinks: water – containing liquids balance	152
Rules on drinking	157
Prescription drugs	157
Food supplements	158
Food additives	158
Smoking	159
Alcohol	159
Sex	164
Dancing	165
Exercise (work out)	166
Sweating	171
Recuperating	172
Excreting	173
Daily regime	173
Sleeping	174
Taking naps	178
Fasting	178
“Diets” and eating regimes	180
Summary of my guidelines	182
The Ten Golden Rules for staying healthy, fit and lean	183
Epilogue	191
My own plan for shedding off 45 kg of my own extra weight in no more than three months	193
Glossary	210