

DR BRUCE FIFE

# CUD MAKI KOKOSOWEJ

ZDROWA ALTERNATYWA DLA PSZENICY



STUDIO  
ASTROPSYCHOLOGII  
*jeszcze lepsze jutro*







**STUDIO**  
**ASTROPSYCHOLOGII**  
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REDAKCJA: Irena Kloskowska  
SKŁAD: Hta UgrDj Ugrk JW  
PROJEKT OKŁADKI: Piotr Pisiak  
TŁUMACZENIE: gWja C'Xfck JW

K nXb)Y=  
6-5-MHC? '88%  
=GBB :+, !, ' !+' ++!) ++!S

Hhi 'cfni]bUi . 7cc\_]b| k ]h Wwbi hi ci f. UXY]Wci g'ck!WfVZ [ i hb|ZYUhfUbj Yrc'k \Xh  
7cdni[ \hi '88%Z88% z6fi WY: ]Z  
5''f[ \hgfygfj Y' B'c'dUfichZ]gVoc\_ 'a UrMYfYdfcX WX]b UbnZfa 'k ]h ci h  
d'fa ]ggcb ]b k f] ]b| Zca 'hYdi V]g'Y'

"7cdni[ \hZf'hYDc'lg' YX]hcb VniGi Xc'5gfdcgWc'c [ ]z6]Ungtc\_z88% "  
5''f[ \hgfygfj WZ]bWVX]b| 'hYf[ \hcZfYdfcX W]cb ]b k \c'Ycf ]b dUfh]b UbnZfa "

K gn\_Y]YdfUk UrUgrfny cbY'UUBUWb ä'h'di V ] UW]b)Ya c YVnädck ]YUBU  
U] ]f'cdck gnWb]UbUrUdca cW'i fraXnY 'YY ]fcb]WbnWza WUb]WbnWZ  
\_cdj] äWVWZbU ]fuk UäWVW] ]b]bnWVnrid]gä bY'r[ cXnrdcgUWUwridUk U ]rcfg ]W'

8 c c cbc kgn\_Y]Wg]fU zUmm]dYk b]ä'U\_ bUk ]ö\_gnäXc\_ Ubc ä ]bzfa UW]rLk UfmW  
k sb]b]Ygn' \_gä W'>XbU\_ YU] ]k nXk WZ]U] U ]rcf b]Yr]a i 'ä g'oi Xr]YU]Yä Wnh'b ]\_ck ]  
ZUcknWdcfUX'i Vi gi [ "C]d]g]bY'h ]U'rUc\_ Yb]Za YrcXn]g ] Yg]Yb]Ya UäbUWi ri ]gäd ]Yb]U  
dcfUxmY Ufg ]Y"K gn\_Y]YdfUk mXcmWäWnXck ]UWnh'b ]\_Ukna U UäbUxrcfi 'a YXnWb]Y["  
5b] U ]rcfZ]U] ]k nXk Wb]Ydcbcgä cXck ]YX]Ubc W]U'U\_ ]Y\_c'k ]Y\_ ]gn\_cXnkn] UäWfny\_c a c'  
rs ]U]gckU]U]bzfa UW] i Vg [ ]g] ]kna ]b]cbnWk sb]b]Ygn' \_gä W'

B UYm WYdfn]g]fni[ Uädfn]d]g k riLk UfmWk sb]b]Ygn' \_gä W'K nXk Wb]Ydcbcg'  
cXck ]YX]Ubc W]U\_ ]cb\_fYbYdclfnWmXck chYVaX UYf[ ]YWnh'b ]\_Uz\_h fYa c] äkna U Uä  
bUxrcfi "Y ]friU'K nXk Wb]Ydcbcg' cXck ]YX]Ubc W]U'U\_ ]Y\_c'k ]Y\_ b]Y\_cfm]g]bYfYU W]bU  
dcfUk nrd]g]bYk sb]b]Ygn' \_gä W'



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i ""5b]cb]i ]\_ : Uf'") #(   
, ) \*\*&- &\*+ ' fXU\_WU  
, ) \*) ('+, 'S\* ' g'fYf]U]h  
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K ]öW]bzfa UW]r]bUx]Ygn]bUdcf]U] kkk'dgnWcl]cb]\_Ud'

DF-BH08 :B DC@5B8

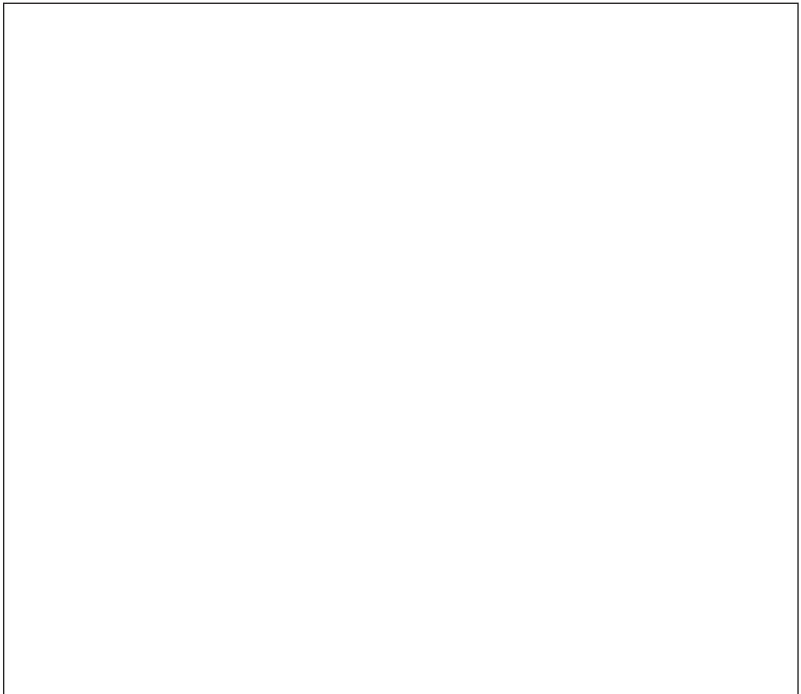
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FcnXqU %"	MAKA KOKOSOWA	.....	·	+
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I k |YV|Lá 'dgnb|W|sk gng|\_čzW^Yg|nrb|Y^dfcX|\_ck UbY'hcfhž  
V|ghW|Užd'UW|ža U'fcb|ñbUYb|\_ž'a i Z'b\_|' 'a c bUVnk nh  
a |b|Lá'Vr|\_c W'K nfcVndgnb|WbYbUYâ'Xc'bUdcdi 'Ufb|Y!  
gmW'XU 'bUgn^X|Ym'Dgnb|Wžk sh^Vr|bbY^Zfa |žg|c nk UbU  
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; XnVr|U 'bU 'Yi g báädgnb|WnrbUgn^X|Ymžk |ô\_grc ä'nrbUg  
dcW| U'mgô'ri dYb|Yr|U i V|cbU' B |Yk |Xr|Y|Yma rž'U' dfrh  
[ chcknk Lá'Vr|b|Y^dcg\_|]" A m'`csW'\_ck |ma 'knY|a |bck Ub|j |  
dgnb|W^Yg|nrfk U UäW'5s^XbU 'k |Y|Ycg Va i g|g|f|cg|Lá'há i |  
knk Ub|j "B |Y'h fYr|b|Wgá i W| 'cbYbUdgnb|W' i V|Wfd|ä'bU  
b|Yr'fUbw| 'i hbi ' 'V|U\_Ur|k Ufh| c'k sk |Yi 'nVc UW'Gá'hY'  
|sVž'\_h fmi| b| Uä'dgnb|W|s|bbnW'nV ž Yvra b|Yg|mä|]c ä  
g|c nk Ubr|W'k ô| `ck cX|b kždfU báW|cd|fU |äg|Ub'nX'ck |UUVc'  
n| i V|ä'bUxá |Uf'|c| fLá k"B |Y|UYb|YcXdfm|WbžXU\_h fnW  
WVg| i b|\_Lá' dgnb|W|d'Ubck Ub|Y dcg\_| k' Vn| b|Y^ bUg|föW  
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Df Vi äWfcrk |är|Lá'hb' dfcV'Ya ždfcX| WbW| nk bc V|knhk U  
fr|ä'f 'bcfcXbYWYVn|sa ä\_|cb|g\_|Y'r|k Ufr' V|k ô| `ck cX|b k'  
UVc' b|Yr|k |YUäW dgnb|W|5'hfbUnk m|hY'fcV|cbYgá'nsfc `|b'  
g|fäW|ck nWž'n|Ya b|U 'kžcfmW k |sb|U|cb" DfcV'Ya 'nsk |ô\_grc!  
V|ä'hW dfcX|\_h k ^Yg|hU|ž YbUk Yh'Y Y|gá'Vr| 'i h|bck Yžh'  
nrfk nW|gá'Vc| UY'k sk ô| `ck cX|br|ž|sY'|a Uä'b|g|ä'nk Ufr' ä  
k ô| `ck cX|b kžr'c|k |YUä'XcX|U|\_| 'i hbi "B |Yk |Y|YU|hfbUnk'  
dgnb|W^Yg|nrf k bc Vr| 'i h|bck nWž'U\_|si Vc| |W'k sk ô| `ck c|  
X|br|B UV| g|U|X|Uck| ^Yg|ia ä\_Ug'ck U'NUk |YFU| c'V|U\_U  
|sV|cb|\_Už^XbU 'Yk sdfm|U|\_i ž| Xnrb|YdcXUgô'^rbUWbY^  
cV' W|s|b|YknVc| U|W|dc Ydgr|W|Lá |ga U\_i |sXcX|\_Lá |žb|Y^Yg|

ga UMBUUb] b]Ya UcXdck ]Yb]Y^gfi \_hi frñK sXcXU\_i 'bUbc!  
grYVUXb]Ua YXnWbYdc\_Ui 'áz Ygdc nk Ub]YbUKa ]YfbnW]c W  
V]U\_Ug^ck Y]c'a c YdfckUXjä Xc'k ]Yi 'dfcVYa k'nxfckch  
bnVžHU ]W'U\_Wcävmb]YcWnbc äHfWnWnXa YbW]sU!  
frñb]U\cfa cbUby'7 rU]fcb]U 'k ]YYcg Vž\_h fYWnWrfri Vjä  
kU ô dcdfnñi na b]Ygnb]Y ]c W]gdc nk UbnW kô] `ckcXUb kž  
Yg^öz\_h fUgdfm]Ub]YcWnbc W]HfWnW]shW'°8 UH]c'hY'  
cVW]Yk ]Yi 'i Xñ]gUfUgöi b]\_Lägc]"K ]ö\_gc äVñ] 'i HbcknW  
dfcX\_i\_h k'csb]g ]Y' rUkUfrc W]kô] `ckcXUb kž\_h fYgUbc]jä  
UhfUbnk ôXUdgnb]WñYghVfXc'Xfc] ]W]s 'dfUkXô'a k]äW  
b]Yga\_Ui 'YHU\_XcVñžWnWU YrcgUáábUrd]ckUbyf b]c'  
fcXrU 'dcYdgUW]ä ]ga\_Ui 'sgcXñ\_Lä]"

