



Kardiokuharica

Cardiac Cook

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... *cura te ipsum*

Evo me opet. Rijetka ali dragocjena. Valjda.

Danas ćemo o debljini. Ili, prevelikoj osobnoj težini.

Prošle godine u ovo doba imala sam 17 kilograma više. Sada ulazim u svoje traperice iz doba gimnazije. Za pravo, ušla sam u Levisice u koje nisam mogla kao maturantica. Prijatelji i poznanici prolaze pokraj mene, ne prepoznaju me. A onda pitaju pametna pitanja. Ma, da nisi bolesna (no, baš ne izgledam bolesno). Anoreksična? Luda? Ma, koju dijetu si našla, a da je tako efikasna? Dobro, sad je tako, ali kile se uvijek vrte!

Moja šnajderica radi, sirota, prekovremeno. Sve za obući sam morala smanjiti. Izgubila nekoliko konfekcijskih brojeva i to na gležnjevima, listovima, koljenima, bedrima, bokovima, struku, leđima, ramenima, vratu i podbratku. Ludilo. Zamišljam, kako bi bilo da poslije ustajanja bacim na leđa ruksak sa 17 kilograma tereta i nosim ga cijeli dan sa sobom. Znae kada ću vratiti kilograme? Nikada!

Okej, dosta likovanja. Kako je to moguće i da li postoji recept za svakoga.

Naravno da postoji, problem je u tome što nema čarolije, prečice, skraćenice i udobnosti u dosezanju takvog cilja. Ponekad je neopisivo teško. No, ili hoćete ili nećete. Ako nećete, super, ne davite ni sebe niti druge. Ako hoćete, onda je dosta važno motivirati se sa stvarno bitnim argumentima. Recimo: Stvarno je lakše i udobnije nositi samog sebe. Volite gledati sami sebe u ogledalu, a i drugi Vas više vole gledati. Brži ste, vitalniji, okretniji, kao da ste mlađi! I, najvažnije, srcu je lakše, žilama još bolje, želudac i crijeva uživaju, jetra je na dopustu, a gušterača skoro besposlena. Zglobovi pjevaju od sreće, a kralješnica se uspravila. Visoki tlak odjednom nije tako visok, šećer u krvi se normalizira, a kolesterola je baš koliko treba. Jer, drage moje kolegice i poštovani kolege, mi smo u 21. stoljeću i stvarno ne znam zašto, uz očekivani napredak znanosti, moj očekivani životni vijek ne bi bio 90 godina. Do tada, očekujem i 100 ili 114. To znači, odmah sad moram dati sve šanse svom organizmu da funkcionira u što boljim uvjetima, što je, ma to svi znamo, vezano uz ono što jedemo, pijemo, udišemo, unosimo kroz oči i uši i preko cijelog tijela i, najvažnije, naš stav kako ćemo sa svim time izaći na kraj.

Pravila su jednostavna

Prvo — odluka. Promijeniti navike. Za svaku novu, pozitivnu naviku morate se odreći jedne negativne. Zauvijek. Ako to ne možete, ili ne želite, ili već sada imate sedamnaest izgovora zašto to ne možete, nemojte niti čitati dalje, uzmite neko pametnije štivo.

Odlučite za sebe, i odgovarate samo sebi. Pobjeda će biti samo Vaša, a izdaja i izdajica u ogledalu.

Jedite zdravo. Ako ne znate što je to, znači da ne čitate, ne učite i nije Vam stalo. Ne možete liječiti druge dok ne

... *cura te ipsum* ("Take care of your own self!")

Here I am again. Rare but precious. I suppose.

Today we shall discuss obesity. Or, rather too heavy body weight.

Last year in the same period I was 17 kilograms overweight. Now I am getting into my jeans from my high school period. Actually, I got into my Levis I could not wear as a high school graduate. Friends and acquaintances pass by me, and can't recognize me. And then they ask the smart question. Ah, you're not sick are you (well, I don't really look sick). Anorexic? Mad? Oh, which diet did you discover that was so efficient? OK, it's like that now but the kilos always return.

My tailor works, the poor thing, overtime. I had to reduce the number for all clothes. I lost a number of numbers in clothes sizes at the ankles, calves, knees, thighs, hips, waist, back, shoulders, neck and double chin. Mad. I thought, how would it be if after I woke up I threw a backpack loaded with 17 kilograms and carried it all day with myself. You know when I'll return the kilograms? Never!

