



Rajko Latinovic

***The life and food
of my ancestors***

They said:

” Today morale is in decline, because market terror has created a religion of money.

Emir Kusturica, moviemaker

” Whoever is the father of disease, bad nutrition is its mother.
Chinese proverb

” How did man come to be, I do not know. But, I do believe that humankind itself will cause its disappearance from the face of the Earth.

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Dr Rajko Latinovic

THE LIFE AND FOOD OF MY ANCESTORS

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Dedication



Latinovic Smilja
(1909 – 2009)
my mother



Latinovic Jovo - Vovo
(1901 – 2011)
neighbor



Cup Mara
(1895 – 1995)
my wife's grandmother

The need for writing this book came from my love and respect for these persons and a wish to warn today's generations about their bad eating habits.

Preface

I will be grateful if you say I have not discovered anything with this book. What has once existed and still exists cannot be rediscovered.

With this book I stand for preserving highly valuable forgotten and not forgotten foods and dishes that should be used as defense against the aggressive onrush of harmful foods and eating habits from the West. If we could return to traditional nutrition, honoring the principles of organic production, we might just save humankind.

If, while reading this book, you recognize my anger towards contemporary medicine – you're right. Today's medicine is losing grounds in the fight against mean diseases. Common people have the right to be afraid after learning that by 2020 1 in 2 individuals will suffer from some kind of cancer, according to predictions by world experts. Today no-one can claim they would be wrong. Medical workers have succumbed to the market, forgetting the Hippocratic Oath, which they have taken loudly and clearly. Paul Ehrlich from Stanford University has some grim prediction as well. He claims that only up to 2 billion people of the today's 7 billion can live optimally. 1,3 billion people are living below the absolute poverty line.

It appears that the fight can take place only in the field of nutrition. Such optimistic message was sent by the European Commission as well, which estimated that, by changing only nutrition, each year a quarter million of lives could be saved in the EU alone.

I also wanted to emphasize that we have to affirm the original and traditional principles of nutrition that we can use to fight for the preservation of our health and the vitality of our body. I am against diets as a means, because they are only short-termed, and often harmful, especially the "strict" ones and those without doctor's supervision. My strength comes from my youth memories and stories told by persons much older than I am, some of whom lived 100 years. Scientific evidence from all over the world, the modern West and the traditional East, has confirmed many of those stories. You will find some of my statements and estimates supported by the quotations of many prominent figures in the field of nutritionism. Even all the reminiscences and emotional stories by my ancestors and vast available literature would not be enough to write these lines without support of my friends and colleagues.

I use this opportunity to express my gratitude to doctors Gordana Grubor, Gordana Ljoljic Dulic and Milenko Krneta, who helped me perform a survey among over a hundred persons in their forties and older, aimed at determining the influence of food on their health.

I also thank my associates Nada, Nikolina, Milan and Boris for their technical assistance.

Thank you

Intro

After many years in the field of livestock nutrition I have seen the link and many similarities with the human. Before reaching us, every medicine goes through many tests on animals. If it wasn't for them, we would not know the benefits and side effects of drugs or we would be experiments ourselves. Still, sometimes we are experiments. How else could we explain that in one developed country people were eating genetically modified products for two years without knowing it?

In the veterinary medicine and the human alike, two directions of action exist. Some fight for the highest possible use of conventional medicines and industrial supplements in the form of growth stimulators, aromas, sweeteners, even hormone products, while others advocate for the introduction of natural products as well as growth stimulators. It is worth knowing that farmers holding livestock, in greater and smaller numbers alike, increasingly use various probiotics like apple vinegar, oregano, onions, common nettle and other ingredients for growth stimulation and the preservation of health. After perceiving the usefulness of natural treatment as an addition to contemporary medicine, I decided to dedicate to human nutritionism.

I wanted to make at least a small contribution to make nutritionism more

present in the systematic approach to the treatment of humans, which is not enough at the moment.

I realized this during my stays at hospitals as a patient and in contacts with doctors of humane medicine. Lejla Kazinic Kreho also confirms my conclusion: "When I was still a young doctor, I came across a research on the impact of nutrition on heart diseases. I read it almost in one breath and this matter that I knew so little about left me fascinated. I wondered why we were not taught more about the impact of what we eat during our medical studies."

This book is not about plants non-indigenous to our region: lemon, banana, orange, mandarin, manioc, pitahaya, passionflower, Korean evo-dia, mangosteen, tamarind, carambola, guava, pepino, etc. It is not about kiwi, peanuts, almonds, avocado, papaya or



date palm. Even though these plants have very useful fruits, they do not grow in our region and were not consumed by our ancestors.

Is there the food of the poor? Today that term is frequently used and some dishes are called the food of the poor. 80 to 100 years ago this might have been true because people were poor, but at least the food did not contain such poisons it does today. There is no rational answer to the question whether chips, flips, hamburger and similar products are the food of the rich or the poor. Life in harmony with nature in distant past made all food items useful and rich with everything the body needed. If this was not true, then to what humankind should thank for its survival and development over several thousand years?

Those who like to call themselves “the city people” often detest the thought of having sour cabbage for lunch or drinking brine. They are perplexed by notions of common nettle, greens or auricula soup, while a suggestion that it would be good to pick a few leaves of young dandelion for salad they find ridiculous. Some moms

feel embarrassed to say that their children ate bread mash (“popara”) yesterday and eggs and basa cheese dip this morning, because it is considered poor people’s food, i.e. to be consumed only by those who have almost nothing. On the other hand, they will boast that their child gladly eats hot dogs and sweet cream as dessert, combined with industrial milk.

I was lucky to talk to three long-lived people. I heard stories of their childhood. They used the expression “scarcity”, and it was all about the amounts. Most of them had little, some of them had enough, while some had in excess, just like today.

Today the diversity and making-up of all kinds of delicacies separate the rich from the poor only when it comes to the amounts, and not in terms of the nutrition value. Both categories eat junk food, because of such offer. The rich are jeopardized because they take excessive empty energy from, seemingly, nutrient-rich foods. The poor are in jeopardy because they have little, and what they can buy is cheap and unhealthy, like cheap sausages as the best example.

*Where
and how
they
lived*

When the first of the Latinovic family name settled in the Petrovac plateau is unknown for certain. Some data suggest that it occurred before the 18th century. According to some accounts of older members of the Latinovic family, it was my seventh grandfather Savo Latinovic (the beginning of the 18th century), who left many descendants. One of the most important was his grandson, my fifth grandfather, Obrad.

He was probably known for something, because a spring above my house is still called the "Obradovica Spring", while his line of Latinovics is nicknamed Obradovics. Whether this was their family name or something else, I am not sure, because it is possible that they, like many other tribes traveling a long way from the sea shore over Lika, changed their family name. It is one of the four oldest family names in the village of Kolunic.

There are accounts describing my village as the nature's gift of special beauty. Ivan Lovrenovic, a travel writer, writes that it is a topos unparalleled on the map of cultural and historical heritage of Bosnia and Herzegovina. Lovrenovic supports his claim by stating historical treasures such as the ruin of the Church of St. George from the 14th century, surrounded by around



Author's birth house

fifty stecaks (gravestones). Only one of these stecak monuments has inscription on it, written in the Glagolitic alphabet or Glagolitsa.

Location of the church and necropolis with fifty stecak monuments called Crkvina in Kolunic was declared a national monument in 2007. There are different opinions on when the Church of St. Panadjur was built. Some authors claim that it was built

in the 14th century, while others, like I. Nikolajevic and N. Miletic, claim it derives from the 12th century.

Building churches around the stecak monuments was very common in the past. It is clear that this church is younger than the stecak monuments and they cannot help determine its age. Some church sources state that the Church Panadjur was built in the 12th century. Near the ruin there is a spring called Klisina Svetinja, while not far from there is hill Gradina, encircled with several meters wide and flat "wreath".

This is probably a remnant of an old flat road, suggesting traces of Japodes, one of big Illyrian tribes, described in more details by Dusan Kovacevic in his book "Petrovac". The oldest orthodox church in the Petrovac region that has been renovated is located in Kolunic. When it was originally built is unknown, but, according to church sources, it was rebuilt for the first time in 1879, after the previous wooden one burnt down in 1876 during the "Bosnian uprising". Beside the church graveyard lies with



Ruin of the Panadjur Church

many monuments of unknown age. Therefore, all this points to the existence of an old civilization in this area. Aside from the fact that Kolunic is an old place that has preserved its original name deriving from the 12th century according to our sources, it also has accounts of the first occurrence of literacy, which also suggested in a text from the "Gazette of the National Museum" from 1889 by a teacher

Petar Mirkovic, a member of once famous Mirkovic family from Kolunic.

However, Todor Sudcevic, a Serbian teacher that resided in Bihac from 1865 to 1875, wrote a text on the Order of sultan Mahmud I (1730-1754), which suggests that Kolunic might have been called differently once. The sultan's Order was issued upon complaints by clergymen of the Serbian district of the "St. Nicolas" Church which stated: „In the special financial register, the finance controller states the following: Clergymen of the St. Nicolas Church district can sell the goods from their estates, grasslands and mill to visitors to that area, while villages of Kosinj (now Kolunic) and Hmoljnica (now Smoljana) and others must pay spahia Hasan, owner of the lands, the amount of 9190 aspra coins.”

The village once had only houses made of stone or wood, with coated or barren walls. Some houses did not have any kind of inner decoration, but all of them had two doors. The smaller ones were always directed towards the woods – the savior. This was made

possible because houses were always lined in a row. People slept on wooden beds with straw-filled mattresses. Besides straw, mattresses used to be filled with corn silk. People would handpick it, divide it and then fill the hemp mattress with it. This filling was considered more clean and easier to maintain.

Pillows were made of sheep wool. On a sunny May day, all of this would be carried outside in the yard for a whole day of sunbathing. This was effective natural disinfection and disinsection. Rooms would be white-washed and everything was cleaned and smelled nicely, ready for re-use.



Soon, barley will be put in the granary

This was in harmony with eastern traditions and opinion that flat and hard bed is crucial for health in general, especially the health of the spine, muscles and capillary system.

Several years ago I attended a big January fair in Berlin, where one booth caught my attention. Curiosity prevailed and I approached it. People were looking, touching and reading leaflets on bed mattresses made of straw. It was emphasized as a healthy, natural material that does not hold bacteria or mites or cause allergies.

Straw protects you against soil radiation, an inscription said. If these people only knew who was standing among them! If they only knew the man spent his childhood on a straw bed and woolen pillows! I walked a bit further and once more there was some crowd again. People were attending a presentation of woolen bed covers. Once again, the emphasis is on natural materials and anti-allergic effect. This cover does not have mites. All of that was once in my parents' house, and a lot more in their parents' one.

I remembered my good old long woolen bed cover, which kept me warm during long harsh Petrovac winters. In the Petrovac region winters sometimes lasted for more than five months, but people were well prepared with their woolen clothing from head to toes. The most important piece of clothing was "kozun". It was long or short leather jacket made of sheep fur, with clipped or longer wool.

Some kozuns had sheep wool on the inside and others on the outside. The attic held smoked meat, while a barrel full of sour cabbage and brine was kept in the barn. A mound of soil contained potatoes, hayloft would be filled with hay for cows and other livestock. Pantry held at least two barrels of basa cheese, a case of beans and plenty of corn waiting to be ground in order to make polenta ("pura"). Winters were sometimes so harsh and merciless that snow level could reach the roofs of small wooden houses over a single night. Besides woolen clothing, warm covers that we used in rooms with freezing temperatures, another

thing was needed to battle diseases. It was immunity. That folk had its "immunity batteries" charged to the maximum, which guarded it from flu, cold and other diseases during wintertime life and labor. They achieved it, above all, by consuming foods like: sour cabbage, brine, dried plums, green apples, walnuts, hazelnuts, garlic and red onions with bacon, rose hip and juniper tea. There were many yard works during winter too. You had to clean the barn every day, which always was a job for two persons, because dung was carried out to the dung storage area, which was usually far from the barn.

You also had to bring hay from the hayloft using branch muckfork, which tended to be too heavy, so it often threw me off balance in curves of the narrow pathway and into the snow. If the food was late, because we first had to make a pathway in snow that shined so much that we could not look at it, you would hear the persistent calling of animals, primarily cows. Pigs weren't silent either, and the most annoying one was the

dog, which was barking in equal intervals, like a broken record. Hens would stop producing eggs in winter times, so they seemed disinterested in food. We would work for several hours non-stop before getting in the house for breakfast, but no one previously left the house without having a glass of homemade brandy ("rakia").

Imagine, brandy on an empty stomach, defying all principles of modern science which recommends drinking a glass of mildly warm water right after getting up.

Speaking of water, but not cooled water from the refrigerator, here are some facts. Drinking water half an hour before meals helps digest the food and decreases appetite, strengthens immunity and helps release poisons out of the system.

It energizes the body, because even a small percentage of dehydration lowers energy. It helps one focus, because the brain "does not like to be left without water". It preserves the skin, especially facial complexion. Lucky for them, they did not have the refrigerator, so they were not able to

drink cooled water, which damages the stomach. I can only imagine the reaction of a typical goodman if someone was to propose a glass of warm water on a winter morning. He would probably say: "...so that both of us freeze along with the water. You can't beat snow with water, but with rakia. Let's drink some and get to work!" And so, winter days went by in struggle with nature for survival, but everything would stop as soon as night falls, because then was the time for witty local tale tellers and singers, with their new jests and games that often lasted until dawn. Those were some of the winter events. Winter is then followed by spring, the most beautiful time of the year, when I used to wake up with the song of birds entering through an open window. I always tried to see which bird was singing and I would often see a blackbird.

Sometimes this would be followed by running over grass with dew, which was the beginning of daily life in harmony with nature. Today children wake up with the aggressive picture and sound from TVs, with a vam-

pire cartoon and Spiderman, images of murders and monstrous creatures. Cartoon is only briefly interrupted by an aggressive commercial break offering sausages and hot dogs or the numerous creams packed with additives, and many other salty or sweet products.

All of that happens in a closed room that cannot be opened due to smog. I wonder: what does childhood of children in the city I live in look like?

What was accessible to children at the beginning of the previous century and what is accessible to children of today, if only they did not have the many things they have, you can read in the appendix named "Possible Causes of Cancer", revealed by Cherie Calbom, John Calbom and Michael Mahaffey in a book "**The Complete Cancer Cleanse**". They claim that genetic predispositions have little influence on the occurrence of cancer, while the factors previously stated were recognized by them as important.

What is the day's event that a child will look forward to and that it is not

related to television? What event will it anticipate? Is it Christmas, Eastern or some other holiday from other religions? Everything is enveloped in advertisement and marketing tricks.

I am trying to find out how come our grandparents were so healthy and joyful and why did they sing while they worked. Nowadays the only ones who sing are singers of turbo-folk music and tent-wedding goers. Every two years, insanely loud music can be heard coming from pre-election gatherings in those same tents. Is it normal to ask why common people cannot make a sound? Are they insecure in their musical talent or is it because of the misery of stressed lifestyle? Anyway, there is just too little laughter and singing.

Forced shows for laughing are nowadays probably organized for good reason, because they are useful for stress release. Personally, I do not believe in their success. There is no useful laughter without spontaneous one.

In the past, children's morning physical activity started by chas-

ing cats and hens in the backyard. Then it was followed by playing with the rag ball and games like hide and seek. I believe that Jovan Bijelic (1884), a famous painter, and my grandfather David (1882) used to play these old games while they were keeping sheep or goats on Gradina hill that separates their two houses. That hill was the rivalry stage for residents of Kolunic and the nearby Revenik in various contests, whether it was sports or any other form of entertainment. I felt that as a child also. My grandfather surely was not aware back then that the boy besides him was to become a world-renowned painter who would produce 1734 pieces of art, out of which 981 oil paintings (at least).

Back then nutrition was not diverse, but food did not cause increased cholesterol and other types of fat in the body nor obesity. People often had insufficient food, so there was nothing left to be reheated after lunch.

” *To remain healthy, do not eat reheated boiled food.*

Katsuzō Nishi

They did not poison themselves with white bread and refined white sugar, coffee, pills such as sedatives and other. Animal fat was always scarce, because they only used preservative-free pig fat, which they could never get enough of.

Contrary to the “deficiency” in their nutrition, they had plenty of fresh air and water.

Now that I mentioned water, I remembered what kind of water they

used to drink in the woods while they were keeping cows, picking raspberries or cutting logs. They would often eat a good deal of bacon with wild garlic (ramsons), followed by rakkia and basa cheese. Then they would quench their thirst with rain water from a first hollow tree stump. In forest they had wild garlic, at home they had garlic and red onions, potato, polenta, cabbage, sour milk and whey, which all are considered natural statins. So, even if they had plenty of “fatty” food, they did not have to fear it.



*Who will
find the
coin in the
Christmas
bread*

***E**xcept looking forward to every morning, because it brought another day for play, running, catching butterflies and other flying beetles, children had a lot more to look forward to. Grown-ups wondered how could a child be outside of house for so long. They said: "What is it with this child, you just can't get it inside." Today this is baffling: "why was it that they were so eager for each new day, when they were not getting any presents? Children could not watch TV or play with little battery-powered cars. They did not get a new piece of clothing every week. They did not go to play-rooms in shopping malls to play while their mothers smoked cigarettes one after another and drank coffee. Those children did not have many other things as well, but they did have red cheeks as the sign of good health and energy.*

Children looked forward to Christmas, Eastern, the family slava (celebration). Christmas was anticipated because it brought play with their parents that did not include chocolate, but walnuts and hazelnuts to be found in hay spread upon the floor. Who found the most was the winner, meaning they would be happy and content throughout the year, especially the one who happened to find a coin in the Christmas bread ("cesnica"). "Poor" them, they were not lucky get a package full of candies, cookies and expired chocolates.

I recently read an article in a local newspaper that outlines the strength of market and sad reality. I quote it

entirely: "Christmas has always been a holiday of love and peace. Today, under the attack of various commercials and marketing tricks coming from all sides persuading us to buy more, it's like that spirit of love has vanished from our hearts. It appears that Christmas has become a holiday of shopping and not a holiday of love and peace, a family holiday. We are so preoccupied by shopping and presents that instead of: "Merry Christmas" we could say: "Happy Shopping".

In my village, the slava was something special for the kids. Godfathers and relatives are arriving from far away, and they have not visited since the last slava. What will they bring?

Godfather Todor's pockets would be full with big red apples that smelled nicely. He would give apples to everyone and the biggest and the most beautiful one would go to my mother: "Here you go, my beautiful godmother, this one's for you". The slava would last for two days and in that time I liked to be inside the house, because it was during winter, so a warm home and tales by older family members fulfilled my soul.

” Even though many say food is the most important, if we were to single out food as the only life necessity, not paying attention to the mind and physical activity, we would fall into crisis eventually. Why? Because food is functional only if combined with good spirit, i.e. functional life.

Stanisa Stojiljkovic I

I absorbed every word they said. Stories went from the times of Turkish occupation and Austro-Hungarian emperor Franz Joseph I to Tito. I remember well their praise of emperor



Ostrelj with electric street lights from the Austro-Hungarian era

Franz's rule. After centuries of Turkish oppression there probably were reasons for praising Franz. According to written accounts, after the abolishment of serfdom in 1850, residents of the "Military Frontier" ("Vojna Krajina") through "frontier farmers cooperatives" gained the right to receive free firewood and construction wood, hay and acorns, collections of acorns, purple betony, chestnuts and bracken. So, they had everything they needed for building a "wooden" or "stone" house by their own hands. "Poor" them, they only had to buy nails.

Back then (during the rule of Austro-Hungarians), on peak Ostrelj just above my village electricity was introduced for the first time, along with the first railway and train.

Nowadays farmer, living in the 21st century democracy, would celebrate such decision by their authorities. But, I do not wish to talk about our “bel-lowed people’s” government.

The slava was venue for telling about all kinds of events. Fairs were not left out either. They talked about how many people had turned up or whose horses had been the fastest and many other. Listening those stories was more beautiful than reading any novel. There was so much dignity in telling those tales! So much tolerance and respect for the speaker, especially for older people. They talked silently and slowly, paying attention to each word. They knew how to speak and listen.

Where did they learn that? It was the life school of their ancestors, where the culture of living was carried from generation to generation.

” *Man is born without teeth, hair and illusions – one dies the same way.*

Alexandre Dumas

Not a single instance did I hear someone interrupt someone else or worse, say “shut up when I’m speaking”, typical for the dialogue of today, if today’s mumbling can be called dialogue.

Today the slava brings a lot of fuss, because you have to prepare various delicacies for fifty or a hundred people, out of whom only few will actually eat a whole meal and many will take just a bite or two. No wonder, considering the fact that some have to get to even five feasts a day. They owe so much they cannot skip it. Doesn’t even matter anymore that this hasn’t any charm in it, because they will stick around for only an hour or two.

True beauty of the slava, feeling of warmth of the family home and children’s joy is no more.

Another event much different from what it used to be is wedding, which has turned into true business. Hosts invite hundreds of guests providing them with plenty of drinks and loud music, because the bigger the party, the more money will guests leave in envelopes for the newlyweds.

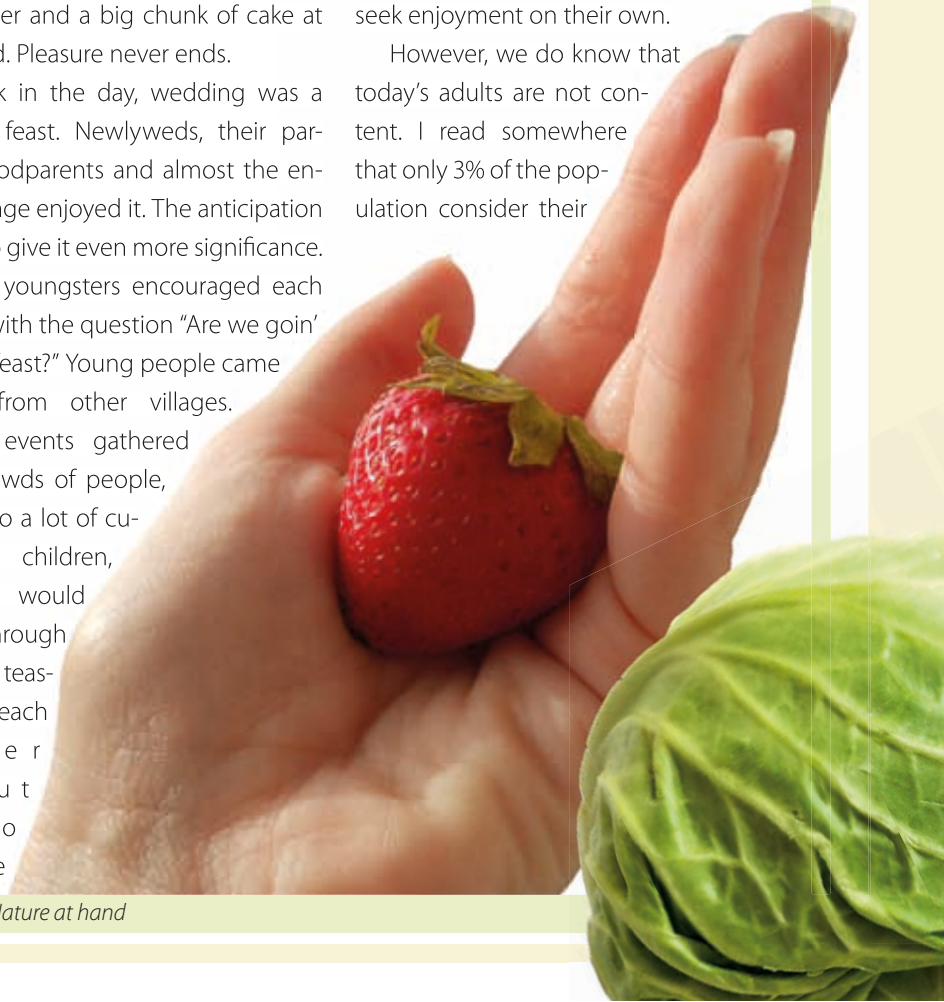
Some make money at weddings, because in this century everything is measured by profit - the host, musicians, the photographer and all those who have something to sell. Guests will fill their bellies with greasy pork and beer and a big chunk of cake at the end. Pleasure never ends.

Back in the day, wedding was a village feast. Newlyweds, their parents, godparents and almost the entire village enjoyed it. The anticipation used to give it even more significance. Village youngsters encouraged each other with the question "Are we going to the feast?" Young people came even from other villages. These events gathered big crowds of people, and also a lot of curious children, who would peak through fences teasing each other about who of the

guests could be their next boyfriend or girlfriend.

It is possible that we do not know whether today's children are unhappy. Pleasure is served to them. They do not live in nature where they can seek enjoyment on their own.

However, we do know that today's adults are not content. I read somewhere that only 3% of the population consider their



lives successful and are happy for living it.

Notions of being rich or poor have changed. It is not as it used to be. One who was full was rich and one who was hungry was poor. Even though life has been improving since the time of stone and arrow, the desire for another kind of richness has been growing as well. That kind of richness means - to have. Today basic measuring unit for wealth is mainly money. It appears that only those who have dozens of millions of dollars become role models, while others crave for that and see themselves as poor. At least that is what global statistics speak of the wealthiest people's list.

I realized this fact in the eighties, while I was living in the USA.

When introducing some persons to me, my hosts would emphasize how rich they were, while they did not even seem to care about the poor. Emptiness of soul is felt today increasingly. Should the aggression of the market be held accountable for that, you be the judge, as Kusturica once said.

Despite cities of today can have millions of residents, they still become alienated from each other and majority of the population feels like their days go by in solitude. Unhealthy diet is surely a contributing factor, because people slowly poison themselves, feeling fatigue without physical effort. How else can one explain the next sentence: "When I woke up, I had to drink some coffee and rest to recuperate." Recuperate from what? From a late heavy dinner full of white flour, fat, candies and late bedtime.

Can we conclude that man lived a better life a hundred years ago? According to my mother, the only concern was how to provide enough food for the family and livestock. Besides that there was children's play



and farm labor of adults that could not go without singing. Nothing was done without singing. Villagers joined hands and helped each others during farm works of greater size (“moba”), i.e. on large fields that required more people than the owner’s household had. It was enjoyed the company of each other, smiling and singing along. Only minor everyday works were done individually. Mobas occurred especially during plowing of corn and mowing grasslands.

Many novels describe youth love from fifty, a hundred or more years ago. I am not sure we can describe the life of married couples back then from this point in time.

” *To humans, a good night’s sleep is as needed as breathing. While sleeping our body recuperates and gathers strength for the next day. Sleep before midnight is the most valuable. If we go to bed early, we will need less hours of sleeping and we can get up earlier easily.*

Marija Treben

Still, I managed to find out something, because, as a little boy, I liked listening to what older men were talking about at small communal work bees (“prelo”) that usually took place in the evening or, even better, while making rakia. Through jokes and in mild embarrassment, they would gossip their friends. Mostly, they talked about who went to visit which widow, etc. In the company of men, sex-related themes were initiated easily and would last until someone who was teased the most would start to get angry. There were many nicknames related to someone’s sexual activities or personality description.

Another reason for my belief that they had fulfilled sexual life is the fact that in the past married couples had many children, most often more than five.

Saying that sex is the only joy of the poor is only partially true. They had much to look forward to.

I believe that, besides the natural lifestyle, food also greatly influenced all this. They used aphrodisiacs, but only those from the nature, not pills.

Fresh sour cabbage takes the first place, according to many researches. Lejla Kazinic Kreho confirms this statement adding that it is the aphrodisiac number one.

Another aphrodisiac that was available was garlic. This fact reminds me of a Spanish movie called "Ham, ham", in which a girl demands that her partner has garlic breath in order to make love. Even though the movie does not belong to this sphere of science, its creators used some knowledge of garlic. It contains allicin, a bioactive matter that increases blood flow in reproductive organs, increasing the libido. Walnuts possess similar characteristics and they were served during winter communal work bees. They were accompanied by pumpkin seeds, as snacks.

Amount of zinc in some foods (in 100 g)	
Shells	27 mg
Beans	4 mg
Walnuts	2,7 mg
Whole-grain bread	2 mg
White flour	0,5 mg

These products are mainly winter-time food and they are rich in zinc. Zinc improves the level of testosterone, a hormone which manages male reproductive organs. Whole-grain bread, nuts, seeds and beans provided the bodies of these people with zinc throughout winter. It is one more reason why they had so powerful immunity, which is the first barrier against various diseases during cold winters. Zinc is also called "the boss of metabolism", because several enzymes depend on this mineral.

Zinc participates in the production of genetic material in all cells. If we add to this some rakia and good stories in long winter nights around a fire, altogether making a relaxing atmosphere, we get a perfect setting for love to flourish.

*” Who’d say that sour cabbage is sexy! But, according to all researches, sour cabbage is the aphrodisiac number one.
Lejla Kazinic Kreho*

On the other hand, women found relaxation during communal work bees on long winter nights. They performed a kind of yoga that helped them relax and beat insomnia. They would knit for a whole evening, sometimes even more than five hours. Today it is called the "new yoga".

Lejla Kazinic states the following about knitting as the new yoga: "Repeating tasks are very effective in relaxation and can be excellent for treating stress-related conditions, such as feelings distress or insomnia, while it helps in treating alcohol abuse and even infertili-

ty. In moments of relaxation our body blocks adrenaline. It has been shown that knitting causes the same effect thanks to constant repetitive movements which cause the body to enter the state of peace and relaxation, thereby interrupting the stream of thoughts that make us stressed." While examining dates of birth of some much older people than me, I found out that many of them were born during autumn months. So, winter-time pleasures and autumn enjoyment really did take place in lives of people much older than us.



*Food as
necessity
and
pleasure*

Summer-time snack was usually between 5 and 6 p.m. and was different for adults and youngsters. Adults mostly skipped that small meal and satisfied themselves with some coffee and rakia. In our region coffee was once made of roast barley, later supplemented with chicory and finally with real coffee. It was a true treat, a greeting drink or a conversation drink as they used to call it. A true pleasure and addiction ensued with the first sip of real coffee. My mother drank it her entire life. In her old age, she would drink two cups a day, while in her youth, as she said, there had not been enough coffee for drinking it every day.

Today we can hear that coffee negatively affects facial complexion, which, apparently, was not the case with my mother because she was thin, her face without wrinkles and age spots until her deep old age. When asked about her such gentle facial features her answer was simple. every morning she would wash her face with cold water and avoid exposure to strong sunlight. She never put a gram of cream on her face.

I remember when my grandfather once said to my mother, when real coffee was in use: "Dear, please roast some barley and mix it in. I like it better mixed than coffee alone." This means that they did enjoy coffee made of barley.

I will not write about coffee of the day, simply because you can find

that some claim it is bad, while others consider that consuming it in limited amounts is beneficial for the body. I do not want to argue, because maybe both sides are right. The three people this book is recommended to prove the contrary. Smilja and Mara drank two cups of coffee until their death at 100. I leave it up to you to decide whether Jovo, who lived to turn 110, was more right than them.

” Sugar is not the only factor negatively affecting glucose concentration in blood. Stimuli act similarly, while caffeine, as one of the strongest, can cause significant imbalance of blood sugar.

Patrik Holford

Aside from this, I think that food had important role in my mother's good health. Its slow and moderate consummation is the key to healthy nutrition, because slower eating enables the body to determine when it is enough. That is the victory of quality over quantity. That is the victory of pleasure over greed. Such way of eating enables the body to feel the whole value of food, because all senses are included, not only the tongue and the palate. Thereby, food is respected sincerely and deeply. This is, it seems, especially present among village people, such as my mother herself, because they deeply respect their work, their products, unconsciously maintaining connection with nature.