Fcrk ]ärU]Yá 'Ygi a â\_U\_c\_cgkU' AUcbU bUhi fU]Y b]g\_]d  
cn]ca 'dfmgkU UbnW kô] `ckcXUb kž b]Y rUk ]YU] 'i hbi ž Ygi  
HU gUcX a â\_ 'nsk ]ö\_gc W]bbnW cfnW kž Ygi dYbU gdfmU  
'äv]c'nxfck ]i 'Vcbb]\_UcfU] kUbnW g\_Ub]\_ k'cXnk WnW  
]skma ]b]W]ga\_Ui 'Y'NfcV]cbU YginsXcVbc'na ]Ycb]c'a ]ä!  
gri '\_c\_cgk Y]cžrs\_h fY]c'i g]b]dr'k ]ö\_gc ä'hi gUW ]sk ]]cVW  
Ac bU'Y'i nk UäksrbUWbra 'g]c]b]i ]U\_ž'U\_a â\_]dgnYbYžXc'  
knfcVi f'bcfcXbnW]sdfn]dgnbnWVWV kžd'UW kžV]g]W]ž  
hcfh kždfnY ägY ]sXg]f kžUHU\_YXU ]\_ kbnW'A â\_U\_c\_cgkU  
rUk ]YUf kb]Y'a b]Y'kô] `ckcXUb k'b] 'g'U'i Va â\_]ns]bnW  
cfnW kžUHU\_Yk ]öW'Vñ\_UcfnW]Y]c'Vcbb]\_Ub] ]bbYUhf!  
bUnk n]dgnb]Wñ>Yg]f kb]Y\_XcVna 'f XYa 'V]U\_U'7^cV]U b]Y  
rUk ]YU] 'i hbi 'dYk b]Y]c'holi 'V]U\_UcVW]Y]c'k]k ]Yi 'nvc UW  
'lc'b]YV]U\_i 'Yk]b]Y'V]UY\_"NUk ]YUk ]öW'V]U\_Ub] 'knVc] UW  
bUa â\_UV]Už a â\_U\_nhb]ž WñhY'a â\_U\_i\_i frñ]U]Už]sa b]Y'  
k ]öW'hmYg]ä cžW'a â\_U] frñW]U'i Va â\_]ns]Yb]Y]c'dfnä ]U]"

7^Wm]d]WñcbYbUa äW\_c\_cgkY'gä 'Y\_]Y]sa ]ö\_]YcfU]i  
a Uä'kg]U]Umiga\_U\_'sgfi \_hi fô"K sb]b]Ygñ' \_g]ä WrbUXi 'ä  
g]ö'dfn]d]gñ\_h fYdc\_Ui 'áz'U'rfcV]ä'dfnf bYWVn]s]bbYdc!  
hfUk rñga\_Ui 'äv]f kb]Y\_XcVñž 'Y Y]b]Y\_Yd]Yž W]W]dgnYbY  
cXdck ]Yb]\_"

NU|a `YbU\_Ydfmgâd|gn'Xc`k nolf Vcknk Ub|UhmW dfnYd|!  
g kž[ cfâW rUWôMa `Xc`dfnWâh|U|UWô W|rUhm| ck UbY` >U`  
i nk Uâa â\_]\_c\_cgk Y žrbUXi `âW`gôdcX`cb|W|W| c`fcnXqU`  
i "8ck |Yngônb|YžksU\_|g|cg Vng`\_Wôa`k mcfmg|nk Uâ`â`  
ks\_i Wb|cfUhdcrb|gn'Y`k UbYWWñ

#### 4 ?8E: <8`CB>4E@BJ 8`

?\_c\_cg`YghXcg cbUmXUcg V|W|f|â|W|W|b|U|U|Y| |Y|dc\_uf|a ck Y`  
>Y| i k U|U|mrU` \|dc|U|Y| |W|b|ž| Xn`b|Yk |Yi `i Xq|` Ygh|b|U|Y| c`  
i W| `cbnW`Dc`Y|W|b|Y|gh|ma ž\_h fmi W| `Yb|`g|b|U|cf|n|W|ž|dg|b|!  
Wžg`ôza `Y\_c`|s|bbYd|f|U|k|rd|ck|g|W|b|Y|i|rb|U|k|U|b|Y|r|U|U|Y| |Y|b|Y`  
N|U|k|n|W|U`cg|V|n|Y|a|c|â|V|n|c|V|k`g|c`nk|U|â|X|ck`c`b|Y|`c`W|\_c\_cg`k`

@ Xq|Y|i W| `Yb|`b|U|dg|n|b|W|V|â|X`b|U|U`W|ô|c`c|f|ma`i`â`|W|  
g`V|gh|n|h|k|n|k|c|f|r|b|Y|n|â`â`|i`V|a`\_Y|U|g`c`k`Y|c`"7|r|ô|c`r|L|â`|U|gh|  
a`U|g|U`b|U|U|i` `dc`Y|W|b|Y|gh|c`Y`g`c`k|m|s|a`U|f|U|n|b|U|g`c`k`U`  
>YbU`\_k|J|Y|Y|cg`V|i`W| `cbnW`Ygh|f`k|b|Y`b|U|g`ô` |s|W|cb|Y|a`U|â`  
fc|V|â|3`B|U`f|U|i`b|Y`\_df|m|W|c|X|â`k|n|c|V|n|\_c\_cgk`Y`a`\_Y|c|z`c`Y`  
|s|â`U`A`c|â|cb|Y|n|d|ck`c`X|n|b|Y|a`r|U|gh|â|d|g|n|b|W|ž|b|U|U|`|s|g`ô`

5`h|f|b|U|n|k`n|X|U|d|ck`g|W|b|n|W|U|Y| |Y|b`k`g|â`W|ô|c`b|Y|n|X|ck`Y`  
B|Y|n|V|n|h|\_c|f|m|g|b|Y`X|U`n|X|ck`|U`Y|gh|r|U|gh|ô|ck`U|b|Y|i`W| `U|â|W|W|  
dfc|X|\_h`k`H|\_j|a`|ž`\_h`f|Y|b|U|X|i`g|â`a`Y|ô`W|r|U|g|\_c`X|â`"7`c`V|U`  
b|Y|n|X|ck`Y|d|c|f|U|k`n|b|Y|a|i`g|â`k`n|k`c`n|k`U|â`f|U`W|U|Y| |W|b|n|W|ž|c`  
|s|U`\_k`sf`k`b|n|a`g|c|d|b|l| `Y`X|q|U|U|â`b|U|c|f|U|b|n|a`"H|\_b|U|d|f|U|k`X|ô`  
g|â`Y|g|W|Y|f|c`b|Y|g|n|ž|d|cb|Y|k`U`b|Y|k`n|k`c|i`â`b|U|n|W|â`|U|gh|ck`n`W`  
f|Y|U`W|ž|H|\_`U`\_h`c`W|n|b|â`U|Y| |Y|b|n|â`W`k`d`n|k`i`U`k`b|U|g|ô`g|c|d|b|c|  
k`c`"; Xn`X|c|m|U|W|ô`r|L`k`U`z|i`X|f`i`V`W`\_f|m|W|ž|dfc`W|ô`dfc`k`U`r|â`W|ñ`  
X`c`h`W`W`c`f`V`Y`gh`X|i`|c|f|k`U`n|U|g|c`n|k`U|b|Y|df|n|Y|W|Y|d|c|f|U`m`i`  
f|r|U`\_c`i`k`U`U|b|Y`g|â`r`U`Y|c`df|m|W|b|n|ñ

K |Y|Y|cg`V`i`b|\_U`c`V`W|Y`g|ž`U`r`k`U`g|n|U`g`c`k`Y|c`a`\_Y|U`  
|s|V|U`\_U|c|f|U|h|c`z`n`Y`k`n|`ô`X|`b|U`W|f|U|h|d|ck`U|b|Y|g|Y`c`V`U`k`n|c|s|W`  
n|i`V`n|k`d`n|k`b`U`n`X`ck`|Y`

>U\_c`rLá ]Ybb]\_]'a UG`U`i`V`hi`g`W`k`rk ]Yfró`W`W`W`g`c`dc!  
 `Y`W`B`Y`g`á`a`U`f`U`f`b`m`i`V`hi`g`W`Y`d`j`Y`U`f`b`]`W`Y`"`G`á`h`c`" `Y`X`b`U`\_`Y`  
 i`h`k`U`X`r`c`b`Y`c`"Y`Z`r`L`k` ]Y`U`á`W`h`c`\_`g`W`B`Y`\_`k`U`g`n`h`i`g`W`k`Y`h`U`b`g`  
 `g`k`c`f`r`c`b`Y`d`f`n`h`i`W`k`c` ]Y`\_`U`h`i`g`W`Y`Z`\_`h`f`Y`g`l`f`m`U`á`W`c`f`c`V`c`a`  
 g`f`W`Z`W`\_`f`m`W`á`c`h`m`c`W`j`sk` ]Y`i` `]`b`b`m`a` `d`f`c`V`Y`á`c`a` `n`X`f`c`k`c`h`b`r`a`"  
 D`f`U`k`X`j`k`Y`a`U`g`c`"Y`g`i`c`k` ]Y`Y`d`g`Y`">Y`Y`]"`Y`X`b`U`\_`Y`Y`g`h`i`W`" `c`!  
 b`n`b`U`b`U`j`U`Z`h`c`"b`U`Y`d`g`m`a` `k`n`V`c`f`Y`á` `V`X`j`Y`c`Y`" `c`\_`c`g`k`r`h`

5`g`d`U`f`h`á` `f`i`b`U`b`n`i`f` `k`b`j`Y` `U`\_`c` `B`i`h`U`C`k`Y`H`Z`g`\_`f`U`c`r`U`f`g`l`f`m`Y`  
 X`L`k`U`b`U`d`c`X`b`U`k`á`G`d`Y`b`X`L`E`W`n`h`Y` `]`b`b`Y`b`j`Y`L`k` ]Y`U`á`W`\_`U`c`f`j`]  
 g`h`i`W`B`Y`g`c`X`j`\_`]`W`g`c`"d`c`"Y`W`B`Y`g`á`\_`U`\_`c`\_`g`V`g`n`h`i`h`m`W`\_`f`i` `k`s`W`i`  
 `c`V`b`j`Y`b`j`U`]`c`W`g`c`n`k`U`b`n`W`\_`U`c`f`j`]"`>X`b`U`\_`Y`h`Y`W`á` ]W`B`Y`g`c`!  
 X`j`\_`]`c`W`Y`g`á`b`U`g`Y`á`i` `c`f` ]U`b`j`r`a`c`k` ]`s`f` `k`b`j`Y` `a`c` ]á`d`c`k`c`X`c`k`L`á`  
 d`f`c`V`Y`á`n`X`f`c`k`c`h`b`Y`"

K` ]Y`Y`c`g`V`a`U`X`n`Y`á`U`i`"7`W`i`b`\_`L`á`d`Y`k`b`n`W`d`c`h`U`k`Z`U`Y` ]W`  
 U`h`f`b`U`h`k`n`k`W`Y`b`j`Y`c`\_`U`i` `á`g`ó`"Y`d`g`Y`"H`U`\_`g`á`\_`U`Y`g`i`c`X`d`c`k` ]Y`  
 X`j`á`"A`á`\_`U`\_`c`\_`c`g`k`U`n`L`U`Y`k`b`j`U`V`c` ]U`á` `k`s`\_`c`f`m`g`h`b`m`X`U`n`X`f`c`k` ]U`  
 V`c`b`b`\_`Z`U`r`L`U`f`h`á` `i`V`c` ]á`k`s`d`f`m`g`k`U`U`b`Y`k`q` `c`k`c`X`L`b`m`U`h`f`b`U`  
 h`k`ö`X`U`d`g`Y`b`j`W`h`D`c`X`L`b`Y`h`i` `d`f`n`Y`d`j`g`n`g`á`c`X`d`c`k` ]Y`X`b`j`Y`X`U`i`X`j`]  
 W`f`d`]á`W`W`b`U`f` `b`Y`]`c`f`c`X`L`U`i` `U`Y`f` ]Y`d`c`\_`U`f`a`c`k`Z`\_`h`f`m`i`"Y`X`b`U`\_`  
 d`f`U`b`á`g`l`c`n`k`U`á`n`X`f`c`k`Y`j`d`c`n`k`b`Y`d`c`g`\_`]"