OK, enough exultation. How is it possible and is there a recipe for each person. Naturally, there is. The problem is that there is no magic, shortcuts, or comfort in reaching such goals. Sometimes it is indescribably hard. But, you either want to or don't want to. If you don't want to, great, don't chock yourself or others. If you want to, then it is important enough to motivate yourself with real important arguments. Let say: it's really easier and more comfortable to carry yourself. You like to look at yourself in the mirror and others also like to look at you. You're quicker, more vital, more agile, as if you're younger! And, more importantly, the heart works easier, even better for the veins, the stomach and intestines are happy, the liver is on vacation, and the pancreas is almost unemployed. The joints happily sing, while the spin has straightened up. High blood pressure almost immediately is not that high; sugar blood levels normalize, while cholesterol is at normal levels. Because, my dear friends, we are in the 21st century and I really don't know why, with the expected advancement in science, my life expectancy shouldn't be 90 years. Up until then, I expect either 100 or 114. Meaning, I have to give as much chance as possible to my body to function in optimal conditions, which is, and everyone knows this, related to what we eat, drink, breathe, absorb through our eyes and ears and through our whole body, and most importantly, our attitude to resolving all these issues.

The rules are simple

Firstly, the decision to make. Changing habits. For each new, positive habit you'll have to get rid a negative one. Forever. If you can't do this or you don't want to or you've already got seventeen excuses why you can't, don't even read further on, read something more sensible.

Decide for yourself, and you are only responsible to yourself. The victory will only be yours, while betrayal and the betrayer is in the mirror.



znate kako zdravo izgleda. Znači, svježe voće i povrće, ali pažljivo, ne možete u 8 navečer pojesti kilu jabuka misleći da je to zdravo. Znači, vlakna, to je dobro za crijeva. Ugljikohidrate iz cjelovitih žitarica. Ima ih stvarno finih. Masnoće u dovoljnim količinama jer nam trebaju za normalno funkcioniranje, najviše maslinovog ulja i plave ribe. Šećer, bijelo brašno, oljuštenu rižu i prerađenu hranu izbaciti iz jelovnika. Zauvijek. Ako nešto u čemu ima šećera, brašna, jaja, čokolade i mlijeka može stajati u plastici na polici godinu dana, ja to ne želim u svojem tijelu.

Ne jedite masnoće i ugljikohidrate u istom obroku. Zaboravite sir i maslac na kruhu. Jedite salatice sa maslinovim uljem, sendviče od cjelovitog kruha, grahorice, povrće, ribu, piletinu bez kože, jedite polako, uživajte u hrani i kuhajte sami što češće možete.

JESTI ZDRAVO NE ZAHTJEVA VIŠE VREMENA, VIŠE NOVACA NITI VIŠE TRUDA. PRESTANITE SE IZGOVARATI!

Treba piti puno vode. Ne čaja, kave, sokova ili juhe. Vode. Čiste, znači ne iz slavine, a ne niti iz plastike jer ne znate gdje je punjena, u što je punjena, koliko je stajala na polici u trgovini. Za sigurnost te vode garantiraju isti oni koji nam kažu da voda iz vodovoda u Hrvatskoj "zadovoljava standarde čistoće".

Nabavite filter za vodu. Kvalitetan i skup (samo pogledajte koliko košta Vaš auto ili TV). Kućni filter. Litra upravo sad savršeno pročišćene i ukusne vode iz takvog pročišćivača košta 35 lipa! Praksa pokazuje kako ljudi vodu ne piju jer je neukusna i loša. Često je glad zapravo žeđ, a često čaša vode umanjuje glad i smanjuje unos hrane. No, ne pijte puno za vrijeme jela jer ometate normalnu probavu.

Ako želite smršaviti, unos mora biti manji od potrošnje. Fizička aktivnost je životno važna. Barem hodajte svaki dan. Malo trčite. Nabavite utege, one od kilogram i dva. Jeftini su. Dok gledate TV vježbajte ruke, malo lijevu, malo desnu. Rezultati se vide u par tjedana. (Ako gledate TV!) Vozite bicikl. Makar sobni. Plivajte kada god možete. Koristite stepenice umjesto lifta.

Uzimajte dodatke prehrani. Kvalitetne i skupe. To su multivitamini, C vitamin (prirodnog porijekla, ne laboratorijski), omegu 3, kalcij i magnezij, cink, selen, zamjenska vlakna, kromov pikolinat za metabolizam, beta karoten, željezo ako ste slabokrvni, B vitamin ako ste premršavi, biotin za kosu kožu i nokte, ribolavin, niacin i tiamin za više energije i funkciju neurona, jod, bakar, mangan, molibden, folnu kiselinu. I to svaki dan, svaki dan, doživotno. Većina dodataka prehrani nema kontraindikacija i nije štetna za prosječnog korisnika. Jer ono što jedemo, pijemo i udišemo svaki dan (čast iznimkama) nedostavno je, a često i štetno za normalno funkcioniranje našeg organizma.

