

Zdrowie z natury



dr Bruce Fife



Woda KOKOSOWA

Naturalny środek uzdrawiający
o naukowo udowodnionej
skuteczności

EKSTRA
36 PRZEPISÓW
NA SMACZNE
NAPOJE

vital
EMANANCA ZDROWIA

Vital
GWARANCJA ZDROWIA

REDAKCJA: Irena Kloskowska
SKŁAD: Hta UgrID] UgrYk]W
PROJEKT OKŁADKI: Piotr Pisiak
TŁUMACZENIE: ; frM[cfr7]WYā[

Wydanie I

6-5-MHC?`&S%
=GBB`-+,!,!'*(&*,!),!+

Hhi`cfnf]bUi`Coconut Water for Health and Healing

7cdn6[\h`&SS, žVn6fi W:]Z

5`f[\hgfgfj YX`B c dUfrcZhlgVcc_`a UrMfYfndfcXl WX`b UbnZfa ž
Y WdhZcf V]YZfY]k gzk]h ci hk f]Hhb`dYfa]ggcb Zca`h Ydi V]g`Yf

7cdn6[\hZcf`h YDc`]g` YX]hcb VnrK nXk b]Mk c J]HUz6]Ungtc_`&S%
5`f[\hgfgfj Yz]bW X]b[`h Yf[\hcZfndfcXl W]cb]b k`c Ycf]b`dUfh]b UbnZfa`

K gY`YdfUk UrUgrfny cBY`UXbUW6`āh`di V]_UW]b]Ya c YVnā`dck]YUbU
Ub]ferdck gYWb]UbUrUdca cWāi frāXny`YY`fcb]WbnWza YWUb]WbnWz
_cd]i`āWwZbU]frk UāWwV]]bnW Vfrid]gā bY`r] cXrncgUXUWrdUk`U`hcfg]W



% !+*&6]Ungtc_`

i`"5brcb]i_` : Wf") #&

,) **&- &*+` fYXU WU

,) *) (+, S*` gYfYf]U]

,) *)`%`S` Xr]U`UbXckm` \i fh

,) *) (+, ")` kkk`j]U]b]&`d` XfU

g]fcbUk nXk b]Mk U`kkk`k nXk b]Mk c]]U`d`

g`Yd` fa ckm6]Ungtc_żi`"5brcb]i_` : Wf") #&

K]ōW`]bZfa UW]rbUXr]gnbUdcfU]i` kkk`cXrnc]]U]b]Y&`d`

DF-BH98`-B`DC@5B8



FcnXjU%	Woda życia.....	' +
FcnXjU&	Woda kokosowa w kroplówce.....	' %
FcnXjU'	Nawadnianie doustne	' ''
FcnXjU('	Elektrolity nadają życiu smak.....	' *+
FcnXjU)	Napój zdrowia.....	' -)
FcnXjU*	Woda młodości.....	' %&
FcnXjU+	Zdrowie układu żołądkowo-jelitowego	' %)
FcnXjU,	Oczyścić organizm z wodą kokosową.....	' %+
FcnXjU-	Kokosowa rodzinka	' %)
FcnXjU%\$	Przepisy z wodą kokosową.....	' %\$+
Aneks A	Jak samodzielnie przeprowadzić doustną terapię nawadniającą w domu.....	' %\$)
Aneks B	Godne polecenia	' %&
Przypisy.....		' %'

+ «Ÿš · μoš

K C85?C?CCK 5 C75@-5 A=UM7-9°

? Ud]hUb]Ya [i k]Yfmäk Ubrna cWca "BUk]XcWbY'k cXXU
]gä chY'kngYdWgU'knU b]YdchfnyM äWrdca cWra ô WmbU
ksgä Y'V]Y] b]Y'7\Wdfm i äi kU örUc[]c_fdi žYbYf[]Wb]Y
kna UW]kU' U äiYgkc]Wi VU žk mk UäWdca cWh

?]_Uhm]cXb]k WYb]Y'g'by'fmg]b]Yr]Ya]i svfm] k' bXc!
bYn] knk c Uc' gYf]ö dchô bnW hg blä]ž_h fY rf kbUmrsr]Ya]ä
hngäW_]ca Yf k'_kUXUcknW']b]] Vfm] ck Y']sW_ck]WYdc!
Wcbôma b]YgY'kngd_] "D]Yfk gU ZUž WZäWgö ks_]fi b_i'
cWbi ž dcfk UUnY'gVä'A]WUYUA Ub] UŽ bUgM] c' fcrM]h UŽUY
Wk]öd b]Y'c'YbUž'YgMYk]ö_gLžndckfchä knfiri V]U[c bU
Vfm] "B]YgYmžc_UUc'göž Yksrb]gMcbY'k]cgYb]Y dcmgLU
nk UX gU FUbbr]sXgYfck UbrnA]WUY'fcrdcWä kU_öcsdfm!
hfkb]Y'NUUgndc nk]Yb]U]sgcX_]Y'kcXm dfm]dUXrāna i gUäW
[cXc' nk]Yb]Ugö_c_cgä]i rUWYUäWä]n]Ya]ö]s i fWck c i W
d]cbna]Xfnkž_h fYdfnYfk Un]U]U_hg blä] "Dfn]n_c'YbnW &'
Xb]Vmi'Xbrna 'dc_Ufa Ya 'A]WUY'U'K gng]_Y f XUbUkngd]Y
rU]Wm]WUgcbUkcXU]sgMāh_] ">Xbrna 'Xcgöcbna ' f X'ä'
d nb k 'VnUkcXU_c_cgkU'