**K`g`n`g`h` ]Y`d`f`n`Y`d`j`g`n`d`c`X`L`b`Y`k`s`h`" `g`á`W`g`á`k`c`b`Y`c`X`**

- d`g`Y`b`j`W`h`
- [ `i`h`b`i` `
- soi
- hi`g`W`k`h`f`U`b`g`
- g`h`i`W`b`n`W`g`c`X`j`\_`k` `
- X`f`c`X`r`h`i`

**K`j`ô`\_`g`r`c`á`h`m`W`d`f`n`Y`d`j`g`k`'a`U`i`V`a`c`Y`a` ]Y`á`**

- b`j`g`á`r`L`k`U`f`h`c`á`W`\_`f`i` `
- b`j`g`á`r`L`k`U`f`h`c`á`k`q` `c`k`c`X`L`b`k`"

K jô\_grc ä hmw dfnyd|g k`XUY Wac`|kc ä i nk Ub|Uc`Yi`  
\_c\_cgk Y|c`VäX`a U|gUz`W`fi`i`V`g`Mk`|`f|b|U|f|U|B|c`gc`X|\_U  
b|Y|c|g|U|X|ä`W`c`\_Ucf`|L|U|Vc`|bb|Y|c`gc`X|\_U`K`jô\_grc`ä`nsb|Wz`  
Wcä`b|Y|k`g`m`h`|Yz`gä`V`r|b|U|U|c`k`Y`ksa`|Y`g`W`a`\_Y`U`\_f`c`k`|Y|c`  
VäX`a`|Y|U`b`m`i`nk`U`g`ô`a`\_W`U`\_c`\_c`g`k`Y|c`"Dc`\_W`ä`k`n`M`Y|  
f|U|Y`d`f`c`X|\_h`k`n`X`f`c`k`n`W`|s|b|U|f|U|b`n`W`r`l`ä`|U`g`i`g`h`i`W`b`n`W`i`V`  
V`f`X`r`c`d`f`n`Y`k`c`f`r`c`b`n`W`"K`S`Y`Z`\_`V`W`c`f`r`m`ä`U`ä`m`d`c`f`U`k`m`n`X`f`c`k`Y`  
|s`d`f`n`Y`d`n`g`b`Y`"

~7<8G4`58M`?HG8ABJ`4`~

;`i`h`b`h`c`V|U`\_c`r`l`k`U`f`h`Y`k`S`d`g`n`b|W`ä`n`M`Yz`ä`W`ä`|Y`b|i`|s`c`k`g`Y`  
H`k`U`b|Y`n`Y`k`r`|`ä`X`b`U`\_Y|c`c`V`M`c`ä`z`n`c`U`h`Y`H`U`\_X`c`V`h`Y`b`U`  
X`U`ä`g`ô`X`c`k`n`l`Y`i`\_W`Y`U`"a`k`|ö`Y`h`|c`V|U`\_U`k`S`n`c`i`z`h`a`  
\_Y`d`g`m`W`Y`";`i`h`b`\_Y`g`i`k`U`b`m`Y`k`r`|`ä`X`b`U`g`c`ä`d`U`g`n`W`c`ä`z`  
\_h`f`U`|k`U`f`U`h`i`\_Yz`\_Y`V`W`g`r`c`b|Y`f`c`r`d`U`X`U`g`ô`z`U`S`V`ä`W`\_|`d`c`k`|Y`f`r`U`  
n`b|Y|c`b|Y`i`\_W`\_U`ä`z`d`f`n`Y`W`d`|Y`W`k`c`\_Y`g`i`a`jô`\_Y`|S`Y`\_Y`"7`\_Y`  
V`n`i`W`r`|`i`h`b`ö`c`Y`g`ä`r`l`k`n`M`U`\_V`ö`\_Y`|S`|ö`g`Y`"

7`c`V`U`\_`X`n`|ö`\_|`[`i`h`b`ö`c`|`k`n`l`Y`\_|`g`ä`k`g`U`b|U`Y`z`b|Y`k`g`m`g`M`h`  
i`X`n`|Y|c`h`f`U`k`|ä`"B`|Y`\_h`f`m`d`c`d`f`c`g`i`\_b|Y`r`c`\_Y`i`\_ä`h`|c`V|U`\_U`N`U`  
V`i`f`r`U`c`b`c`d`f`U`k`|X`c`k`Y`Z`\_b`\_W`b`c`k`U`b|Y`|W`d`f`n`Y`k`c`X`i`\_d`c`\_U`f`a`c`k`Y`  
[`c`"G`W`c`f`n`b|Y`r`c`b`U`m`k`U`g`ô`W`|U`\_|ä`z`r`k`U`b`ä`h`Y`\_W`c`f`c`V`ä`h`f`n`Y`k`b`ä`z`  
g`d`f`i`Y`b|Y`f`c`d`\_U`b`ä`i`V`Y`b`h`f`c`d`U`h`ä`n`b`U`k`f`U`\_|k`c`\_V`ä`b`U`|`i`h`b`"  
7`Y`|U`|U`h`c`g`U`b`z`k`S`\_h`f`m`ä`\_V`c`b`U`\_i`r`c`k`U`\_Y`|H`U`V`W`b`\_|Y|c`r`g`U`Y`  
i`g`n`\_c`X`r`c`b`U`d`f`n`Y`i`|`i`h`b`"D`f`c`k`U`X`n`|`h`c`\_X`c`r`l`M`f`n`b|U`k`W`U`b|U`b|U`  
k`|Y`i`k`U`b`n`W`g`\_U`b`\_|k`c`X`n`k`W`n`W`|S`g`i`h`i`\_Y`i`h`f`U`ä`k`U`\_|c`f`U`h`  
b|Y`X`c`V`c`f`Y`ä`\_k`|H`ä`|b`|S`a`|b`Y`f`U`k`z`W`n`S`\_c`\_Y`|a`c`Y`V`r`ä`d`f`n`W`h`ä`  
f`\_b`c`f`c`X`b`n`W`d`f`c`V`Y`ä`\_k`n`X`f`c`k`c`h`b`n`W`"

8`c`\_`U`b`m`g`l`c`g`V`z`k`S`U`\_|`[`i`h`b`i`g`n`\_U`X`r`U`V`c`b`ö`\_i`r`c`k`ä`\_Y`|H`U`  
V`W`b`\_|Y|c`z`b|Y`r`c`g`U`k`S`d`Y`b|f`r`c`r`i`a`|U`b`r`i`K`n`X`U`Y`g`ô`\_Y`X`b`U`\_z`\_Y`\_Y`g`h`  
Y`Z`\_H`ä`\_b|Y`d`f`U`k`|X`c`k`Y`\_f`Y`U`\_W`|a`a`i`b`c`c`|`M`B`Y`"I`\_`U`X`c`X`d`c`f`b`c`!  
V`k`m`i`k`f`U`\_|k`|U`g`ô`b`U`|`i`h`b`|S`f`Y`U`i`\_Y`b`U`b|Y|c`\_H`U`\_z`\_U`\_r`l`f`Y`

U ck UVmbU]bZY Wö VäX `Ubm]Yb" HUb]YdfUk ]Xck UfYU WUb]Y  
kmfUWUderUVcbô `i rck â`Y]HĹk srbUWbra `gřdb]i `c[ fUb]WU  
`YXbU `nXc`bc ä `ca fy `Y]rck nW Xc`k WUb]Ub]Ug Ub]\_ k`  
cXnk WnW"

@WUcg VXch\_b]dmWw]U]ä f` b]`görbUWb]YksUYbc W  
cXdU gk `]sdcđi `UW` GUM/Ygöž YksĹ G5 `Wcfi `YbUb]ä`%bU  
% ` `cgVrh7Y]U]Urkm Ydc`Uk ]Ugö`ksmW gä nWfcXh]bUWž  
UdfUk XcdcXcV]Y gk c` Y` kngřad]Yb]U `Ygi kmgY i s\_fykbnW  
`i Xh]`WcfnW b] `i s]bbnWž Wg [ Yfi `Yž YcXdck ]YXh]UbYrUb]ä  
a c[ ä`Vnä [ Ybrh

DfnW]Y `Wcfvmf` b]`göž Uš sk ]Yi `cg V b] [ Xnb]Yfcrk ]Uä  
göri k U UbYcVUk rh@ Xh]YWä c[ ä`dfn`ä`dfnYnWY nW]b]Y  
nUäVg`V]YgdfUk mnsU`li ž Yb]Ydfmgk UÜä`g Ub]\_ k`cXnk!  
WnW kYk UV]k mgcg Vž dfnYn W`b]Yk ]UXa ]Y Xc k ]UXUä  
g V\_ `]b]WbnW dcn]ca k`b]YXc nk ]b]U` D]YfckbU dfmWrbU  
kgngh ]W ]W dfcVYä k`nXfckcbnW a c Y b] [ Xnb]Y rcg]ä  
frcdrbUb`K s\_cbg`k YbW]b] [ Xnb]Yi XUY]a `göi deflänsWc!  
fcVlä ž`\_h fy kfu`nsi d nk Yä `WUg `bUfUgUä ]sna ]b]Uä `gö  
ksdfnk `Y\_ Y`

I sXfcgnW cVUk mferk ]Uä `gö`gřdb]ck c`a ]YgäWä ž`UšU  
k Yi `UĹä ]" B UY ä`Xc`b]W.`na öWb]Y Vrh knfU bY` dfmWrbn  
]s]UXgn Ufk nb] UäWnsUbyä ]]ž`Wi Xb]öWž`V]Y i b\_ Už [ Urñk nh  
a ]chrV `dcXfri g]Lž Wřndi Wb]öW]b [ " B ]YXcVcfmk ]Ĺä ]b`  
]sa ]b]YU k`a c[ ä`dfckUX]ä`Xc`WY]c`nYg]ki `dfcVYä k`nXc!  
kcbnWž dcrfb]Yb]Yä UäWnW]b]Wk gl `b]Y c`ns]Yrä`WřnfUk ]Y  
b]Yä "K sdfm]UX\_i `b]Y\_h fnWcg Vi gn\_cXnb]YVcbm `i rck Y`  
Y]h `Ygi a ]b]a UbYž fcrk ]U`gö`YXbU`cdfngnW ck Y rldUYb]Y  
g`fnfWcfvU8 `f]b]U `dfm]`hi a "E"

>Xrbra rbUbra ž`gi hWbna `gdcgVYä `WYb]U`YgiW\_ck ]Y  
km`i WYb]Y [ `ihbi `ns]YmXc`\_c W nW]B UYni b]\_ Uä`k gY!  
\_ ]W dcfUk `rUk ]YUäWřdg]b]W fläWb]Y nscf\_ ]gnä ž`gä c`]bāž  
Xi fi a ]s Uä i hYä Iž nrc`]söWä ]Y "7`cWU`ck ]Ygf kb]Y rUk ]Y  
fU [ `ihž`hc`YXbU`h]b`Y [ c`fcXU`knXUY`gö`b]Y gn\_cXh]ä`cg!