A light story around a certain food brings back thoughts about that product. Conversation around polenta was about corn and working on it. Was the soil hard to plow due to abundant rain or its dryness? Was it hard to dig, once again due to unfavorable conditions – too much moisture or dryness. Everything was done by hand. A moment would be dedicated to the most

hard working female digger. Whether polenta was sweet or not depended on corn yield, which meant it depended on God, who controlled the weather. Conversations like these cannot be made a man from the city “cage system” of life. According to how the youth anxiously waits in lines, it seems that a hamburger is the ideal of a nowadays meal. According to Michael Pollan, a hamburger is perfectly designed to offer the juicy and tasty first bite. It would be impossible to enjoy this bite if one could exactly imagine the cattle breeding area, slaughterhouse and its workers or know anything about the “artificial” barbecue taste that actually makes that first bite so persuasive.

” *The best natural skin tonic is water. You're your face with your hands for ten times. Such a morning face wash will arouse you and encourage circulation.*

Lejla Kazinic - Kreho

Some cuisines are labeled “healthy” and useful for human health, such as the French, Mediterranean or Eastern.

Primarily, this relates to the food composition, way of preparation and pace of consummation. Almost all organs in the body obey commands from the brain, where “the decision is made” on when we have become full.

Time required for the brain to receive information that the stomach is full is 20 minutes. This period does not change, regardless of whether we have filled our stomach within 5 or 10 minutes. Because of this physiological trait, one often stops eating because they feel they cannot eat anymore, but they do not have the feeling of being full. Therefore, we feel that we are full only when “the brain says so”. If a soft hamburger is eaten in 2-3 minutes, how many of them can we eat in 20 minutes to obtain the feeling of being full? Unfortunately, it is too late then. Brian Warsink has given interesting remarks on answers provided by the French, who eat longer and slowly, and the Americans, who eat quickly, to the question: “When do you stop eating?” The French say: “When we sense we are full”, while the Americans say: “When we empty the plate”.

How to describe the life and nutrition of my mother, who lived 100 years? In general, she lived slowly. She walked slowly, ate, drank, and she also talked slowly. I think she enjoyed everything. Even though she was a housewife to a big family, I never heard her complain. When asked about how it was back then she would answer somehow calmly: “It was very difficult, we didn’t have much. The biggest problem was that you had to prepare something for the children every day. But, we always managed somehow. Even during the four war years there was some food. I remember, only one day we didn’t have any ingredients to make a loaf of bread.” She ate very slowly, almost insensibly. While she was eating, there was almost no sound to it. Not a sound of hitting the plate with utensils or munching, as can be heard with those who eat voraciously. She would eat what was on the offer, but moderately. She liked foods high in fat, even though these foods were very scarce. I watched her eat lamb toothless. It was a true ceremony filled with patience and pleasure. She would take

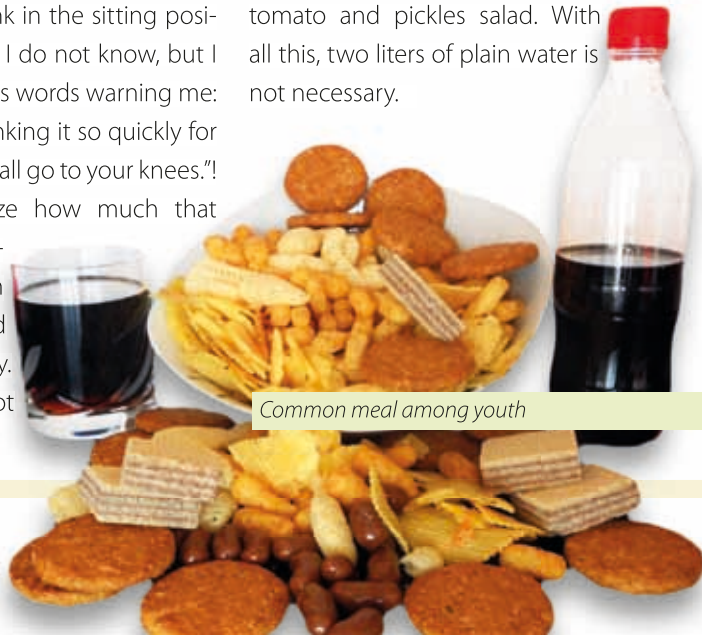
a wooden kitchen plate and chop up meat in small pieces, but she would pick only those that had a lot of suet. It was like meat was her food and suet a treat. This occurred in her older age of course, because in her youth meat was rarely on the table. She drank rakia moderately but constantly. She adhered to the rule of drinking a glass of rakia before every lunch.

She used to do that until her several last years, when she said it no longer felt good. Rakia and its usefulness and its graces will be described in later chapters of this book. She drank water also, slowly, in small sips, mostly while being seated and never during lunch.

Did my father teach my mother that water is drank in the sitting position or vice versa I do not know, but I remember father's words warning me: "Why are you drinking it so quickly for God's sake? It will all go to your knees!"

Today I realize how much that warning was useful, even though my father could not explain why. Water will not

go to the knees, but drinking large amounts has no use. It is even harmful if water is too cold. Quick drinking of a greater amount of water can be useful for the kidneys, because it runs fast, which the kidneys "like". However, our cells, which also need water, get little from that way of drinking. So, the right thing to do is to sit and slowly have a few sips of water several times a day, reaching the two liters a day as recommended. There are different opinions on this matter also. Not everyone is so rigid when it comes to daily intake of water. Many think we should take into the account all other foods rich in water that we eat or drink during a day - a plate of soup, a cup of tea, lots of fruit, tomato and pickles salad. With all this, two liters of plain water is not necessary.



Common meal among youth

Dessert

Can you imagine any kind of celebration, wedding, birthday, birth of a child, New Year, slava, graduation celebration or any other feast at home or in a restaurant without a cake and many other cookies? There is a true competition in this field. Which cake is the best? Is it the one with several levels or the one with more topping? It is the same. Cake is cake.

It is a complex product for poisoning the body, like narcotics, cigarettes or alcohol. Pleasure and pleasure alone, until self-destruction. It is made of white flour, white sugar and white fat with the addition of other adjuncts (cream, aroma, color, edible decorations or those not for eating).

Cookies, as well as other candies, most often contain strong aromas and synthetic colors. Aromas are the fastest travelers through the body and they are the first ones to reach our nerves where, by affecting osmotic processes, they increase hunger. This has been proven in the case of animals, where aromas are added to their food increas-



Look! A cake!

ing their appetite and animals eat more and advance faster, especially those that are fattened. The same goes for humans.

The intake of big amounts of simple sugars disables proper control of the metabolism by the pancreas and the liver. This way, the excess of sugar remains in digestive organs, affecting the change of microflora in the way that is most beneficial for *Candida*. Sweet creams like Nutella are a clear example the harmful merge of plant (refined) oils with sugar and preservatives. Artificial colors, aromas and other fla-

vor enhancers additionally increase the harmfulness of these products. I remember that these creams were first sold in small glasses, and later in plastic buckets, which means they have become a food and not a treat.

The liver is dubbed central laboratory and we could also add “the central filter” for all waste matters. It performs the selection of products of digestion

in order to keep the blood clean, so it can transfer oxygen, which is crucial for breathing and life. It has its own emulsifiers (bile acids), whose task is to transform all fats entering the body into a form that can be diluted in water (urine, sweat and breathing byproducts). If there is excess of fats that cannot be processed by bile salts, some minerals like calcium will bind with them, which causes its artificial deficiency, and consequences are far-reaching, especially for women.



I remember when someone brought the magical preservative - "the guardian of wine" - to my village. It was said that it could preserve everything from decay for longer period of time. The arrival of the guardian of wine marked the beginning of preparing the famous tursija (pickled vegetables). It was praised widely because people finally managed to preserve vegetables over the entire winter. Even green tomatoes found their place in tursija, despite being harmful in that form. Let's look at the other side of the coin. What is the guardian of wine? It is potassium metabisulphite, a name meaning nothing to most, but whose consequences have been felt by many. This product destroys folic acid (one of important vitamins in the body). Experts in studying the role of vitamins say that there is no luck without folates. It is the most unstable vitamin and many substances can destroy it. Food contains only small concentrations of it. It participates in the production of transmitters of serotonin, noradrenalin and dopamine. The so-called psychovitamins B1, B6, B12 and folic acid cooperate well. Folic ac-

id is the basic weapon against homocysteine, which is detailed later in the book, and which is the main cause of heart attacks, children deformities and premature childbirth.

In the seventies (1977) I was in France for the first time, when I familiarized myself with their cuisine and nutrition in general. All until then I believed that dessert and sweet are synonyms. After lunch, which lasted as twice as in Italy or here, several sorts of goat cheese were brought to the table, along with some cognac in a large glass. No-one mentioned cookies or anything sweet, and let alone offered them. So, it was then when I learned that dessert does not need to be sweet. I remember my grandparents, who used to end every lunch with sour milk.

Did our ancestors have dessert on their menu? Sure they did. Every day. It was sour milk. Regardless of the main course (main and only one), sour milk was at the end. Often it was just a cup of plain sour milk, but there used to be also many combinations which I still remember. Two most common were: sour milk with polenta or boiled pota-

toes. Warm potatoes mashed in a plate is covered with sour milk and there you have a dish called "tyotyka".

I do not believe you could offer anything tastier and healthier as dessert. It is a product regulating digestion with its acidophilic bacteria, which are very important for our stomach.

When antibiotics destroy useful bacteria of the stomach, because antibiotics do not choose, we must seek rescue in sour milk or turn to the pharmaceuticals. Unfortunately, is all food going to be put in pills or capsules someday? Are we ever going to be freed of the boring chewing? Not actually.

The usefulness of various physiological operations during eating is becoming a growingly popular topic. Maybe this book will also help someone realize how much useful chewing is. Chewing does not only chop up food, which facilitates digestion, but it also saturates it with enzymes from the saliva. Well-chewed bite with over 50 squeezes by the teeth during which saliva enzymes saturate the bite is a half of the work. Sugar from a bite of bread that has been chewed longer arrives to blood more

quickly than any candy. Bread crust that has been chewed longer and slowly removes hypoglycemia (sugar deficiency in blood) and daily fatigue.

The benefits of sour milk have been known since early times, at least according to a legend. This is a story by my mother: "St. Peter went once across a field with his disciples and they passed by some reapers during their lunch break. These were eating fatty white bacon. "Oh", said St. Peter to his disciples, "I feel sorry for these men for eating bacon in this heat, they will get ill." While he was looking at them, one of the reapers reached for some sour milk and drank it. St. Peter just waved his hand and said: "It's good. Fear not for these men, for nothing will strike them!"

As an unwritten rule, for dessert youngsters used to take a big slice of black (barley) bread with some plum jam or pig fat sprinkled with sugar. Later it was replaced by white bread and marmalade, which we as kids gladly accepted. Both these new treats came from industry. This was when industry grabbed with its claws children in our region for the first time. That was my time. The

glorious fifties. Today it is probably even worse, because chips, flips and other snacks are taking their toll.

Nutrition disorder of adolescents aged 15 to 18 was the subject of a research by Ljiljana Stanivuk in her master's thesis. The research was performed on a sample of 3.301 pupils in 12 secondary schools in the Banja Luka region. She determined that 27% of this population has suffered from nutrition disorder. An average human of today knows about much more medical terms and conditions than before. Some diseases are talked and read about almost everywhere. In the past, one was unable to increase their knowledge due to illiteracy and the inexistence of media information.

I think it would be suitable to mention basic symptoms of overconsumption of sugar that are familiar to us all: obesity, sluggishness after waking up, apathy, inability to focus. Our predecessors had none of these. They were not fat and they were motivated to work from sunrise to sundown. Their cheerfulness and singing while working meant that apathy was something

rather distant to them. Of course, this was possible because they did not have cakes and juices full with sugar.

Small amounts of sugar they took with their coffee could not cause any problems.

” *Human body produces about a liter and a half of saliva every day. That enables the flow of up to even six liters of blood through salivary glands during chewing.*

Gennadiy Petrovich Malahov



*With
nature to
health.....*

One of the best definitions of health was given by the famous Katsuzo Nishi: *“In its true sense, health means perfection, an ideal organization, i.e. life hope, freedom, harmonized functions, energy and release from all tensions and burden. Health is based on the principle of mutual action and dependence of organs. Health depends on the harmony or balance between opposing forces of the body: movement and peace, the contrast of action, acidity and alkalinity, warmth and cold, absorbing and producing.”*

The battle for health of today is usually fought using many drugs, primarily antibiotics. The discovery of the first antibiotic (penicillin) in 1928 in the laboratory of A. Fleming was proclaimed a revolution. Correct. Many lives were saved by penicillin and other antibiotics later. The world admired and thanked them. Bacterial diseases were beat in a matter of days. Not long after science began recognizing side-effects as well.

As time went by, the number of side-effects increased. Some antibiotics were banned, such as chloramphenicol, because it was determined it was harmful. Many other were removed from the list. Bacteria become more and more resistant, so the solution lies in the discovery of new generations. Is it ever going to end? Maybe yes. I guess only

time and space are endless. So is there hope? Surely not in radical rejection of antibiotics, but in parallel inclusion of natural factors and aids. Calling nature for help is inevitable, because we are a part of it. Some call that returning to nature. Call it as they please, without nature we have no future.

It is a true miracle how human body fights all problems created by our own hand. Every day we consume a half a kilo of white bread, plenty of industrially refined fats and white sugar. Every other day we eat frozen or reheated food, we drink too much black coffee, various industrial drinks and many other unhealthy products in excess. Smokers are a special story, but let them be for now.

With this kind of nutrition we cannot expect to live healthy. Our ances-

tors did not eat this way. Even despite poverty they ate healthier than we who can afford anything. There is wide offer of foods, but most of them are low quality or even harmful.

My father died at the age of 80. In my mother's opinion, who lived to see 100, he went "too early". Explanation for his shorter lifespan, besides genetics, I find in his way of life. As a young man he went to war and endured four years in almost impossible conditions. After that hard work in the field, barn and forest followed him almost until his death.

In all those conditions nature gave him clean air, nutrition primarily based on vegetables, dry climate and a simple but natural way of life with a lot of physical activity. He could choose almost nothing. He ate either too little or too much. During the war he surely ate too little and later in times of peace, while working, his diet was very monotonous and often he ate too much, because he did not have several meals a day, so it had to be supplemented. Opposite to him, grandfather, mother and other family members ate the usual three meals a day, calmly and on schedule.

” *Health depends on four primary elements: skin, diet, organs and psych.*

Katsuzo Nishi (1884 – 1959)

I was very interested in how meals looked like and what was eaten during breakfast, lunch and supper. For breakfast it was always dairy products, because they were abundant in rural areas. These were boiled milk ("varenika") with barley "bread". Basa cheese was the main energy booster, and sometimes there was bacon.

Every day they used to eat hot boiled milk with pieces of bread in it, according to my father. The smell of boiled milk was attractive and suggested it might boil over. Grandfather was tasked to watch it not to boil over, as he had nothing else to do, while mother did the housework. The milk was left at the corner of the stove for some time in order to boil a little more, because it made it even more tasty.

A larger cup of hot boiled milk would be put on the table and with ladle it was poured into plates. You put some barley bread in it and enjoy.

I asked how had it been before that time. Everything had been the same, except that utensils had been wooden. And lunch? There had always been something. They had not prepared several dishes as today when you are not sure what to begin with, as my father used to say. One dish and when you're finished, get back to work. Most often it had been some spiced polenta followed by some polenta with sour milk.

” *My mate, when I've eaten some hot boiled milk and polenta, I could climb to the top of Osjecenica Mountain and tie a bale of hay with no gloves on.*

Mile Latinovic - Druskan (Buddy)

As a rule, during a week every day we would have a different dish for lunch spiced polenta, pie, beans, sour cabbage, clove soup, baked potatoes cut in half with a few pieces of bacon. On a day of slaughtering a chicken there would be some good stew and cooked meat. And there you go - seven dishes for seven days. Seemingly monotonous food, but never identical

for two days in a row, because there were never leftovers for tomorrow.

As night fell, there came supper. Once again, most often there was boiled milk (“varenika”). There were also salty treats, primarily potatoes split in half, salted on the inside and baked in the stove. Combined with basa cheese, especially if it was a bit older (more mature), that was true pleasure.

My grandfather also told me that how for many years for dinner, as everything settled down, he liked hot boiled milk the most.

In winter, during long nights, people would sit and talk through the evening to make night seem shorter. Before bedtime, my grandfather would wind his alarm clock and eat one “chupa” apple (somewhat softer apple from our own orchard). The act of eating an apple without a single tooth was a challenge on its own. He would take his peeling knife and start peeling. He would do it the same way hornets do. The soft inside to the mouth and peel to the stove. He would repeat it every evening. At the time I did not know anything about nutrition-

ism, because I would have advised him that peel contained much more useful matters than the inner part of an apple. That, it seems, was not important. Apple felt good to him. Who taught him of that? I do not know. However, he never had stomach aches, even though by his old days he had lost all his teeth. Did that apple (never more than one) or hot milk help him sleep well? Maybe a glass of rakia before every lunch or only one dish per lunch helped too? There were many things. Common nettle soup in spring, spiced polenta and brine packed with vitamin C and sour cabbage for salad in winter. In summer cereals were the basic food, which is in line with all recommendations of modern nutritionism.

After all these questions on what was so useful for these people who worked all days and were strong, slept well and did not have digestion problems, the answer came on its own. It was the right combination of foods that derived from the harmony between nature and man. Their lifestyle did not allow them such immense testing with dishes as today. It seems they

did not have a “developed market” as it is called today.

Today everything begins and ends with thinking about market. At work, at school, at cafe, at home, in front of a TV, in church.

Are we going to be able to create market for bread without yeast (“preski” bread)? Surely not if we do not adjust its appearance and flavor, which is impossible without additives. Without those four additives: for color, flavor, preservation of freshness and crust redness. If we added all that, it would not be the “preski” bread. It would not be the bread from the Biblical story told by Rica Zarai, when God sent Moses to free the Jews from Egypt. The story goes: “One night people gathered all their herds and took children on their backs; women took some clothes, various tools and dough for making bread the next day. Because of the rush dough could not rise. Tomorrow, in the desert, sons of Israel ate round flat bread, bread that did not have time to rise. It was how “matza”, the first bread without yeast, was made, light and lax. Since that day, Jewish people around

the globe celebrate their liberation by eating “matza” for the Passover festival.”

I also remember the “preski” bread my mother used to make. It seems to me that quick preparation was the basic reason why it was made so often, because you did not have to wait for yeast. It tasted well only when it was warm. I liked “preski” bannocks with basa cheese. During the Holy Fast only my mother and grandfather fasted.

In the morning, for breakfast, she used to prepare some chopped red onions in oil with some salt. It would stay for a while until the bannocks were done. They would give me a portion of it as salad, because I did not fast, to go along with some smoked red pork meat if there was any left in the attic. Can we dub such breakfast body cleansing? Of course.

True fasting is a real gift for the liver and blood vessels. The liver, the biggest filter in our body, should be given some time off to recuperate sometimes. Research by Russian scientists A. Katchugin and A. Bodaryev prove that

yeast in flour products activate growth of various sorts of tumors, while integral bread without it can serve as a solid prevention, even as part of the treatment for cancer related diseases.

Torture by the market did not exist back then as today can be seen in magazines, books, TV information on various successful diets, supported by Photoshopped images, false advocates talking about the success of this or that diet. People deceive themselves with weight loss diets and it never managed to permanently resolve the problem of obesity. Diet is useful only at clinics as part of life-saving procedures. Heart-healthy diets are known, as well as diets prescribed for bad kidneys, liver and many other that become permanent. That is actually a change in nutrition because of health and not because of losing weight. These diets are prescribed by experts nutritionists in cooperation with other specialists.

In good old days, man could maintain their body very easily. They safeguarded 6 vital organs.

- *They supplied their lungs with clean air.*
- *They gave their heart walking that expanded blood vessels and melted fat.*
- *They gave their liver natural food without fats, processed matters, additives, white sugar, white flour.*
- *They did not burden their kidneys with toxic ingredients, salt, sulfonamides, antibiotics and all other poisonous additives.*
- *Besides oxygen, they fed their brain with pleasure, songs, play and good sleep.*
- *They did not put on synthetics, plastics and other clothes colored with poisonous colors. They did not wash their skin with liquid soaps or put antiperspirants, and they also did not expose it to excessive sunlight.*

They would not let anything attack these six organs that defended the whole body.

There are hundreds of books intended to teach us how to live a healthy life. Among them there are both concise and confusing ones, good and bad. Most of them suggest various recipes to healthy life, especially through diets.

The numerous diet and weight loss recommendations undoubtedly say obesity is a major threat to human kind. As if diets are going to resolve everything. On the contrary, they will resolve nothing, while some will cause new diseases to those applying them.

” *All weight loss diets have one drawback: They do not meet individual needs for food.*

Anita Hebman - Kosaris

Let me remind you of one diet: the protein diet, i.e. the “meat diet”. Except for meat, it does not allow intake of other nutrients. This diet has excess of proteins, which cause the production of excess urinal acid in blood, which

is crystallized and deposited in joints. And that is how you can get gout.

This diet, which does decrease the level of fat in the body, but also it often decreases the level of own proteins needed for creating energy. The protein diet is also called ketogenic, because it causes the creation of harmful ketogenic products. It burdens the kidneys and the body takes greater amounts of calcium in order to degrade proteins, thus creating preconditions for osteoporosis.

Technology advances, while our knowledge lags behind. Market organization is ever improving and it offers more and more products, while we know very little about what has been packaged, decorated and smells nicely from a far, so we cannot resist it. Those who are awakening and starting to think about their health are beginning to be afraid. What to eat? And especially, what about those who do not know much about food? They will eat whatever the market has to offer, while they only have to worry about the quantity.

There is a beautiful saying: "From the source, two paths lead to two

sides..." And can we determine the number of paths a modern man has in terms of nutrition?

It may be hard to give a precise answer, but I begin to believe that there are four possible paths:

- 1. Path of the rich. They can afford to choose "organic food" and prepare it as recommended to preserve health.*
- 2. Second path is the one taken by those who are not rich, but do know something, are hardworking, so they produce some food by themselves or invest a little more effort and buy most of the groceries in the countryside.*
- 3. The third ones are those who are just lazy and without knowledge, so cheap industrial food is their best choice.*
- 4. Unfortunately, the last group of people is those who have nothing to eat. These are hungry people all over the world, and there is a lot of them, who live by the system - give take what is given.*

Are there any solutions in situation when not all people can be educated and follow the galloping advance of technology that leaves dire consequences? Certainly there are, otherwise humankind would be extinct.

These recommendations might be useful:

- *Reject industrial products or use them in the least possible amount (pâté, spam, sausages, creams, dressings, various candies, cakes with butter and white sugar, industrial spices, white sugar, and the brown one, too, and many other. You may wonder is there anything left then? There is even too much for the modern man with no physical activity.*
- *It would be useful to bake bread at home from whole-wheat flour, but not the industrial one filled with additives for color, flavor and preservation. This way you will get a kind of Graham bread. Where did the name "Graham" come from? This kind of bread was named after a young Presbyterian pastor from Philadelphia, Sylvester Graham, known for recommending the use of whole-wheat flour, just the way it was used in our region until the fifties of the last century. In the West, Graham biscuits are known as a memory to Sylvester Graham.*
- *Make your own sausages without nitrites and nitrates.*
- *Sour your milk by yeast derived from useful probiotic bacteria "acidophilus" and "bifidus".*
- *Whole-wheat flour and green apple pie with honey is a useful treat.*
- *Buy potatoes from villagers from plateaus, such as the Petrovac, Grahovo and Glamoc plateaus.*
- *Buy cheese and basa cheese from areas where these products are made only of milk and salt.*
- *Go to market in autumn and buy all wild fruits, because they are offered in abundance.*
- *Sour cabbage on your own and drink brine.*

Once you have established this system and started to believe there is something in these words, I dare utter my grim prophecy of human future: still this civilization will end, because food is not all. It will be destroyed by the development of technology and pollution. Seemingly, man works for the good of humankind, but it is the opposite. Man is the only excess on this planet and it did not start that way, because all other beings live in harmony with nature. Saying that we are perfect beings to me is unacceptable. Man is less perfect than many animals. Above all, let us remind of perfect communities, such as bee and ant communities that we know very little of. Why does man not know to pick a suitable plant and resolve digestive problems when they occur? The dog, as an imperfect species, can solve this problem effectively with the aid of nature. It will just bite a few leaves of the grass it considers useful, swallows it, throws up the content of the stomach and continues living without digestive problems. The wild boar, that "ugly" animal, which often serves for boosting someone's self-perception, is more per-

fect in something at least. Here's a story by a hunter below Ostrelj peak:

„We planted two small corn fields. We planted our indigenous seeds on one field and some hybrids on the other next to it. Wild boars came and first ate all the indigenous corn and then moved to the field with hybrids. They ate it as well, but it took them twice the time in which they ate the indigenous one“.

Which sense commanded the pigs to make the choice, because the "perfect" man would have, using its "sharp" eyes, surely picked the other corn for its long, attractive hybrid cobs? Have the pigs been fighting against GMO (genetically modified organisms) we will never know. I have an example of my own from my veterinary practice. My friend and I were called up to visit a broiler farm. We were told that chickens were squeaking very loudly and that they would not eat. The sight was very unappealing. Ruffled chickens only ten days old refused food with strange "screams". We suspected it was a certain disease, but we could not provide lab evidence. In a matter of days microtoxin

T2 was discovered. Once again, which mechanisms alarmed the chicks not to eat that food, because it was toxic?

When the owner made changes to food supplies, they started eating voraciously. The toxin was derived from corn. There is not special corn for chickens and special corn for children, so we can claim that they eat the same corn. Since there is almost no control over the levels of microtoxins here, we have the right to be worried what our children eat in "homemade polenta". There are many more examples confirming the imperfection of man. In its imperfection man is perfect only in the destruction of its own species. Not a single other animal would destroy another one of the same species without reason.

Another evil of today has been made by man. It is a disease that poses a great threat to humankind and which is called the "Mad Cow Disease,"

From the moment when man, in its imperfection, began feeding cows, goats and sheep with flour made of meat and bones, it all started to go sideways. For the umpteenth time, unauthorized, man has disrupted nature for the "good" of humankind, not thinking that nature is a perfect harmony in which cows never ate meat. People still die from this mean disease (BSE).

” If man has improper nutrition, not even mountain climate can save one from disease.

Gennady Petrovich Malahov



This is not natural



Oregano, the best natural antibiotic

Natural medicines

It would take a while if we were to list all the medicinal plants from the Petrovac region. Dragan Gacesa did that in a book "The greatest natural treasure" (Najveće blago prirode").

It is almost impossible to list everything nature has provided to man. It appears that the most valuable things are those at our hand's reach. The most obvious example is the wild rose hip.

I remember how I also used to eat mellow rose hips as I was growing up in the countryside. We would pick hips choosing the red ones, the biggest ones that had softened, out of which we would suck the contents. At the time we did not know that the rose hip has over twenty times more of vitamin C than lemon. It sounds unbelievable, but one small fruit of hip or 2-3 of them have an equal amount of vitamin C as one whole lemon. I also remember that when we would eat too much of it, it would give us diarrhea. Tea made of dried plums and dried rose hips, together with juniper berries, was prepared often. Today traditional pharma-

ceutics calls it "rose hip extract". Aleksej Sinyakov recommends the next recipe for the extract:

200 g of dried fruits (daily dose is 10g) is washed in cold water. Then you pour 0.5 l of boiling water, cover it with a lid and boil for 10 minutes, after which it is left for 4-6 hours in warm area and then drained. It can be sweetened, if desired, (best with honey). It can be drank three times a day, a half of a cup each time. The extract is stored in cool area, not longer than 2 days. Even 50 years ago, my mother used to prepare this tea in a similar way. Namely, she boiled them a bit longer on the stove and it would let it be until it is cold. After draining the fluid, rose hips would be preserved for the next round of tea, which means they were not drained of their contents completely.

Speaking of vitamin C, here are some more interesting details. If I were to list everything that has been written about it and much of what has been proved, you would realize why it is called the vitamin number one. Whenever the topic

of health comes up, you hear about vitamin C. Metabolism is a very complex action in the human body during which around 15000 processes are somehow related to vitamin C.

Some unprocessed foods rich in vitamin C:

Food item	per 100g
Acerola cherry	1600 mg
Rose hip	1000 mg
Sea buckthorn	450 mg
Paprika	138 mg
Broccoli	115 mg
Brussels sprouts	105 mg
Kiwi	71 mg
Strawberry	64 mg
Orange	49 mg
Lemon	41 mg

Source: *The Vitamin Bible* by Ulrich Strunz, Andreas Jopp.

The process of maintaining good immune system (immunity) is among the most important ones. In one element, vitamin C proves the great resemblance of man and the ape, because neither of them produces it, except for some rare species. It appears that the ape is in advantage, because plants, having the biggest concentrations of vitamin C, are

at its "hand's" reach. Why is it that man and the ape were punished by nature's changing of their genetic formula will remain unknown for many more years.

We will leave this to geneticists. As for vitamin C, we have to add that, as the number one vitamin, it safeguards other vitamins, because it is a strong antioxidant and a great fighter against free radicals. It "advises" hormones how to act, while it is almost of crucial importance for iron, because the body accepts very little, if any, iron if there is not enough vitamin C. On the one hand it helps the body absorb iron, while on the other it attaches itself to some heavy metals (lead), thus helping detoxification. A tear is sour because it contains fifty times more vitamin C than the blood. It is the eye's first defense for the clarity of the lens. Smokers should erect a statue to it, on condition that they take it at least three times more than non-smokers. Namely, to neutralize nitrates and heavy metals (lead) from smoke, the body needs a lot of vitamin C that binds these matters and lowers their concentration. It is similar with consumers of big amounts of industrial sausages to which nitrates are

added that, when transformed into nitrosamines, become cancerous.

It is vitamin C that prevents nitrates to turn into nitrosamines.

According to newest research, it seems that vitamin C is a true savior of today's human, which is under the attack of elements it cannot influence on (various types of pollution, electromagnetism, stress) and those it can, such as smoking, use of industrial products full of poisons and cancerous elements. Therefore, many recommend the use of vitamin C several times greater than before. This is primarily related to smokers and others in times of flu or influenza seasons or in the event of the fall of immunity as a chronic disease.

” *Natural defense has three frontlines. The first one is avoiding infections. The second one is the skin and mucosa, and the third one is the immunity system.*

Alojz Ihan

Previously, recommendations for vitamin C intake were in milligrams and today they are expressed in grams. It ap-

pears that we have learned this from monitoring animals in times of some sort of infection, when their body produces four times more vitamin C than usual.

Still, the amount of this vitamin intake can never be considered without control, at least for two reasons. First, vitamin C does not belong to the category of vitamins that are deposited as liposoluble vitamins A, D, E and K. The body discharges excess of this vitamin, at least when it comes to the pure form of ascorbic acid, which at first glance would mean that should not bother, because we cannot increase the concentration in the body, which is wrong. Namely, the difference is in the use of this substance from natural sources and synthetic materials. Vitamin C also exists in another form where ascorbic acid is attached to mineral such as sodium ascorbate or other compounds. These forms stay longer and are easier to bear in the body. Another important aspect is thermal processing of foods that are supposed to provide us with this vitamin. Vitamin C is the most unstable vitamin and processing on high temperatures can destroy up to fifty percent of

it. Excessive use of all kinds of food or drinks will cause problems.