Svijest o potrebi zdravije prehrane, zdravijih životnih navika, dodataka prehrani, edukacije o tome što koja hrana sadrži i što čini našem organizmu sve je veća. Sve informacije dostupne su i laicima, a mi kao profesionalci dužni smo educirati sebe i druge i steći navike i stav koji će nas dovesti u bolju formu i primjereni izgled kako bi

Eat healthy. If you don't know what that is, it means you're not reading, learning and you don't care. You can't heal others until you know what healthy looks like. Meaning, fresh fruit and vegetables, but carefully you can't eat a kilo of apples at 8 in the evening, thinking that it's healthy. Meaning, fibre which is good for the intestines. Carbohydrates from wholegrain wheat. These can really be tasty. Fats in acceptable quantities because we need them for normal functioning, mostly olive oil and blue fish. Sugar, white flour, shelled rice and processed foods throw off the menu. For always. If there is sugar in something, flour, eggs, chocolate and milk that can stay on the shelves for a year, I don't want it in my body.

Don't eat fats and carbohydrates in the same meal. Forget cheese and butter on bread. Eat salads with olive oil, sandwiches made from wholegrain bread, vetch, vegetables, fish, and chicken without the skin, eat slowly, enjoy your food and cook for yourself as much as you can.

EATING HEALTHY DOES NOT MORE REQUIRE TIME, MORE MONEY NOT MORE WORK. STOP MAKING EXCUSES!

You should drink a lot of water. No tea, coffee, juices or soups. Water. Clean, does not mean from the tap, and it doesn't mean from plastic bottle because you don't know where it has been bottled, how long it has been on the shelf in the shop. The safety of this water is guaranteed by those who keep telling us that the water in the water system in Croatia "meets quality standards".

Buy a water filter. A good quality and expensive one (just take a look at how much your car costs or TV). A domestic filter. A litre now of perfectly clean and tasty water from such a filter costs about 5 cents! Practice shows that people don't drink water because it hasn't got a good taste and is bad. Often, hunger is actually thirst, and often a glass of water reduces hunger and the intake of food. But, don't drink a lot when eating or you'll hinder normal digestion.

If you want to lose weight, your intake must be less than your consumption. Physical activity is important for life. At least walk every day. Run a little. Buy some weights, those weighing a kilogram and two. They're cheap. When watching TV, exercise your arms, a little to left, and little to right. The results can be seen in a few weeks. (If you watch TV!) Ride a bicycle. At least an exercise bike. Swim whenever you can. Use the steps instead of the lift.

Take food supplements. Good quality and expensive. These are multivitamins, vitamin C (natural, not from the laboratory), omega 3, calcium and magnesium, zinc, selenium, fibre substitutes, chrome picolinat for the metabolism, beta-carotene, iron if you've got anaemic, vitamin B if you're too thin, biotin for hair and nails, riboflavin, niacin and thiamine for more energy and neuron functioning, iodine, copper, manganese, molybdenum, folic acid. Take them every day, and each day, for the rest of your life. Most of the food supplements don't have side-effects and are not harmful for the average user. Because what we eat, drink and breathe every day (congratulations to the few) is insufficient, and often harmful for the normal functioning of our bodies.

Awareness of the need for healthy food, more healthy life habits, food supplements, education what each kind of food contains and what it does to our body is increasingly growing. All the information is accessible to non-profes-



vjerodostojno utjecali na naše pacijente i, još važnije, na našu obitelj i prijatelje.

Nakon što sam Vas ovako, pravovjerno, udavila k`o mačke, želim Vam zdravije navike, dug život i spoznaju da to ovisi samo o Vama.

Dobro, evo što večeram zadnjih godinu dana (sa manjim varijacijama):

Manju glavicu salate kristalke oprati i OSUŠITI. Natrgati u zdjelu, malo posoliti, dodati jabučnog octa i puno maslinovog ulja, tim redom. Ubacite narezane rotkvice i mladi luk, ako je sezona. Kuhano, narezano jaje. Tunu iz konzerve. Ostatke pečene piletine ili puretine od ručka. Jedite BEZ kruha. I tako godinu dana. Dobar tek!

Received: 30th Mar 2008
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sionals, and we as professionals are obliged to educate ourselves and others and develop habits and attitudes that will lead us to better shape and acceptable appearance in order to truly influence our patients, and more importantly, our families and friends.

After I have haggled with you in this sincere manner, I wish you healthy habits, a long life and that you realise that it all depends on you.

OK, here's what I've been having for dinner the last few years (with small variations):

A small head of lettuce, washed and DRIED. Tear up into a bowl, add a little salt, add apple vinegar and a lot of olive oil, in that order. Throw in some diced radish and spring onion, if it's season time. Boiled, sliced egg. Canned tuna. The leftovers of fried chicken or turkey from lunch. Eat WITHOUT bread. And do this for a year. Good appetite!