Vca Wcfna bUWJU jōzns\_h fnWk jō\_grc äa c Y[ c Vrd]YMB]Y  
gdc nk Uä'fk sDc'gWXca ]bi 'YcXa ]Ybmdc[ 'äX'YghY 'Xcgödbm  
ck ]Yg'Vr[ 'i h'bc m' 'dfm]' hi a 'E' A ]ōg'z fnVr' U\_ U' bU]Uz  
k Ufmk U'zck cW'zfm ]s\_ i\_ i fnXrōa c bU'Y'ä'Vric[ fU]WY "

; Xn[ 'i h'bc'cg]U]Y k m' i W'cbmrsX]Yh'VcbU 'i rck U'Y]HU  
a Ua c ]k c ä'gō'rfY ]bYfck Uä" CVUk m' gōdi 'ä'rk m' Yk sM] i '  
\_]\_ i ]m'cXb]zU'Vcfm U'WbUcXmg ]k Uäi hfU'Wbä k U' o]s]M'g nā  
gō'nX'ck ]Yā "A ]a c'rc' b]Yk c'bc' dcbck b]Yk dfck U'Xjā[ 'i h'bi '  
Xc'X]Ym'K fU ]k c' ä'bU[ 'i h'b' b] ]Xm]Yi gōdi 'Y'z k ]ōW'UY m] c '  
i b] Uä' dfn'WY n'WY "

K m' i W'Yb]Y[ 'i h'bi 'rsX]Ymb]Y 'Ygi Uk Y' NVc Ui nk Ubygā  
Xc' dfm]chck nk U]Uk ]Yi 'dfcX' \_h k'z' \_h fYi k ]YV]Uä m]sgc nh  
k Uä m'W'X]Ybb]Y' K jō\_grc ä'cg V i k U U W Y W rU dcX'gUk ck m'  
g\_ Ux]\_ 'X]Ym'ā ä\_ Udgn'bbU ]s]bbYn] ]fUgā' g'cgk UbyXc' dfm'  
frāXr]Uk ]Yi 'dchfU'z cX' h'fh k' ]sd'UW' k'z' dc' a fc cbY X]U ]U  
cV]U'ck Y ]sdfn'k cfrcbY a ]ōg' " B UY m'VfX'c' i k U b]Y W'rh'ä'  
Ym]Ym'Yg\_ Ux]\_ Uä ]"

K jō\_grc ä'nsU'gdc nk Urk m' YdgYb]W' k sdfn'f bn'W'Zf!  
a UW' 'W'X]Ybb]Y' 7U\_ ck ]h'k m'Y]a ]bck U]Y'Y'rsX]Ym'Ygh]Y  
'U'Uk m'k U]Yā "K ]Yi 'cg'Vca 'VōX'Wā bUX]YW'Vr[ 'i h'bc Y'  
VU' i 'Y W Y W k' ]sk n]Y\_ k'z' \_h fma ]'k sX]YW'gk ]YbU W'h] gō  
r]X'ck Uä' dcXb]Y]Yb]Y' B Ug'Wō W'Yk ]Yi 'dfcX' Wōh k' nk bc W'  
gk cfm'c'f' bcfU ]YVr[ 'i h'bc YW'Ym]s]bbYdchfUk rān'] cbY  
k sga U' i 'Xc' h'W'z' \_h fma ]'i X]YW'rk m' ]gō'r]U'X'ä"

NbU'W'U'W' ä' ca Y'W'Yb]Ydfm]chck nk Ubn'W'dfcX' \_h k' Vr[  
[ 'i h'bc kn'W'r]k ]YfUā ä'ōg' ^ck ä' >Y'g'icbU'Vc[ U]Uk s]U\_c ]sgU  
bck ]Xc'VY f Xc'X]Ym'W'Y[ c'V'cbb\_ U'K scg]U]b]W'U'U'W'YX  
bU\_ YdcdU'X'k s]YU'g' öz]s' X]Yr]U'W'ō] ]gr' \_Uä ]bbn'W'Vr[ 'i h'  
bck n'W'U'h'f'U'nk " B U'dcdi 'U'bc W'ing' U'ria ä\_] cfn'W'ck Y'z' U'  
Wcäv'ra ]] X'Uck U'gā'cbY'Y'W'U\_ X'c[ ]Y]b]Yk ]Y'Ycg Va c Yg'V]Y  
dcrk c'jä'bUf]i 'U'fY]W'gdc nk U]Y' =g]b]Yä'f k b]Y ]bbYā ä\_ ]z  
HU ]Y'U\_ n]Yā b]U'W'U'z'f'mck U'W'ra ä\_ U'rs]Y'W'f'm'W'h'Df'n]d]grbU  
Vr[ 'i h'bc n'W'Y'k nā U' U'ä'rk m' Yā ]Yg'U]\_ ]fn'W'z'W'h'W'z'



UWUgYa 'buk YhdjŌW' f' bnWfcXrU' k' a' â' žk fUinsXCXh\_ ]Ya' f' bcfXbnWgdi 'Wb]UWžgU] ]rUcf k' ]q' i' a' ž' WnhU\_ ]' VcWY' bY\_ bUXkU' gôbUg' Vg'nh' h'd]Wnh' UdgrYb]WbY' c''

D]Wb]Y WYU Vn[ 'i' h'bc k' Y[ c' b]Y a' i' g' Vnā' Xfc[ ]a' 'Ub] g'ca d']\_ckUbra' d'fcWgYa' c'WYa' i' ā'Wā' ' \_]\_ UbUWY' f' bnW' g' Ux]\_ k''=XUbaUHf' bUnk' âXUa' â' \_]dg'YbY''Yg'ā' â' U\_ c\_ c! g'k' U' D'fmi' nW] b]Ya' U' k' māWb]Y' Y'žc' Y' ]s' U'ž' a' c' bUg' k' fmi' d'f' n' d'ng' b' Y' d]Wnh' c'' D'f' n' d]g' n' g'ā' d'fcg' Y' ]s' Uk' Y' k' s' d'f' m' i' c' h' c' k' Ub]i' ''

~7H B 5 BAA < 4 Ž @ 4 B J : ?BJ B 74A AJ ~

K sdc nk ]ybi 'kngôdi 'ā' XkUfcXrUYkô] 'ckcXUb k. 'i' Y] U 'āW ]sb]Y' Y] UāW hfUk ]ybi '' H'Y' i' Y] UāW hfUk ]ybi 'hc' g'fcV]U ]sW\_ ]fz\_ h'fYXcg'UfWUā' \_Ucf]]'' H'Y' b]Y' Y] UāW hfUk ]ybi 'hc' d'c' d'fcg' i' X]Y' n' W' b' n' v' cbb]\_ ''>Y] c' r' b' U' m' b' U' W' ā' b]Y' Y' g' i' d'f' n' i' X] f' c' r' ]' U' b' U' a' b]Y' g' n' W' ā' h' W' ]ž' W' n' h'Y' hfUk ]cbUžk ]ôW]Y' X' g' U' f' WU\_ Ucf]]''

K ]ô\_grc' ä' 'i' X] ]' d'f' n' Ya' i' Y' gô' kô] 'ckcXUbLā' ]' i' Y] UāWā' ]' hfUk ]ybi ž' Wn] ]' r' k' U' f' ma' ]' k' s' b' ū' g' n' a' 'd'c' nk ]ybi 'g'fcV]Uā' ]' ]sW\_ \_fYa' '' H'ē' k' Ub]Y' h'Y' k' ô] 'ckcXUmb]Ūg' n' Y' V]Uc' r' Lā' ]ybi Uk' shi' g' W' ]si' d' n' W' U' k' s' \_ca' f\_ U' W' hi' g' W' c' k' n' W'' H'ē' k' Ub]Y' h'Y' k' ô] 'ckcXU' b' r' ā' [ X' n' g' c' n' k' U' g' ô' Y' k' s' b' ū' a' ]' f' n' ž' d' c' k' X' i' 'ā' k' ]Y' Y' d' f' c' V' Y' a' k' n' X' f' c' k' c' h' n' W' ž' H'U\_ ]W' U\_ ]' b' g' ]' b' c' c' d' c' f' b' c' āž' c' h' m' c' ā' ]sW\_ f' m' W' : s' t' c' k' Ub]Y' h' W' k' ô] 'ckcXUb k' g' U' f' Uā' gô' i' b]\_ Lā' 'i' X]Y' Vō' Xā' W' b' U' X]Y' W' b]g' c' k' ô] 'ckcXUb' c' k' Y''

K ô] 'ckcXUmb]Y' Y] UāW hfUk ]ybi ž' n' s' X' i' [ ]Y' g' f' c' b' r' ā' d'f' n' Y' W' c' X' r' ā' d'f' n' h' W' m' i' \_ U' X' d'c' \_f' a' c' k' r' ā' b]Y' Vō' Xā' W' f' c' n' \_ U' X' U' b' n' a' ]' Ub] k' W' Ub]U' b' n' a' ]' ]s' c' d' i' g' W' U' ā' c' f' [ Ub]m' a' 'k' s' Z' f' a' ]Y' d' f' U' h' m' W' b]Y' b]Y' n' a' ]ybi c' b' Y'' K' s' d' f' n' W' k' ]Y' g' k' ]Y' X' c' W' \_f' i' W' n' g' f' c' V]ž' b]Y' h' m' c' b]Y' d' c' k' c' X' i' 'ā' d' f' c' V' Y' a' k' n' X' f' c' k' c' h' n' W' ž' U' Y' k' f' Ō' W' g' d' f' m' U' ā' n' X' f' c' k' ]i' '' K ]ô\_grc' ä' 'i' X] ]' Y' X' b' U\_ Y' b]Y' g' c' n' k' U' k' n' g' U' f' W' U' ā' W' ]' c' W' W' c' b' b]! \_U' W' c' ā' X]Y' n' W' X' c' h' [ c' b' U' k' c' i' 'ā' B' U' U' k' ]Y' g' n' a' g' d' c' g' V' ā' 'b' U

rk ]ô\_gnBjY]c Wgdc nk UbY[ c`Vcbb]\_U`Yghin(UXb)Ydc\_Ufa k`  
bUli fUb]YVc[ UmWksVcbb]\_žHU\_JW`U`\_nVc UnsdYbY[ c`dfnM  
a ]Ui žk Ufmk U]sck cW`

DyBy n]fUbž bUdfm UX dgnB]WnUVc` nHž gUbck ]a` YXc`  
nbUvC[ UgnW` f XY Vcbb]\_U`\_rLk ]fUā[ c`k]ōWb]` kUfmk U  
Wrick cW`>YbU` YksdfmUX\_i` X]Ymrg V]Wfd]āWVbUb]Yrc!  
YfUWō[ i`hbi`ksc[ `Yb]Yk WcXāksqfō`

? c\_cg`YghicfnWYa` bUli fUb]Yi Vc[ ]a` kskō` `ckcXUbrnUlc`  
Vc[ Uma` ksvcbb]\_žk]ōW]XUub]YdUj` YXc` X]Ynib]g ckō` `ckc!  
XUbcnW`>YbUgn` Ub\_Ug]f]h]c` k]Y]Y[c`\_c\_cg]f]S[ f]lā kE  
rLk ]fUr]YXk ]Y` [ f]lā mikō` `ckcXU b k`i` Y] UāWVW` hfUk ]Ybi`  
]s- [ f]lā k` Vcbb]\_U` Dcrg]UY\*, [ f]lā k`hc[ ` kb]YkcXž  
hi g]W]s]U\_c`"7`c]WU`\_Uk\_U\_]` k]Y]Y[c`\_c\_cg]Ja c[ ā`knXUkUā  
gōgcX` ]žhc`]c` ärLk ]f]mWksb]Wkō` `ckcXU b k`i` Y] UāWVW`  
hfUk ]Ybi` Ygh] g]žU]Vcbb]\_Ukmg]Ub]` ksd]f]m]U]X\_i` k]ō\_gc W]  
ckcWk` ]skUfmk"? c\_cg]rLk ]fU]f]m]f]m]k]ōW`Vcbb]\_Ub]` kō`  
[ `ckcXU b k`i` Y] UāWVW` hfUk ]Ybi` "8` Udef kbub]Uk Yā m]žg`ō  
g]r]f]U]ckā` h]Ug]ā U`Y`]c` ärLk ]fU+ [ f]lā k`kō` `ckcXU b k`  
i` Y] UāWVW` hfUk ]Ybi` ]sm`c` [ f]lā m]Vcbb]\_U`>YbUa UfWk!  
\_UrLk ]fU, [ f]lā k`kō` `ckcXU b k`i` Y] UāWVW` hfUk ]Ybi` ]sY  
Xnb]Y ( [ f]lā m]Vcbb]\_U` B Ub]g]ōdbY` g]fcb]YrbUX` Ygō`HUWU  
%ž`\_hfUn]g]Uk ]UrLk Ufrc` ā`kō` `ckcXU b k` ]svcbb]\_Uk`sf` bnW`  
dchfUk UW`