Who drinks excessive water and oxygen in the body will face problems as well.

” *JEat everything on condition it is natural, in moderate amounts, is a permanent motto of living healthy.*

Author

The same goes for vitamin C. Excessive amounts of this vitamin can contribute to the creation of kidney stones as well as to excessive absorption of iron, which we surely do not want. Once again, here nature steps in calling us to get back to her and use raw foods, since they offer so much. G. P. Malahov also confirms that vitamin C should be sought in natural foods:

„The most dangerous consequence of maximum dose of vitamin C is increased blood coagulation, which results in a thrombus“.

By irritating mucosa of organs of the digestive system, excessive doses of vitamin C cause pains under the chin, heartburn, nausea, vomiting, diarrhea

(a big bowl of cabbage, carrot or parsley salad abundant in vitamin C cannot cause anything like this). That is why fans of vitamin pills frequently suffer from gastritis with elevated acid level, as well as from a stomach or duodenal ulcer.

By increasing the amount of urine, Vitamin C accelerates the formation of scale in the kidneys and bladder from the salts of oxalic and urine acid.

Patients receiving B12 shots are warned by doctors not to take synthetic vitamin C, because it can neutralize vitamin B12. Those suffering from diabetes should know that great amounts of vitamin C decrease the production of insulin in the pancreas and increase the level of sugar in the blood and urine.

Recently it has been discovered that strong doses of vitamin C slow down the transfer neuro-muscular impulses, causing increased muscle fatigue, and the coordination of sight and movement reactions is also disturbed.

Therefore, it can be concluded that for good health and its preservation it is recommended to use only natural vitamins.

Common nettle

Common nettle belongs to weed, which, due to insufficient knowledge, many consider dangerous and do not want it anywhere near. To some extent they are right, because common nettle causes burning sensation when touched, while it also causes autumn allergies, together with ambrosia. However, this is just a small aspect of it in relation to the other, useful one that helps preserve our health, since it is one of the first plants that can do so in spring. The body can make a quick recovery in spring thanks to common nettle and auricula, as if they wanted to hurry to give themselves to man to make recuperate from long winter, during which nutrition tends to be pretty insufficient in vitamins. It is picked as soon as it appears, because the young ones are the most tasty and useful. It can be prepared in several ways: as soup, which is most common in my vilage, or as mash addition to meat and other dishes or in pie.

The reason why it should be picked in early spring is its high content of



Common nettle – a magic formula

iron, whose concentration in the body decreases over winter due to fatty and often monotonous food.

Common nettle was used as early as the first century, when Galen discovered that its leaf is a diuretic and laxative. Common nettle has many positive

impacts. It improves digestion, beats inflammations, improves the production of milk, protects blood vessels and lowers blood pressure. It is good to diabetics, because its leaves contain glykocinin. It improves immunity, while it is also used as an aid in curing arthritis, rheumatism, prostatitis. Common nettle contains lecithin, using which it destroys viruses attacking upper breathing channels. Some authors state that people who drink a lot of common nettle tea or eat it often have shinier and thicker hair, cleaner and healthier skin. Maybe this experience could be applied in the case of today's youth. What is it that causes the burning sensation? It is a mixture of several substances, above all ant acid aided by histamine and acetylcholine. Except as food, common nettle is used also in gardening both as fertilizer and as protection tool. A certain amount of common nettle is picked (whole plants) and left in the sun for more than ten days. The fluid is then poured on vegetables and flowers. It plays a double role, because its leaves feed the plant, but also destroy pests, such as plant

lice and other. I witnessed this procedure myself on the example of cultivation of tomatoes at my cousin's. One should not consume common nettle in excess, because large amounts can have negative consequences. If taken in large quantities, common nettle lowers blood pressure and slows down heart rate, so persons with these problems must be careful. Since it is diuretic, it is not recommended to persons who use medicines for the release of fluids, because it increases that effect. The effect is realized thanks to the potassium and sodium ratio of 60:1 in favor of potassium. Even though common nettle causes allergies with some persons allergic to ambrosia or pollen, other people use it as a means to mitigate allergies, because of the presence of quercetin. Common nettle has been used as food and medicine for animals. Grandmothers were especially devoted to this and would boil it and give it to chickens. They added some garlic and whey, too. I have spent my whole career working on poultry nutrition and I admit this was a positive experience for me.

Juniper

Juniper is a plant found on forest pastures. It has blue berries used for making tea, but having other uses as well. It has many useful ingredients making it primarily an antiseptic. It strengthens and to some extent substitutes antibiotic therapy and penetrates deep into the body, which makes it effective.

Juniper berries are usually put in rakia (locally called “Klekovaca” or juniper brandy), which is good for making compress for rheumatism and colds.



Juniper heals.

Hawthorn

Children rarely spoke about hawthorn, because they were afraid of it. They said that if you eat too much of it, you would get stomach worms. That, it appears, did not apply for adults. There is some truth to it, because children stomach worms were in question. It was, of course, wrong. Mature haw is an effective tool for depositing stomach worms, which, af-

ter defecating, could be seen in feces, and that scared children. So, stomach worms could be healed with nature. Haw, garlic and pumpkin seeds were an effective tool for depositing stomach worms. It is recommended that these ingredients are taken on empty stomach, for better effect. Today we have antiparasitics, pharmaceutical tools that both heal and poison.

Plums and rakia

As a small boy, when I began keeping cows in the field all others were bigger and older than me. I liked sleeping, so I was always late, in terms of village time. Since I couldn't eat breakfast, I would be forced to take something before getting out to eat it later.

My mother would usually prepare me two larger slices of bread smeared with basa cheese, something like a sandwich in today's terms. Most other, older, friends of mine would simply put a piece of barley bread and a dozen of plums in their bags. I won-

dered then, how could that be breakfast. Now I admire that simplicity and healthy nutrition, even though it can be labeled as the food of the poor.

Nature probable could not make a better combination than of these two. I strongly believe that the blend of barley bread and plums existed for centuries before. Which plum product should I praise more? Fresh dried plums processed into jam, with a very small amount of sugar, or prepared as compote? Rakia has its place also - in the middle of the table. All plum prod-



ucts can be praised, except for sweet plums, because it that case white sugar destroys everything that is useful. Why put sugar in something that is already sweet?! Mature plums are full of useful sugar for the body. It gives us vitamins C, E, B1, B2, B6. Contains beta carotene, organic acids. It has a lot of potassium. Plum is full of phenolic phytonutrients - antioxidants protecting nerve cells. Zink and copper protect the body in the way that they strengthen immunity, while copper lifts the spirit. Matters from the plum cleanse blood vessels and prevent the deposition of cholesterol.

Dried plums are also desirable for the body. It is a proven, simple and very effective remedy given to all those suffering from constipation since earliest times. A dozen of dried plums should be immersed in water over night and eaten in the morning as the first meal. This recommendation has been verified by many scientists in the area of nutritionism, together with the benefit for bone thickness and lowering the harmful form of LDL cholesterol.



Flask full of slivovitz

However, it is still a secret what plums contain that acts so positively.

Plum is food and medicine to our body. One should not consume it in excess, because it contains plenty of oxalates, which can be harmful in greater amounts. When barley bread is added as a first-class prebiotic, our body benefits in several ways.

Since the earliest times, alcohol has been made, rakia, too, probably. There are some drawings by ancient Egyptians and Greeks. There are also the Chinese from the 7th century and the Indians from the 9th century. Ancient Slavs made mead as early as the 5th century, and they brought their technology of making it to the

Balkan peninsula sometimes in the 7th century. It is a pleasure to state that even today some fine mead is produced under the Petrovac skies.

When me mention rakia today, we usually think of plum rakia (shlivovitz), whose roots are unknown. It is mentioned in the Dusan's Code. During the Ottoman rule, its production became popular, so special tax was paid per each batch.

In almost every house in my village there would be a bottle of rakia on the table, from which you would pour a glass before lunch. Except for young children, everyone drank it. During hard labor, it was a true stimulation, especially during plowing, digging, mowing grass and threshing. It could be found everywhere. In the field, at a construction site, in the forest and all other places wherever some work was performed. Whether it was the rakia or psychological satisfaction (no stress), song was always sang on the way home, by diggers and reapers alike.

Rakia was thought to have many healing powers. Many are accepted even today. It was said it was good

for both inner and outer disinfection. There is a common joke: "Take a spoonful of honey to attract bacteria in group, then drink some black coffee to bring them darkness and then drink a good glass of rakia to kill them."

It was the main aperitif, main tool for beating fear, main cure to tooth ache, and stomach pains. I was used for making cold compress for lowering high body temperature. People especially appreciated alcoholic potions with plants. I will mention only one, which can be considered the representative and that is the wormwood in rakia, which my mother used to make me to improve my appetite.

Therefore, there were times when rakia was the only beverage in my village. At weddings, funerals, slavas and on communal work bees. Everything began and ended with rakia, In every sense of this statement.

” No other medicine is as effective in the prevention of heart attack as moderate consuming of alcohol.

Serj Reno, a French researcher

Raspberry

This kind of wild fruit, which is, undoubtedly, a source of vitamins and minerals, was also one of the sources of revenue, because excessive amounts were sold. Just after the World War II, the state established farmers' cooperatives, which, among other, included stations for buying many farming products, including wild raspberries.

Annual picking season for raspberries did not last long, so people tried to pick as much as they could, otherwise the black bear would do it instead. It was a true challenge mixed with fear, because sometimes you could hear the sound of growling and cracking of branches from shrubbery with raspberries nearby as a warning that you were on the bear's territory.

People often had encounters with bears while picking raspberries, but I never heard that anyone got injured by the beast. It seems some kind of mute agreement existed between them. For daily needs during keeping cows in the forest, cowherds had to bring raspberries somehow with themselves. They would make

a temporary dish for holding raspberries, because households did not have many dishes as today. Dishes like pots and forks were especially scarce, so they could not be carried to the woods. Therefore, cowherds would make themselves the "kuzov", which had the volume of a half of liter. They would make them by peeling bark of young pine trees (young pine tree trunk is as thick as a man's hand), carving it very carefully to get flat edges to adhere better when joined together. They would fold it in such a way that inner side of the bark is also on the inside of the container. They used thorns or spiked branch tips to join peeled pieces of bark together. It was very firm and could hold plenty of raspberries. The same dish was made for holding forest strawberries and blackberries. Older people used to say that raspberries from the "kuzov" tended to be more aromatic and sweeter somehow. This was probably due to the smell of resin from the moist inside of the dish.



*Five basic
bodily
functions.....*

We have all heard our parents say: "Eat, my son, you must eat to remain strong and healthy". Nowadays we must add "...but what you eat can also make you sick". They did not have to add the second part of the sentence 100 years ago, because they did not have "the industrial wealth" of today. They did not use white but whole-wheat flour and they did not use potatoes to make chips and other processed products. They did not eat sausages packed with nitrites, nitrates and salts or any other industrially processed product based on meat. Also, they did not consume "long lasting milk" and milk products with an expiration date of several months from the date of production. They did not eat butter that did not have the nutrition values of what it is made of. They knew only about fresh milk, sour milk, whey, basa cheese and young cheese without chemical additives. In spring they did not eat salad, spinach and mangel-wurzel sprayed with pesticides, but common nettle and auricula in their original natural condition.

A new form of medicine called naturopathy is still quite unknown in our region. This discipline is based on several principles, among which two are the most important according to naturopathist Stevo Solaja:

- *Nature heals*
- *Do not use harmful substances.*

What the developed world has to offer? Expensive organic food or cheap poisonous food. Everything that was once natural now has its industrial substitution. All vitamins, minerals, growth stimulants, aromatic matters and artificial colors imitating nature.

This also includes weight loss and weight gain products. As genetic engineering advances it seems some day we will be able to choose the color of our unborn children's eyes. An average pharmacy in Banja Luka offers over a hundred supplements (artificial ingredients substituting natural ones). A publication (catalogue) of one company contains a list of 150 products intended as aid in man's health preservation. Some of the groups are:

- *Vitamins,*
- *Antioxidants,*
- *Minerals,*

- *Multi groups(vitamins and minerals),*
- *Weight loss products,*
- *Protein and energy products,*
- *Products for the increase of muscle mass,*
- *Products for athletes,*
- *Amino acids,*
- *Products for body recovery,*
- *Products of special purpose(for the protection of the heart, etc.),*
- *Plant extracts,*
- *Enzymes,*
- *Unsaturated fatty acids*

The list has 52 products or combinations containing vitamins and antioxidants separately or as a whole offered as replacement for just vitamins, out of which there are only 14 of important ones and several important antioxidants. Such a wide offer of products is offered "to ensure as best as possible response" to some disorders in the body. So, almost all. In her hundred



years, my mother took no more than a handful of medicines.

It was interesting to see my grandmother Mara (died at 100) joke with my mother about not giving her a pill. It was one morning when the daughter took her regular therapy (for blood pressure and stomach) that she kept in a shoe box under settee. The grandmother said: "Now look at my Dragica, she wouldn't give me a single one pill."

One may ask themselves rightfully: if it was so good once, why the average lifespan is now longer, mostly in developed countries? An answer could be simple: lifespan may be longer, but the quality of life is not. That shoe box

filled with medicines depicts the quality of life of people over 50 years of age today.

If five basic bodily functions or necessities were fulfilled in a normal way, we would not need supplements, just like my mother, grandma Mara, grandma Sara and Vova (they all live 100 to 110 years). Five basic bodily functions or necessities are:

- *Breathing*
- *Intake of liquid*
- *Intake of food*
- *Sleeping and*
- *Physical activity*

It is very easy to see the difference in the way people realized these functions a hundred years ago and how they do it today. Those from the past: had clean air, drank clean water, ate natural food, slept during the night and not during the day (as many youngsters do today) and performed physical labor all day long.

In terms of physical labor in the countryside, I think the following should be emphasized: plowing, dig-

ging and the reaping of grass. We can calculate these activities in the number of footsteps or shovel blows per day.

- *A plowman can plow about 3000 square meters and make up to 30000 footsteps per day.*
- *A digger can cultivate about 1500 square meters of cornfield and make up to 30000 shovel blows.*
- *A reaper can reap about 3000 square meters of meadow and make up to 15000 swings with their hands.*

In order to perform these works, one usually had to walk to the field, thus crossing another five or six kilometers by foot. So, in cultivating cornfield by plow, one can lose around 5000 calories per day. If these tasks are expressed in spent calories, it would be easy to understand why people lose weight while performing them. The reason is very simple. They lose two times more calories than they take per day.

Today we are far away from the mentioned principles for living in harmony with nature. It only matters that

industry and market provide us with sufficient quantities. We have plenty of air, water and food, which would be great if food was correct and water was clean.

We have switched the roles of the day and the night, depriving us of those few hours of best quality sleep before midnight. Physical activity is not even worth of mentioning.

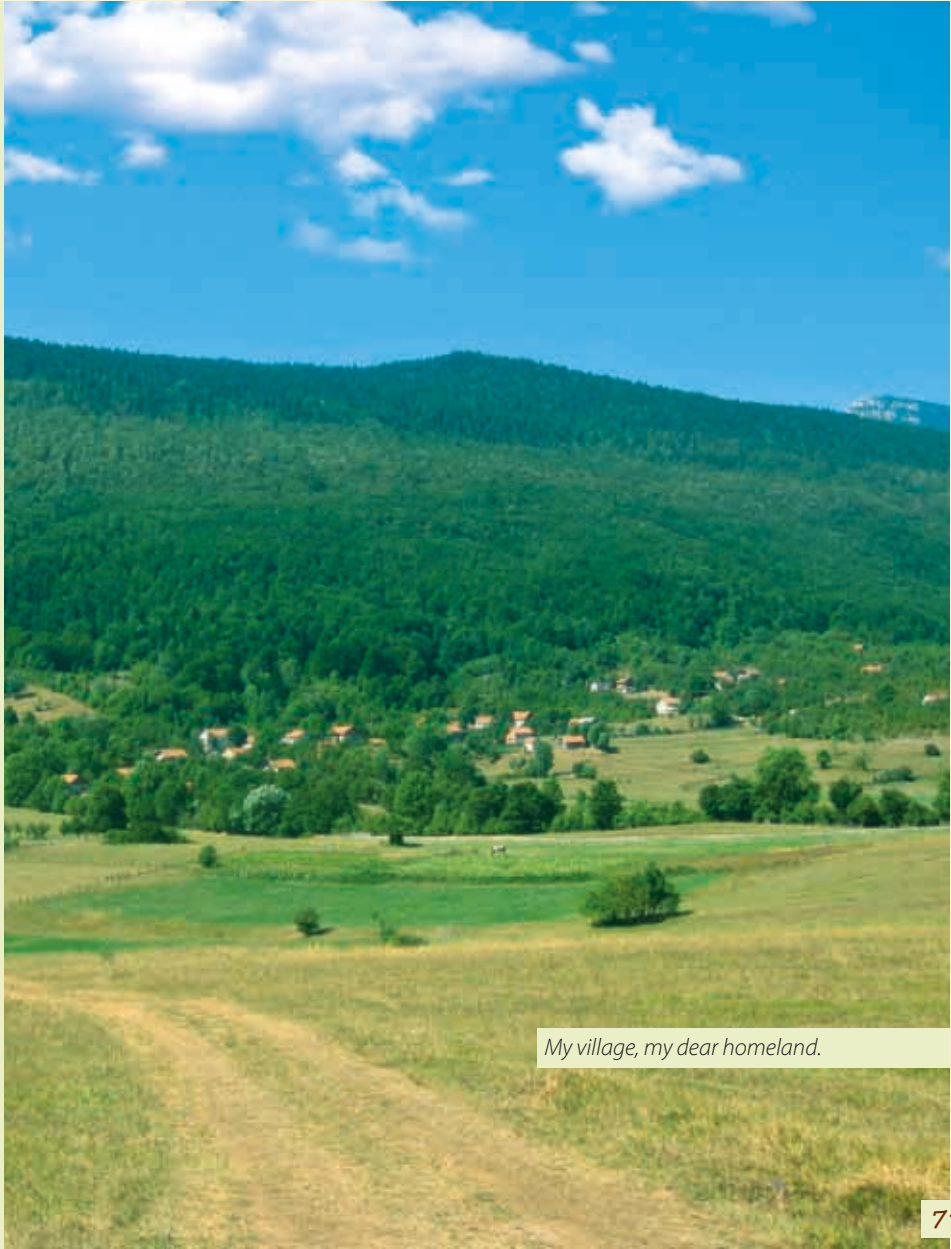
” *The oil of wild oregano (vranilovka) is the best natural antibiotic.*

Author's positive experience

Beside food, water is becoming an equally important issue. City water utilities do not provide correct water, which is, every now and then, confirmed by many printed and electronic media. Georgiy Nazarov reveals an interesting method how to recognize and filter water that is good for drinking: “We leave some water in a dish without a lid or an open bottle and leave it for 12-24 hours to let chlorine out. Then we pour it in plastic bottles and put them in the freezer. Once we

take the bottles with frozen water out we will see that the ice is murky in the middle, with various nuances of white, yellow and grey colors, while it is transparent around it. That central part holds the excess of salts, a large portion of toxic compounds, heavy metals... The outer layer, right next to the inner brim of the bottle, holds deuterium - heavy water, very useful for making the atomic bomb, but not for the functioning of our body. In small amount it has a devastating effect on our body and can cause death.

After we have removed the bottle from the freezer, we then pour it with hot water for a minute or two. Then we carefully open the bottle and let the pressurized water with deuterium come out. After that, we close the bottle and put it in a larger vessel filled with warm water, around 40 degrees Celsius. Water in the bottle will melt quickly, leaving sediment at the bottom. Then we filter the water through several layers of gauze and we will get high quality and refined water that you can use to prepare all beverages and foods requiring water.”



My village, my dear homeland.

Menu according to Jovan Bijelic and my grandfather David (1895)

Menu

SOUPS AND STEWS

CHICKEN SOUP

(chicken meat with some vegetables) AMPREGSOUP (previously fried flour boiled in water until liquid state with some spices)

BUNJGUR

(crushed wheat grains boiled in water with spices)

CLOVE STEW

(potato, carrot, onion)

GREENS STEW

(greens, potato, onion)

COMMON NETTLE STEW

(common nettle, potato, onion)

POTATO STEW WITH

SMOKED MEAT

(potato, carrot, onion, smoked meat)

BEANS STEW

(crushed beans with noodles) VARICA

(boiled corn kernels with beans)

PIES AND OTHER PASTAS

PIE WITH GUTS

PIE WITH BASA CHEESE

PIE WITH AURICULA

PIE WITH GREENS

PIE WITH POTATOES

PUMPKIN PIE

PIE WITH SOUR CABBAGE

PIE WITH CURDS

(milk obtained by milking the cow one and two days after it has calved)

LJEVACHA

(corn flour with basa cheese spread across the plate. Sour milk as an addition) KLJUKUSHA


(sharp flour, fat, dressing of basa cheese and garlic)

TITKUS FROM GLAMOC

(sharp flour, potato cubes, fat, dressing of basa cheese and garlic)

OMAC

(noodles shaped like large macaroni boiled with basa cheese)



MEAT DISHES

ROAST LAMB

ROAST PIG

DZIGERNJACA

(boiled livers, lungs, heart,
cvarci and some vegetables)

CHICKEN MEAT WITH POTATOES

(after boiling in soup, chicken
drumstick and thigh are baked
on potatoes in the oven)

SMOKED PORK MEAT

SMOKED BACON

SPECIAL DISHES

POTATOES IN CASSEROLE

(baked potato slices with
onions and bacon)

POTATO HALVES – POLICE

(baked unpeeled potatoes
sliced in half with mature
basa cheese as addition)

USTIPCI – DOUGHNUTS

(salty doughnuts covered
with melted basa cheese)

BANNOCK OF PRESKI BREAD

(served during the fast
with bits of onion on oil)

DAIRY PRODUCTS

YOUNG SIRAC CHEESE

(young cheese up to 3
days old – skripavač)

MATURE SIRAC CHEESE

(mature cheese several
months old)

SKORUP– SKIM

(skorup – young or mature
kaymak) MIXED BASA CHEESE

FASTING BASA SOUR MILK

BOILED MILK

QUICK HOT MEALS

BASA CHEESE DIP

(melted basa cheese in
which bread is dipped)

EGGS DIP


(melted basa cheese with eggs)

POPARA

(basa cheese melted in boiling
water in which one spoon of fat
and crushed old bread are added)

STARCH

(flour and spices mixed
and boiled in water until
becoming starchy in form)



CORN DISHES

CORN BREAD

(bread made of corn flour)

SPICED POLENTA

(corn flour boiled for long period of time (hard), and which is covered with basa cheese spice right before serving)

CICVARA

(boiled corn flour (soft) with a lot of fat and basa cheese)

SALENA POLENTA

(polenta covered with hot fat and some meat). Served only during the month of slaughtering pigs.

COOKED DISHES WITH VEGETABLES

BEANS

(alone with some vegetables or with smoked meat)

BOILED SOUR CABBAGE

(boiled with smoked bacon, smoked ribs or smoked guts)

GREEN BEANS

(green beans, potato and spices)

DESSERTS AND TREATS

USTIPCI (DOUGHNUTS)

COVERED WITH SUGAR

BAKED PUMPKIN

SOUR MILK WITH POLENTA

SOUR MILK WITH POTATOES


DILUTED PLUM JAM

WITH POTATOES

APPLE PIE

SWEET PUMPKIN PIE

OSEP (plum compote)





*Biorhythm
and its
influence
on the body.....*

Human body is a very complex composition both in terms of its physique and its system of functioning. Numerous processes take place within it during entire lifetime. The popular saying that a life lasts from the first to the last breath is very true. Even though man inhales and exhales over eight hundred million times over eighty years of life, only two of these determine man's fate. Processes are happening in the body even without our awareness, mostly under the influence of nature. It is maybe more appropriate to say that everything within and around us is happening under the influence of nature. There are several theories on the origin of the animal world. I am not sure if only one theory on the origin of species will ever be accepted by all. One thing that scientists agree upon is the knowledge on differences between species, their lifestyles and traits.

New details and discoveries emerge every day, a lot more than several decades ago. Still, many questions remain unanswered. One of these questions is why man feeds according to the schedule of three meals a day, i.e. breakfast, lunch and supper? Why carnivores eat once a day, mostly in the evening, or why are there snakes that feed only two or three times a year?

People in the East have an interesting explanation, which is very old and which is about the human body having certain energy. In fact, energy is what keeps it going. It has its flow, which is under greater influence of natural phenomena than of ourselves. The basic influences are exerted by

change between days and nights, lunation, phenomena on the Sun, atmospheric pressure and even by different times of the day – morning, noon and evening, moisture, north and south winds... In terms of nutrition, the ancient eastern theory tells us that every organ of our body has its favorable and unfavorable time of the day, i.e. time for rest and time for work, recharging and performing. By attributing everything to the influence of nature, they explained why the strongest urge for emptying the bladder is between 5 and 7 a.m. According to them, the stomach is most active between 7 and 9 a.m., which is the best period for taking the first meal of the day.

Weather changes over night, moisture, change of winds and other exert influence on the change of processes in the body as well.

Greater accumulation of energy and work ability of the body ceases at 6 .pm. and processes are starting to slow down until 10 p.m. when the body "asks" for sleep. Deviations from this rhythm affect the body and it gets confused. Going to bed after midnight can cause the sensation of hunger by 2 a.m. already. In those occasions bioenergy of the body is disturbed, followed by improper food intake, insomnia and general obstacles for normal functioning of the body, and if this lasts for longer periods it can lead to slow but certain weakness of the body. Why do we enjoy coffee with sugar when we feel tired? "It really feels good" – can be heard often. This represents bogus and short-term energy uplift using caffeine and sugar. For a moment we feel better and energized and motivated to work. Maybe this is an explanation to the habit among people in the countryside of drinking coffee and rakia 2 to 3 hours after lunch or 2 hours be-

fore the end of a work day. It was obviously a stimulation to complete difficult physical tasks more successfully. Short-term success was realized, but a hundred years ago our ancestors did not know they were losing plenty of quality energy in the long run.

We know this today. Their relaxation methods resemble modern meditation exercises. Did they meditate? Yes, but they were not aware of it. Today numerous books have been written on meditation, on its benefits, on thinking positively, cleansing of our spirit and body by creating positive and discharging negative energy. Imagine a man keeping sheep with only a stick by his side. He lays in the shade of hawthorn and observes the skies above with a hundred questions in his mind. How high is it and what is it up there? What clouds are made of and how they travel? Is lightning out of a blue sky possible as the traditional poem says? He could not look for answers in books, newspapers, on the radio or TV, especially not on the Internet. He would give himself a reply. I am sure it was: "Only dear God would know."

The man would go on like this for hours, letting his thoughts drift away taking negative energy with them. He gathered positive energy by praying, listening to the sounds of sheep bells and enjoying the smell of grass, which often made him sing along quietly. In his book "The 10 Secrets of 100% Healthy People", after performing a survey, Patrick Holford concludes that "...the majority of those with best

results are prone to spirituality and/or that they feel firmly connected to nature and feel fulfilled, with a clear sense for the meaning of life." Obviously the shepherd from our story is firmly connected to nature. Traditional songs and old tales have described the song of shepherds, youth love and not massive suicidal tendencies of youth, which is a problem of today.



Pretty gals posing

Contemporary medicine and nutritionism.....

***A**s far as my knowledge of humane medicine goes, and I think it goes far enough, I think that true nutritionism is barely present alongside other branches of medicine. The reason is probably little knowledge about nutritionism that some doctors have*

A survey among patients after their release from the ambulance confirms this. The question was: "What did the doctor say to you?" If we were to single out a common response, that would be: "They say I am not well and that I have to take these medicines and come back later. They think it will be better, but that I pay too little attention to my health." They said that doctors had said nothing else. James Gordon, a psychiatrist and clinical professor at the Faculty of Medicine at the Georgetown University says: "One of the reasons why people turn to alternative medicine is the fact that our official medical system struggles with defeats. The fact is that we are in amidst of an epidemic of inadequately treated chronic diseases. Sixty million Americans have high blood pressure, forty million suffer from arthritis and twenty three million suffer from migraine. Every year one million of Americans are diagnosed with cancer, while almost 40% of them will suffer from this terrifying disease sooner or

later. There is a growing number of people suffering from asthma, multiple sclerosis, chronic fatigue, HIV and many other difficult states. Conventional biomedicine, which is extraordinary successful in curing serious infections and urgent life-threatening conditions, cannot cope with these serious diseases."

In general, in all its branches, especially in nutritionism, science has become a slave to the market.

Experts are deprived of a tool called knowledge. Modern surgery may be the most successful medical branch that may have saved many lives from total hopelessness. But surgeons also place artificial materials in the body, both for health reasons and for the sake of aesthetics, sometimes without even knowing what they are placing in the patient, because the market deceives them about something they eventually find out about later. We can always remember Kusturica's saying: "Morals were destroyed by the market."

Let's get back to nutritionism, that important branch of science which has been chained by the food industry. Quasi nutritionism has involved in lives of people setting them rules of nutrition according to alleged scientific grounds. After 1960, the world (meaning USA) initiated an entire campaign against animal fats based on "scientific research". These fats were rated as not only harmful, but deadly. Since that moment our mothers and grandmothers began "nutritionist" schooling against their will. Previous knowledge and skills that had been carried from generation to generation and proved in practice were then replaced with statements by us educated descendants through various articles in daily, weekly or other newspapers filled with advice on the usefulness of some and harmfulness of other products. Weight loss diets started to emerge as the salvation for the obese. Literally, you only needed to read newspapers in order to find out what and how much to eat, what to mix with what, when to eat and in which schedule. Many mothers knew that a hundred years before, because they often raised more than five children with the "blessing of nature". They were not

able to use scientific findings, because they could not read.

The food industry has become relentless, because profit is its only goal, while chemistry is its tool. Today man is the consumer and the industry with its powerful machines is the producer, including less and less human labor. Once man used to produce for their own needs, while today their purpose is to spend and turn on some machine to earn to buy some groceries.

The notion of "food" is disappearing, while the notion of "the production of useful provisions" is increasingly talked about and argued scientifically. Useful provisions change under the watchful eye of nutritionists thus resulting in prepared foods. Baby food is among the first prepared complete meals. It was considered a great discovery. It was pioneered by a German scientist who was considered to be the inventor of organic chemistry, who, according to Michael Pollan, "kicked food to the corner and made it give away its place to his chemical secrets." Despite being a world renowned scientist,

he tricked himself thinking he had discovered it all, because the first baby food

did not contain at least three important element - vitamins, as well as some important fats and amino acids. Regardless, science advanced. Products were corrected just to some extent, new ones were discovered. Through medicine, the food industry succeeded in telling mothers they could raise their babies without breastfeeding or doing that for a very short period of time, in order to preserve their breasts and rush to become celebrities. Today, under the guise of new discoveries, medicine has put out a new slogan - breastfeed your babies as long as you can, because nothing can replace breast milk.

” *If the doctor of today does not become the nutritionist of tomorrow, then the nutritionist of today will become the doctor of tomorrow.*

Thomas Edison

As I read a newspaper, I am astonished by the title: “Buckwheat, barley and oats – grains rediscovered.” How can something be rediscovered, when it has existed for thousands of years? Who is mocking whom?

Is it intended for consumers whose ancestors were raised on these grains, but who should buy more, or for the expert public with an accent on higher level of information about the grains today?

The next big thing in “a major newspaper” is titled: “The return to rewrapping infants”. The text below the title is about emphasizing traditional values in taking care of babies, while the related campaign was implemented in Great Britain. In that country, over the past year, the consumption of cotton diapers and fabric for rewrapping increased by 61%.

Media present us new discoveries every day. I do not intend to deal with them, but I would like to mention one more thing. It is about anatomic footwear insoles for small children, which were considered obligatory until recently. My cousin told me how she was not able to find these insoles a baby. To her inquiry about the insoles, she was told that “the West does not manufacture these anymore, because new studies have shown that children should wear soft footwear in order to enable the feet to move naturally.” What is next?

*Expert
deceit or
who is lying
to whom*

While preparing what you are now reading, I referred to over 60 books, out of which some had just been published, and many other scientific articles, press releases and I talked to people older than me, from my village, who told me their memories on the past life and nutrition.

If we are to try to explain the contradictions of modern science on the example of cholesterol, I would like to ask several questions first before any deeper analysis:

- *Is the recommended cholesterol level, which has been significantly decreased in the last several years, the result of new scientific evidence or the victory of pharmaceutical industry that makes enormous profit on the drug?*
- *Which type of cholesterol can announce cardiac arrest or stroke? The high one or the lowest one?*
- *Do statins (drugs for lowering cholesterol level in the blood) decrease the risk for men who have suffered a heart attack?*
- *Is anti-inflammatory action of statins more useful than its action of lowering cholesterol?*

- *Does fatty food significantly increase cholesterol level in the blood?*

Answers to these questions must be confusing. I think they are also confusing for doctors making the decision on who will have to take statins and how much, because they too are bombarded with marketing and recommendations by the pharmaceutical industry.

If we accept the opinion of Patrick Holford, then we will change our attitude towards cholesterol. Here is what he says:

- *If we take cholesterol, its level in the blood will not rise.*
- *If we eat fatty food, cholesterol does not rise.*
- *Cholesterol and fat do not increase the risk of heart diseases.*

- *High cholesterol is not a sign of neither cardiac arrest nor stroke. Actually, too low cholesterol can better predict the risk of stroke.*
- *Too low cholesterol (under 4 mmol/l) is as equally dangerous as too high cholesterol (above 6 mmol/l).*
- *Recommendations that a person with cholesterol above 5 should take statins to lower it are more closely related to money than science.*
- *Last year, statins were sold in the value of 20 billion dollars (2008).*
- *Statins do not decrease mortality rate if given to healthy people.*
- *They decrease the risk for men who have had a heart attack.*
- *They do not decrease the risk in a more significant measure for women who have not had any cardiac incidents.*

Whether these people are right or those who recommend that everyone with a cholesterol level above 5 should

be treated with statins is up to you to discuss it with your specialist.

My grandfather and those before him could not feel confused as I do, having read all these titles listed in the reference list. They did not know anything about the matter and they did not have the opportunity to read about it, let alone watch on a TV screen all those expert characters lying about the usefulness of some supplements every day. The latest example, at least for me, is the recommendation by one doctor (a woman) that children should also take Germanium 132 as prevention. An old saying from the East came to my mind: "Lord, forgive her because her ears probably cannot hear what her mouth is saying". As for the notion of prevention, I have an opinion about it. Namely, the expression has lost its original meaning. Today everyone uses it, even those who, probably, know little about it. Everyone advises you should eat garlic as prevention and plenty of vitamins and minerals, a glass of red wine a day, brine, apples, numerous teas, and a lot more similar ingredients found in everyday food items for prevention. If it already is in

certain foods and we should take them with those foods, then that is not prevention. Those are useful groceries that should be consumed every day, because our body benefits from it.

” *In 2008 statins – drugs lowering cholesterol – were sold in the value of 20 billion dollars.*

Patrick Holford

Diverse food is a benefit for the body, not prevention. As prevention, I acknowledge only the vaccine. It is not harmless for the body, but it does safeguard humankind.

At communal work bees, where many games took place, no one talked about cholesterol, as we do everywhere we go. It seems like some day we will greet each other with “Hello, what’s your fat level?” instead of “Hello, how are you?”.

Should increased use of statins be followed by increased sales of Q10, which is destroyed by statins? Probably yes, but you don’t hear about it often. To remind you, Q10 is an antioxidant with

favorable action on the strength of the heart muscle.

There are many dilemmas when it comes to medicines, especially in the field of synthetic vitamins or those 150 listed supplements that are regarded as our “salvation”. Scientists argue a lot about the use of vitamin C in terms of the source and daily intake. There are so much different opinions that they cause confusion, because daily intake recommendations vary from 100 mg to 6000 mg. While Wale recommends 2000 to 3000 mg in some cases of weakened immunity or cancer risk and claims that he has never witnessed any kind of poisoning by vitamin C, except for the problems of stomach intolerance in the form of nausea and diarrhea, others, however, claim that a daily dose of 500 mg is perfectly enough.

A snippet from a 2008 press release to the American public by Geoffrey Smith on what scientists reported to the Senate Board proves we are right for having doubts about modern pharmaceutical industry: “

Manufacturers of medicines exert too much influence upon the process

of approving medications. Scientists often feel their careers are jeopardized if they decide to ban a drug they consider unsafe”.

By the end of the 19th century, science was advancing quickly. Patents and scientific discoveries came one after another. There were some revolutionary discoveries that humankind owes gratitude to. Many diseases were stopped, while some have been eliminated. Remember the revolutionary discovery of penicillin and many other antibiotics, vaccines for prevention of some diseases, etc. Somehow a monster called the market got involved and has remained lurking over our lives. It always has its demand – profit.

One scientific area is controlled by the market, i.e. money, and it is aimed at making chemicals that bring profit by indulging to human pleasure. The other scientific area involves people who have worked on discovering ways for the protection against harmful chemicals. Which ones are faster? Who will win? I have already said that the branch controlled by the ruthless market is winning, which will destroy humankind.

The branch determined to save humankind is lagging behind. That is the reason for the present situation. That is why hundreds of books about wrong nutrition and endangerment of man were written in the past ten years. The question is will there be a miracle or revolution, as some may call it, in the field of nutrition? Is man going to wake up and realize where the current nutrition habits are leading us? I stand with the latter movement and wish to contribute to revealing and understanding the fatal nutrition habits of today.

Some of you will probably say I am too pessimistic regarding the future of humankind. It is correct. There are several reasons. One of them is that seven billion people are living on the planet. Food is less and less available to the poor, while the rich throw it in the garbage more and more. Grim predictions that in 50 years humankind will not have enough food have already been publicized. On the other hand, diseases and deaths caused by food poisoning are on the rise. Milka Sibalic quotes one scientist: “It does not matter whether

we are going to die by hunger or food poisoning!”

” *When the doctor walks behind the coffin of their patient, then it is a situation when we can say the cause follows the consequence.*

Voltaire

Also, they want to persuade everyone they are sick. And all that for one and only one reason: MONEY! How do I know that? I was a part of it myself.” He goes on with other information asking us:

Drago Plecko, a practitioner of alternative medicine, answered the question of why some proved natural medicines are not widely recognized and present today by blaming the pharmaceutical industry. He said that it was because “these medicines have been praised only on TV and in magazines, and they have not been proved according to criteria set by science, which refuses to test it, because that would legitimize it and jeopardize the pharmaceutical industry, which funds science. It is a closed circle ruled by money and interests.”

You can find more intimidating information in a book by John Virapen called “Side effects: Death”, in which he expresses remorse for participating in medication frauds. He says: “Pharmaceutical companies wish people to remain sick.

„Did you know that:

- *pharmaceutical companies invest more than 35.000 EUR per physician each year to get them prescribe their products?*
- *more than 75% of leading scientists in the field of medicine are “paid for” by the pharmaceutical industry?*
- *corruption prevailed in the of approval and marketing of drugs in some cases?*
- *Illnesses are made up by the pharmaceutical industry and specifically marketed to enhance sales and market shares for the companies in question?*
- *pharmaceutical companies increasingly target children?*

A disaster, I would say!

Stress

An esteemed pathologist, professor Culjak, once said something like this:

„What stress is – I am not sure, but I know all too well that I see its consequences every day.“ Now I realize what Culjak wanted to say.

It goes so far that all professional magazines say that stress is a “trigger” to modern diseases of the cardiovascular system, diabetes, various forms of cancer, etc. I say that improper nutrition and lack of physical activity are far more important causes to many diseases, primarily these mentioned above. Explanation for such claim I find in research of bees. How can it be that bees that came from the same egg cell can become two different organisms, the queen bee and the worker bee, just because of having had different nutrition. Amazing royal jelly that turns one organism into another is still partially a mystery to science. Is it really enough to only know that in the event of losing the queen worker bees single out one of them, feed it separately and it turns into a new queen just like that? Today there are opinions that human lifespan could be extended by several times if we could sin-

gle out certain ingredients and use them as food. This will remain for the future generations, unless we destroy ourselves by then. Medical science advances quickly. It is apparent especially in the domain of diagnostics using contemporary tools, which is of great importance, but food quality degrades. A cardiologist was not able to peak into my grandfather’s heart and measure the size of its left atrium, heart wall thickness, blood flow capacity, etc. But, every day you could hear that some diseases are caused by stress. If we accept stress as a special expression denoting something or replacing a number of other expressions, then we can do nothing but accept the stress definition by modern medicine, according to which stress is an inadequate reaction of the body to various physical and psychological “traumas” manifested in various ways, which becomes a problem when it lasts for a long time, because then we have an extended stimulation by the adrenals, which results in the increase of all lipids and sugars. Those with inadequate physical activity and improper nutrition exponentially increase the risk of diabetes and hypertension.

I remember one event from my childhood. It was a warm summer day. I went to find sheep, which usually get in the shade in that time of day. I wore only shorts and peasant shoes on bare feet. I liked jumping around when going downhill, sometimes from stone to stone. I did that on that day too, but with a different outcome. Namely, jumping around I did not notice a snake curled in the sun. I jumped over it and suddenly realized what I had done. I turned and saw a large snake. It sensed me too, lifted its head and hissed. It was only then when I started feeling fear. I turned forward and had to jump over a juniper bush without turning back. I cannot remember where did courage come from, but my heart wanted to jump out. I felt very strong and wanted to continue running further and further. The next day I came there with a stick in my hand and wearing better clothes to face the snake. It was nowhere near, but juniper was still there. It was huge and I wondered was it possible that I jumped over it the day before. I could not believe myself, let alone someone else if they told me a similar story. I remembered how people used to say that fear made one's sight sharper and steps longer.

Another story by a man who had close encounter with a bear goes like this: "When I saw it, my steps became three meters long and my heart beat like a drum." It seems like such stories vividly describe what we can explain today. Extremely quick reactions occur in our body. These are immediate reactions to disturbance (fear) when quick chemical processes take place. These fast signals stimulate the adrenal to produce adrenalin that, in a matter of second or two, causes heart rate increase (beating like a drum), breathing rhythm change, pupils become dilated and muscles "get ready". Glucose quickly transfers from the liver and muscles into the blood. That is when we are ready to take a "three meter leap" or to jump over that juniper of mine. The recovery from this lasts longer than the event. It is when many glands and organs are turned on to correct the "incident". Every irregular situation can be considered an incident in the body. In order to address the incident, which is the large amount of sugar in the body, the pituitary gland, adrenal, liver and pancreas must undertake great effort. In order to succeed, they must be healthy. If only one of these organs is ill, the entire body feels the consequences.

Vampires in our body.....

Cholesterol

For man, this is an important matter without which life would not be possible. In youth it contributes to the development of the body and remains in cell walls and membranes throughout the entire life. Sex hormones would not be able to develop, if it did not exist. It participates in the production of vitamin D and bile acid that helps fats metabolism. Cholesterol is an important type of fat (lipid). It is produced by the liver from saturated fatty acids (saturated fat).

Because of its increasing presence in the body and threatening cardiovascular problems, the pharmaceutical industry has developed several types of drugs that lower cholesterol level through the mechanism of stopping its production in the liver.

In the past only total cholesterol was monitored, so it was determined it was not enough, because some cholesterol are more dangerous individually. The main enemy is LDL (low-density lipoprotein) and it contributes to 75% of total cholesterol. It is responsible for the

occurrence of blood clots, i.e. clogging of blood vessels.

Counterweight to LDL is HDL (high-density lipoprotein), which binds itself to LDL particles and returns them to the liver, which discharges it from the body in a neutral state. It is therefore said that who has high HDL level does not be afraid of other cholesterol.

It is not only HDL and LDL that matter. There are also VLDL (very low-density lipoprotein) and triglycerides. These two make a large "fatty" group. Steinberg and associates have drawn a new theory on how to control cholesterol by food. It is actually a new theory of clogged arteries and it goes like this: "Special forms of oxygen called free radicals crash with fat molecules of LDL cholesterol and oxidize them. Then LDL begins to spoil, just like butter left out of the fridge. Cells called macrophages devour it in this new form. Full of fatty globules, macrophages grow into terrible "foam cells", which enter artery walls damaging them. If you can prevent this

harmful disorder, your LDL cholesterol might remain relatively harmless.

So, problems do not derive only from the level of cholesterol in the blood, but from the level of the “bad oxidized LDL” that can clog the arteries.” Steinberg and many others believe that LDL cholesterol is not that dangerous for arteries, until free oxygen molecules in our blood turn it into the harmful form.

Nutrition can be a powerful weapon against it. There is more and more evidence that toxic transformation of LDL can be stopped. It can be achieved by consuming food rich in antioxidants. This means that you can influence the occurrence of arteriosclerosis in every period of your life, by stopping the chain of events in arteries that lead to their clogging, i.e. heart attack and stroke.

” *Our body produces three times more cholesterol than most of us take through food.*

David L. Kac, Debra L. Gordon



We hear about antioxidants every day. Recommendations come from all sides: take this or that because it has a lot of antioxidants. Are antioxidants good for the body? Yes. Can the body produce them without special supplements? It can on condition that it is supplied with adequate amounts of vitamins and other important nutrients from food.

Why are they important? Because they neutralize free radicals. And what are free radicals? To explain this, we must go back to the time when we learned about cells, molecules and atoms. So, atoms are made of elements out of which electrons are in our focus right now. Under certain (mostly unor-

dinary) conditions chemical bonds are broken, resulting in unpaired electrons.

When a molecule or atom is left with one unpaired electron, it becomes a free radical, which is very reactive and “searches” for a new bond. It is then followed by a process of oxidation, which damages body cells. Even DNA can be damaged, leading to the development of cancer cells. What helps the creation of free radicals? Primarily various poisons, industrial gasses, pesticides, herbicides, tobacco smoke, meat and other food fried at high temperatures in burned oil (barbecue, etc.).

Antioxidants are the valuable matters that “grab” that free electron, thus neutralizing the free radical as a whole. So, a constant battle unfolds in the body between free radicals and antioxidants. The best antioxidants are, among other, vitamin E, vitamin C, selenium, zinc, carotenoids (from carrot, etc.) and flavonoids. These findings are encouraging for alternative fight against the harmful action of cholesterol, primarily LDL as one of the most dangerous enemies in our body, which is a product of wrong oxidation.

Treatment of elevated cholesterol is not as simple as it seems. Namely, treatment with statins (drugs that lower cholesterol in the blood) is increasingly dubious, according to many studies, but little is revealed to general public. Information that drugs for lowering cholesterol, taken by the majority of people suffering from cardiovascular diseases today, turn vitamin E, as an important antioxidant, into a potentially harmful oxidant sounds worrying, especially for those who use synthetic vitamins without control. This mechanism is explained through connection with coenzyme Q10, upon which vitamin E depends. So, coenzyme Q10 helps vitamin E act as antioxidant only in conditions when there are no statins, which block all that.

” *We all know that cholesterol is not what is killing us. It is the blood clot formed on the top of firm deposits on the arterial wall, which can be fatal.*

*David Kritchevsky,
Institute of Philadelphia*

This and many other expert conclusions suggest that proper combining of drugs and supplements is of great importance. It is similar with beta-carotene. When smokers take this supplement they slowly increase the risk of cancer, unlike beta-carotene from natural sources (carrot, which decreases that risk even for smokers. This effect can be achieved by taking only one medium-sized carrot a day.



Did generations from a hundred years ago suffer from high cholesterol it is difficult to say, because there was no measuring. They probably did not have it due to their nutrition and lifestyle. We cannot exclude genetics as a factor, maybe even the most important one, but that can change over time, which

has been proved by scientific research that reveal that DNA formula is vulnerable after all.

We can only conclude that lifestyle and nutrition are of crucial importance since early youth, and there are many reasons to believe so.

Children in the countryside spend plenty of time outdoors, especially in summer. Games on meadows would last for whole days. Sometimes even during rain. They included dirt, mud, grass and often a stone over which someone would always trip and fall right on the nose.

Remember the saying that cleanliness is next to godliness. Well, all is not about cleanliness, but also about being dirty. It is dust, mud and grass where sources of immunity await. This means inclusion in nature and living with it. Katcuzo Nishi says: "Nature has given everything to man to live with her in harmony. She has given them wise body, with healing powers within that begin to act if we believe them and do not disturb them. We begin disturbing them when we use drugs to fight illness."

These words by the great Japanese should lead us to the conclusion that the most important carriers of quality and long life are primarily physical activity, proper nutrition and good mood.

The life of today is very much different from the life 100 years ago, especially in daily activities and health-care. In the past people did not have today's technical and technological achievements and aids. They surely did not brush their teeth with toothpastes or cleaned their ears with cotton sticks. They did not bathe with shower gels and put antiperspirants on their armpits. They did not have hair shampoos or artificial dyes. They did not have day creams, night creams, special creams for hands or elbows or face. They did not have many more products, but they did have nature that, as Nishi said, gave them everything, that is, natural defense. Eyes are washed by tears, ears defend with cerumen and nose with mucus and sneezing when a foreign body enters it.

The skin has its own defensive mechanisms within sebaceous and sweat glands. They washed their faces

with cold water without soap and they washed their hair with small amounts of ashes from the stove with warm water, which was always beneficial because of its mild mineral content. Some liked to color their grey hair a little bit, which they did using water boiled with walnut leaves and green shells of its immature fruits.

” *Most people can lower their cholesterol by eating two thirds of a cup of oat bran or one cup of beans.*
James Anderson, Kentucky

In spring people would plow while strong winds blew relentlessly over their faces and hands. Chapped hands would be treated with sour cream that the wife would make by skimming fat from fresh milk in the evening, so it would be ready for use the next day. Man's rough hands would be rubbed with it abundantly before bedtime. This was a natural hand cream. So, the skin and the mucosa have effective defenses, but on condition the body is healthy. When plenty of chemicals come into contact with the body once, there is

no way back, because the skin is damaged permanently due to the temporary beneficial effect of chemicals. Today's problem with these aggressive products can be somewhat mitigated by using children's soap, shampoo and cream. This comes from my personal experience and I recommend it to my dear readers.

It is important to the skin whether it takes acidic or alkaline products. Alkaline products, such as soaps, are not good for our skin, because after long use our skin will always remain pale, i.e. with insufficient blood, which is, of course, not healthy. Liquid soaps are even more dangerous because they are harder to wash out, so they remain

in the skin longer. Unlike alkaline products, acidic products bring life back to the skin, its glow and redness, i.e. the skin receives more blood and remains younger naturally. Instead of soap and all that foam during bathing we can see in movies showing rich people enjoy their wealth, nature offers its products. A big fan and expert on the effect of apple vinegar, D. C. Jarvis, advises us to pour a quarter of liter of apple vinegar to our bath instead of soap and to lie in it for fifteen minutes. Thereby, we will leave the tub completely freshened and the skin will recover strength, instead of chronic fatigue. Vinegar water should be washed out only with pure water, according to Jarvis.

Homocysteine

Homocysteine as a newly discovered cause to some diseases is an obvious example of how medicine reveals us something on daily basis, acknowledging that we still have a lot to learn. The discovery that homocysteine causes cardiovascular problems nutritionist Patrick Holford finds the

greatest medical achievement of the century.

Proof that clogged blood vessels, heart attack and stroke also happen with people having normal cholesterol levels was found with people who had elevated homocysteine level. He reveals, based on a sample of over

130000 patients hospitalized due to heart attack, that 75% of heart disease patients had completely normal values of cholesterol. Homocysteine was at the center of developments.

Homocysteine check is increasingly becoming a routine examination, like with cholesterol. So, what about our region? While millions of people are tested in Germany, and in South Africa it is done in mobile labs, our medical practice is far from that. As consolation, not all European countries have introduced laboratory examination of homocysteine in the blood either.

Homocysteine is an amino acid that is a part of our body. It occurs in small amounts, in cells as a product of demethylation of methionine, which is also an amino acid that belongs to the group of essential amino acids (acids that mainly derive from food).

With the aid of folic acid vitamins, homocysteine metabolism functions, thus maintaining its low level.

If there is insufficient folic acid, vitamins B6 and B12 or there are other

disturbances in the cells, homocysteine amount increases and that creates a problem in veins, similar to the influence of cholesterol. Latest research has shown it is useful to measure homocysteine level in testing for cancer. Namely, it has been discovered that the level of homocysteine is a reliable indicator of cancer presence and chances of its

According to my own research, I have concluded that there is a high percentage of those with probably elevated homocysteine level, which should be confirmed by laboratorial examination. The test has shown that probably around 70% of participants probably have elevated homocysteine. Symptoms of weak methylation, i.e. elevated homocysteine, are: quick loss of patience, weakness, depression, poor concentration, poor memory, frequent feeling of being overloaded. These people are jeopardized a phenomenon that our medicine of our region does not test.

EPG(end products of glycolysis)

The skin and outer appearance of ten express the internal state of the body. Naturalists from the far East can reveal some diseases based on skin appearance, i.e. facial wrinkles. Common belief here is that having deep and numerous facial wrinkles are the sign of hard life, old age or high exposure to the sun. We all know about the grey, wrinkled face of smokers - smoker face. Genetics also plays an important role. It is common to say that his/her grandmother or grandfather had face like that as well. Nicholas Perricone accepts all this but states that all wrinkles are a sign of glycolysis as a partial by-product of digestion. He defines glycolysis like this:

„Glycolysis occurs when a molecule of glucose attaches to a protein molecule without the influence of protein enzymes which facilitate chemical reaction. This binding of sugar and proteins is called EPG - end products of glycolysis.“

Our body has higher concentration of proteins than other matters

and they are the most responsible for all processes within it. Aging causes proteins to degrade faster than they are produced, which is a physiological process that can be sped up improper lifestyle and nutrition. Products such as sugar and aldehydes are the biggest contributors to the harmful action, because of being highly reactive. Alcohol, tobacco, automobile and industrial gasses, as well as fungal diseases are considered most frequent aids to the creation of aldehydes.



Can we ask ourselves, prior to their end, will humans suffer the most from nerve diseases? Some scientists ask themselves this question and state

the study by C. P. Ferry called "Global Increase of Dementia" which says that 24 million people around the globe suffer from the Alzheimer's disease or some other type of dementia.

The occurrence of this disease is increasing in developing countries due to abrupt and uncontrolled acceptance of the western nutrition habits and lifestyle in general. It is estimated that the number of patients diagnosed with dementia could increase by 100% and even by 300% in India and China by 2040.

Several elderly persons from my village who lived 90 and even 110 years preserved their wisdom without a single sign of dementia. They remembered everything, especially war sufferings and hardships they survived. It is still unclear why they had such long, active lives and joyful spirit, with plenty of optimism in every conversation. Even when they would find themselves in a hopeless situation, they would say: "God is merciful, it will be alright". And it was always alright. Can we seek for the answer by analyzing the realization of basic bodily

functions? We will mention five most important ones:

- *they breathed clean air,*
- *they drank clean water,*
- *they slept for whole night,*
- *they worked all day*
- *they ate what they produced, far from industry.*

Today we have almost none of the above. We drink water of uncertain quality, we sleep more during the day than night, physically we do almost nothing and we breathe polluted air. Having in mind that in addition to all that we mostly eat industrial food, we can rightfully believe that hyperactivity among children will grow, as well as dementia among the elderly.

Here is the Perricone's list of the most frequent sources of EPG in food:

- *all kinds of food prepared on high temperatures,*
- *food prepared on medium temperature, but for an extensive period of time without the addition of liquid*

- *burned meat,*
- *roast meat,*
- *roast chicken (roast chicken or turkey skin is a major source of EPG),*
- *fried food,*
- *fried walnuts, almonds and seeds,*
- *packaged bagels, whose brown color points to the addition of sugar or caramel, which are sources of EPG,*
- *processed foods like chips, pretzels, etc.*
- *Fast food (most fast food stores offer meals full of trans fats, roast meat, fried food and sodas),*
- *Coffee (besides lifting the level of cortisol – stress hormone – coffee grains are roasted and that process creates EPG),*
- *all kinds of sodas are bad for more than one reason, including the content of sugar, with highly fructuous syrup as the worst.*

After analyzing the Perricone's list, I concluded that people from a hundred years ago did not even have a possibility to take EPG, because they did not eat such food and they did not prepare it this way. They did not have a grill set, deep fryer and toaster. They did not have microwave ovens or Teflon pans. They did not have many products of technology we admire today and which poisons us at the same time. Boiled food used to be dominant, while the term "cook" probably originates from the original way of preparing meals by cooking.



Shall we fill ourselves with EPG?

What are the E-numbers?

Additives are matters that are added to food to enhance certain characteristics. Primarily, those are duration, flavor, preservation, freshness, smell and color. There are natural and synthetic additives. Once there used to be only natural additives. Honey, for example, is a natural additive for tea, but it is also a useful food in terms of nutrition, so it cannot be categorized as additive. Lactic and lemon acids are also natural additives from the group of antioxidants. Some vitamins are also antioxidants, but there are many synthetic ones as well. Director of an independent food agency Tim Lobstein said, as reported by L. K. Kreho, that additives represent the biggest problem we are facing in nutrition and that they are used only to make us eat bad food, because if we were to remove artificial colors and flavor enhancers most refined foods would lose their recognizable taste and appearance, thereby making healthy food a much better option, so we would turn to it immediately. Our future is pretty grim,

at least in terms of food, because grocery stores are going to become the only place selling food, while the “real” food will quickly disappear from the shelves to be replaced with highly processed products, which will only appear as food. Since synthetic additives can cause certain side-effects, we will deal with them now.

For the purpose of easier labeling and international recognition, additives are labeled with capital E letter followed by a number (e.g. E 300 – ascorbic acid or vitamin C). European nomenclature of E-numbers contains around 300 names sorted in eight groups (color, preservatives, acids, antioxidants, additives for clotting and gelatinization, emulsifiers, sweeteners and other additives). Many consumers could not believe the variety of foods that contained additives when E-numbers were first introduced. It is completely wrong to think that everything that contains E-numbers is harmful. To make this book useful in

shopping for groceries, here is a list of E-numbers.

After visiting our grocery stores, my associates made an “overview” of products with E-numbers displayed below. We present them in three colors, according to their influence on the body.

- *Red – avoid*
- *Yellow – suspicious*
- *Blue - harmless*

This categorization is accepted by experts in this area, but not all of them agree completely. I am sure you will notice that E-numbers marked as “avoid” are most present in meat products.

E-number (supplies from our stores)

Chocolate with rice: E- 322

Milk chocolate: E-966, E-1200, E-322, E-951

Cookie1: E-503, E- 500

Syrup: E- 160e, E-414

Fish pâté: E-621, E-627, E-631

Chilli powder: E-551

Chicken soup: E-621, E-635

Chicken soup with noodles: E-150д

Cookie2: E-503, E-500

Beans with bacon (instant): E-250

Chicken spam: E- 450, E-451, E-575, E- 316, E-621, E-250

Spam: E- 412, E- 450, E- 451, E-452, E-250

Liver pâté: E-300, E-450, E-451, E-452, E-250

Green olives: E-330, E-270, E-202, E-300

Black olives: E-579, E-202

Mild ketchup: E-415, E-412, E-202
Hot ketchup: E-415, E-412, E-211
Tortillas: E-422, E-466, E-412, E-500, E-450, E-471, E-282
One type of pastry: E-500, E-450, E- 575
Dark chocolate: E-476
Rose hip marmalade: E-330, E-440, E-220
Strawberry compote: E-129
Plum jam: E-220
Instant coffee: E-340, E-331, E-452
Cookie3: E-492, E-476, E-322
Cookie4: E-322, E-476, E-503
Wafer: E-500, E-322
Chocolate1: E-322
Cookie5: E-503, E-500, E-341
Ladyfinger biscuit: E-503
Milk chocolate: E-476
Chocolate with biscuit crumbs: E-500, E-503
Chocolate with hazelnuts: E-476
Strudel: E-500, E-503
Honey heart: E-501, E-476, E-492
Chocolate 2: E-442
Chocolate 3: E-442, E-500
Candy1: E-150d
Candy2: E- 153
Coca Cola flavored candy: E- 150d
Choco-bananas: E-100
Chocolate 4: E-442
Gummy candy: E-330, E-901, E-903
Dried apricot: E-220

Dried plum: E-202
Mortadella: E-450, E-452, E-316, E-250
Cajna sausage: E-300, E-250
Frankfurter sausage: E-450, E-451, E-316, E-250
Chicken sausage 1: E-450, E-621, E-300, E-120, E-250
Chicken sausage 2: E-450, E-301, E-250
Paris sausage: E-450, E-451, E-621, E-300, E-250
Beef prosciutto: E-250
Sausage 1: E-407, E-450, E-451, E-452, E-316, E-250
Ham: E-407, E-450, E-451, E-621, E-316, E-250, E-120
Bacon: E-250
Kulen sausage: E-621, E-627, E-631, E-301, E-250
Mayonnaise: E-200, E-385
Butter: E-471, E-202, E-200
Cheese 1: E-450, E-452, E-339
Cheese 2: E-452, E-450, E-202
Toast cheese : E-452, E-450, E-407, E-202, E-160a, E-160u
Whipped cream: E-471, E-472f, E-472e, E-460, E-466, E-401, E-340, E-331
Milk for coffee: E-471, E-472e, E-407, E-412, E-339
Chocolate pudding: E-407, E-412, E-472f, E-472u, E-481
Milk dessert: E-407, E-410
Cooking cream: E-415, E-472e, E-339,
Ice cream (various): E-422, E-471, E-412, E-410, E-461, E-440, E-415, E-466, E-330,
E-160a, E-162, E-472f
Chips: E-621, E-635, E-471, E-150u

- avoid
- suspicious
- harmless

GMO— man's salvation or destruction

Due to lack of information among general population and experts alike, here in the Balkans we live without fear for future. For a few years Americans also lived this way, eating genetically modified potato, corn, soya and tomato. In 1998 when the American Senate considered window dressed reports on the results of research on GMO presence, more than 58 million Englishmen, according to Jeffrey Smith, had been unaware of eating GM tomato, soya and corn. What is even more interesting is that some American scientists in this field were also unaware. They thought this was still in the experimentation stage and that, according to standard procedure, they would reveal the findings of their research in an official press release. After reading a book by Jeffrey Smith called "Seeds of Destruction", I asked myself: "Is this really possible?" Thinking about it, I was walking by a newsstand, when I suddenly stopped. There were numerous daily and weekly newspapers. Was there an answer

to my question in any of these pages? No, certainly not! What we could find there was who had fallen in love and when, who had divorced, what was the underwear color of a celebrity, etc. Then I thought of this character Ekrem, a man from the Balkans who went to America to experience the "American dream", which inspired him to make a song that goes: "From home to work, from work to home. What do I know? I know nothing!" He is right when he says he does not know anything. Which expert could claim to know what we are eating? I do not know the answer, just like experts in my surroundings. We know only what is written somewhere. We are not even aware of what remains hidden within laboratories.