DchfUknfc` ]bbYrLk ]fUā]r]f` kbckō` `ckcXU b m]` Y] UāWV`U`  
]sb]Y` Y] UāWV`hfUk ]Ybi` "DfUk Ug]fcbUHUY]`%dcXUYdfcWb]rck m]  
i`Xn]U` Vcbb]\_Uksg]rg` b\_i` Xc` W`\_ck ]h`" ]c` W]kō` `ckcXU b k`  
ks\_UX]`dchfUk ]Y` Gdc` f` Xk g]ng]\_ ]Wfc` ]b`UXUbnWžhc` k` Ub]Y  
\_c\_cg]a` U`YXb` nsbUkmg]mW` i` Xn]U` k` dfcWb]rck nW` Vcbb]\_U  
`U` g]YXā` Xn]Ygā]d]ōä` dfcWb]h`k`g]ng]\_ ]Wkō` `ckcXU b k` r]U  
kUf]mWks\_c\_cg]žhc` h]b]Y] Y] UāWV`hfUk ]Ybi` "8` Udef kbub]ž  
Vcbb]\_g]Ubck]` YXnb]Y` S]` kō` `ckcXU b k` r]Lk ]f]mWks]žg`]  
g]r]f]U]ck Yž%1` kō` `ckcXU b k` r]Lk ]f]mWks\_i`\_i` fnXm]s]r]UY!  
Xk ]Y-1` k]s]Ub]UW`

B ]Y h fYdchfUk mUk ]YUâ k ]ô\_gâ]c ä W\_c\_k //â Vcbb\_ Ub] ·  
\_c\_cgž UY ^XbcWYb]Ya Uâ k ]ôW^ kô] `ckcXUb k i `Y] UâWV  
hfUk ]Yb]i "Dfnîhc\_gâ k mâWcbYnsk ]ô\_gc WXYñb]lg\_ckô] `ckc!  
XUbck nWZa ]a c' YrUk ]YUâ Xi c' Vcbb\_ U' ;k ]Ybna ' f XYâ ·  
Vcbb\_ Ugâ bUdfm\_ UKfc ]bngfâW\_ck YZ^XbU\_ gâcbYf k b]Y ·  
dYbY kô] `ckcXUb k i `Y] UâWV hfUk ]Yb]i " 7\cWU VmWUfbU  
Zg\_c U `Y^g\_ Ub\_UrUk ]YU% ] fUâ k `Vcbb\_ U]s&\* ] fUâ k ·  
kô] `ckcXUb k i `Y] UâWV hfUk ]Yb]i "CrbUWUhcž Yi XñUdfc!  
WolckmVcbb\_ Uk nbcg\_ nUYk ]Y' +1 "Dcf k bUâ mhc'rs+) 1 ·  
Vcbb\_ Uks\_c\_cgY' 8 `UmWZ\_h fmgUfUâ göc ] fU]Wñä ]c ä  
glc nkUbnW kô] `ckcXUb kž\_c\_cg ^Ygi Xi c' Ydgnâ ' f XYâ ·  
Vcbb\_ UZ ] Xm'b]Ya UH^XcXU\_h ckY' ]c W]g\_fcV ]Ub] W\_fi "

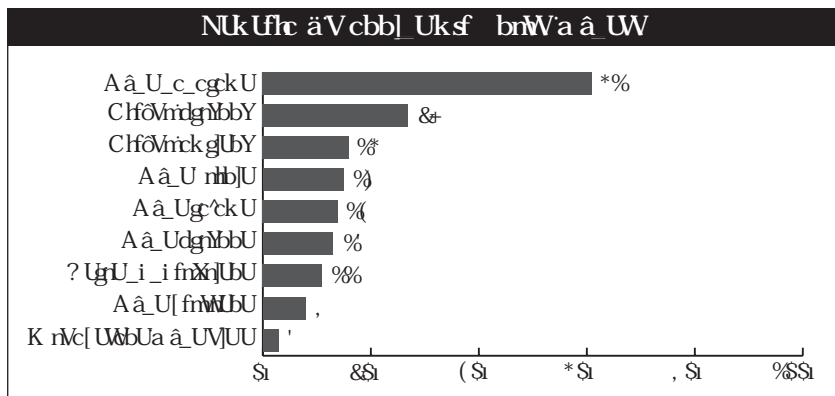
HU `U `Wm\_c\_cgž a â\_U\_c\_cgk U ^Ygi Vc[ UUksVcbb] ž  
Usi Vc[ Ukskô] `ckcXUbmi `Y] UâW hfUk ]Yb]i ">YgidfcXi \_ckUbU  
nXfcVbc'ma ]YcbY] cžknj gcbY] c' ]scXhi gWcbY] c'\_c\_cg] A U  
nXWck Ub]Yk ]ôW^ Vcbb\_ Ub] `U\_U\_c\_k ]Y\_ ]bbUâ â\_U'

HWYU%NkUfhc äkô] `ckcXUb k kš' bnWdchfUk UW'			
Potrawa	K ô] `ckcXUbñifUk ]cbY fl f'ksg_ UbW	6 cbb_ fl f'ksg_ UbW	1 Vcbb_ U
Kokos	'	-	+)
FrñdU	&	(	*+·
6fc_i m	(	*	*\$
Δfa i	'	(	)+
Grd]bU	'	(	)+
Grd]fU ]	(	(	)\$
? ]Y_]Zg_c]	'	'	)\$
? Uti gU	&	&	)\$
? UU cf	&	&	)\$
G^Yf	&	&	)\$
: Ug_c`UWmkcbU	&\$	%	(-
Cfnjg_ ]ñ]Ya bY	%	%	(,

CfrYWrna U_UkLa ]]	%\$	+	(%
CfrYWrniUg_ckY	%%	+	' -
Dca ]Xcf	)	'	',
Groszek	&%	%&	' *
Truskawki	+	(	' *
CfrYWrniUg_Yb	%	+	')
Buraki	,	(	''
GcX_UdUdfm_U	(	&	''
AfWk	,	(	''
KcXcfcm_Yd	%\$	,	''
CfrYWrni cg_Y	%	+	' &
:Ug_U	&&	%\$	' %
d_gö nWk_UU			
:Ug_UgrdUfU_ck_U	+	'	' \$
B_UgcbUgcbYb_U	&\$	,	&
C_fUfU] a ]Ub'	%&	(	&
UXbnL			
7]Y]YfmW	' (	%%	&
7Mi_U	%%	'	&%
6cf_k_]'	%+	(	%
Ua_Yfm_Ug_Y			
CfrYWrniYf_ck_W	' +	,	%
?i_i_fiX_U	&	*	%
DdUU	%&	&	%&
Ananas	%+	&	%%
Banany	' &	'	-
5fMn	%%	%	,

>U\_c'g d'Ya YbUWbY f Xc X]Y]YfmW] cVcbb\_UWg'c'dc!  
 'WbYg'chföVnrdgYbbY'=>U\_hmW]Yg'Y]cXcgcbUma ' f X'Ya "  
 >YbU\_Ya â\_U\_c\_cgckUrLk ]fUdcbUXXk UfUmik ]öW'Vcbb\_U  
 b] 'h'chföVnrdgUA UhY 'W]Y]YfmWUmik ]öW'Vcbb\_Ub] 'chföVnrdgU  
 bY]sa â\_Ug'ckU'UXkUX]Y]UfUmik ]öW'b] 'k'nVc[UWbnWY'  
 V]UmfdUfinkmfYg'dcb] Y'E'

Cdf W|h| cž Ya â\_U\_c\_cgk UdcgJUXurbUWb|Yk |öW^Vcb!  
 b|\_UcX|bbnW'a â\_žga U\_i 'YhY 'X| c`Yd|Y^cXcföV k`dgnb!  
 bnWž'a â\_|g^ck Y^Wm UX^|bbY^'a â\_|cskngc\_|Y^nUk Ufrc W|  
 Vcbb|\_U'I n|UXc'd|Wb|žrLdYk b|Uf kb|Y^Y\_|Y|sga UWbY  
 knfcVž|U\_ 'a â\_UdgnbbU'



A â\_U\_c\_cgkUnk|YUbuK|öWXYhWb|cVdb|\_Ugcf Xkgnh  
 \_|Waa`"G|YX|gâh'Wb'fcVhWY'aâ\_|lc'Vdb|ždXWg|Xn  
 kcXž|U\_cžh|gn|skđ'ckXbng UWâgöbUdngUY' -1 "

~>BEM 6<Č LAP68ŮB FCB LJ 4A<4 5 BAA<4 ~  
 >B>BFBJ & B ~

8@57N9, C'6-CBB=? >9H'8C6FM8@5 N8FCK -53

: U|žž Ygdc nWVcbb|\_U'ghVfXrc`kUbžrLd|kUm|`dc`fth  
 d|Yfk gm|\_Y|fnY dfUW'āWnk s5ZnWž\_žX|UW|sC|Wb|] bUdc!  
 Wāh\_i`Xk|Xn|gh|c`k|Y|\_i`N|WcVgfk UW`kn|\_Ucž Y`i Xn|Y  
 i hfma i`āWnfUknWbā X|Yō Vc|Uā`k sVcbb|ž V|gm|] gō`Yd!  
 gra`nXck|Yā`b|`a|Ygn\_U WnNUWcX|`DfcVYa minXckcbY  
 XcmUāWcVnk UY|]9i fcdn|5a Yfm|]D bcWY^b|Y|gb|Un|; Xn



Vcbb|\_XjYmWbma i g'a ]ä'U\_]'rk ]ânY\_ 'nYnXck ]Ya žUb]Y  
m\_c fi Wlä ]'Y]H'

>UjYgUc gōž YbUMFXjY'i XfrUäW\_cbgY\_k YbWä gdc nh  
kUb]UnVh'a UY' ]c W]Vcbb|\_U 'YgriUk UfXnb]Y' 6U'i 'äWbU  
VUXb]UW dfnYdfck UxrcbnW'k s5ZinW ]s]bbrnW'a ]YgMwž 6i fl  
\_ ]hdc äWmriUk UfXnb]Ynsd]öVca U]bbra ]'Wōgma ]dfcVYá U  
a ]nXck chbra ]' WcfcVä'i Wm\_ck ä'Y ]žrLdUYb]Ya 'knfcg]U  
fcVUW\_ck Y] cž dfnYdi \_ ]bä'ferk cfi 'dfnYmck Y] cž \ Ya cfc]XU  
a ] ]s mU lä ]'\_c Wbh'Xc'bnW''NXU]Ya 'Y UfrU\_U XU nsb]W  
gck cXck UbU VmU kng ]\_ ]Ya 'rk ]ânUbra 'rsdf Vlä ]'knXU]b]U  
hk UfXnW'gr'Wk''

6 cbb|\_ 'Ygik Ubrždcb]Yk U 'fy[ i i 'YWbbbc ä'Y]H[ fi V]c''  
K WUb]Uk cXž rLdYk b]UäWk ][ chbm]sfi Wca m fcXY\_ž\_h fm  
a c YgnV\_c'cWmVä'k bdfnY\_c\_fō b]W]h'6 cbb|\_ 'Ygik s]grVW  
cdfUWk Ubra 'dfnYri bU'i fō gdcgVá 'bU'i hfma nk Ub]Y bUgnW  
'Y]hks s]grV W]sXck ]i 'cfUirLdYk b]U]Wd nbbä'dfUW''