Last summer my neighbor told me how she forgot about a tomato in her pantry. After a month or so the tomato seemed fresh as if it had been bought a day before. She asked what was that about. Now I know the answer. It was probably a genetically



modified tomato. It was injected with a gene enabling longer duration. That just may have been the tomato that was the topic of an unpublished study about the so-called “Flavr Savr” tomato. Research revealed that rats which had eaten the tomato got stomach lesions. Further research was stopped. A report from one of the promotions explains the tomato. Here is the original quote by Jeffrey Smith from that promotion: “The presenter started presenting the new tomato like this:

- *This tomato was picked seven days ago.*
- *The man took a shiny red tomato 6 cm in diameter and showed it to the audience:*
- *This tomato was picked thirty days ago. It attracted the attention of almost 500 participants of the meeting organized by the*

Biotechnology Association of Minnesota. The tomato was identical to the former.

- *This tomato was picked 120 days ago.*
- *This tomato was picked 150 days ago – he said and put all six tomatoes by each other. All of them were fresh, red and mature. All of them had new genes in their DNAs to appear fresh. The presenter paused to allow everyone admire these immortal specimens of tomatoes.*

After a while a man in his sixties spoke from approximately twentieth row. Everyone turned to him to listen, because he broke the long science saying: “As a biochemist, I have a problem. If the tomato did not deteriorate or rot in 150 days, what did you do with its nutritive value?”

That was Bill Lashmet. He spent most of his life studying agriculture and ways of advancing the productivity, nutritionism and ecology of soil. A 150-day old to-



mato did not fit his definition of improving.

Here's some more fun with tomatoes. Molecular technology has enabled a gene stopping the production of proteins of maturation be put in tomato – tomato is picked green, facilitating its transport. But also that same tomato has to be processed with ethylene gas in order to initiate maturation.

One of major global scandals happened with the production of corn products called "Star Link". Anaphylactic reactions of massive intensity began to occur. Hundreds of people complained about stomach aches, vomiting, skin rashes, and even breathing difficulties. To make thing worse, standardized allergy tests revealed nothing. All scientists got involved to find an adequate test. This reminds us of today's allergies, especially among children, that remain undiscovered. It is often said: "He appears to have reacted to something – to what, God knows!"

Not only GMO problems with corn, soya, rice and to-

mato are covered up. A new scandal involving tryptophan emerged. Tryptophan is an amino acid important to humans and animals. Except for methionine and lysine, it is synthetically produced and added to human and animal food. When the production of tryptophan using modified bacteria began, something went wrong. Poisonous substances of used bacteria appeared and it had fatal consequences. Within two years of use, 37 people died, 1500 became permanently disabled, while 5000 had tryptophan syndrome – according to Veladzic and associates.

Due to quick advance of GMO in the market, the effect on human diseases was especially notable in America from 1994 to 1999. The increase of diseases by two to ten times coincided with the emergence of GM food in the market, even though true causes were not determined.

Human genes were not spared either, because they were manipulated with, too. A group of scientists in Japan built a human gene in carrot, which enabled carrot produce sub-



stance making it resistant to a fungal infection. A short overview of genetically modified food was given by Jeffrey Smith in 2008 (found in the appendix).

We will not bring up the story of GM potatoes, because it is pretty the same. Changed structure, increased level of carbohydrates and consequences on the health of mice used in the experiment. The end of twentieth century brought verbal wars between American corporations and administration on one side and EU experts on the other, because the EU did not allow entrance to American GM products. American pressure was huge. A statement by Paul Nilson, president of the European Development Commission, explaining that relation was recorded: "If they stop lying us, we will stop telling truth to their faces." Today's notion of development of society is very interesting, rather inadequate. The fact that technology advances by the speed of light does not mean that society advances as well. Allegedly, it is all for the sake of man. It is the opposite, in my opinion.

Boundary was crossed when society stopped developing for general wellbeing. If general wellbeing is an image of a stadium where, in such a small area, 80 thousand people have at least one cell phone, while all of them can be functioning at once, without us knowing the consequences for man, than that level of development is huge on one hand, but probably harmful for man on the other.

Our ancestors used the expression "bread and circuses". Not only them, but ancient Greeks and Romans as well. The expression of today could be somewhat different: "Any kind of bread (even the one poisoning us) and plenty of new technology." Games go along by themselves.

By the introduction of GMO in the human body, we have entered a new stage in the development of humankind. Which one? I dare give a global division of the relation between man and food through history in three stages:

- *The first stage was also the longest and it lasted from the beginning of man to the introduction of the first industrial white bread. During this period man lived in harmony with nature. Man had as much as nature was giving, and it was a lot, because they were not destroying it. If it was otherwise, man would cease to exist a long time ago. Instead, human population is now expressed in billions.*
- *The second stage was the period of abandoning harmony with nature and it lasted for about one hundred years. Man became more satisfied because of being able to use various advancements, such as airplane, TV, telephone, automobile and many more. Technology was supposed to serve for prosperity and better life. Technologies and quality of life did not advance in the same pace. Quality of life advanced slowly, until reaching its peak. It was during the eighties*

of the last century (the time of introduction of GMO). All until then one was able to decide on one's fate, at least in terms of food. One could choose between white and whole-wheat flour, industrial or personal vegetables, milk from the country or from the dairy. The advancement of technology can be best portrayed in the example of the plow. It used to be pulled by cows, while the wealthier had oxen. When they harnessed horses it proved to be more effective. Then a tractor was created and offered to farmers for even faster and more modern work. Everything was like before, but far more productive. Corn, wheat, rye, oat, potato and other cultures remained unchanged. Nutritive value was the same as before. Natural selection gave new hybrids with even more yield. According to Jeffrey Smith, the "seed of destruction" was planted during the eighties of the last century. Since then everything has changed and

we are entering the third stage in the nutrition of humankind.

- *The third stage is characterized by even faster technological advancement. However, as technology strongly progresses, quality of life decreases. GMO turned the world upside down. Man cannot influence on its products. Not even an air-conditioned tractor can enable one sow the type of corn one wants. On their fields people sow genetically modified corn without even knowing it. The same goes for potato and soya. The right to choose and personal control over one's life and health does not exist anymore. Democratization of society, as "the greatest value" of modern man, has its downsides too. People did not know that they would be deprived of the most important right - the right to be informed, so they could, for their own good, be able to make choices on certain issues. From that moment onwards the entire burden has been placed on the*

buyer's back. The manufacturer is not responsible anymore, because the information that products are genetically modified is now public.

What is a genetically modified organism? It is an altered organism, which is different than a natural one, and which was created using techniques of genetic engineering. One of the techniques is recombination, by which genes in DNA are manipulated from one organism to another (gene transfer). It resembles reproduction of unrelated species, which does not happen in nature. This, at least for now, justifies our fear that every organism can be turned into a "wonder". I hope this will not happen to man. This branch of science has progressed significantly with some plant species. Altered plants carrying new genes represent new genotypes.

Let us remind ourselves of the cloned sheep and the following big headlines about the discovery of a century, etc. Dolly the sheep was born with altered chromosomes and it had arthritis. It was not the only one

with health problems. Other cloned sheep and cows had similar problems. Primarily, they had lung diseases and great problems with immunity.

” *In biological terms, genetic engineering is equal to breaking of atoms and it has the same, if not even worst, consequences for humankind.*

Robert Anderson, a geneticist, New Zealand, 2002.

The development of genetic engineering led to the creation of numerous GM organisms, but it also led to the discovery of many related problems.

Humankind is now divided in four large groups: the rich, the poor and those in between. The fourth group is made of those who are starving. All of

them have only one thing in common - they are equally unaware of what they eat, including those who buy and eat expensive “self-labeled” organic food. They know nothing! What does it mean “organically grown”, when they do not know what was grown? For his own pleasure, man divided all animals in two groups:

- *Pets, as protected animals, even though they are not protected, because they have been separated from nature and they suffer for that, and*
- *All those animals people breed for their carnivore need and which also live in unnatural conditions.*

Millions and millions of animals are slaughtered each year in order to meet the human demand for meat.

Genetically modified food (the United States of America, 2008)

GM crops
Soya (80%), cotton (70%), oil-seed rape - canola (60%), corn (38%), Hawaiian papaya (more than 50%), courgette and yellow pumpkin (insignificant amounts), tobacco (brand: Quest).

Other sources of GMO

Dairy products of cows that were injected with rBGH. hymonizine (labferment) used in the production of thick cheeses.
Food additives, enzymes, aromas and agents for increasing the success of processing, including sweetener aspartame (Nutra Sweet) and rennet Meat, eggs and dairy products of animals which have consumed GM food. Honey and pollen that can contain GM sources.

Some ingredients that can be genetically modified

Baby food, salad dressings, bread, cereals, hamburgers and hot dogs, butter, mayonnaise, crackers, cookies, chocolate, candy, fried food, chips, vegetarian burgers, meat replacements, ice cream, frozen yogurt, tofu, tamari, soya sauce, soya cheese, tomato juice, powdered proteins, baking powder, alcohol, vanilla, powdered sugar, peanut butter, enriched flour and pastry. Products that do not belong to food category, but that can contain GM ingredients are: cosmetics, soaps, detergents, shampoos and shower gels.
Source of the original text: *Seed of Destruction*, 2008, Jeffrey Smith



Our daily bread

We can learn a lot on food from the Chinese. They consider five plants almost sacred - millets, rice, soya, wheat and barley. We can, of course, add corn, which was basic food to generations and generations before us. Contemporary nutritionists add oats to this group as a very useful type of cereal grain.

Cereals belong to the large family of grasses (over 5000 species). They were named after a Roman goddess Ceres. Cereals were the basic food to people for thousands of years before us. They contain highly balanced concentrations of proteins, carbohydrates, fats and minerals. They also contain plenty of vitamins, especially those from B group. Several sentences from the Holy Bible also show us how serious this topic is, about which we write pages and pages of text in the fight for proper nutrition. Walter Pedrah quotes a text from the Book of Genesis, the first from the collection of texts on the history of the Jewish people on God's message after He created the man and woman: "I shall give you every grass that produces seed and that is in the entire world, and every tree with fruits producing seed and these will be your food." Today we can feel the beauty of this message, when the market de-

stroys us, when around 1500 industrial products produced by chemical processes without nature's blessing destroy not only our bodies, but our minds, too.

There are more and more sick people, while our home drug supplies and public pharmacies are packed with medicines and supplements. What had been made for thousands of years was destroyed in only one hundred years of development of chemical industry and refinement of everything that was whole-grain and useful only in that form.

Two authors have a valuable explanation of benefits of whole-grain cereals. Anthony Satalaro and Tom Monte say:

"Many people are afraid that they will gain weight if they eat carbohydrates. But if you take nutrients from whole-grain cereals and vegetables, you will probably lose weight

and maintain it easily.” Do not forget that simple sugars give abundance of empty calories that the body will most often store as fat. This is how some people gain weight, but the whole time they yearn for food. As strange as it may sound, but obese people are hungry for this reason. They take mainly simple sugars from refined cereals, ingredients that do not contain any nutrients needed for bodily functions. Ingredients such as these cause nothing but weight gain. The body of man living on this kind of food yearns for vitamins, minerals and proteins.

Refined wheat grain deprived of germ and bran is left with nothing but carbohydrates. Food producers often add some artificial nutrients to their products calling them “enriched”, but the end result is loss of important vitamins, minerals, proteins and plant fibers.

The same rule applies to refined sugars. Simple sugar or saccharose is artificially taken from sugar beet or sugar cane, depriving it of nutrients that were originally in the plant.

Saccharose is not digested in the intestines, unlike complex carbohydrates, but it is immediately reabsorbed into the bloodstream. When you chew and swallow the first piece of candy, certain amount of sugar passes into the bloodstream right away, bringing abundance of fuel into the blood, which the body will have to burn immediately, simultaneously energizing the body significantly. But, because this energy burns out quickly so that only a little or no sugar is left in the blood, you soon begin to feel empty, tired, sometimes even emotionally exhausted. This state is called hypoglycemia or low sugar level in the blood. When it occurs, the body does not have enough fuel and it craves for energy. Someone with a low level of blood sugar usually satisfies this need by eating another piece of chocolate or some other candy, after which the cycle of jumps and falls of blood sugar continues.

It seems that it all started to go sideways in 1873 when the human-kind firstly tasted white flour and felt amazed by its flavor.

That year, in Paris, the first large mill for the industrial production of white flour was presented, according to Ulrich Strunz and Andreas Jopp. They inform us that white flour is but a string of sugarless molecules without sweet taste and with many useless calories. All that is useful to the body is extracted from white flour through industrial processing of grains. Useful matters remain in bran, which is given to livestock. Bran has 5-10 times more minerals than white flour. Wheat has around 28 important elements and in processing to white flour 9 of them completely disappear, according to Valentina Fedina.

” *The mouth is a place where we practice freedom: by breathing, speaking, praying, eating and drinking. Using the mouth properly is leading your life properly.*

Mishio Kushi

White flour was not used in my region until the fifties of the last century, when the use of white sugar and refined oil also increased. Since then, es-

pecially today, more and more ingredients that are tasty but useless are used.

Amount of vitamin E in some foods (per 100g)

Wheat germ oil	174 mg
Sunflower	62 mg
Hazelnut	26 mg
Almond	26 mg
Olive oil	12 mg
Rice	10 mg
Tuna in oil	9 mg
Walnut	64 mg
White bread	0,59 mg

Despite improved living standard, people's health deteriorates, while pharmaceutical industry grows and offers medications to all problems. Profit remains the only motive behind inventing supplements (replacements for original ingredients).

Today around 40% of calories we take from fats that contain neither vitamins nor minerals as well as from carbohydrates, mainly white flour and white sugar. Because of that problems occur, primarily for the colon, which is deprived of fibers and microelements.

The stomach bloats, bowel movement is missing and many other problems emerge. Nutritionists' statement that industrial processing turns natural nutrients into useless food should be accepted as the reality of today. In the production of white flour around three quarters of vitamins and minerals are lost.

Loss of minerals (%)	
<i>Calcium</i>	<i>do 60</i>
<i>Magnesium</i>	<i>do 85</i>
<i>Potassium</i>	<i>do 77</i>
<i>Zink</i>	<i>do 78</i>
<i>Iron</i>	<i>do 76</i>
<i>Chrome</i>	<i>do 80</i>
<i>Manganese</i>	<i>do 86</i>
<i>Selene</i>	<i>do 75</i>

If white bread is made with yeast, one gets an even more useless and somewhat harmful product. Namely, yeast expand cooked cereals and it continues in the bowel. With its acid it deprives the body of some minerals, especially calcium, which is more difficult for women, because of their disposition to osteoporosis.

In areas where climate allowed the cultivation of wheat, which is not the case with the Petrovac plateau, people had a healthy and useful nutrient. Whole-grain wheat offers proteins, useful fats, vitamins, minerals and several enzymes. It recovers the body, protects from anemia and guards the heart and the liver. It is very useful for children, if we leave out the possibility of allergy to gluten. Some call wheat "plant egg", because it is a complete nutrient. If that was not the case, could a child from a poor family be raised only on milk and flour? Modern deceit is called integral flour and integral bread. It is not real integral (whole-grain) flour derived from whole wheat grains, which can still be found in households practicing traditional ways of milling grains. Industrial integral flour is actually reintegrated from refined flour with addition of bran, as an attempt of recovering what was already destroyed. That is not the same and you should not fall for that advertisement trick. There are two kinds of wheat - hard and soft

- out of which the first one contains more useful elements.

Loss of minerals (%)		
Element	white br. 100 grams	whole br. 100 grams
Magnesium	0,5 mg	133 mg
Calcium	14 mg	45 mg
Phosphor	86 mg	423 mg

When was the first time I tasted the magic white bread? From this point in time, it was a long time ago, before I went to primary school, during the fifties. My grandfather would go to the city every market day. To him that was a way of gathering news, because he would meet many people from other villages. Cousins would sit down and have a chat, mostly about who was ill, who died, who got a baby. They would not drink too much, because they did not have enough money. Some cattle would be sold, and some chopped woods, just to earn enough to buy something else, primarily petroleum for lamp, salt, sugar, matches, etc. In his day, footwear was handmade, until rubber peasant shoes appeared. Their

introduction was „revolutionary“ for the village, because before that the only shoes had been made of knitted pig skin and sheep pouch („oputasi“). My grandfather was very talented for making this kind of footwear. I remember wearing it as a young man during summer. I waited for my grandfather eagerly on his way home every market day, because he would always bring me a baked white roll. Despite being cold, white as it was, with its special smell and taste it was a real treat for me.

My next encounter with white bread happened in the fifth grade, because I moved to a city school. I bought it almost every day at Anka's store. We would wait in lines to buy a quarter of the hot "white". The taste of hot bread and hunger made us swallow almost without chewing. Around



that time a kind of white or half-white flour called deuce became available. We found out that zero also existed, but was used only for cakes. The

deuce was slowly replacing barley flour and soon became the only kind used. Tasty half-white bread emerged.

Millet

This is the grain that has fed humankind for centuries. It has been in use for thousands of years and it originates from the East, where it is still popular. In the West corn has almost completely replaced millet, leaving it literally only as bird food.

” *Millet is probably precursor to all other grains: sown in its wild form, it probably fed humankind before the discovery of the plow.*

Walter Pedrotti

When and how it came to our region, I cannot tell precisely, but it probably came from Italy and then through Dalmatia, because it was a favorite nutrient in the north of Italy. The “Venetian polenta” made of millet is known in that region, something like our millet dodger.

Millet is a very useful nutrient, because it contains around 11% proteins and around 5% of fat, which makes it an energizing food. It contains all amino acids needed by the body, but its main advantage is the abundance of minerals. Iron, magnesium, phosphor and salicylic acid are a true benefit for the body, especially for the skin, hair and teeth. It is useful for people who move little, especially for pregnant women. Minerals and vitamins from this grain recover cells and protect the body from cold and bronchitis. Millet does not contain gluten and it is easy to prepare.

Various literature has given us at least twenty recipes with millet as the main ingredient. My favorite is cooked millet spiced with warm basa cheese, just as polenta is made in Petrovac villages today.

Millet with pumpkin is a true treat and it can also represent a complete lunch that will recover and refresh the body, especially when it is under psychological pressure, because it has calming action, facilitating digestion,

and also one's battle against a stomach ulcer. It helps

the recovery of gut flora, so it is recommended to use it while taking antibiotics.

Barley

Barley is one of the oldest if not the oldest food that fed animals and man for thousands of years across the planet. It has been used for 15 to 17 thousand years and it was known as a competitor to wheat and corn in the times of ancient Egypt and Greece. Barley is now replaced by wheat, so today it mostly serves as animal food.

It is extensively used in the production of beer. Still, in some areas of the world its traditional use without yeast has been preserved, such as Tibet and Nepal. In Christian tradition it used to be popular to make bread without yeast, especially during certain festivities. I also remember that time, when my mother used to prepare Christmas bread out of pure barley bread without yeast, the one we used to call



“preski” bread. Warm and smeared with basa cheese it was a true treat. Once it got cold and hard one would be careful not to break their teeth.

Mother and grandfather were the only ones in our home fasting and for breakfast mother would often make barley bread without yeast. The main and only meal with the bread was minced

onions in oil with some salt. They took a piece of bread at a time and dipped it in oil with onions. With God in their thoughts and a bowl of natural food they would start a new working day. Barley could be basic food, especially for the poor (sometimes a half a kilogram of bread was the only food for the day), because it contained many useful ingredients. Starch, proteins, sugar, minerals and some vitamins are its advantage. Barley has low glycemic index and it is also rich in soluble and insoluble fibers. Soluble fibers facilitate metabolism of fats, carbohydrates and cholesterol. Insoluble fibers facilitate the work of intestines. Barley fibers are true allies against EPG. Scarce in sodium, it is suitable for use in cardio diets. It belongs to prebiotics, because it contains indigestible food ingredients that are beneficial for the digestive tract as they stimulate the growth of useful bacteria, improving general health of the host.

” *Look how he is blushing,
as if he ate some barley bread.*

P.P. Njegos

It is easily digestible so it is good for the nutrition of children, older persons and those recovering from a disease. It also contains plenty of phosphor, so it is recommended to students and others engaged in intellectual work, because phosphor is a mineral protecting nerve cells and improves memory.

Those experiencing sleep deprivation should consume barley in all its forms, because barley is useful for good sleep. Only rye and buckwheat contain more phosphor.

Besides nutrition, barley is used for other purposes also. Warm compress with barley mash are known for curing pus filled blisters and pimples. Roast barley is acknowledged as the replacement for coffee, but without caffeine



Waiting for bread

Oat

It has been around for thousands of years, since times of the ancient Chinese and Romans. Today it is largely used in Russia and Ireland, much more than in our region. Here, this cereal is mostly used as animal food. It has high calorie value and it is recommended during cold periods and hard labor. We have learned this from animals. Horses are privileged and it is impossible to use them for plowing or extracting timber from the woods without snack consisting of a full feed-bag of oats ("zobnica"). The name of the bag "zobnica" (zob = oat) suggests its purpose as a bag attached to a horse's head enabling it to eat in all conditions and in any place.



Amount of vit. B6 in some foods per100 g

<i>Sardine</i>	0,69 mg
<i>Oat</i>	0,96 mg
<i>Chicken</i>	0,53 mg
<i>Courgette</i>	0,46 mg
<i>Banana</i>	0,36 mg
<i>Rye flour</i>	0,35 mg
<i>Beans</i>	0,26 mg
<i>Potato</i>	0,19 mg
<i>White bread</i>	0,02 mg

Because of its benefits in case of impotence, it is contained in high percentages in concentrated mixtures in meals of breeding animals, horses, rams, even roosters. The latter ones get a portion oat grains between meals.

Oat is not only known for high calorie value, but also for high content of proteins, vitamins and minerals. Oat, unlike other cereals, contains growth hormones, so it is an especially important food during the period of physical development of the body.

It decreases the amount of gastric acid and helps digestion, because

oat fibers facilitate bowel movements. Namely, on their way through the colon oat fibers attach to water, forming a sort of gel that increases the volume of colonic contents thus preventing constipation. It helps the action of the thyroid gland. It also contains unsaturated fats and essential fatty acids and beta glucan fibers and helps decrease the level of harmful fats in the blood.

” *Regular consumption of oats can decrease facial wrinkles. This effect results from beta glucans that oat has.*

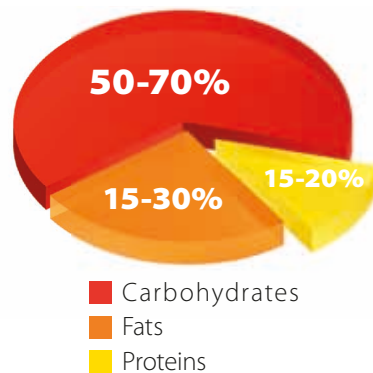
Lejla Kazinic-Kreho

It is used in natural cosmetics, especially in masks, because it recovers facial skin. It is also added to a bath tub filled with water. Prior to the addition, oat must be boiled for at least twenty minutes. Only filtered boiling water is added.

Folk doctors used to recommend placing warm oats in a linen cloth for removing back pains.

Norsemen described the Vikings as having broad shoulders due to heavy and continuous consumption of oats. If this is true, then I advise mothers to introduce oat and barley mash on the menu of their little ones.

We must also mention the downside of oat and that is negative influence on persons suffering from gout, because oats contain purine that helps the creation of urine acid in joints. This is why a person with gout problems should definitely avoid consuming oat.



Optimal daily intake

Corn

We know much more about corn than about other cereals. We know it originates in the Americas, where ancient cultures that cultivated it turned it into religion. Some Native Americans believed man was first created from corn flour. Anyway, corn is an amazing plant which feeds a half of the world today. Even among our older generations, after Columbus's travels (when it arrived to Europe for the first time), it was the basic ingredient along with barley and millet. My mother used to say, whatever the crisis, there was always corn bread and polenta. But it did require certain knowledge of how to prepare it. There are several dishes, out of which some are prepared even today both in the countryside and cities by ladies who nurture tradition and value of original ways of preparing food.

Corn bread ("kuruza") is the basic product and everyone should try it. The second product according to its popularity in the past was polenta. It was not like the today's instant polenta that everyone can make in five min-

utes. It was a product that required certain knowledge and ability to properly enrich it with dressing (basa cheese in boiling water) whose taste depended on the level of maturation of basa cheese. The older, the better. Polenta was almost always combined with red onions as salad.



Polenta

"Ljevaca" was also a very tasty and nutritive meal made by combining corn flour and some fat and baking it in a pan. It would then be spiced (again with melted basa cheese) and served warm.

"Cicvara" was the main event. It also required skill and it was mostly

served during special occasions, such as Christmas and the slava. Christmas lunch, which was served earlier than usual, would start with cicvara. An unwritten rule was that the sign of good cicvara is when you could see your reflection in it (in melted fat on the surface). Besides it, there was boiled and roast corn on the cob, “varica” - meal consisting of mixed corn and beans. Mother used to make corn “bulje” (popcorn) in a sieve that was used for separating grains after threshing. That was a real treat. Today many types of corn differ from each other by the concentration of proteins and other element. Geneticists have contributed a lot to the increase of yield per a unit of measurement. Of course, just like with other agricultural products, quantity has been more important than quality. Old types were much more complex and richer in nutritive elements.

Artificial fertilizers contributing to increased yield have also lowered quality, so today corn with “poorer contents” is dominant. If we add to this the influence of genetic modifi-

cation than we can say this grain is in great crisis, from the nutritionist point of view. In other words, with this food man is entering a food crisis, at least in terms of quality.



Corn bread

Is corn to thank because in her tenth decade my mother’s stories were still clear and pleasant, full of vivid details, as if the events happened several days beforehand? It may have been so, because corn is rich in B group vitamins – thiamine and pantothenic acid – which preserve brain cells and the adrenal gland. It seems that, thanks to beta-cryptoxanthin and carotenoids, corn protects smokers from lung cancer.

The chemical industry has also involved and taken its share of the corn cake. Corn is processed into many products, from alcohol, cosmetics and pharmaceuticals to bio-diesel.

Corn has been put aside unjustly. Domesticated animals have simply taken it away from us, because their breeding is practically impossible without it. Man has left corn to industry, which profits by creating various “miracles”.

Rye

Rye has not been used as much as corn, barley, oat or wheat. It first appeared in the fifties in the form of white flour. Rye slowly mixed with other cereals, but it was cultivated the most, because it was more resistant to harsh mountain climate than the others.

It has its advantages, but it is most praised for its benefit for blood vessels and it is recommended to persons with bad blood circulation, atherosclerosis and irregular arterial pressure.

However, according to Zoran Maksimovic from the Department of Pharmacology in Belgrade, corn may be the only representative of all plant species whose evolution has been so closely connected to the evolution of man that the process of its cultivation and adaptation can rightfully be considered an example of joint evolution, because the development of this culture and humankind has been deeply and essentially connected.

It is rich in lysine, an essential amino acid that is scarce in other foods.

B group vitamins are the main strength of rye, along with vitamin E as antioxidant. Rye mash successfully resolves constipation.

” *Rye bran soak up a lot of water in the stomach, thus creating the sensation of fullness and relieving bowel movements.*

Walter Pedrotti

Buckwheat



White buckwheat flowers spread across the Petrovac plateau

Science has doubts whether buckwheat is a cereal or something else. It is believed that buckwheat is fruit seed related to rhubarb, while, according to all its characteristics, uses and cultivation, it goes hand in hand with other cereals.

Buckwheat grows in highlands and poor soils. It tolerates draught, but does not tolerate weeds, which it simply annihilates. Because of its nutritive and to certain extent medicinal characteristics it is often called the cereal of future. This is what is now happening in the Petrovac plateau now,

Buckwheat has come back and its white-reddish flowers fill the fields. It is milled in the water-mill and new generations study recipes of many meals made of it.

Buckwheat is a nutritionally balanced food, more than other cereals. It is richer in amino acids and B group vitamins.

” In terms of nutritive value and ease of utilization, buckwheat proteins are much better in quality than proteins of any other grains.

S.K. Vranjkovic

It is rich in magnesium, which helps blood circulation and improves heart rhythm, and it is also considered useful in nutrition, because it decreases the risk of diabetes. An American study has shown that regular use of buckwheat is enough to prevent the creation of gallstones.

Canadian researchers have discovered that buckwheat contains a matter called chiro-inositol that lowers blood sugar. It is said it keeps the body warm and it removes harmful fats. It is useful for pregnant women, reconvalescents and children, because of its beneficial influence on growth. It has a low glycemic index and it also contains flavonoid rutin, a strong antioxidant which is helpful against the creation of EPG, the main culprit for aging and facial wrinkles.

Amount of vit. B1 in some foods:

<i>Wheat germs</i>	<i>2 mg</i>
<i>Sunflower seeds</i>	<i>2 mg</i>
<i>Chicken chest</i>	<i>0,7 mg</i>
<i>Barley flakes</i>	<i>0,6 mg</i>
<i>Buckwheat flour</i>	<i>0,6 mg</i>
<i>Whole-grain wheat flour</i>	<i>0,5 mg</i>
<i>White wheat flour</i>	<i>0,06 mg</i>

Buckwheat does not contain gluten, which is its advantage over other cereals. Buckwheat flower has always been used as medicine for cough and clearing gunk from upper airways.





INTRODUCE TO NUTRITION OR CONSUME MORE

Cereals

- sbrown rice
- barley
- millet
- buckwheat
- oat
- wheat
- rye
- spelt
- cereal flakes
- whole-grain flour products

Fruits and vegetables

- fresh fruits and vegetables
- pickled vegetables
- raw fruits and vegetables
- dried fruits and vegetables

Pulses

- boiled pulses
- germinated pulses
- green pulses and peas
- soya grits and flour

Fats and oils

- unrefined cold-pressed oil (corn, sesame, sunflower, olive)
- quality butter

Dairy products

- naturally soured dairy products (kefir, acidophilic yogurt, sour milk)
- naturally cultured cheese, cheese creams, etc.

Meat, eggs and fish

- white fish, especially small species
- poultry fed with natural food
- organic eggs



Source:
Jadranka Boban Pejic and Z. Pejic

**STOP CONSUMING OR
DECREASE CONSUMPTION**

Cereals

- white rice
- white bread
- pastries made of white flour
- industrial products of cereals and flour.

Fruits and vegetables

- tropical fruits
- vegetables boiled for too long
- vegetable chips, etc.
- frozen fruits and vegetables

Pulses

- textured soya products
- canned pulses

Fats and oils

- refined oil
- butter
- pig fat
- processed plant-based fat
- suet

Dairy products

- pasteurized and homogenized milk
- powdered milk, industrial sour cream

Meat, eggs and fish

- beef, pork,
- horse meat, hare meat,
- lamb, eggs
- meat products
- other kinds of meat



Food and life



*What
has the
garden
yielded?.....*

Potato

It was first brought from South America to Spain in the 6th century. The Europeans knew nothing about potato, so they often used green fruits that tasted badly due to alkaloids. Raw potato was called “the Devil’s apple”, because it caused poisoning. Potato was not popular in Spain, until it reached Italy, whose residents demonstrated greater skills in preparing it. In the 16th century it was brought to England and other countries of the Western Europe.

Thanks to Dositej Obradovic, potato was brought from Germany to Serbia, more precisely to the Banat region, in 1759. In our region potato is called the second bread, for good reason, because, besides bread, it often saved people from starvation and disease.

It is known for its healing action against scorbatus, due to high content of vitamin C.

It contains other vitamins and minerals as well, while it is richest in carbohydrates. Contains fermentables and some medicinal substances.

Potato is a food that can be prepared in many ways. It can be used raw (for medicinal purposes), cooked, baked. You can use even ones that turn green due to exposure to sunlight for putting them in compresses to remove pain in joints. Our grandmothers used to cure minor burns by bandaging them with grated potato or apple to make the pain disappear quickly. Potato is an important guardian of the human heart, because it contains flavonoids that do so. It contains high concentrations of vitamins C and B6. Vitamin B6 helps against stress, helps performance of the heart and lungs and strengthens immunity and good sleep. Potato has more potassium than banana. Potato is an important and most frequently used ingredient for making baby food.



**Content of some elements
in potato (per 100 g)**

Energy	116 kcal
<i>Fat</i>	<i>0,5 g</i>
<i>Vit.C</i>	<i>26 mg</i>
<i>Vit.B1</i>	<i>0,2 mg</i>
<i>Vit.B2</i>	<i>0,6 mg</i>
<i>Folic acid</i>	<i>0,3 mg</i>
<i>Iron</i>	<i>2,8 mg</i>
<i>Potassium</i>	<i>750 mg</i>

Combination with carrot, peas, sour cream and white chicken meat is an excellent choice for children's food. The confirmation for this comes from the past when children did not eat industrial food. Namely, potato and corn-based products used to be basic food for kids. Potato was offered to them in several different ways: mashed potato, baked potato or baked or cooked potato with basa cheese, sour milk or with jam. There were probably more combinations.

It does not have high energy value. Compared to chips, it is 6 times less (80:530). Fortunately, our grandmothers did not know about chips. Cooked unpeeled potato is a true vault of minerals.

Meals with potato were a real pleasure. Obviously those before us knew how to enjoy in what they had. Some potato dishes are very popular among present generations as well.

One of these are surely potato halves ("police"). A potato is washed first thoroughly, then sliced into two halves and salted on inside. Halves are then rubbed against each other until salt begins to foam. It is then baked in the oven without additions. After baking, while still hot, they are served with basa cheese. The more mature basa cheese is, the tastier it will be. This was a popular winter treat.

Another popular meal in the countryside consisted of thin slices of potato that would be baked in a casserole greased with fat. Additions to potato were onions, salt, sweet paprika and a few pieces of bacon. Sour milk was served with it, along with black whole-grain barley bread.

One more dish that was considered the food of the poor used to be very frequently prepared. It was roux soup from boiled potato with addition of salt, onions and some vegetables,

if any were available. Those who had used to put a small piece of smoked meat. Roux soup was often the only dish for lunch. A gourmand who sees only taste and variability would probably grade this dish negatively. They would probably mock it even, saying it was a miserable dish. However, a nutritionist would grade it highly. Roux soup with barley bread was a gift to the body, because it cleans it. We can call it a daily fast, but one that does not make you hungry. When you mix potato as a diuretic full of potassium with some energy from barley bread, which helps digestion as a prebiotic, and sour milk as a fine probiotic, the body is left with nothing but joy. If people of today, who most often have improper nutrition, especially the obese, would know about the benefits of this dish, they would consume it at least once a week. Potato was also eaten with diluted plum jam. There will be more words on potato and sour milk as a dessert later.

Modern technology turns potato into several tasty, but dangerous products. Primarily there are chips

and French fries. The way of processing potato resulted in many low quality and, by many, harmful products. Chips and French fries are produced by frying at high temperature, which leads to the creation of EPG and toxins that can help the development of mutations. These are also considered carcinogens. Scientists have discovered that, according to Perricone, fried potato, especially the dark red color kind, is high in acrylamides, whose consumption has been linked to cancer. Acrylamide damages the DNA, which is most often the first step to cancer. Unlike frying, cooking (boiling) does not lead to significant creation of acrylamides.

Best foods with K	
<i>Dried apricot</i>	1850 mg
<i>Soya</i>	1680 mg
<i>Grapes</i>	746 mg
<i>Potato</i>	421 mg
<i>Banana</i>	360 mg
<i>Mellon</i>	320 mg
<i>Broccoli</i>	316 mg
<i>Peas</i>	244 mg
<i>Tomato</i>	222 mg

Also, a more favorable way of preparing food is simmering with plenty of fluids at lower temperature for short period

So, it takes only a small, but wrong, step to turn a useful food, such as potato, into a harmful one.

I would like to get back to its good side, because I remembered how my mother used to lower my body temperature with slices of potato put on soles of my feet, forehead and chest. Back then my mother did not know about paracetamol. Other specialties made of potato worth mentioning include also cooked sour cabbage with cooked potato instead of bread. Based on findings I gained from talking to much older persons, I conclude that cooking was the main method of preparing food. They also knew that potato was bad when it turned green or when it sprouted. They did not know this toxicity was caused by

solanine, a poisonous alkaloid. There were no poisonings because solanine is found right under the peel, so thick peeling would successfully remove it. It should be noted that solanine is stable at higher temperature, so cooking does not destroy it, while baking it at 170 to 200 degrees Celsius would deactivate most of it. Its concentration in sprouted potato increases. After being extracted from soil, potato loses its nutritive value. According to G. P. Malahov, in storage it has the following values:

- *Young potato in September is made of 85% nutritive matter.*
- *From September to January this decreases to 75%.*
- *From January to March potato has 70% of nutritive matters.*
- *From March to the percentage falls to 60%.*

Beans

Modern man has ousted this food to the margin of the menu. This is an irrefutable fact, at least in the region I live in. Most urban families eat beans two times a month. Two times a week would be better.

Decreased consumption of beans is unjustified and harmful for the human body. If we were to say it poetically, then we would say: "The guts are grieving for beans."

It is truly baffling that beans, which many call a superfood, are disregarded that much.

Nutritive contents of beans are very important, especially the abundance of minerals (copper, phosphor, manganese, magnesium, potassium and zink). As for vitamins, beans offer folic acid and vitamins B1 and B6. It is a food with high percentage of proteins.

Combination of beans and whole-grain cereals in a meal gives the content of proteins comparable to the one given by meat and milk. It seems we should not condemn those who say

that the enjoyment in meat is but a relapse of past primitive lifestyle.

Beans, whole-grain cereals and milk can lead to decreasing the use of meat to very small amount. When we add red onion and garlic to this, then we see the magic formula for food our ancestors had.

Plant fibers have many benefits. Soluble fibers absorb cholesterol, triglycerides and toxins. Insoluble fibers facilitate bowel movements. It is believed that beans are the only food that decreases the desire for meat consumption. We all know about the drawback of beans - they give us gases, usually 4 to 5 hours after eating them. Cure for the prevention of gases is in the way of cooking. It takes several hours of steeping beans prior to cooking, after which the steeping water is discarded. Beans are then cooked in a pot without a lid and salt. If you do it this way, you will get the desired result.



Garlic

Historical evidence show that garlic has been in use since several thousand years ago. According to some writings, it originates from Middle Asia. Use of garlic was described in many cultures, beginning with the Egyptian, Chinese, Roman, English, French and many others.

Still, garlic receives the most attention in a French town called Saint Clar. According to S. K. Vanjkevic, every Thursday morning from July to January the market opens with only one product on offer - garlic. Every August whole town changes because that is when a garlic festival takes place. In this town everyone eats garlic in a traditional way - by simply rubbing it against a slice of bread. It is an amazing plant. It is at the same time food and medicine, poison and magic with which people used to chase witches and vampires, but it was also used to cure many illnesses. The most famous written record of garlic benefit comes from 1720 when in combination with vinegar it saved thousands of residents

of Marseille from the plague epidemic. I believe that generations before us can thank garlic and red onions, as well as wild garlic, for their vitality, strength and resilience to illness.



Garlic underwent thorough scientific studies for the first time at the turn of the 19th century. Active substances belonging to sulfur compounds were discovered. Garlic is a complex plant and contains numerous chemical compounds that are active in various ways. Available data reveal over thirty kinds. Simo Vulin states only some of the most important:

- *Allicin - responsible for antibacterial and anti-inflammatory action*

- *Alliin - antibiotic action*
- *Diallyl disulfide oxide - garlic essential oil that lowers the level of lipids, especially cholesterol, in the blood.*
- *Germanium - found only in traces, but still has anti-cancer action*
- *Gurvich rays - thanks to its radiation rejuvenates bodily functions.*
- *Anti-arthritis factor - helps curing arthritis.*
- *Blood sugar regulation factor - helps with diabetes-related problems.*
- *Antioxidant - prevents peroxidation (rancidity) and serves as natural preservative.*
- *Anticoagulant- substance preventing blood coagulation.*
- *Selene - mineral found in garlic which has positive effect on many processes in the body (see the chapter on Selene).*

- *Aphrodisiac - for this factor some authors place it on the top of the list of aphrodisiacs.*

Different forms of garlic make it mysterious and unstable. Every way of taking garlic makes its action last long. It was proved that one of the most valuable components - allicin - is produced only when garlic is chopped or squashed. I did not ask my mother from whom had she learned that it was best to squash garlic and leave it in olive oil for a while, but she used to say it was best prepared that way. Allicin does kill bacteria, but it is unstable. If we leave garlic squashed for several hours, it transforms into another sulfur compound without the characteristics of allicin. During cooking it decomposes into another sulfur compound without bactericide but with anti-cancer characteristics.

Garlic can also be taken by swallowing a whole peeled clove. That way it lowers blood pressure. If taken chopped and freshly squashed, it has antibacterial action thanks to allicin.

” „Garlic and May butter
cure every malady, let goat
milk be their company“.

19th century song

According to some authors, powdered garlic has great influence on the body. This form of garlic is called “mature garlic”. Scientists have different views on deciding which form is the best and a recommended daily intake. General opinion is that one should take one to three cloves of garlic per meal. In terms of weight that means three to six grams a day.

Science has made effort to determine nutritive components (water, energy value, proteins, fats, minerals, vitamins, etc.). Since we consume only small amounts of garlic, all these vitamins, minerals and proteins do not benefit our body that much. Therefore one should seek vitamins, minerals and other nutrients in other foods as well.

All known analyses and new findings have not succeeded in removing its label of the wonderful healer. I heard people praising garlic in the wintertime stories as well. They used

to say that garlic was good for everything, especially for flu and other illnesses, blood pressure, for eliminating parasites, cleaning the blood and entire body. They called it the elixir of youth as well, they used it for treating warts, bronchitis and asthma, hiccups and toothache, hair loss and dandruff, eczema and blisters.

A lot of this was true. I was the codler of the family and no one could make me eat garlic. Whether because of that or something else, I often had flu. Unlike me, my buddy Srele often had onion breath. During winter he smelled like garlic, and like red onion in summer. He grew up and left the countryside and I never saw him sick. Not even during seasonal flu periods. The first line of defense against flu were rakia, bacon and onions. With sour cabbage brine this makes a powerful natural protection.



” *Fresh garlic, cooked or raw, and garlic in vinegar can improve the condition of cholesterol. Plain milled garlic and garlic spice bought in stores are completely therapeutically worthless.*

Jean Carper

Here is a story of Jean Carper on garlic and red onion: “Garlic and red onion are rich in ingredients acting strongly against the creation of clots. Researcher Eric Blog, from the University in New York, extracted an ingredient called ahoiin from garlic (named after the Spanish word for garlic – ayo), which

has the same, if not even better, anti-thrombotic characteristics than aspirin – a generally accepted blood clotting inhibitor. It is true that aspirin acts as an anticoagulant in only one way – by decreasing the production of thromboxane. Ahoiin also works like that, but it also stops the grouping of blood platelets in seven other ways – in all existing ways.” Medical researchers from the University George Washington discovered that garlic and red onion contain three additional ingredients acting against clotting, including the most important one – adenosine.



You better run, flu, here's carrot and garlic!

Red onion

„Go to the garden and pluck me two heads of red onions, I need them for salad“, my mother would tell me. If there were no heads yet, I would pick a few leaves instead. This is how it used to be before or how it used to be with those who had gardens. Fortunately, even after 20 years of schooling to run away from field manual labor, many have returned to their beautiful gardens.

Red onion contributed to the protection of human health as early as 6000 years ago. Because of its beneficial action on the level of blood sugar, it is successful in combating the creation of EPG. It is used raw, but it is also prepared in many other ways. It can withstand preparation at high temperatures. Research has discovered that red onion lowers blood glucose level by increasing insulin in the blood and glycogens in the liver, which energizes the body. It lowers cholesterol, therefore it belongs to natural statins, just like garlic.

Red onion is a good source of chrome, which helped the guts react-



ing to insulin properly. It decreases sugar level and improves the body's resilience to glucose.

Red onion is a strong anti-cancer asset protecting the body. This is especially evident in the prevention of cancer of esophagus, colon, vocal cords, ovaries and prostate.

Recently, an ingredient with an acronym GPCS was discovered in red onion. It is associated with preventing the activity of osteoclasts, cells influencing the fragility of bones. This discovery is important for women, which are affected by this problem during the menopause. If consumed on daily basis, red onion significantly decreases the risk of colon cancer. Chrome level decreases and action of red onion as well if one takes a lot of sugar and white flour. People who move little also lose chrome from the body.

Here are some benefits we have from red onion, according to Perricone:

- *slows down the development of arteriosclerosis, because it decreases the occurrence of EPG*
- *lowers blood cholesterol*
- *decreases the risk of cardiovascular diseases and cancer*
- *encourages immunity functions*
- *improves the ability of the body to eliminate foreign substances*
- *recovers physical strength*
- *increases resilience to several causes of stress*
- *has favorable influence against aging*
- *acts as an antioxidant*
- *protects the liver.*

Basic onion characteristic (regardless of the type) is the abundance of sulfur compounds. Quercetin is a flavonoid whose greatest contribution to onion is the defense against heart diseases, because it has antioxidant effect, especially in the case of oxidation of bad cholesterol. Onion, also, helps in preventing inflammatory processes.



Wild garlic

Everything attributed to garlic can also be attributed to wild garlic (ramsons). This plant is even richer than garlic in some elements important to man, such as: manganese - up to 15 times more, adenosine - 20 times and magnesium - 2 times.

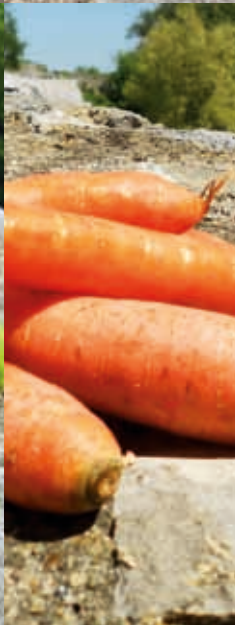


Wild garlic is also known as ramsons or bear leek. We did not need to grow it in the garden, because it grew all over Osjecenica and Klekovaca mountains. It is a plant found in shades of forest trees in April and May. Shepherd and forest workers ate it regularly with bacon they would carry for snack.

Stories say it is the first plant bear picks after its winter sleep. It belongs to antioxidants and it lowers blood pressure and cholesterol.

People trust this plant very much and say it is the best cleaner for the blood and the digestion system. Its leaves are good for battling intestinal parasites. They strengthen immunity and facilitate digestion.





*To the barn
for milk, to
the store for
margarine.....*

M*ilk is rich in calcium and it alone can meet our daily needs for this element with only a half a liter per day. Unlike calcium, milk is scarce in iron and the body must obtain it from other sources. Common nettle, greens, meat and whole-grain cereals are capable of providing iron, whose scarcity can cause one type of anemia, because it is a component of B12 vitamins.*

It is one of the foods that experts disagree about. Easterners claim that milk is good only for babies while they are still breastfed, because when they grow up they lose the enzyme lactase, which degrades milk sugar, for which milk should be avoided by adults. Milk is one of the foods commonly causing allergies and intolerance in the body. It is recommended that fresh milk is substituted with sour milk. This is maybe justified in this time, because milk of today is not what it used to be. Cows eat grass less and less, while milk is processed at high temperatures and using additives to get long-lasting products. So, if bought in stores, it is far from being natural, but we can find it in the countryside in abundance, because cows there are fed naturally, like a hundred years ago.

Two most important ingredients of milk are calcium and vitamin

D. However, there are disagreements about calcium.

Namely, research showed that a number of women had osteoporosis, despite significant consumption of milk. A research involving North American women who suffered osteoporosis despite taking plenty of milk gave the explanation. The cause was excessive consumption of meat, whose digestion requires acidic environment that takes calcium for itself, thus leaving little of it for the bones.

What experts do agree about is the time of consumption. Milk should be taken alone only. It is not good to combine it with coffee and tea. Evidence that milk does more good than harm we find with our ancestors, who often had barley or corn bread with milk for breakfast, but also for dinner, which was the case with my father and grandfather, who slept

very well afterwards. It seems that today we cannot rely on the past and let it be our guide.

Many studies found that milk is not good for adults. More than a half of the world population does not drink milk (east) and they raise healthy babies and have strong bones. Seventy percent of people (mostly elderly) does not have enzymes for the digestion of milk, because of which digestion problems can be expected.

British scientists performed a great survey in 2010 and concluded that persons who drank more milk had poorer health, immune system and hormonal status.

The highest probability of death by cancer has been reported in Switzerland, Norway, Iceland and Sweden, the world's biggest consumers of milk, according to P. Holford. It is not easy to frighten us milk drinkers, but experts' warnings keep on. Here is how Holford explains risks of milk:

"Why does milk increase risk? It contains 38 hormones and promoters of growth. In the end, that is its function: to encourage growth of cells.

” *“Average life expectancy among the Hunza people was 120 years. They were vegetarians who largely consumed goat cheese over winter.*

Gennadiy Petrovich Malahov

One of the hormones present in milk attracts special attention. It is somatomedin C - insulin similar to growth factor (IGF-1). In nature it is found in cow milk, breast milk and the blood. The more milk you drink, the more the level of this hormone grows. Its role is to facilitate growth. Level of IGF-1 in the blood reaches its peak in adolescence, when it encourages the growth of breasts with girls and prostate with boys, and then it drastically drops as years pass, but not if you consume plenty of milk and cheese. Milk does not only contain IGF-1, whose small portion is reabsorbed in the blood, but it encourages the body to produce its own supplies. This hormone, besides stimulating growth, prevents suicide of excessive cells (a process called apoptosis). This is good if you are a baby that needs to grow

fast, but it is bad if cancer cells are the only cells in the body that multiply quickly. That is not good at all, because it was established that IGF-1 directly encourages growth of cancer cells, so elevated levels of this hormone are associated with increased breast, prostate, colon and lung cancer.

Women who are about to enter menopause with high concentrations of IGF-1 are exposed to two times greater breast cancer risk."

Despite all of this, it is difficult to intimidate us, since we have this image of our 100-year old ancestors who drank liters and liters of milk, because it is exactly milk, sour milk, young cheese and basa cheese that nurtured them. However, a question emerges: was that milk the same as the tet-

ra pack milk of today, regardless of them both having 38 hormones and growth promoters?

” Increase calcium level in the blood by eating honey. After two and a half hours the concentration of calcium in the blood increases and that concentration stays for a whole day. If you eat honey every morning, there will always be sufficient calcium in the blood.

D. K. Jarwis

I will not give add my judgment to these controversies, because we should leave some questions hovering over our heads. If we knew everything today, what would be left for the scientists of tomorrow?

Sour milk

John McKehn from a clinic of natural medicine in Bridgeton says the following on sour milk: "If you knew how important it is to consume fresh sour milk, you would drink it by tons every day. If you wish to avoid bow-

el problems, from constipation to colon cancer, drink a glass of sour milk every day." Sour milk has been known for a long time and it is considered it derives from the Mediterranean countries. Today it is largely being replaced

by yogurt, which is just a Turkish expression for sour milk, according to Stojanovic and Katic. It is the same product. Sour milk is made by fermentation with some useful bacteria. These are mainly *Lactobacillus bulgarikus*, *Lactobacillus acidofilus*, *Bifidobakterium bifidus*, etc.

Acidofilus and *Bifidus* are the secret to medicinal action. Therefore acidophilic milk is more valued here. Acidophilic milk contains less lactose, so it is more appropriate for people whose body cannot tolerate this milk sugar, which can be diagnosed with intolerance test.

However, one should differentiate fresh homemade sour milk from the industrial. Fresh milk, as McKehn calls it, is not additionally heated after adding cultures. Thereby, useful bacteria that multiply are much more stable for further multiplication in our body. Applying heat after adding cultures, for the sake of faster fermentation, weakens bacterial cultures for the continuation of existence in the body. My mother and other housewives from the village prepared it the right way.

After the addition of bacterial cultures milk was not heated. Jar with milk was wrapped in thick cloths to prevent it from cooling down quickly and to enable fermentation.

Sour milk helps in losing weight, because a glass of milk has around 150 calories, while a glass of sour milk has around 80. If made from partially skimmed milk, it has even less calories. Besides increasing the absorption of



Sour milk - at the end of lunch

calcium by its lactic acid, it is also rich in this valuable mineral. It is useful to consume it in the morning, because probiotic bacteria have more chances to participate in digestion throughout the day.

If in the morning you drink a glass of sour milk in which you put a spoonful of milled mixture of flax, sunflower,

pumpkin seeds and sesame the night before, with addition of carob and cinnamon, you will lower your cholesterol and strengthen your immunity.

Something else about sour milk. Useful sour milk bacteria belong to a large group of bacteria called gut flora. There are several hundreds of species. With its acidity, sour milk helps digestion and bowel movements. It is very useful for lowering cholesterol and it even increases good cholesterol (HDL). It strongly helps immunity (immunostimulation), so it is easier to beat a disease with it. Sour milk recovers disturbed stomach flora to normality after taking antibiotics.

To women yogurt is cure against all diseases. It strengthens immunity, contains larger amounts of calcium and prevents vaginitis.

George Halpern University in Davis

I once heard how a pharmacist forbade a patient to drink yogurt while taking his antibiotic. Wrong! He probably wanted to say not to drink yogurt and antibiotics together. Taking antibiotics between eight to twelve hours enables you to drink a glass of sour

milk in the meantime. Drinking it then is fine because by that time antibiotics have already left the stomach and entered the blood. Acidofilus and Bifidus bacteria save the stomach.

The only thing better and tastier than sour cow milk is sour goat and sheep milk.

Amount of vit. B2 in some foods (per 100 g)	
<i>Corn flakes</i>	2 mg
<i>Chicken chest</i>	0,9 mg
<i>Wheat germs</i>	0,72 mg
<i>Oat</i>	0,52 mg
<i>Mushrooms</i>	0,4 mg
<i>Fasting cheese</i>	0,3 mg
<i>Sour milk</i>	0,3 mg
<i>Milk</i>	0,2 mg
<i>White flour</i>	0,03 mg

Goat milk belongs to fatty milks, but that fat is more valuable and is easily digested, because fat particles are smaller. It is a good source of calcium, phosphor, potassium and vitamin B12. Sheep milk, as well, has better characteristics than cow's:

- *Contains more vitamins A, B, C i E*
- *Richer in proteins*
- *Has twice as more calcium*
- *Consists of short-chained fatty acids claimed to have no influence over cholesterol level.*
- *Has less sodium*
- *Easily digested*

Fresh sour milk (“zamuza”)

This special dairy potion was discovered by shepherds. They always had supplies of milk in udders of sheep and goats. They obviously needed to consume one kind of sour dairy product besides boiled milk. Since they always moved, they were prepared to make the processing on the way. Namely, every shepherd carried a wooden pot with a lid (“kobi-ca”) in which they stored sour milk. When they consumed almost all sour milk from the pot, a shepherd would milk a goat or sheep able to give milk and fill the pot with fresh milk. When the pot was full, they would leave it in the sun for a while. Due to fermentation, they would get a foamy and tasty sour-sweet milk product. And what is the yogurt we drink today like? Maybe there are some with hormonal addi-

tives, such as rBST (recombined bovine somatotrophine hormone).

In 1994 American congressmen reacted demanding reports on rBST. Except the published information that it was used to increase cow milk production, they knew nothing more. They did not know about experiments on mice nor about the consequences.

Toast cheese, which is easy to put on a slice of bread and make a sandwich, is a very complicated product. Besides a little milk and cheese, it has many more other additives. One brand of such cheese has the following:

cheese 17%, water, plant fat, milk proteins, powdered whey, emulsifier salts m (E341, E452, E339) and salt.

Is it appropriate to ask who is happier - one who stands in front of a display in a supermarket and looks at how much types of cheese is on of-

fer or one who has a single dilemma - whether to take more mature or younger cheese, the one from the freshly milked milk in the morning.

Whey

Whey is a dairy product obtained in the production of cheese. Practically, it is a by-product that used to be given to pigs. Children were reluctant to drink it, despite their mothers' efforts, just as was my case. Mothers did not know why, but they knew it was healthy. Out of the three jars or bottles lined beside the stove, we would drink from the last one, the one which contained fresher, milder, whey. It is the best friend of the liver. A true blessing. It is rich in B group vitamins. It has some proteins, lactic acid and milk enzymes. It strongly supports useful bacteria in the stomach and also facilitates liver detoxification. For its acidity, it is also an antiseptic. I used to watch my father gulp down whey or diluted sour milk when he was very thirsty. It brought him back strength and freshness. One should

drink it every day - he would say to himself. Whey enables better utilization of vitamins (bio availability to the body) through beta globulin proteins. This group of proteins helps recovering damaged liver cells. Alpha-lactalbumin is the second most present protein and it is the most valuable protein in breast milk. People who drink whey are in better mood because of this protein that helps the production of serotonin (mood enzyme). Another feature of whey is strengthening of immunity, which is attributed to immunoglobulins that make 10% of all whey proteins. It is a protein of colostrum, which defends newborn babies from infections in the first days after birth. Whey should be consumed on daily basis, having in mind completely improper nutrition of today. It is especially useful for

children and should get them used to drinking a certain amount every day, because its consumption is completely harmless. People taking statins

(drugs for lowering blood fats), antibiotics and some other poisons cannot preserve their livers without whey or fresh sour milk.

Basa cheese

Three types of basa cheese are made in the Petrovac plateau region:

Fasting basa cheese – made of skimmed milk.

Standard basa cheese – made of partially skimmed and whole milk.

Basa pomjesa cheese – standard basa enriched with skim.

Since fasting basa and standard basa are made also beyond the Petrovac region - Lika and some other parts of the former Yugoslavia - here we will describe basa **pomjesa cheese**.

Basa pomjesa is both skim and cheese. It is the most perfect “hybrid” of the two, bringing their best to basa. Basa pomjesa is a perfect milk spread or cheese spread without any non-lactic additives, which is made only in the Petrovac region. It is very sought after and producers do not have problems distributing it.

The analysis by the Veterinarian Institute in Banja Luka determined values for basa pomjesa as follows:

Laboratorial assessment of basa pomjesa

<i>Tested Characteristic</i>	<i>Milk fat %</i>	<i>Milk fat in dry mat. %</i>	<i>Content of dry mat.. %</i>	<i>Proteins %</i>	<i>AciditySH</i>
<i>Method of testing</i>	<i>Gerber</i>	<i>Calc.</i>	<i>Drying at 105C</i>	<i>Kjeldahl</i>	<i>Semimetr.</i>
<i>Producer 1.</i>	20,00	52,19	38,32	14,30	38,20
<i>Proiducer 2.</i>	20,00	47,91	41,74	16,00	32,80
<i>Average value of both samples</i>	20,00	50,05	40,03	15,15	35,50

These are the values of typical basa pomjesa which consists of standard basa and 25-30% of skim. All other versions with more fasting basa are less fatty and less tasty than basa with extra skim.

Basa is neither mentioned in related bylaws from the SFRY era nor in present ones valid in B&H. This is another proof that it is a specific product produced in a limited geographic area, in limited amounts, which, so far, has not been described, tested in laboratory, standardized in literature or in any state acts regulating dairy products.

A diary woman producing dairy products in traditional way tells us how to make basa pomjesa.

Milk is boiled, skimmed and left aside. Skimmed milk is mixed with fresh raw milk previously heated until you can no longer put a finger in it, which can be considered as a sort of tyndallization and which lasts for 20 to 30 minutes. The mix contains equal amounts of skimmed milk and fresh heated milk. The mix of these two milks is 20 liters in volume and

2.5 liters of whey is added to it. After a while, curds are separated and put in a colander. Cream skimmed from 5 liters of milk is added to filtrated curds and everything is mixed and salted as desired. Less salt is used usually than in the case of skim or young cheese. This is young basa that can be consumed right away.

If one desires mature basa pomjesa, then young basa is put in small wooden barrels, some salt is added and it is then lagered and left to seep slowly through a small opening near the bottom. After 15 to 20 days you get a drier product, altered in taste, which many prefer over young basa.

Mature basa is especially valued as addition to potato halves served during winter communal bees and for making cicvara.

In another region of the Petrovac plateau, basa pomjesa is made a little bit differently.

This other story on making basa pomjesa goes like this: "After filtration, fresh raw milk is put on the stove and heated for 15 to 20 minutes at such a temperature that one can hold a fin-

ger in milk. It is then removed from the stove, cooled down a little and poured with whey. We add 1.5 liters of whey to 8 liters of milk, which depends on the sourness of whey. If whey is somewhat sourer, less can be added. When curds form, they are moved to a colander to seep. A half a kilo of skim is added per two kilos of cooled curds. It is then mixed all together and salted.” Basa pomjesa prepared like this has won prizes at local fairs.

Basa pomjesa belongs to whole milk products, because it contains more than 45% milk fat in dry matter. In terms of thickness, it belongs to soft dairy products appropriate for spreading. It is a product with limited expiry date, because except for salt it does not contain any other ingredients, unlike a cheese like toast cheese (emulsifier, stabilizer, aroma, carotenoids, etc.). It is interesting to mention the price of this product, which is three times lower than an industrial cheese spread. We get a clearer picture of basa pomjesa if we compare it with other dairy products available on our markets.



A small barrel full of basa pomjesa

Comparative values of basa pomjesa and some dairy products.

Product	Drymat %	Milk fat %	Milk fatin drymat	Proteins %	Acidity SH
<i>Method of testing</i>	<i>Gerber</i>	<i>Calc.</i>	<i>Drying at 105C</i>	<i>Kjeldahl</i>	<i>Semimetr.</i>
<i>Basa pomjesa</i>	40,00	20,00	50,00	15,00	35,00
<i>Toast cheese</i>	47,00		45,00		
<i>Vajkrem milk spread</i>	40,00	32,48	75,00	2,88	
<i>ABC milk spread</i>	30,00	22,00	70,00	6,40	
<i>Sombor heese</i>	44,00		53,00	18,00	35,00

According to all its characteristics, basa pomjesa can be categorized as a product with geographical identification, as regulated back in 1992 by the EU in the regulation no. 2081 called "Protected denomination of origin (PDO)". This is certificate of origin issued for products with name, quality and characteristics that are mostly or completely related to a defined geographical area. In former Yugoslavia, geographical markings were first regulated in 1981, with amendments in 1990. Precise conception of geographical marking of origin Yugoslav authorities determined in 1995. Such marking can be put on a product whose characteristics mostly depend on the area of pro-

duction, under the influence of the area or soil or particular way of production.