8 ]Y]U' Vc[ Uk sVcbb|\_ žUk s\_cbgY\_k YbW]Vc[ U]Uk sU rUMVXrc'  
dfnYk cfrcbYdchUk rždfck Ux]Xc rLdYk UfXnY ž\_h fyrs\_c'Y]a c[ ä'  
i U]k ]ä'ferk '^ ]bbra 'WcfcVca ''; Xnrc\_fō b]W]bUd]bUgōž Ym  
knXU]ä'rsf[ U]ra i 'i VcWbYdfcX'\_hmdfnYá ]Ubra U]f]žU]Ygä'  
VfXrc'lk UfXžbU]g' dfnYnb]Yk nk ]fUbra c Yi g]\_cX]ä'h\_U\_ō  
'Y]HcXk Yk bälfrn'>Y'\_ca\_f\_]i 'Y]Uä'i g]\_cX]b]i žrUWbUä'gō  
hk cfmäk nVfri gn]b]žU]U]Yá hY i Wm\_]kndYb]cbY\_lä ]b]lä ]'  
\_Uckna ]''@ X]Ya c[ ä'a ]YáH\_U]Wi Wm\_ k Xcgck b]YX]Ygäh ]'  
ck ]Y\_c WcXdurbc\_WUdc'hb]gk ä'd]\_ō''>Y Y] 'Yg]W]X' cžhc'  
a k ]gō:csWcfcV]Yi Wm\_ck Y'Y]h'K ngōdi 'YcbUU 'i sdc ckm  
5a YfmUb kž\_h fmdfnY\_fcWm] W]fX]Yg]mfc\_' nW] 8c\_lcf'  
6i f\_ ]h]k ]fX]ž YdfnYnXk Ux]Y W]U]h]gk c'Y'dfUWk s5ZinWUb]  
fU'i 'b]Yg]ch\_U\_gō:rsdfm]Uk ]Ya h'WcfcVri

K ng\_ ]Y]W]b]b]Yg]ck cXck UbYdck c'bra 'dfnY]k Ub]Ya '\_Ui'  
a c YcgU]ä ]sXZcfa ck Uä\_c\_fō b]Wž dck cX' 'äWk nVfri gn]b]ž  
bU]ä] b]öW] ]sdō\_b]öW]k s'Y' 'i n k W' CbYrs\_c'Y]a c[ ä' dfc!  
k U]ä'b]Y m\_c Xc' WcfcVmi Wm\_ck YžUYH\_U\_YXc' rLdUYb]U

kncfgh\_U fcVUU\_ck Y| cž \Ya cfc|X kž dfnYdi \_]bmi fcrk cfi ·  
dfnYmck Y| cž mU\_ k \_c Wbb Xc'bnWž k mlUxb|öWU cXVnb|!  
Wm| U |žU bUk Yh\_ Ua |Yb| · Wck nW/a c| âf kb|Y' dfmWbb|ä  
göXc' fcrk c' k frcXn|YäW| c' rLdUYb|U'Y|HU| fi V| c' |sWfcVmi  
@Yb|ck g\_|M| c!7fc\bU'

CX\_âXdc'fU|d|Yk gmic| cgrbc'\|dchmô'Vcbb|\_ck äž k|YY  
|bbnW'Wcf VWFU\_hfngmWbnWXUWk |]rLW'NUWcX' rchgUc'  
dc äWcbnW'nsWUgá' dfnY' WUdc\_ Ufa i' dfnYn'Y|HU'I Xck cXb|c!  
bcž Yrk |ô\_g|U|Y|c' Wgdc nk Ub| c' Vcbb|\_ Už bU'Yd|Y' dcdfnYi  
rk |ô\_g|n|Y|' Wm|n|U|bnW dclFuk' cs'Y| c' kngc\_ |Y' rLk Ufrc W'  
|sra b|Yg|n|Y|' Wm|n|W ksb|Y| c' i' Vc| |Wž k d nk U\_ cfm|g|Y'  
8cg cbUma' f XYá' k gca U UäW| c' nXck |Y X|YmWb|Y| c'  
Vcbb|\_ U'Yg|\_c\_cg'6U|U|Ug| |Yfi äž YcfnW'h|ž|Uk s|g|W|' !  
bc W|Lk Ufmrk sb|a' Vcbb|\_ X|YmWb|ž|a c' Ydca Wks|LdcV|Y|  
|U|j| |s'W|b|j|.

- rLdUfä|s|Y|i bY\_
- \Ya cfc|X k'
- rLdUYb|Uk nfcgh\_UfcVUU\_ck Y| c'
- WfcVmi Wm\_ck Y'Y|hi
- mU\_ k \_c Wbb Xc'bnW
- dfnYdi \_]bmi fcrk cfi' dfnYmck Y| c'
- \_Ua |Yb| · Wck nW
- nYgc i' Y|HU|FU |k Y| c'
- rLdUYb|U'Y|HU| fi V| c' |sWfcV|Y@Yb|ck g\_|M| c!7fc\bU
- n| U|'
- bUk U|'
- \_UbXnXcmi
- dUg nh k 'Y|lck nW
- Wcf Vg|fW|s|Lk U k'
- kngc\_|M| c'dcn|ca i' Wc'Yg|fci'
- kngc\_|M| c'Wb|Yb|U\_fk|'
- \|dc| '\\_Ya ||fb|YXcW\_fnb|U|
- W\_fmW



- bckchkcfi 'c\_fô b]Mh
- bckchkcfi 'd]Yfg'
- bckchkcfi 'dfcg]Um
- bckchkcfi 'Ub]\_ k''

? CBHFC@5'A5GM7-5-5

G\_cfc' Vcbb]\_ b]Y' Ygi dfrn' i Xn] hfUk ]cbrñ crbUWU hcž Y b]Y  
 cfma i 'Ya nrsb]Y[ c' UbnW\_ Ucf]]'' G\_cfc' Ygi Vn] UcfnWbrñ  
 a c bU[ c' YäXc' k c' žb]Ya Ufk ]aWgô' csmWY' 'hc XcMfUk ]Uc!  
 a c äXU' i Xn] XUäWVcs]]b]ô''

6 cbb]\_ k WUb]Uk cXô b]Mha ' [ äV\_U' Ha ' g]ä na ' dca U] U  
 knoYb]ä c äXY\_ ]sknk c Uäi W] W]gnc W]NUdYk b]UknoYb]Yb]Y  
 c äX\_ U] b]YXcg]UWUäWYXbU\_ Y\_ Ucf]]ž\_h fY a c[ n]mrcg]Lä  
 na U] Umbck UbYk sdcg]UW]hi g]M' "6 cbb]\_ g]dck Ub]Uf k bcWY  
 b]YdfcWg'cdf b]Ub]U c äX\_ U] dfrn' W]i W] W]gnc W] hfma i 'Y  
 gô'Xi Y'b] 'dc' g]c n]W' dcfUk k sb]Y[ c i Vc[ ]W' K sZY\_ W]nU  
 X]ä na b]Y'dc nk ]Yb]U]sa b]Y' \_ Ucf]]''

6UXb]Ukm]UUrñ Yg]c n]W]XcX]h ck nW%' [ flä k 'Vcb!  
 b]\_ UXn]Yb]Yff k bckUfrc äc\_c c%'# g]n\_ Ub\_] 'a ä\_]\_c\_cgk Yž  
 rk ]arLbY Yg]ns'öSi 'na b]Ygn]b]Yä ' ]c W]\_cbg] a ck UbnW\_ Uc!  
 f]] ]si hfUä' a Ugn]WU' NUcVg]fk ck UbY na ]Ubn]dc'Uk ]Um]gô' b]Y  
 hm\_c' k hXrñ [ Xn] f XYä ' Vcbb]\_ UVm]r]Uk ]YUäW [ c' dcfUk m  
 b]Ydfn]Yk cfrcb]ž\_ U\_ 'WcäVnk Ufmk UWm]\_c\_cgñ UYhY' k hXrñ  
 [ Xn]dcWcXn] 'cb' nsXU ' dfrn]rñ XrcbnW' nsi Xn]UYä ' a ä\_'cs'Y[ c'  
 kngc\_ ]Y' r]Uk Ufrc W]žWcäVna ä\_]\_c\_cgk Y''

>XrñWdchUk micskngc\_ ]Y' r]Uk Ufrc W]Vcbb]\_ U]ž\_h fY a Uä'  
 r]Uk nWU' a Uc\_ Ucf]]žU hca UmWb]Yc[ fUb]WUgô' g]c n]W]XU '  
 VUfXn]Y' \_ UcfnWbnW' K ng]UfWnk ]öW] Yrk ]ö\_gm]gô' ]c ähU ]W  
 dcfUkž Ym] 'g]c nk UäW]U\_ ä' g]ä ä' cV'dc ä'dc nk ]Yb]U\_ 'dc!  
 V]Yflänsdcg]\_ k 'a b]Yg]ä' ]c ä\_ Ucf]]'' : U\_hh]b]rcg]U' k m]U]Ubn  
 ksY\_ g]Yfna Yb]W]ž dcX]Ug\_ h fY[ c' dcdcfgrbc' a ö W]mb' a Uä!  
 W]W' bUXk U] öž Ym]cdf W]k g]Y\_ ]W' XU ž bU' U\_ ]Yhm\_c' a ]Y]  
 cWchözn]UX] ]hY k s]V]ä [ i Xb]UXk UbUW]Y\_ fca Y\_ dYbcn]Ufb]g]M'

[c'WYUdgnbbY]c"6UXb]a c[ ]'Yäri dYb]Yk gng]c. XgY!  
frña ]ögž a ]YHbô" B ]Ya ]Uc'hc'rbUWb]Už'Y ]'Vmñc' dcfUk rñ  
\_h fY gdc nk U] r]Lk nWU" 6UXb]Y hfK Uc' hfma ]YgäW ' dc'  
ha WUgY'Y[ c i Wg]b]WgMi X] fYb]c; ž \_]c[ fUä U'Dfmdc!  
a b]a rñ Y'Y Y]gdc m]k sVä]i 'Xb]Uk ma U Ubä ]WVö\_fca Y\_  
dYbcn]Uf]gY[ c'WYUdgnbbY] cza c[ ]'Yä'mž] Yhm\_c'a ]Y]  
cWcö"7\ 'YVmiH\_u\_gmVñ YVUXb] b]Ym ]' dcfmVmi'Xnb]U  
rññi k ]Yi ' ]bbnW finVñi Gdc nk Ub]Y k md]Y\_ k 'bUUh]Y a â\_]'  
\_c\_cgk Y'Xcg]UWUk ]ô\_gY' ]c VVcbb]\_Užb] 'dgnbbYk nfcVñ  
dYbcn]Uf]gYž k sXU]i 'Vñi ]i hbi ]sk ô' c'k XU b k "; XñVñ  
VUXWY dfñdfck Ux]i ]' hñb\_Y\_g]fma Yb]k scdUfV' c'sdfcXi \_hm  
na â\_]\_c\_cgk YžUb]Y dYbcn]Uf]gY' dgnbbYž i Wg]b]WgMi !  
X]Vñi UYk bY'YgMYk ]öW"

6UXb]Uk m]U i 'äž Yk f Xdcdi 'UWž\_h fnWX]YUk s bUWbra '  
g'cd]i 'cd]UfU'Yg]bU\_c\_cgWžb]Yk ng]ôdi 'YdfcV'Yä 'bUXk U ]"  
B Udfrñ Už k sHAY5a Y]Vb >i fbU 'cZ7]b]W Bi h]h]b f5a Yñh  
\_U g.]a U Umb' nk ]Yb]U\_' ]b]Wb]Y cLi \_UUm]gö k nb]\_] dfñWU  
XU]U &S' cg V k sk ]Yi 'cX &S' Xc'; \* 'Už rLä ]Yg\_i 'äVWV 'YXbä  
nsk ng]i 'YäVWV bUC WUb]Y Gdc\_c'bra "'>X]c' U hcfmñU k U n]ž  
Yk gng]WUXb] Vm] gM d]dca ]a c'Xcg]U]i 'Xnb]U' 6UXb]'  
'X] ]mž] YWVY]ž'YXbU\_YdfcV'Yä 'bUXk U ] b]Y]g]b]Už[ Xñ ]W  
X]YU VñUvc[ UfUk sVcbb]\_ždcWcXrāW] k b]Yñ\_c\_cgk"

6 cbb]\_dcWUb]Ud nbnžXU] c'hY 'k sdfm]Uk\_i 'gdc nk Ub]U  
dcfUk 'dfmñrāXr cbnW nsi nVYä 'a â\_]\_c\_cgk Y' rUYWbY'Yg]  
k md]U]Y Xi nW ]c V]k cXñi K gā\_b]Y cbUk sVcbb]\_r]Uk Ufñi  
k sh'a äVž dck cXi 'äVž Ycb'bU]i Wb]Y]srk ]ô\_gm]k ä'a UgöcfU]  
cV'c'c ä" GñVY' cXW k U gō k hXmb]UgnWb]Yž nUXU gō k ]öW  
a b]YgY dcfVž UšW rUha ' ]Xñ]Yž c[ fU]WU gō ]c ä\_gdc nk U  
bnW \_Ucf] ]">YXcWV b]Yi W VY' hc' i hfma i 'Y gō Xi Yž b] '  
k sdfm]Uk\_i ]bbnW XU žna b]Yg]UäVWVcä dcXUXb]Udca ]öXm  
dcg\_Uä ]" K md]U]Y nVñia UY' ]c V]d nb k 'k sVUg]Yž ] Xngdc!  
nk UgōXi c'Vcbb]\_Už a c Ydfck Ux]i Xc' rLdUfä 'd]k ]öWXi c'  
d nb k "'5b]Vcbb]\_žUb]k cXUb]Y a Uä UXbnW \_Ucf] ]" A c[ ä rU

hc'kndYbjä'lk ^ c äXY 'jsdckgfma Uä Vjō dfrnX\_cbg a ck U  
bjä 'dchfuk 'UcfnWbnW" 8 cXUbjYXc' XjYmrdf kbc'Vcbb] U  
\_c\_cgk Y|cz'U 'jsk cXnā c Ygō:c\_Ulā ]XUbnā 'gdcgVā 'bU  
i a c 'jk ]b]YVcXWi XrUbjUgōVni W WU| cX "8n]ō\_'kgnh  
\_ja hma kglUbjUma 'dfrn]dga r'kUfma 'kbb]YgnY' gā Wb]Y  
cXW 'YgnihY ž YW\_c'k ]Y 'hfUgn"

: @CF5 '9@HCK 5'

Dfuk ]Xck ä' dfUW'bu'gnW 'Y]hik g'ca U Uä 'VU hf]Y'HY\_cfmgh  
bY XU bu'ž g'Ubc ]āW k ]ō\_gc äž k n'k UfrLā' k ]Lā ]bm]s]bbY  
g Vg'Ubwž \_h fy cX n'k ]Uā \_ca f\_] 'Vi Xi 'āW dck ]frnWb]ō 'Y  
']Hž i g'fuk b]Uā' d'fcWg k WUbjU]U g\_Ub]\_ k' dc\_Ufa ck n'W  
]sk g]YfUā'XcVfYn'fck ]Y'HU' b'ufuk Xō'rbUWbU]c ä'hY'a \_fc!  
cfm'Yg]b]YfVōXbUXUn'fck ]U'K si \_Ux]Ydc\_Ufa ck ma' mā'  
hY 'a \_fcf] ]b]ra n'blā 'b]Ydfm'f'rbY 'VU hf]Y]s'fc X Yž\_h fy  
a c [ā'r]gn\_cX]jä">Y Y]i \_UX dc\_Ufa ck m'Yg]n'fck nā VU hf]Y  
dfrn'f'rb]Yb]Yhm\_c'gā'rbUWb]Y' ]Wb]YgnžUYhY' i hfma i 'ā'hYb]Y  
\_cfmg]bYdcX\_cblfc'ā"

6U hf]Y\_cfmghbYXUbu'gn] c'n'fck ]Uk g'UbjUYferk ]Uā'gō  
k hXnā] Xnglc n'k Uā m'dchfuk m'Vc[ UY'k s'Vcbb]\_ž[ Xn'Yg]hc' ]W  
[ kbn'dc\_Ufa "? ]YXrblg'UX]YU'rk ]fUcX'dck ]Yb]ā]c äVcb!  
b]\_UžVU hf]YhY'gā'g'Wō 'k Y]s'Xca ]bi 'ā'k Y\_cfnY'Y]hck Y">Y Y]  
b]Yg'lc n'k Uā m'Y]c'cX'dck ]Yb]Y'XUk\_ž]W' ]WUg'U'XžrU'hc W'  
fU'Yd]Y'a Uā'gōVni 'āWbUW\_fUW]sk d' 'ck cXU'UWdfrn'f'k cfr!  
bn'W'f'c X Y]s'U hf]Yg]\_cX]k YXUbu'gn] c'n'fck ]U'ž'fcXck ]g\_c'  
'Y]hck Yrcg'UYk hXm'U' frcbY'HUg]\_cX]k Ua \_fc cfUi g]\_U'U  
dck ]frnWb]ō'Y]H]s k Ub]UXc'b]Y]c'hc\_g'n'WbYdfcX'\_mi VcWbY  
dfrnā ]Ubnā Uhf]ž\_h fy bu'g'ōdb]Y dfrn'Xcg'Uā'gō'Xc'\_fk ]cV]Y]i'  
]s\_fā ä'dc'Wna\_c] ]b]ra ]Y'H'rs\_c'Y]a c Ydfck Ux]jä'Xc'UYf ]]  
dc\_Ufa ck n'Wž b]YXc n'k ]b]Už dck g'Uk Ub]U d'U'c'c] ]WbnW b'ufc!  
'ž'ferk c'f'\_UbXn'Xcm]sgn'fY]i ]b'bn'W d'fcV'Yā k'n'fck ch'bn'Wž  
HU ]W'U' Uf]fYma ž'r]d]U]b]Y]g\_f'rā'W'n'X'dfYg'Už\_h fy d'rcf]b]Y  
kn'Uā'gōb]Yrk ]ā'r]b]Yrs'X]U]b]Yā 'i \_Ux' 'dc\_Ufa ck Y]c"

B ]YXk bYVUXb]Ua Yxwbyk mUfUrñ Ylf ' [ ]WfnXm fYXb]c!  
U Wwck Y dclUUA' k UVk c WdfnYXk rLdUbY ]sdfnYXk i hY!  
b]UaWZ \_h fY dca U Ua' ksrLdcVY] Ubi ' hkcfnb]U gô rUrf k'  
k srb]WV ]sferk c'ck ] Wcf V gYfW' 6UXb]Yhc' dck ]YXUcV!  
gYk UWZ Yk f X'i Xñž \_h fmglc nk Ua'X' c'c'Yi \_c\_cgk Y] cž  
UfXrc' frLX\_c k ngôdi 'ã WcfcVngYfW'

A Yxwbu i Xck Uk ]Yi \_i 'h f' bUWra ' k ]WYk mcfmg h' Y  
c'Y' \_c\_cgk mXc' Ww]Uf bcfcbnWdfcVYa k rXfck chnW'  
>Xbâ nsbUfXñ]Y' bUXk nWUbnW k UVk c W]H] c'c'Yi ' Ygi  
Y] c' dfnYXk U ]hfnbY Xñ]Uub]Y' Nuk UfY' ksc'Yi \_c\_cgk ma'  
hf ' [ ]WfnXm fYXb]c U Wwck Y fA 7HE' dc' gdc nW' dfnY\_gfU!  
WbY gâ' dfnYi cf] U]ra ' ksrk UWA'W rLfU\_ ]' g VgubWZ \_h fY  
gmV\_c fcrdfUk ]Ua' gô nsWcfcVck fWra ]' k ]fi gâ ]ž VU\_Hf]Ua ]  
]s fmvâ ]' 6UXb]Uk mUfUrñ YHYg VgubWYrLm]Ua'a ] fccf] U  
b]ra nk nk c i 'ãV]bZY WYrLhc' žrLdUyb]Yd i W]bZY WYdôWYrU  
a cWck Y] cž \_UbXñXrñž [ fndôž cXfôž cdfngW] ôž a cbcbi \_Ycrñž  
rLdUyb]Yk âfcVrñmli '7 ]sk ]YY]bbnWdfcV'

7c' k ]ôWZ c'Y' \_c\_cgk mXc' Ua]U i \_UX ]a a i bc'c' [ ]Wbñ  
dcdfUk ]UhfUk ]b]Yž Wfc] ]dfnYXbck chk cfUâ ]žk gca U UdfUW  
HfWwZUfU YrLdcV]Y Udck gUk Ubi k ]Yi ]bbnWdfcVYa k'  
rXfck chnW]sYwñ'Yž'Y Y]' ' k ngôd] mK sWi rLdcrbU]Ugô  
nYk gng h ]a ]k UVk c W]â ]dfcnXfck chma ]c'Yi \_c\_cgk Y] c'  
rUWôWâ Xc' \_Y' h fmg]bbY'a c'Y' \_gâ ]dcXmhi Yâ '7i Xc'Yi \_c-  
\_cgk Y]c' nX' 'Ch X]c' 5gfdgnWc'c' ]]Q'

~4> ~H LJ 4 ~@p><>B>BFBJ 8~

Nk =? QN5B=9' =c | 7=8N=9BB9, C'GDYMW=5' 6=CBB=?5'

8 ]YHmWnrUYWâ' gdc nk Ub]YVcbb]\_Uks]c W]&S!' ) [ fUâ k'  
Xñ]Ybb]Y' H' & 'i V' 'fUmik ]ôW' b] 'dfnYXbU'Y] c' \_cbg a dWU  
k sk ]ô\_gc W]\_fU' k NUWcX' ž [ Xñ]YrLUgô [ c'c'c' %S!% [ fU  
a k 'bUXñ]Y "' 8cXUb]YXc' X]Ym dchUk 'gclfrñXrchnW' bUvUñ]Y

a â\_]\_c\_cgk Y^a c YrbUW^W rk ]ô\_gnä Xn]Ybbâ XLk\_ô dfmî  
a ck UbY| c Vcbb| U^

5 Vmîrk ]ô\_gnä ]c ä\_glc nk UbY| c bUW Xn]Y Vcbb| U|sk nh  
\_cfmgî Lâ XcVfc W^bmk d nk ]\_c\_cg UbUnXfck ]ž kngî U^WmXc!  
XLk Lâ b]k ]Y\_â ]c ä a â\_]\_c\_cgk Y^ Xc dcfUk ^gîc nk UbnW  
rîk nW^ 6 UUb] U k mîhî žž Y k nVc| UWb]Y X]Ymî^1 csa Uâ  
]c ä Vcbb| Ua UrbUW^Wk d nk bUg Ub nXfck ]U^B Udfrmî Už  
dcXWîg VUUb] UbUXWfcVâ gîVck c! bUW^b]ck â\_gk ]YXrbcž Y  
k f X î Xnž \_h fmW X]YU VmU Vc| UHk sVcbb| \_fmmîc k ngî!  
d]Yb] UWfcVmgî W^mîc a b]Ygîcs&% b] i s]bbnW^F b]W  
ks]c Wîgîc nk UbY| c Vcbb| Ub]Y VmUXî U bUk ]ô\_g UXLk U  
k nbcgî U^Xn]Y& ] flâ rîWîhî ]mîc - !%\$ ] flâ k dck mY^bcf!  
a mîNs Ukc Vîa a c bUrîk ]ô\_gnä ]c ä \_cbgî a ck UbY| c Vcbb| U  
cs !%\$ ] flâ k dcdfcgî XcXU^W^c n(UXUbnW^W Xn]Yb]Y dcfUk  
\_]\_U mY\_gîc ck nW^a â\_]\_c\_cgk Y^