In our case, this geographical area can be defined as the area of Petrovac plateau surrounded by mountains Osjecenica, Klekovaca and Grmec. So, Petrovac basa and sirac (cheese) are made only there. Therefore, residents of Petrovac are entitled to have BASA POMJESA proclaimed a regional product with recognizable and constant characteristics, whose name would be protected and added to the catalogue of dairy products. Because of its uniqueness, taste, appearance and content, it cannot be substituted by any other dairy products.

Margarine- deceit without lie

A result of technological advancement the food industry is margarine as well. It is probably the most worthless food after white sugar and which is very harmful for human health. After the campaign against animal fats nutritionists were tasked with finding a replacement. It came in the form of margarine. Since in this region everything arrives with delay, fortunately, margarine has become hit only over the last couple of decades. Margarine replaced butter, and here it was supposed to replace skim ("skorup") and basa cheese. I am proud to say that this never succeeded in the villages of the Petrovac plateau. Today an opposite movement is in progress, because people are regaining trust in basa and skim largely.

Margarine is the biggest fraud of today performed by the food industry that cheats consumers, but without telling them lies. Is it possible to trick someone without lying? It appears so. Exactly like it is done with margarine that says "no cholesterol". Correct. Margarine does not contain cholesterol,

but does have something else. It has unhealthy trans fats that are more dangerous than saturated fats in bacon. According to Michael Pollan, warning signs about trans fats were so strong that they had been seen back in 1956. That year, Ancel Keys, father of the lipid hypothesis, warned that the increasing consumption of hydrogenated plant fats could be the cause of the increase in heart diseases in the 20th century.

Trans fats are not a part of normal nutrition and they can cause biochemical changes, out of which the most dangerous are those affecting the changes in cell membranes and the resulting arterial clogging.

Margarine is not a natural product. It is vegetable oil in solid state obtained by the injection of hydrogen. Somewhere you can read it is hydrogenated fats, because the process is enabled by hydrogen peroxide used in production.

The industry has enriched margarine with synthetic vitamins A and D to make it even more sought after. As

technology advances it has reduced some fatty ingredients in it, but that is not enough, because margarine is far from being a natural product. Opinion is that it increases bad and decreases good cholesterol, which is more harmful than total cholesterol. It also increases triglycerides. When homocysteine and hydrogenated fats are joined, that alone is enough to dub it cardiovascular risk, regardless of normal values of cholesterol. This only confirms the fact that the rate of heart attacks is equal with patients having normal and elevated cholesterol level. Besides margarine, it would be good to avoid polyunsaturated fats as well, which are unstable and oxidize easily due to their chemical structure, thus easily creating trans fats and free radicals. According to Cherie Calborn and associates, some of the products containing these fats are: chips, biscuits, crackers and many salad dressings. He also states that only cold pressed olive and linseed oil. By the way, linseed oil is very unstable and it should never be heated or used for long periods once the bottle is opened. Here as well I stand in defense of ba-

con, basa, sirac and sour milk as natural products so beneficial to our ancestors. Alongside mostly vegetarian food, they were true guardians of health.

When I was a child, I have been to my friends' houses and, like in my house, I never saw industrial margarine on the table during lunch. Fortunately, we still had not heard about it then, otherwise we would ask for it from our parents. Basa, skim, sirac and homemade sour cream were the basic dairy products and no industrial addition was necessary. Nothing is worse than when I go to a house in the countryside and see children spreading margarine on white bread. It happens in households that have more cows and abundant milk, sometimes even given to piglets for lunch. I feel sorry for those children and think about becoming a missionary who would go from house to house and advise people not to buy industrial margarine and butter over those they already have. Why butter? Because it went through industrial processing, homogenization of milk, additional pasteurization and was stored for several months or years as such in a cold room,

according to Rika Zarai, before reaching our mouth. But, there are no more missionaries because globalization has taken its toll. Everything is shown on television, every day, for several times. Praises for margarine without cholesterol never end.

Who is confused nowadays and who is not, question remains. An old villager not reading the newspapers and watching commercials is not. There are less and less people like that. His response to everything is: "God gave it, God took it!" or: "There will always be cure". By rule, such persons are always cultured and ready to make jokes, even at their account, so, when asked what the doctor had told them, they respond their heart would work until the end of their lives.

Confused is the one who reads the newspapers and magazines a lot, who listens to radio advising or who watches television in order to find out more. Kiosks are littered with magazines on nutrition, food, diets, health, plants, etc. That is a true haystack of data and pieces of advice on how to live healthy. Official literature is not much better.

Who has read more than fifty books, as I have in the preparation for this book, will remain confused because of some statements and explicit recommendations coming from important figures in the field of medical-nutritionist science. It worries me they are not moderate, but rather utterly exclusive on what should and should not be consumed. On the importance of being moderate in nutrition, Jadranka and Zlatko Pejic say: "When we have learned certain facts, suddenly we begin to be afraid of some foods or we unconditionally trust other foods we have included in our diet. Both are wrong. There is no a completely bad food or a food that we can eat in limitless amounts and that it still remains good for us. Excessive consumption, which is exactly the case with modern man, of any food cannot end well in terms of health."

Being moderate is the key. How much, when and how we will eat something is as important as what we will eat. Creating delusions that we must not eat something is as if we were to understand freedom as anarchy. We are allowed everything and we can consume

everything. Question is - should we or do we want something, how and when.

Here are several products some say should never be consumed, while others praise it with good explanation. These are: **meat, milk, carbohydrates, synthetic vitamins, supplements, coffee, black tea, soy** and some other.

My mother would be happy when I took one of the carrots she would bring from the garden. After washing them and making them ready for soup, she would give my one telling me to eat at least one raw, because they were healthy. How did she know they were good, when we did not receive newspapers, when we did not own a TV or radio, and I was a small child and not a nutritionist? She knew it because she lived "traditionally" with nature that took care of everything, even of when was the moment for telling a story so it could be remembered and carried to the next generation. It was well known on which occasion someone was remedied by a carrot, a leave of cabbage, a potato, garlic or honey. There is a lot more

they knew, but that they did not learn at school. They did not learn that carrot is full of beta-carotenes that would, somehow, turn into vitamins and be useful to the body. I am angry with nutritionism as science, because it rejects the advice of my mother and other mothers and offers something more modern in the form of pills carrying beta-carotenes. Take a pill anytime and anywhere and you do not need to bother your teeth chewing a hard carrot. It was kept a secret for a long time, or it was unknown, that one who takes these pills in excess can achieve an opposite effect or even risks cancer. It is correct that the body needs antioxidants, but diversified natural nutrition contains enough of them. It is a true blessing and should be consumed as often as possible in various forms. There are many more controversies in this science, but I hope the time has begun when much will be adapted for the benefit of man, otherwise the destruction of humankind by the food industry will continue.

*Meat, meat,
as if we've
forgotten
about it.....*

Meat, pig fat, eggs, vegetarian food and milk are products with which nutritionists create most confusion among consumers, because they disagree on them the most.

Many experts condemn the use of meat, because it poisons the body. This is where we have to ask ourselves – what meat, how much meat and prepared in which way? We can most definitely agree with those who say that consuming big amounts of meat with lots of fat every day, without long chewing, poisons our body. Others refer to the life of Native Americans and people from the age of bow and arrow, who were only hunters and ate meat and wild fruits. How come the Eskimos survive on meat? Which thesis should we accept – that humankind did not start as vegetarians or that man ate only plants initially?

After reading numerous science articles from across the globe, I conclude that the preparation and the amount of meat are more decisive factors for risk of cancer than the kind of meat. Even in terms of the amount of fats and cholesterol, it is more important how meat is prepared, because of chemi-

cal reactions occurring in the process, which are responsible for the increase of cancerogenity. Grill, burned oil in which potatoes are prepared all day and toaster turn good foods into poisons for our body. Some condemn only red meat (beef, mutton, goat meat, pork) for increasing the risk of cancer. They go so far that they claim red meat increases the risk by 50%. According to Patrick Holford, the only thing worse is processed products made of red meat.

Still, not all studies confirm the link between meat consumption and cancer. A study in Britain, which included 3660 adults and lasted for seven years, concluded that high consumption of meat could not be linked to increased risk of cancer in any way. What now? Probably something in between. Eat everything, but moderately and prepared in the “healthy” way. To be even more secure, we can replace “moderately” with “in small amounts”.

The nutrition of our grandparents was based on products of their own labor in the field, garden, orchard, meadow, forest or barn (meat, milk, eggs). Today man additionally decreases nutritive value of some natural products fearing something. That is why one peels an apple, pear and other fruits fearing pesticides. They do not cook unpeeled potato (ignorance) thus losing almost all minerals. They boil peeled potato and other vegetables and then throw the water away, etc.

In an improvised overview that follows we can see how much meat one family of seven members ate annually a hundred years ago:

- *One well-fed pig for winter consumption,*
- *One piglet or a fat sheep for Christmas,*
- *One piglet or lamb for the slava – if it does not fall near Christmas according to the calendar,*
- *One lamb for reapers during reaping of grass and for their hosts,*

- *Several older hens or one rooster during the course of a year.*

We can conclude that a member of a family of seven would eat 150 grams of meat on average per week, which is less than a can of spam eaten today for breakfast. An average American eats 1.7 kg of meat a week.

Had they not consumed dairy products that much and some eggs, we could easily categorize our ancestors as vegetarians. Since they were not vegetarians by choice, they were close to them by their diet. Throughout history many chose to be vegetarians for its health benefits or philosophical or religious reasons, according to Georges Pamplona. In his book he says: "Enjoy healthy life." and "To feed on plants, fruits, cereals, vegetables and peas is not just a trend or some kind of a revolutionary idea, but an ancient principle since the beginning of humankind." But still, I would rather characterize their nutrition as macrobiotic.

This is what Jadranka and Zlatko Pejic say about macrobiotics:

Organic foods, processed in the least possible measure, with no addi-

tives, primarily plants, are the essence of macrobiotic nutrition. It honors vegetarian principles as well, but it also leaves the possibility to all populations that are accustomed to meat due to their geographical location or a thousand-year way of life to continue that way, honoring the laws of nature and the principle of necessity. Besides this, macrobiotic nutrition follows personal needs, and therefore it does not establish other principles, but develops adaptability that cannot turn into a dogma. Ecological justifiability in macrobiotic nutrition is reflected as an emphasis on greatest possible consumption of foods from the close surrounding.”

Whether we are to succeed in slowing down wheel of the food industry that brings something new every day, which is even more attractive for our senses, but with ever increasing threat to our health, I am not sure. I am unaware of a similar example in the history of civilization development when something stopped or was reversed, including the way and quality of human nutrition. However,

there are more and more movements (small for now), groups and individuals warning about the grim future of nutrition. Man is simply benumbed by aromas and sweeteners, hypnotized by commercials and fascinated by colors from show-windows. One has lost the power of personal judgment and blind forces are already carrying them fast. Some, it seems, have lost their dignity, their self-management system and personal initiative for living. There is no difference between an alcoholic, smoker and a fat person whose only measure for pleasure is the full stomach. Full of what? They obviously do not care, because that is the only way they are going to fall asleep.

I stand with those fighting for the preservation of, or more appropriately, the return to natural nutrition, such as Jadranka Boban Pejic and Zlatko Pejic. With their recommendation for gradual introduction of macrobiotics, these renowned experts in the field of natural nutrition suggest an almost identical model to the one a hundred years ago, when there were no refrigerators, deep fryers, toasters and other. Even

though it did not have a name, that kind of nutrition was completely natural.

Is it possible that to apply the nutrition program from a hundred years ago today? Yes, indeed!

If you look or, even better, if you try what these two recommend in terms of what to eat and what to avoid, you will see it is not bad at all, and with a little effort, it is not hard either.

Diet with small amounts of meat, plenty of sour milk, cereals, pesticide-free fruits and vegetables is a big step forward from the current improper nutrition of modern time.

We must admit we eat plenty of meat today in various forms. Poor people eat it, too, because there are a lot of cheap processed meat products. Meat consumption decreased to a minimum (two to three times a week) will improve our health, according to experts in this field. It will also decrease chronic fatigue and sleeping after lunch as well as problems with gastric acid and rheumatism.

<i>Food item</i>	<i>Proteins %</i>
<i>Mushrooms-morel</i>	<i>35-36</i>
<i>Dried vegetables</i>	<i>20-25</i>
<i>Cheese</i>	<i>23-29</i>
<i>Meat</i>	<i>15-20</i>
<i>Walnut and hazelnut</i>	<i>16-17</i>
<i>Egg-yolk</i>	<i>16</i>
<i>Oat</i>	<i>11-13</i>
<i>Wheat</i>	<i>10-12</i>
<i>Wheat bran</i>	<i>12-15</i>

The body needs proteins, but they can be obtained from other foods. Table above offers some foods rich in proteins.

Strictly fat-free food is not desirable either, according to Nicholas Perricone. He claims such food contributes to dry skin, fragile nails, depression, lack of energy and weak memory.

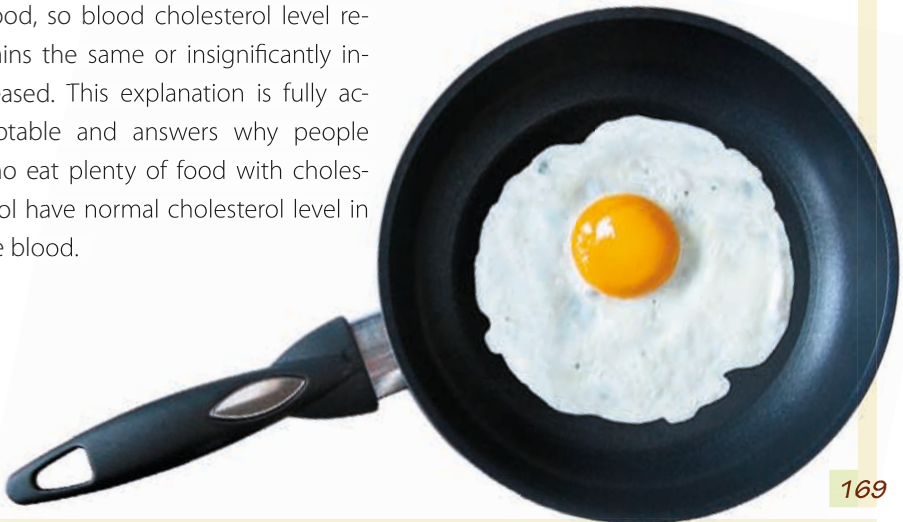
Fats are building elements for cell membranes and hormones, which is very important for normal development of the body. No fats means no transfer of vitamins A, D, E and K.



Eggs

Besides meat and milk, eggs with their yolk full of cholesterol attract attention of nutritionists. You can come across a piece of advice that no more than one to two eggs a week should be eaten, just like that all the fuss around eggs is exaggerated and that you can eat it normally.

Advocates of the latter are for normal consumption of eggs, explaining that mechanism of healthy body regulates cholesterol level through liver activity. Namely, when intake of cholesterol is increased, the liver automatically transfers less cholesterol into the blood, so blood cholesterol level remains the same or insignificantly increased. This explanation is fully acceptable and answers why people who eat plenty of food with cholesterol have normal cholesterol level in the blood.



Fast food

Whether it all began 250 years ago in England or even before with the Jews before Christ, we will leave it to debate, but the English were the first ones claiming the invention of sandwich. John Montagu, who wanted to eat while playing cards without getting his hands dirty, ordered a soft schnitzel be put between two slices of bread and brought to him. The rest is history. People fell in love with soft sandwich. It has become so popular that in England sandwich memorial week takes place every May. For people from the island it has become almost the most favorite meal. A proof of its popularity is the initiation of a magazine called "International sandwich & snack news". Still, I believe that the sandwich from 250 years ago is not the same as today. 250 years ago it could not be made of meat injected with hormones and full of fats and white bread.

While listening to the wonderful voice of Olivera Katarina (famous Serbian actress and singer - translator's note) singing "Sitting in a Paris café...", I am sitting at the last floor of a big mall where restaurants are all lined up. Six of them, one by another, the first one having the biggest crowd of costumers. I will not reveal its name, you will figure it out quickly. As I see the crowd, I start counting the people waiting to buy something to eat there. I count 62 persons in several rows. I notice there is not anyone older than 30, moreover, I believe at least 70% of them are under 20 years of age. Other restaurants have no more than

five costumers each. What is it about? Why such a crowd only at one place? I know the food, I have tasted it myself. Quality is surely not the thing that attracts them. Is it their first time there, so they are drawn by curiosity to try something new? That also is not the reason. Still, I think it is about something else: the first thing, surely, is the softness of the first bite, which suits our youth that, according to some, does not like to chew much. "Give me something quick", many would say. Another thing is taste. The food has been designed to be most likable to our senses. So, there you have the

market and many years of testing of those to be consumers of the food.

It is about pleasing the customer, not about what is healthy for them. If you please the customer even with some aroma and various flavor enhancers, you will sell more and earn more. In the end, that is the goal, and the goal justifies the means. Only profit matters. Cheese pies, meat pies, schnitzels, various salads, "sarma", skewers, fish and many more are waiting in the kitchens of other restaurants for other consumers, who, it seems, will not rush and make crowds like at restaurant number one for a long time. While watching all that, I remembered the words of Michael

Pollan on a hamburger. Now I am convinced he was right.

Those who claim that fast food culture rules today are right. Michael Pollan says that kind of food is quick, cheap and simple, a product of industry, not nature, a fuel, not a means for socialization with other people and other species – nature.

I have experienced that simplicity, quickness and cheapness of a meal already in 1980, during my stay in North Carolina (USA). I attended a specialist training for more than a month at a turkey farm with an American team of specialists. Lunch (at noon) was always at the same time, same spot and with completely identical food. It was a fried drumstick with one baked potato in a plastic wrapping and a cold Coca Cola. It was like that for 30 days in a row, all for one dollar. When I asked my partner why they did not change the menu every now and then, slightly amazed by the question he immediately replied that was the best, cheapest and quickest. Judging by the fat Americans, it seems we have



Green pumpkins

found discovered what the American dream is, at least in terms of food.

My village had water supply problems, which was one of the biggest issues. Mother stored every drop she could spare to be able to water paprika and tomato plants. I felt her sorrow for not being able to provide them enough water. She said they would slowly die, once the leaves turned yellow. Garden vegetables would reward one's effort around them. As if they communicated with people through their color, smell and taste. Mother would rejoice at every summer rain, because she was then able to rush to the garden and pick a few leaves of onions, early cabbage or greens for soup.

Besides being moderate in everything, another reason for my mother's long life is that natural lifestyle. That bond with nature, especially through gardening.

Thinking about some texts I read, I asked my friends what they thought about the nutrition of people 100 or, even better, 200 years ago? They were

surprised by the question, and we all admitted of knowing so little about it.

One was for sure, we agreed that modern man, to whom a computer and a TV are basic assets, and conserved and fast food main meals, would not survive if returned to the lifestyle of 200 years ago. Still, that could be made possible with the assistance of a manual called "Eating in nature – wild plant cookbook" by a nun Atanasija Rasic.

Has a revolution and rebellion against "Western food" emerged from the awareness on its harmful consequences? It appears so, but quietly and shyly, which is unjustified, because there already are hundreds of books warning and calling for rebellion against fast food.

In late eighties in Italy, a movement against the increasingly arriving American fast food was founded. The movement is lead by an organization established in Rome with the principle that "a firm defense of pleasure" is the only way of combating the universal madness of rushed lifestyle. At the opening of a manifestation "Terra

Madre”, Carlo Pertini, founder of the “Slow Food” movement stated that civilization must transform and understand that further progress and departure from economic and social crisis is possible only through combination of the traditional and the modern, with honoring the rights of the weak and insisting on healthy food.

of a newly opened tourist and recreational center “Cardaklije” you cannot get any kind of “Cola”. But you can get good cicvara, ustipci (salty donuts), layered pie with basa, spiced polenta, homemade sour milk and many more homemade foodstuff. You can drink homemade rakia, juices, wines and else. “Well done, sir” – as they say.



Restaurant, Cardaklije

Food quality, as he says, depends on the consumers who respect peasant’s labor and who are ready to educate their senses.

Another center, created under the starry Petrovac skies, may be the seat of a future movement against fast food in our region. In the restaurant

” *“I think that the mouth and the stomach bring more harm than good. I think nature was wrong when it gave them to us.*

Liyu (1611–1680)

Harley Pasternak, an expert known for his work “Five factor diet”, has list-

ed top ten healthy national cuisines. It looks like this:

1. Japan. Residents of this country are considered the healthiest in the world. It is thought it is because of their food. These people know how to listen to nature by including rituals aimed at achieving calmness and expressing courtesy and dedication to food, i.e. harmony and peace during meal. Fish, rice and vegetables are the “wholly trinity” of the Japanese cuisine, while everything is prepared and served in mini portions containing diverse content in order to eat slowly and with enjoyment.

2. Singapore. Cuisine that has remained pretty unknown to the world. It is characterized by lots of rice (almost three times a day) and plenty of fruit.

3. China. An Asian country with the biggest population in the world

has a very appealing cuisine. It is based around fish, rice, vegetables and various, but very attractive spices in the unusual combination of sweet and salty. The Chinese do not count calories, but they do eat moderately and consciously.

4. Sweden. This is one of the leading countries when it comes to healthy food habits. According to the Pasternak’s list, it is ranked the first in Europe. They beat long winters by consuming vegetables. Sweden is considered number one consumer of strawberries and blueberries. Countries that follow these mentioned are: **France, Italy, Spain, South Korea, Israel and Greece.**

So, if Sweden was left out from the list, it would include only the Mediterranean and far East countries. Many nutritionists agree with that statement.

Menu by the nun
Anastasija Rasic

Menu

1. SOUPS

Thistle soup
Vegetable soup with lemon
balm Potato soup with marsh-
mallow Bulrush soup
Meadow clover soup

2. MAIN COURSE

Common nettle schnit-
zels Wild spinach schnitzels
Baked potatoes with greens
Ground elder schnitzels with grits
Sorrel omelet
Mushroom stew Mushroom gou-
lash Mushroom moussaka

3. SIDES

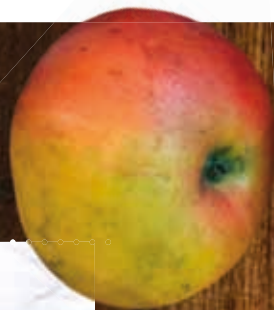
Mashed oxalis
Mashed common nettle
Mashed thistle
Mashed knot grass and gar-
lic Braised potato and hogweed
Braised potato and bulrush
roots Fried water lily rhizome

4. SALADS

Deadnettle Common chicory leaves
Dandelion leaves
Primrose leaves
Common nettle
Clover

5. DESSERTS

Jam of various kinds of
fruit Thistle jam
Chicory jam with apples
Wild cherry and wild rose compote
Compote of various kinds of fruit



6. JUICES AND SYRUPS

Common nettle juice

Elder juice

Hawthorn juice

Wild rose and honey juice

Birch juice Blueberry juice

7. COFFEE

Thistle root coffee

Dandelion root coffee

Chicoria root coffee

Oak acorn coffee

8. TEAS

Various teas made of wild fruit

Various teas made of medicinal plants



Combining foods.....

Nature gave us an additional sense that modern medicine often disregards. That is the ability of the body to choose food autonomously. One day my mother cooked good sour cabbage with dried pig guts and invited our neighbor to join for lunch. "Thanks, but I'll pass, Smilja", he said, "I have noticed that cooked cabbage does not suit my stomach well."

Some would complain of discomfort after eating garlic or something else. A young daughter-in-law would accidentally exclaim in front of her mother-in-law that she would like to eat some green apples. Mother-in-law would reply: "That is good, have some. I know what's the matter." There are many more examples of how our body chooses and responds to food.

It is interesting to mention brine and whey. If one drinks larger amounts of either of these, they will have to rush to the nearest toilet. Nature acts on its own. From the early days, people were able to harmonize their nutrition to a great extent by listening their bodies. That lasted until the appearance of industrial products with many additives that brought total confusion to our senses.

” *Only a single concentrated kind of food for lunch is a jack pot.*
” *Euro Giunti*

Products of today taste better and better. Discovery of new appearances and attractiveness of packaging never ends and all that in order to please our palate, as the Chinese say. When entering our stomach, foods, even those with the most appealing taste and smell, are included in the process of digestion without our control. Our will controls only the mouth. Additives of today have such influence that our body does not recognize anything anymore. Who gets "addicted" to chips, flips and other snacks will hardly restrain themselves. Who develops fondness for a pâté with four types of additives, out of which one has been declared completely harmful, or chicken hot dogs without any chicken at all is unlikely to give up on it.

Gastronomy and nutritionism have gone separate ways a long time ago. The market got its tentacles in gastronomy only for profit. Every day new

dishes and new food combinations are invented, not taking care of human health, but of desires and taste only. On the other side, if you look at nutritionists' schemes of what goes with what, you will be amazed. Now a plate can hold so much animal proteins and carbohydrates that "cannot stand" each other in the stomach naturally. Digesting such mixture goes on with all the accompanying plights of the digestive system.

What would a cardiologist say about that? They would not like it if we disobeyed them. A fat one with cigar in their mouth should not say anything at all. Such character feels no shame.

” *One third of colonic contents produced after digesting a meal is discharged after 24 hours, two thirds after 48 hours and all the rest after 96 hours.*

Euro Giunti Combining in nutrition

This is the reason why a waitress of a renowned Belgrade restaurant offered us her piece of advice

that had also read in a daily newspaper. This is a quote of a part of the text that I found interesting: "Before you start feasting on this food, please take a Ranisan pill. You do that and then make an order", says the author. He continues: "We started with some aspic and Zlatar mountain cheese, then went to beef goulash and calf's head in beef intestines and mixture of grilled meat in lepinja (flatbread). The only mistake we made is not taking Ranisan on time, (this drug enhances digestion and decreases the quantity of gastric acid). Even though these dishes are made of top quality ingredients, Serbian cuisine is a cholesterol bomb, so ony should be careful. You need to leave a pot in your belly for the authentic Turkish, I mean, Serbian coffee, served in wrought copper plates, coffee pots and with rahat lokum and a cube of sugar."

Those who take mineral supplements are a proof that proper combining of foods is of special importance to the body. Many recommendations say that magnesium helps proper heart function, which has

been confirmed by doctors, whose instructions we often disregard. If one takes this mineral in excess, they will decrease the utilization of calcium, so by curing the heart they will weaken the bones and help the advancement of osteoporosis.

Nutrition with balanced intake of various foods rich in minerals is a better solution, because nature has taken care of balance.

Once again - the market. That mighty machine has crushed man, giving them food to enjoy and to get their money out of their pocket for something that should be in the garbage, from the aspect of health. One of schemes of proper combining of foods is in the appendix.



Food intolerance.....

*O*f contemporary methods of saving the body from total breakdown due to improper nutrition, I acknowledge only listening and honoring one's body and the food intolerance test.

I have heard a lot about the first method from many people who maintained their vitality by listening and honoring the autonomous will of their bodies. However, life would be much simpler if the opposite would not happen. Frequently occurring problems, such as allergic reactions, are caused exactly by those foods which the body "asks for".

I myself experienced the second method. I could not believe that something so useful, such as determining what is not good for the body and against which it tries to fight, could come into existence. I used to belong to the group of people whose bodies did so. Namely, as I dedicated myself to nutritionism, I thought it was up to me to find answers to my own digestive problems. I used to have flatulence, heartburn, chronic fatigue and general symptoms of bad digestion. Every other evening I had to take a Rupurut pill or something sim-

ilar. All I could read in official medical books and learn directly from doctors was insufficient for one comprehensive solution. I was even instructed to turn to blood type diets, which, by the way, I do not believe in, because it did not bring any improvement for me nor did I read anything positive about it by world renowned nutritionists. It is claimed that the nutrition problem can be solved by grouping all people on Earth into four groups. That is just too simplified and unconvincing. It looks like the horoscope. There are, however, similarities among people born under the same sign of the zodiac. I can accept this because we are all born on a planet of one solar system under various influences of nature, whose part we are. That is just a global determination of our traits by nature.

Let's get back to the food intolerance test. On my way back from the doctor's office after testing, I was in

disbelief. I could not believe my body could not tolerate wheat. So, I should not eat anything made of wheat. I was almost frightened, because I remembered all those tasty foods. Above all, that is our daily bread with which every day begins and ends, especially in my case, because I always loved finishing a meal with a slice of bread spread with some homemade plum jam. I started thinking about all kinds of pastry that I loved. All kinds of salty pies that I favored, Italian pastas I enjoyed, sweet pies and so on. Speaking of cookies, I liked wafers, bear paws and other. I disliked cakes, because I considered them, and still do, to be something very bad for the body. I analyzed what was it that did not suit me for dinner. Milk with bread, jam with bread, cheese and basa and all kinds of dried meat with bread. Practically, I could not stand any kind of dinner. I accepted a medical piece of advice of not dining after seven p.m. or four hours before my bedtime. It was all in vain. Rupurut became my trusted companion. I always checked if I had

enough of it at my bedside and my travel bags.

After the test, I adhered to the recommendation strictly. My wife actively involved and started looking for solutions. The task was to make bread without wheat flour and yeast, because in her case the test proved yeast intolerance. She managed to produce a new kind of bread called "preski" (rye, buckwheat, millet, oats) of high organic value, because it contained seeds. It was very tasty and appealing. Because of its special flavor and appearance, I named it a salty cookie.

After a month everything changed. I could provide the solution immediately and it stands even today. Difficulties were gone. Flatulence, heartburn, chronic fatigue - all gone, and the immune system was significantly strengthened. Rupurut is now a thing of past, I hope forever. Even now, it is still at my bedside, just like when a smoker stops smoking and leaves a pack of cigarettes saying "let it be where it was the last time I smoked one".

Simply said, the overall condition of the body has improved. And what is the intolerance test? A BICOM therapist Gordana Ljovic Dolic defines it as follows: "Today every man intakes dozens of kilograms of food additives over a year. Such situation leads to the condition that more persons suffer from various kinds of allergies and other chronic diseases, without knowing or being able to find the causes for their problems. Not many people would think the consummation of everyday groceries could cause so many health issues. Even less people would think the same for "healthy foods" that are considered to be desirable for nutrition. But, if you do have some of the following problems, you should reconsider your food choices: fatigue, dizziness, rash, redness, eczema, psoriasis, flatulence, diarrhea, bowel irritation, gastritis, bad mood, depression, hyperactive children, migraines and headaches, body weight changes,...

In a book "Biophysical therapy", Dr Schumacher writes that main allergies are mostly developed in early childhood due to sensitivity to one – con-

sumed daily by rule - basic food or to a substance always present in the body (e.g. Candida in cases of chronic colonic mycosis). Constant contact with an allergen causes almost always hidden manifestation . At the moment, the biggest causes of major masked allergies in our region are milk and wheat. Practically all of us have taken these foods since our earliest childhood on daily basis in various forms. Because of that, they are most commonly causes of disease symptoms. But, due to masked allergies, the true cause of illnesses remains unknown. By that we mean that there is no sudden worsening of symptoms of diseases (e.g. rash and other skin conditions with persons suffering from neurodermatitis) when, for example, a person allergic to milk consumes a lot of cheese or other dairy products, or when a person allergic to wheat consumes mostly pastry while on vacation. That is why we talk about masked allergy. Main, masked allergy is a permanent heavy burden, a constant stress on the immune system. The seriousness of ailment depends on how long

can the body manage to compensate for permanent stress exposure. At any time, the compensation mechanism will become overloaded and collapse, primarily when new physical or psychological burdens are added. Therefore, masked allergy is often the foundation of the development of next acute forms of allergies. In the case of people suffering from allergies to various substances simultaneously, experience has shown that one type of allergy to a single substance is the basis for all other acute allergies. This can easily and painlessly be tested using the bioresonance method, i.e. the BICOM apparatus. All is based on the achievements of biophysics, i.e. quantum medicine. All is based on resonance, a patent by Nikola Tesla.

The BICOM resonance method works according to the same principle. When we send frequencies and wavelengths of allergens, nutritive or inhalatory, to our body, it receives all frequencies and responds only to those that have been memorized in our cells as harmful. The body remembers all that does not suit it and

resonates with allergens that slow down its metabolism, create allergies or weaken immunity. By avoiding, i.e. not consuming, those allergens we relieve the body and immunity of the burden and the body feels better and we have more energy. The most common allergens bothering our body are wheat, gluten, cow milk, milk sugar, eggs, white sugar, citruses, soya. Diet according to the intolerance test is applied for 3-6 months, after which these foods are gradually introduced back into one's nutrition. "

A year has passed since the testing and the last time I had digestive problems. Now, for once or twice a month, I can enjoy a pie, pizza, apple pie and all other that I was recommended not to eat every day. That is a true pleasure for me. Man can easily adapt to new circumstances, only if one wishes to. Lejla Kazinic Kreho confirms that the dynamic, and almost turbulent, lifestyle of today and low quality food have contributed to the creation of intolerance of the body to certain ingredients:

“It is considered that hypersensitivity to a food item occurs when we have eaten that food item in excess, which leads to the immune system overload. All that is combined with

increased stress, fast meals and constant rushing – when we are stressed the body cannot digest food properly.”



*Influence of
food on health
(personal research).....*

Thanks to the selfless assistance of doctors and my friends Gordana Grubor, Gordana Ljovic Dolic and Milenko Krneta, we have tested 110 patients, mainly those who sought medical help in internal medicine clinic, cardiology clinic and clinic for determining food intolerance, for reaction to food.

Content of test questions was drafted following the Patrick Holford method.

The aim was to implement a survey that would assess the medical condition of patients in terms of:

Test 1. General condition of digestion

- *Test 2. Blood sugar condition*
- *Test 3. Methylation of the body – homocysteine level in the blood*
- *Test 4. Is the intake of antioxidants satisfactory*
- *Test 5. Is the intake of essential fats satisfactory*
- *Test 6. Is the body supplied with water adequately.*

This test confirms the opinion of medical experts, at least those who I cooperate with, that nutrition of people in our region is improper.

Right at the beginning, we were able to recognize that women were more in danger than men, because they had worse scores by 20%. Analysis of tests revealed catastrophic results and level of vulnerability of bodies of people tested for proper eating habits. The worst results were realized in the test for determining the intake of antioxidants in the body (found in fruit, vegetables, nuts, seeds, pulses, red wine). The percentage of those with insufficient intake of antioxidants was over 95%.

Over 60% of participants had unstable sugar levels in the body. More than 53% did not realize required intake of essential fats (useful fats). 52% of them were thirsty, without even knowing it. This percentage pointed to the conclusion that bodies of these people had been under permanent pressure (stress), which will bring sickness to those bodies some day.

Methylic Q or methylation, i.e. probability that the body has an elevated level of homocysteine, is present with 70% patients. Cardiologists, who face these problems every day, best know how much the cardiovascular systems of these people are jeopardized. The situation is even more obvious when one sees the answers to these questions:

- *Do you eat less than two fruits a day?* - **yes 44%**
- *Do you feel worse after meal?* - **yes 40%**
- *Did you take antibiotics in the last six months?* - **yes 40%**
- *Do you eat ehat products?* - **yes 81%**

- *Do you add salt to food?* - **yes 50%**
- *Are you rarely fully awake 15 minutes after getting up?* - **yes 40%**
- *Is your skin dry and rough?* - **yes 49%**
- *Do you rarely eat nuts and seeds, e.g. less often than every two days?* - **yes 53%**

The general conclusion is that most of the participants need help from a nutritionist and food intolerance test taken previously.



An apple a day keeps the doctor away



Some recommendations in the end.....

Meat:

- fish no less than two times a week, at least canned fish,
- chicken meat once a week,
- red meat (pork, beef, mutton) up to two times a week,
- dried meet products and sausages only in small amounts for pleasure and only if you made it yourself,
- do not combine large quantities of meat and bread or potato in a single meal.

Milk and dairy products:

- drink acidophilic sour milk. It is good to start the day with sour milk.
- fasting cheese or basa can be more often on the table.
- careful with skim (kaymak), because it is a whole milk product,
- cheese up to three days old is very useful, unlike mature cheese, which is pleasure but not as useful for the body.

Cereals:

- avoid white wheat flour and white rice, the whole-grain is the real deal.
- decrease consumption of all wheat products and give opportunity to barley, rye, oats, millet and buckwheat. This change will benefit the body.

Vegetables:

- include various vegetables as much as possible to your menu. Everything else than potato, which should not be peeled, should be consumed raw or soaked in hot water for a short period.

- Peas should be prepared two times a week.
- Add fresh salads to every meal.

Fruit:

- Eat every day as much various fruits between meals as you can. Domestic fruits are more useful than imported.
- Start your day with ten dried plums that you have soaked in water over the night. It will facilitate regular bowel movements.

Stop consuming:

- Too salty food
- Coffee and alcohol in excessive amounts. One cup of coffee a day and one glass of wine or rakia before lunch are beneficial.
- Heavy cookies with sugar, butter, margarine and various creams. All of that cannot even be compared with a pie made of whole-grain flour and apples from the countryside.
- Salty and sweet snacks.

Do not forget:

- At least six glasses of water a day, with the first one right after waking up, and it should be lukewarm.
- Honey in various forms.
- Various herbal teas. If you make tea only of one herb species, you should change the specie every 7 days. Use herbs from your surroundings (lime tree, elder, yarrow, thyme, oregano, common nettle, juniper, dried fruits, St. John's wort, mint, nana). These herbs are easy to recognize. trust only what you pick by yourself, but not alongside

roads or landfills, from which plants absorb heavy metals.

Enjoy while you can, before we enter that European Union, where cows do not feed on grass, GMO products are in increase, piglets are not fed with common nettle, potato and pumpkin. Chickens do not eat garlic and worms.

Soya milk enriched with gelatin has replaced cow milk, which was useful for centuries. They will forbid us to sell rakia and wild apples, because they are not adequately packaged or something like that.

*And do not forget about all of this while you eat!
Enjoy your meal.*



Appendix

1. Table overview of nutritive values of foods

(All table data was taken from literature listed)

2. E-numbers

(Ibrahim Elmadfa, Erich Muscatti, Doris Fritzche. Publisher: Mozaik knjiga)

3. Possible cancer risk factors

(Cherie Calbom and associates, The Complete Cancer Cleanse)

4. Ten minerals in our body

(Earl Mindell, The Vitamin Bible)

1. 1. Table overview of nutritive values of foods

Nutritive values of cereals (per 100 grams)

Cereals type	Calories	Proteins	Fats	Carbohydrates
Wheat	330	11-12	1,5-2	65 - 70
Barley	340	10 - 11	1,8-2,2	70 - 73
Rye	350	10 - 13	1 - 2	40 - 60
Oat	390	11-12	4,5-6	65 - 75
Buckwheat	330	10 - 11	2 - 3	67 - 72
Corn	360	8 - 9	2-3,5	65 - 70
Dark bread	240	8 - 9	1 - 3	48
White bread	250-290	6 - 8	0,5 - 2	58-60
Grits	360-370	10 - 11	0,8 - 1	76
Millet	340	7 - 8	4	

Nutritive values of cereals products (per 100 grams)

Cereals type	Calories	Proteins %	Fats %	Carbohydrates %
Dark bread	240	8-9	1-3	48
White bread	250-290	6 - 8	0,5 - 2	58 - 60,3
Grits	360-370	11	1	76
Oat flakes	400	14	7	67
Rice	370	8	0,5	79
Rye flour	350	10-13	1-2	75
Soya flour	450	34	19	34
Corn bread	230	6	2	46

Nutritive values of various kinds of fruit (per 100 grams)				
Fruit species	Calories	Proteins %	Fats %	Carbohydrates %
Apple	50	0,1-0,3	0,1-0,3	3 - 11
Strawberry	39	0,9 - 1	0,4 - 0,5	5,3 - 9
Pear	57	0,7	0,4	14
Cherry	58	0,9	0,7	15
Peach	44	0,8 - 0,9	0,1 - 0,2	6,1 - 11
Sour cherry	55	1	0,6	14
Grapes	74	0,5 - 0,9	0,1 - 0,5	15,6 - 17
Plum	54	0,8	0,2	14
Walnut	625	28	48	21
Hazelnut	295	15	64	14
Dried figs	285	3,5 - 4	2 - 2,7	66,6 - 67
Dried grapes	285	1,9 - 3	0,6 - 1	65 - 72
Dried plums	255	2,2 - 3	0,5 - 1	37,1 - 75

Nutritive values of various kinds of vegetables (per 100 grams)				
Fruit species	Calories	Proteins	Fats	Carbohydrates
Beans	330-340	22 - 24	1 - 1,5	50 - 55
Peas	30	2	0,2 - 0,4	6
Green salad	10-14	1 - 1,5	0,2-0,3	2
Tomato	21	1	0,2	3-3,5
Potato	85	2	0,1	18
Pumpkin	15	0,8	0,1	
Cabbage	228	1,4	0,2	4 - 7
Carrot	40	1 - 1,2	0,2	8
Onion	40	1 - 1,4	0,1 - 0,3	6-10
French fries	270 - 550	4	12 - 30	30 - 35

Chips	560	5	40	45 - 50
Red paprika	27 - 28	1 - 1,4	0,1 - 0,3	5

Nutritive values of various kinds of meat (per 100 grams)

Meat type	Calories	Proteins	Fats
Beef	250	19	12
Calf	180	19	12
Calf's liver	140	20	4 - 5
Pork	360	16	30 - 50
Bacon	890		99
Chicken	150	20	8
Goose	200 - 300	10 - 18	18 - 30
Duck	120 - 140	22 - 25	4 - 6
Mutton	200 - 300	15	18 - 30
Lamb	190 - 250	18	20 - 25
Horse	120 - 150	18 - 22	2 - 3

Nutritive values of milk and dairy products (per 100 grams)

Product type	Calories	Proteins	Fats	Carbohydrates
Skimmed	34	33,6	0,5-1	4,8 - 5,2
Whole milk	65	3,2	3,4	4,6 - 4,8
Yogurt	70	3,7 - 4,5	3,5	5
Whole milk cheese	320 - 400	28 - 35	30 - 34	38
Fasting cheese	100	33 - 35	7 - 9	4
Butter	740	1	80	3
Sour cream	200 - 300	3	20 - 30	3
Sheep milk	100	5 - 5,5	7 - 7,5	4,3
Goat milk	70	3,2 - 3,6	3,8 - 4,2	4,8

Nutritive values of eggs (per 100 grams)			
Part	Calories	Proteins	Traces of fat
Egg – egg white	45 - 50	11	
Egg – yolk	360	16	32
Egg - whole	160	13	11

Content of vitamins - fruit					
Vitamins					
Fruit species	A	E	B1	B2	Biotin
Apple	6	0,49	0,04	0,03	4,50
Strawberry	2	0,12	0,03	0,05	4
Pear	2	0,50	0,02	0,05	0,50
Cherry	6	0,13	0,04	0,04	0,40
Plum	13	0,86	0,07	0,04	0,10
Walnut	8	6,04	0,34	0,12	20
Hazelnut	5	26,29	0,39	0,21	35
Sour cherry	23	3,60	0,15	0,12	0,75
Dried plum	40	0,13	0,05	0,06	0,40

Content of vitamins - vegetables					
Vitamins					
Vegetable species	A	E	B1	B2	Biotin
Beans	56	0,13	0,08	0,12	7
Peas	105	0,26	0,30	0,16	5,3
Green salad	244	0,60	0,06	0,08	0,11
Tomato	114	0,81	0,06	0,04	4
Potato (baked)	1	0,10	0,10	0,05	0,04
Cabbage	12	1,70	0,05	0,04	3
Carrot	1700	0,47	0,07	0,05	5
Onion	1	0,07	0,03	0,02	3,5

Content of vitamins - meat					
Meat type	A	E	B1	B2	Biotin
Beef – leg	10	0,54	0,09	0,17	2,93
Calf – fillet		0,01	0,15	0,30	
Pork	311	0,12	0,80	0,19	4,58
Chicken	39	0,66	0,08	0,16	2
Mutton		0,50	0,16	0,22	1,33

Content of vitamins – milk and dairy products

Product type	A	E	D	B1	B2	Biotin
Skimmed milk	14	0,04	0,03	0,04	0,18	3,5
Whole milk	31	0,1-0,5	0,06	0,1-0,3	0,5-1	0,5-2
Yogurt	32	0,09	0,06	0,04	0,18	3,5
Whole milk cheese	291	0,53	1,10	0,05	0,34	3
Fasting cheese	68	0,10	0,15	0,03	0,28	6,48
Butter	603	1,40	0,80	0,01	0,02	

Products with the most favorable ratio of calcium, phosphor, magnesium and potassium

Product	Content in mg per 100g of the edible part of product				Ratio		
	Ca	P	Mg	K	Ca:P	Ca:Mg	Ca:K
Rye bread regular	21	174	57	227	1:8,2	1:3	1:10
Wheat bread class 2	23	131	51	208	1:7	1:2,8	1:9
Millet groats	27	233	83	211	1:9	1:3	1:8
Rice*	24	97	26	54	1:4	1:1	1:2
Buckwheat (groats)	50-100	298	78	220-400	1:5,4	1:1,4	1:4
Peas*	115	329	107	873	1:2,9	1:0,9	1:7
Young cheese, fatty***	150	216	23	112	1:1,4	1:0,1	1:0,7

<i>Pork meaty</i>	8.0	170	27	316	1:21	1:3	1:39
<i>Eggs, chicken*</i>	55	215	12	140	1:4	1:0,2	1:25
<i>Potato</i>	10	58	23	568	1:6	1:2	1:56
<i>Cabbage**</i>	48	31	16	185	1:0,7	1:0,3	1:4
<i>Cucumber*</i>	23	42	14	141	1:1,8	1:0,6	1:6
<i>Tomato</i>	14	26	20	290	1:1,8	1:1,4	1:20
<i>Apple</i>	16	11	9	248	1:0,7	1:0,6	1:15
<i>Celery *</i>	63	27	33	393	1:0,4	1:0,5	1:6
<i>Carrot **</i>	51	55	38	200	1:1	1:0,7	1:4
<i>Walnut *</i>	124	564	198	664	1:4	1:1	1:5
<i>Beans *</i>	150	541	103	1100	1:3,6	1:0,7	1:7
<i>Beet **</i>	37	43	43	288	1:1	1:1	1:7
<i>Hazelnut ***</i>	170	229	172	717	1:1,3	1:1	1:4
<i>Leek **</i>	31	58	14	175	1:1,8	1:0,4	1:5
<i>Salad *</i>	77	34	40	220	1:0,4	1:0,5	1:29

* acceptable product; ** very good; ***extraordinary

Content of sodium and potassium in some products and their ratio (per 100 grams)

Products	Sodium mg	Potassium mg	Ratio Na:K
<i>Green peas</i>	2	285	1:142
<i>Zucchini</i>	2	238	1:119
<i>Potato</i>	28	568	1:20
<i>Cherry</i>	13	233	1:18
<i>Cucumber</i>	8	141	1:17
<i>Cabbage, white-headed</i>	13	185	1:14
<i>Plum</i>	18	214	1:12
<i>Pumpkin</i>	14	170	1:12
<i>Pear</i>	14	155	1:11
<i>Raspberry</i>	19	224	1:11
<i>Carrot</i>	21	200	1:10
<i>Apple</i>	26	248	1:9
<i>Tomato</i>	40	290	1:7
<i>Millet groats</i>	28	211	1:7

Fat and cholesterol in foods (per 100 g)

Food item	Fat (g)	Cholesterol(mg)	Calories
<i>Fresh milk</i>	3,5	13	66
<i>Sour milk</i>	3,5	13	65
<i>Whey</i>	0,2	2	24
<i>KSour cream</i>	24	75	255
<i>Young cheese 40 % f.d.m.</i>	10,3	38	153
<i>Kashkaval 45 % f.d.m.</i>	28,8	68	389
<i>Egg (1 egg, 58 g)</i>	6,2	230	84
<i>Butter</i>	82,5	230	748
<i>Pig fat</i>	99,7	86	898
<i>Beef suet</i>	96,5	100	872
<i>Margarine</i>	80	0	720
<i>Squid</i>	0,8	170	68
<i>Hake</i>	2,5	60	102
<i>Trout</i>	2,7	56	102
<i>Mackerel</i>	11,9	69	180
<i>Carp</i>	4,8	67	118
<i>Tuna in oil</i>	20,9	32	303
<i>Sardine in oil</i>	24,4	120	302

<i>Pork leg</i>	3,5	50	108
<i>Bacon from the back – raw</i>	82,5	60	802
<i>Calf's liver</i>	4,1	360	124
<i>Lamb's liver</i>	4	300	133
<i>Poultry liver</i>	4,7	550	136
<i>Calf's brains</i>	7,6	2000	111
<i>Lamb's brains</i>	9,1	2200	128
<i>White meat - poultry</i>	1-9	20-50	
<i>Donuts</i>	11,8	125	334
<i>Apple pie</i>	9	18	210
<i>Cheese pie</i>	13	65	260
<i>Almond</i>	54	0	599
<i>Fried peanuts</i>	49	0	586
<i>Coconut flour</i>	62	0	606
<i>Hazelnut</i>	61	0	643
<i>Walnut</i>	62	0	666
<i>Pumpkin seeds</i>	49	0	610

Good and bad foods according to key health factors

	Total health	Energy/ blood sugar	Digestion	Sensitivity to food	Immunity	Hormones (male)	Hormones (female)	Mood
Sweet snacks	xxx	xxx	xxx	xxx	xxx	xx	xxx	xxx
Salt	xxx	xxx	xx	xxx	xx	xxx	xxx	xxx
Refined food	xxx	xxx	xx	xxx	xx	xx	xxx	xx
Tea/coffee	xxx	xxx	xx	xxx	xx	xxx	xx	xx
Wheat	xxx	xxx	xx	xxx	xx	xx	xx	xx
Sugar	xxx	xxx	xx	xx	xx	xxx	xx	xx
Industrial processed food	xxx	xxx	xx	xx	xx	xx	xxx	xx
Dairy products	xxx	xxx	xx	xxx	xx	x	xx	xx
Red meat	xx	x	x	x	xx	xx		xx
Alcohol	x	x	x	x	x		xx	
Water	oo	ooo	o	oo	o	o	oo	o
Blue fish	oo	oo	o	oo	o	oo	o	oo
Raw vegetables	oo	ooo	oo	ooo	oo	oo	ooo	oo
Raw fruit	ooo	ooo	oo	ooo	oo	oo	ooo	oo
Walnut/seeds	ooo	ooo	oo	ooo	oo	ooo	oo	ooo

Note: This table shows clear influence of increased consumption of every food on key health factors
 x = moderately negative, xx = very negative influence, xxx = utterly negative influence, o = moderately positive influence, oo = very positive influence, ooo = utterly positive influence. Source: Holford, P.: Secrets of 100% healthy people.

Content of minerals and vitamins - cereals														
Cereal type	Minerals (per 100g)							Vitamins						
	Fe (mg)	Zn (mg)	Se (mg)	Mg (g)	K (g)	Ca (g)	P (g)	A (ij)	E (mg)	Niacin (mg)	Kalorije	Bj. %	M. %	U. h. %
Wheat	3,5-5,5	3,5	0,02	0,12	0,35	0,07	0,32		1,4	5,0	280	10,5 - 11,5	1,5 - 2	65
Barley	18	3,2	0,01	0,15	0,46	0,05	0,38	0,02	0,8	5,4	270	11	2,2	73,5
Rye	3-3,5	2	0,01	0,12	0,4	0,07	0,3		1,2	1,9	280	11	2	68
Oat	10	3,5	0,03	0,14	0,45	0,1	0,35	0,01	1	1,8	290	12	7	65
Buckwheat	3,2	0,9		0,078	0,02-0,04	0,05-0,1	0,3		3,0	1,8	270	11	2,5	68
Corn	3	2	0,01	0,13	0,3	0,03	0,29	0,08	1,2	2,2	320	9	3,7	75,5
Millet	4,3	1,4	0,007		0,4		0,3			5,3	285	11,5	3,6	

Good and bad combinations

Food	Milk	Bread	Fruit	Vegetables	Meat	Coffee	Fish	Eggs	Yogurt
Milk	Best alone	Yes	Neutral	Neutral	No	No			
Eggs		Neutral		Yes	No				
Cereals	Neutral		Yes	Yes	No		No	Neutral	
Bread	Yes		Neutral	Yes				Neutral	No
Meat/Fish	No		Yes	Yes				No	
Pulses		Yes	No	Yes	No			No	

2. E-number (a part of the complete list)

Colorants				
E-number	Name	Origin	Typically found in	Possible side-effects
E 104	Cinolinic yellow	Synthetic	Effervescent products, pudding mix, smoked fish, color for Easter eggs	Allergic reactions
E 110	Yellow-orange S (azo colorant)	Synthetic	Apricot marmalade, orange gel biscuits, finished drinking chocolate, finished mixture for coating, finished cheese dips, creamy yogurt, marzipan, pudding mix, lemon cheese spread	Allergic reactions, especially with those being oversensitive to aspirin
E 120	True lipstick (cochineal)	Color obtained from a shield louse species	Alcoholic beverages, jam,	Allergic reactions
E 122	Azorubine (azo colorant)	Synthetic	Pudding, finished products, rolls, coating mixtures, pudding mix, brown dips, finished soups, aromatized ice creams	Allergic reactions, especially with those being oversensitive to aspirin
E 124	Cochineal red A (azo colorant)	Synthetic	Effervescent products, fruit gels, replacement salmon, candy	Allergic reactions, especially with those being oversensitive to aspirin

E 155	Brown HT (azo bojilo)	Synthetic	Bagels, dessert, spices	Higher concentrations can cause deposition in the kidneys and lymphatic circulation.
E 160b	Bixin	Liquid extract of seeds of tropical tree species <i>Bixa orellana</i>	Candy, cheese, margarine	Allergic reactions
E 585	Iron lactate	Synthetic	Dyeing olives to black	Increased iron level in human digestive system can initiate the development of various diseases

Sweeteners

E 951	Aspartame	Synthetic	Desserts, treats, food additives	Causing problems with sensitive persons and states of phenylketonuria
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Preservatives

E-number	Name	Origin	Typically found in	Possible side-effects
E 210 to E 213	Benzoic acid and benzoate I	Synthetic	Conserved fruit, marinades, mayonnaise, fruit, salad	Allergic reactions
E 251 E 252	Sodium nitrate Potassium nitrate	Synthetic	Cheese, meat, fish products of smoked herrings or anchovy with vegetables	Creates cancerogenic nitrosamines

E 249 E 250	Tin nitrite Sodium nitrite	Synthetic	Salamis, fish products, cheese	Creates cancerogenic nitrosamines
E 251 E 252	Sodium nitrate Potassium nitrate	Synthetic	Cheese, meat and some fish products	Creates cancerogenic nitrosamines

Antioxidants

E-number	Name	Origin	Typically found in	Possible side-effects
E 310 E 311 E 312	Propyl gallate Octyl gallate Dodecyl gallate	Synthetic	Flaked cereals, bubble gum, instant potato products, plant fats and oils, snacks	Gastric problems and complications with asthmatics and persons oversensitive to aspirin; must not be added to baby food
E 321	Butylate hydroxytoluene	Synthetic	Bubble gum	Allergies cause skin to crack. Not for children.
(BHT)	Synthetic	Bubble gum	Allergies cause skin to crack. Not for children.	

Sugar replacement

E 421	Mannitol	Algae, mana (sweet and plant juice)	Cream, ice cream, candy,	Occasional reactions to oversensitivity; mannitol can cause diarrhea and vomiting
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Other additives				
E-number	Name	Origin	Typically found in	Possible side-effects
E 620	Glutamic acid			
E 621	Sodium glutamate			
E 622	Potassium glutamate	Natural amino acids and their salts, industrial processes of sugar production	Flavor enhancers of meat, vegetable and finished meals, as well as cookies; the biggest allowed amount of glutamic acid, sodium and potassium glutamate is 10 g/kg of a food	With oversensitive persons they can cause the "Chinese restaurant syndrome": sensation of pressure in the temples and neck stiffness; not recommended to small children
E 623	Calcium glutamate			
E 624	Ammonia glutamate			
E 625	Magnesium glutamate			



3. Possible cancer risk factors

Exposure to chemicals from:

Industrial pollution

Cigarette, pipe and cigar smoke

Exhaust gases from automobiles, buses, trains and airplanes

*Thinners, glues and paints used in homes and offices
(formaldehyde, toluene and benzene)*

Products for personal hygiene: cosmetics, hair dyes and shampoos

Pesticides, herbicides, fungicides and chemical fertilizers

Exposure to heavy metals from:

Tobacco smoke: nickel, lead, cadmium and arsenic

Dishes: stainless steel, nickel, aluminum

*Jewelry: cheap earring connectors or other jewelry
made of nickel-based gold-plated jewelry*

Hydrogenised fats and oils: nickel

Food products: nickel

*Dentistry materials: porcelain crowns and restorative
material (nickel) and amalgam fillings (mercury)*

Tap water: lead, cadmium and plutonium

Exposure to pollution of very low frequencies from:

Microwave ovens

Cellular phones

Electric blankets

Electric alarm clocks and clocks with radios

Mattresses with metal springs

Water beds with heaters

TVs, lamps and computers (even when turned off)

Ionization smoke and carbon-monoxide detectors

Food we eat, be excessive intake of:

Hormones and antibiotics in animal products

Food treated with pesticides

Food preservatives

Food with fats and trans fatty acids (toxic fats)

Animal products and insufficient vegetables, fruits and whole-grain cereals

Food rich in sugar

Products containing caffeine

Processed and refined food



4. 10 minerals in our body

Fat and cholesterol in food (per 100 g)

No.	Mineral	Role in the body	Best source
1	Calcium	<ul style="list-style-type: none">- development of bones and keeping them strong.- influences heart rhythm,- helps metabolism of iron	Milk, cheese, soya, fish, nuts, spinach, common nettle, beans.
2	Phosphor	<ul style="list-style-type: none">- helps proper heart action,- participates in the development of the skeleton,- participates in the transfer of nerve impulses,- important for maintaining energy	Fish, all kinds of meat, seeds and nuts
3	Magnesium	<ul style="list-style-type: none">- helps to turn sugar into energy,- prevents the deposition of calcium in the kidneys and the gallbladder,- considered to have anti-stress action- helps in recovering proper heart rhythm	Sunflower seeds, cocoa, cereals, nuts, green vegetables, beer yeast, soya

4	Iron	<ul style="list-style-type: none"> - prevents one type of anemia, - influences skin appearance, - participates in the production of hemoglobin, - combats fatigue, - helps the metabolism of B group vitamins 	Liver, red meat, yolk, beans, oats, nuts.
5	Zinc	<ul style="list-style-type: none"> - strengthens immunity, - speeds up healing of wounds, - helps decrease cholesterol, - improves fertility, - important for protein synthesis, - removes white spots from nails, - helps the prostate, 	Liver, red meat, yolk, beans, oats, nuts.
6	Copper	<ul style="list-style-type: none"> - improves absorption of iron, thus maintaining energy of the body, - prevents anemia indirectly, - helps in the prevention of arthritis, 	Beans, wheat, peas, meat, plums.
7	Manganese	<ul style="list-style-type: none"> - participates in bone structure, - improves muscle reflexes, - prevents osteoporosis, - decreases bodily sensitiveness. 	Cereals, green vegetables, peas, beet, nuts.

8	Potassium	<ul style="list-style-type: none"> - normalizes heart rhythm, - helps discharge waste materials (CO₂) - helps in curing allergies, - lowers blood pressure, - influences hypoglycemia because it participates in the transformation of glucose to glycogen. 	Dried apricot, soya, potato, banana, grapes, melon, broccoli, tomato.
9	Selene	<ul style="list-style-type: none"> - a strong antioxidant, - preserves elasticity of tissues (rejuvenation), - strengthens immunity, - helps to remove dandruff, - protects from some forms of cancer. 	Liver, bran, fish, red onion, tomato, yeast
10	Sodium	<ul style="list-style-type: none"> - excess of sodium decreases potassium, - increases blood pressure, - helps in curing sunstroke. 	Salt, carrot, beet, smoked meat, meat products, smoked bacon.

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About the author

Inspired by feelings of gratitude to his home ground, Rajko Latinovic ventures into sincere knowledge sharing on reasons of long and idyllic life of his ancestors, emphasizing how their simple everyday habits and necessities, and also the way of nutrition, significantly contributed to their healthy and long life.

The book *THE LIFE AND FOOD OF MY ANCESTORS* is an attempt of synthesis of simple and understandable discourse on the one hand and scientific confirmations of statements on the other. Working professionally in the field of nutritionism as a doctor of veterinary medicine, the author has expanded his knowledge and observations to human nutrition, offering, bravely, simple and logical comparisons, adding originality and uniqueness to the text.

His vast experience obtained in prestigious companies, institutions and on study visits to many developed countries the author has applied in his professional life as a founder, manager and technologist of the first company in Bosnia and Herzegovina producing vitamin and mineral supplements to animal feed. Believing that health of animals, as an important source of food for humans, has decisive influence on human health, the author, bravely and with simplified arguments, states the advantages of natural nutrition over commercial and industrial offer of "fast" food, whose value is often dubious. The author uses his biomedical knowledge in brave statements and recommendations of "what is good and what is bad" for human nutrition.

After his first book "Petrovac basa and sirac", as a desire to continue the promotion of traditional ways of food preparation and nutrition habits from his birthplace, Rajko Latinovic offers "The life and food of my ancestors".

Rajko Latinovic was born on May 19th, 1948, in the village of Kolunic, near Bosanski Petrovac, where he also completed primary school and gymnasium. He completed studies of veterinary medicine at the University of Sarajevo in 1973, where he also obtained the degree of a doctor of veterinary medicine in 1987.

I accepted the offer to provide a brief introduction about the author and the book with special pleasure.

Dr. Rodoljub Trkulja



Rajko Latinovic



A wonderful book, which is a written memory of our tradition and customs, not only in terms of nutrition.

With affection and patience, the author tells the story, mixing the past and the present (not accidentally at all), but, while reading, you realize he is skillfully leading you to self-assessment and useful contemplation.

After reading the book, everyone will have their own conclusions, but all will surely feel better and fulfilled, because this book exudes positive energy, which the author draws from his and our ancestors.

Therefore, I am happy to recommend this book to everyone, especially to young people from the author's home region. They should read it, proud of their ancestors, striving to be worthy of their legacy.

Prim. Dr med. Gordana Grubor

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