A c bUhc î mgî Už Xcgnî žW^c f bcfcXbnW^bUc^ kžk nî]Y  
\_ kžrîd]Y UbY\_žri d Wîmgîfk ck UbnW^bU| cfâW^d Uî k b]U  
XU]ck nW^XbY^i VXk W mY\_gîc ck nW^a â\_]\_c\_cgk Y^H  
dfcgmîs U k mgîcg V bUk nVc| UWb]Y X]Ymîk sVcbb| Vîrk dfc!  
k UxUb]U XUgnWbnW ra ]Ub ksXchnWUîgk Y^ X]YW^ =bbra  
gîcg Vâ ^gîhî nk Ub]Y a â\_]\_c\_cgk Y^ Xc d]Y Wb]U^ Gâ bUhc  
Xk ]Y a YrcXîhî5 Vc Xcgnî Ygîô a â\_ô\_c\_cgk â Xc ]bbnW^a â\_ž  
k mîcfmgî žWîfîd]gîmîk UfhYk sk ]ô\_gîc Wîgî Y \_i WUfg ]Wž  
U VcfcV] k mî]Y ]k scdUfWî c sîfîd]gîmîk UfhYk sb]b]YgîY^ gîa Wž  
\_h fYk sWc Wîdc Y Uâ bUîhî^a âW^K nîh ck â Wwâ hî^gîa ]  
^gîZU ]ž] k ]ô\_gîc ä cdi V| ck UbnW^k sb]Y^ dîfîd]gî k k mîcfmîh  
gî Yk mîWb]Y a â\_ô\_c\_cgk â"

K M P C F N M G H M K 5 B - 9 D F N 9 D - G E K G H 5 B 8 5 F 8 C K M <

8 c b]YXLk bUa â\_U\_c\_cgk Ub]Y VmUnVîhî Wîgîc k mîcfmgî nk U  
bUXc k nî]Y k "7rî Wîck c Vmî HJ XU] cž Yhî Xbc ^Yî nk Už  
b]YrbU^WY^k U Wîk c W^Dca ]a c Yk nî ^âXâ ]sZU hî fâ dîfîdîc!  
a ]bUa â\_ô dgîYbbâž ^XbU\_ k scd âWb]i ns]bbra ]g Ub| Uâ ]

fWdli f'bjYrUWcki 'YgôHJ 'gâ c"8`UM|c'hY' b|Ya c bUi nä  
kmâWb|Y'Y'ksdfnÿl|gUWz\_hfYd|g|bygî namâcsa âWdgnÿbY"

K sa âW\_c\_cgk Y'b|Ya U| ì hbi žg. Ubb|\_UkUby| c'XUd|Y  
Wb|UWYU'; ì hb'Ygk k n|Y\_UWb|YVôXbrz| Xn'g|fUk |ž Y  
Wg|c'Yg|d|UgnWbYzX|ô\_|Wâ i 'k |ô|VâV\_'|dck |YfrLzWbU  
XUYdgnÿbYa i 'WYvck |WUfU\_hfngnWbâz'Y\_â\_cbg|nWô"

?c'YbUf b|W Ygi HJ Už Y a â\_U\_c\_cgkU Ygi rbUWb|Y  
Wcbb|YgUcXa â\_|dgnÿbY'Wm|bbnW a â\_">Ybâ'nSWWU  
fU\_hfngnWbnW Vcbb|\_U Ygi 'Y|c' nX'bc ä Uv'gfdW'k |]cW'  
NfUW'kngc\_|Y'rLkUfrc Wv'cbb|\_Uksa âW\_c\_cgk YždcWU|JU  
cbUXi c'k |ôW'd nb k 'b| 'bbYa â\_|"

G cfc'a â\_U\_c\_cgk Ub|Ya U| ì hbi žrUrc'Ygi VUfXrc Wcb!  
bUž b|Ya c bU b|â rLgâ|jä %\$Sî 'a â\_|dgnÿbY'ksdfnÿl|gUW  
g|Ubx|fXknW'; XnVnksdUfW'csrk m n|dfnÿl|gdf Vck Lâi d|YW  
Wg|c'WY'c'U'ck Yz rLgôdi 'âVWâ'a â\_ô'dgnÿbâ'a â\_â\_c\_cg!  
kâždcb|cgcVn|gôri dYbY Ug.c' k n|Y\_'VmVnrik UfXn|s\_fi Wn  
Uga\_U'ckUv'nc\_fcdb|Y'

K sdfn|U\_X i 'k |ô\_g|c Wg|Ubx|fXknW dfnÿl|g k 'a â\_U\_c|  
\_cgk Ub|Ya c YrLgâ|jä a â\_|dgnÿbY'U|'jbbnW a â\_'ks%\$Sî "'  
HnYU'âra |Yg|Lâna â\_â'dgnÿbbâz n|b|â'î Vck g|Uâ"Dfm|c|c!  
ki 'âVWYn|gnV\_|Yzrk m 'Ya c bUrLgâ|jä Xc'&)\_ 'a â\_|dgnÿb|  
bY'\_c\_cgk âž Wcâ'Yd|Y'i nä hY'cg|U|b|Y'YXn|Y%\$!&Sî "'Hc'  
|šU\_|rbUWb|Yrk |ô\_gm|'c äg|c nkUby|c Vcbb|\_U'

Dcb|YkU'a â\_U\_c\_cgk UdcWU|Uk |ô\_gnâ|'c ä'd nb k 'b| '  
a â\_UdgnÿbUž hfnYUHY'VôX|YXcXlä Xc' dfnÿl|g |fcWô'k |ôW'  
kcXr|DcXg|Ukck U rLgUa k |ž WmXcXlk Lâ'YXbU'ckâ|'c ä  
kcXmî V|bbY|c'd nbi "'>Y|'k |ôW|g|c'g Ygô'd 'gn\_U\_|'a â\_|  
\_c\_cgk Yžrc|'c äkcXn|dfn|k |X|U|bY'dfn|dfnÿl|g|bUY n|rk |ô!  
gnâf k b|Y'csd '|gn\_U\_|'">Y|Y|žbUdfm UžXc' dfnÿl|g 'bUY m  
i nä%gn\_U\_ôa â\_|dgnÿbY|s%gn\_U\_ôk cXz|rc'a c bUra b|Y!  
gnâ|'c äa â\_|dgnÿbY'Xc" # |gn\_U\_||sXcXlä%# |gn\_U\_|f|&)\_ E  
a â\_|\_c\_cgk YžUY'YXbcWY b|YbUY m|Lâ |ô|Lâž Yn|XcXlä%#'

g<sub>1</sub> 'Ub\_]kcXnfWm]i näksj a ]Y%]s%# 'g<sub>1</sub> 'Ub\_]kcXn]H'c[ 'bY  
knmWbY' B U'Ydgrna 'g<sub>1</sub>cgVá ž U'ncWb]ž W'nXcXUc'gô'knh  
gUfWU'áW]c äk cXn'Ygiglc'fmb]YbUcfma Ubâ'a [g<sub>1</sub> fô">Y Y'  
kn] äXUbUnm]ig WázbUY m'XcLä'YgWY'f'cWöd nbi "

>Y ] 'YgY' i W' 'cbmbU dgr]b]W' i V kfU ]kmbU [ i h'bz hc'  
b]YVôX]Yg' Wm]U' k m'cfmg'nh Lâ' gU'XfXck nW' dfn]d]g k 'bU  
WYW' K sma 'dfm]d]UX\_i ž b]b]YgU\_gâ\_Uc\_UYgô'XUWm]Y  
b]YcWb]cbU'K gmg] ]YfWd]h fin'k sb]Y'rLk Uf]Ygâ'Vr] i h'bcY'  
A â\_U\_c\_cgk U'Yg'YXnâ'a â\_â'k m'cfmg'nh Ubâ'k sk ]ô\_gc W'  
rLâ ]Yg'W'cbnW'hi 'dfn]d]g k"

D-97N9B-9'DFNMI ¥M'4 'G5A9>A'=?'C?CGCK 9>'

CX'Uhi nk Lâ 'Xc'd]Ym]b]Ua â\_]dgr]bbY' ]nsj \_Wgá 'fcV] Yá '  
dfn]d]gr]bY WYr]h'cfm]d'UW]' ]sdfn]f bY W'g]W'U'?' ]Xn]rU  
Wâ Yá 'Y\_g]fma Yb'ck Lâ'nsa â\_â'\_c\_cgk äž k n'Xk Uc'a ]gôž Y  
kn]gUfWm]U'gâd]ä b]â'a â\_ô'dgr]bbâ' ]Xc'cbLâ'YXn]b]Y\_]\_i 'b]Y'  
rbU'bnW'ra ]Ub">Yb\_U YrU\_UXna 'fU]Yá ž [Xn]k s%\$Ss' 'cd]Y'  
fU]Yá 'gô'bUa âW'\_c\_cgk Y'ž dcbcg] Yá 'UcgbYdcfU\_]\_'G\_Wgñ  
cXbcg] Yá 'YXn]b]Yk h'Xr] [Xn]a â\_ô'\_c\_cgk â' âWm]Yá 'ndgr]bbâ"  
A c[ Yá 'dcXa ]b]Lâ W' bUk mY' &\_1 'a â\_]dgr]bbY'ž 'Yb\_U Y  
k sdfm]d]UX\_i 'k ]ô\_gc W'dfn]d]g k 'bU'Ydgr]Y'Z\_m]i mg ]k UYá ž  
[Xn]a â\_U\_c\_cgk Ug]h'bc] U%]!&Ss' 'a Ugr]a â\_">Y Y']rLgâd]!  
Yá 'k ]ôW'b] ]&\_1 'a â\_]dgr]bbY'ž W'fU'h'f' d'fcX' ]h k rU'W'nbU'  
rL] k UUb]Ygô'ra ]b]Lâ"

NUWâ Yá 'k ]ôW'gri \_Lâ' dfn]d]g kž\_h fYk s%\$Ss' 'cd]YUn'Vngô'  
bUa âW'\_c\_cgk Y'G'cb]U'hck UYá 'gô'nsi Xa ]Xc k ]U'W'cbn  
a ]ks'Y'k m'cfmg'nh Ub]i ž W'c\_U'Uc'gôž Y 'YXn]b]Y Xc'gô'dbY  
dfn]d]g m]U\_U'Um] äW'Wb]Y a â\_]\_c\_cgk Y'nsdgr]bbâ'" 7] 'i Xn]Y  
f k b]Y 'b] [Xn]b]Y rLg'ô'ck U]' a â\_â'\_c\_cgk â'k ]ôW'b] ]&\_1 '  
dgr]bbY' B ]YVn]Yá 'k s]U]YrbUY äk s]Lâ hma W'U]g]Yb]\_c[ cž\_hc'  
m'ô'ck cXn]b]Yá 'kn]d]Y\_U'Vn]d'fcX' ]m]Lk ]fU'áW'k m'âWb]Y a â\_ô'  
\_c\_cgk â"

Palma kokosowa jest nazywana drzewem życia. Przez tysiące lat produkty kokosowe były wysoko cenione i do dziś zajmują szczególne miejsce w medycynie ludowej. Są traktowane jak cudowny lek na wiele dolegliwości. Ludność afrykańska, która na co dzień korzysta z orzechów kokosa, nigdy nie zapada na takie choroby jak cukrzyca, otyłość czy kiłopoty z sercem.

W książce znajdziesz wiele przepisów z młki kokosowej. Ma ona więcej białka niż młka pszena i dziesięć razy więcej błonnika, więc idealnie pasuje do diet niskowęglowodanowych. Spróbuj, a przekonasz się, że potrawy te w znacznym stopniu poprawią trawienie, uregulują poziom cukru we krwi, zapobiegają chorobom serca, zablokują powstawanie komórek rakowych i pomogą w utracie wagi. Diabetycy, alergicy i osoby na diecie bezglutenowej mogą bez konsekwencji delektować się różnego rodzaju potrawami z młki kokosowej.

Ta książka odmieni nie tylko Twoją kuchnię, ale i zdrowie!

Patroni:



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