; XnA Ub] [U'kf W]bU cbc'Wk]]rUWžc_UUc'göž Y 'dca]!
a c'k gfrāgUäWV dfny nāž VU_i 'dc_Ufa i ']skcXm d]hbY' 'Yg
ksg]g b_ckc XcVY'cbXWY'Xfck chY'? c_gnXcgUfWma i '

g VgUWw cX nk WwW jsd nb kž_h fnW cf[Ub]ra ' dclfnYck Už
 VndfnYfk Uä"7nck JY_ a c YdfnY nä Vñdc_ Ufa i ' _]_ Uhm̄cXb]ž
 UYVñk cXm̄ 'i ' hm̄ c_]_ UXb]žXUH[c XUA Ub[UU_ i Wck Y
 rbUWb]Ya]Uc rbUYñYb]Y f XUk cXrd]hbY"K sfU VWgk cY[c'
 & !Xb]ck Y[c' dcVñi bUk ngd]Ya [' d]ä' YXnb]Yk cXõns_c_cg k"
 K g lca]bUäVwczW/a i ' gōdfmXfmcžA Ub[U' gk]fX]. ' K cXU
 _c_cgk Ui fUck UUa]' nWY "

Dc' knXfñb]UW & ' [fi Xb]U&SS('fc_i ž[XñbXcbYñō'bUk]Y
 Xñ] c' hñrōgYb]Yñ]Yä]' gY] Udchō bnW hñ bUä]žk]Y Ycg VdfnY m̄'
 hc' g]ä c' W' A Ub[U'" @ Xñ]Ya i gY] dc' Y[Lā bUhma žW'a]Y] dcX
 fō_ä" ? c_cgžk nlcgU cbYk sk UfXä_g cfi dō]sdck gnWb]Yk ngñd
 di 'äWk šma fYcb]žgUm̄gō' YXñbra ' f XYä 'dc nk]b]U]sk cXñ
 dcb]Yk U ' hm̄ c' c' bYdfnYfk Um̄ 'ōg_ō nk]c ck ä" K sa YX]UWdc' U
 k] c' gōk]Y Y']gcf]] cšMXck b]YcWUnW' @ Xñ]ž V]ā[Ub] Xc' cW
 Ubi ' dñfñidchō bYZ]žWk nñU] gōi bcgñWVgōbUdck]YñWb]
 gMāh_ kž knLk]U] ' dññd nk UäW k sdcV] i ' _c_cgñ]schk]YfU]
 'YñōLā]" =bb] Xi []a]' hm̄cXb]Lā]' dññä]YñU] 'k]Yg_]YcVgUfñ
 gri _UäWYXñb]U]sk cXñ]sbUXi 'äWYk Ub]Yks_c_cgUW' ? c_cgñ
 Xcgck b]YcW] mñg]äW i Xñ] dcnMk]cbnW Xca i "

A]ñ_ U Wñfcd]_ UbnW kngd' XcVñYk]YXñž 'U_ 'dc nk bY gñ
 _c_cgñiH' c' bY i a c ']k] m]W dñrcX_ca ' dññä]YñU]Y c] fca !
 bnW dññgñb] cWUbi žXcgUfWUäVdcfōMby c']scXdcfby c' bU
 hfi XñdcX' m̄ f XUdc_ Ufa i " B Uk]Yi ' a b]YgnW kngd' UW
 'rk UgnUubUur' UWCWUbi ' Gdc_c' bY[c' ' d]UgnñgUžki _U
 b]Mbu[' YU' Yññññidcfck UHžVñi hñma Uäks gV]YgcX_äkcXō"
 >YXñbra ' f XYä ' dnb k]sdc_ Ufa i ' gUYgō_c_cg_ Xñ]ō_]_h!
 fYä i žbUk Yñb]Ya UäVWcgñdi ' Xc]bbnWdc_ Ufa kž dññfk Lā nñ
 b]Yhm̄ c' Xi []Ya]ñg]äW UY]sU"

K C85 ùM K 5

DUa U_c_cgk U' Yññi a]Yk UäWfc ']bā" Dck]UWž Ya Uhm̄
 g]äWUg'cgk U žLs_ UXä ' Y' Wō ä' a c bUXc' Wñ[c ' kmcfmgLā"
 8cgUfWU ' YXñb]U]sd]Wž a YXñLā Ybh kž UY hY ' a Uñf]Ui ' bU

M XckôXca kž cXnžgfrñi Xc`dc cki`fnVžXc`kndUfUjU`jž
 gWVž_cgrñXc`knhkLfrLbUa |gž`dcXc[] |sa UhBUdcXc[ô`Vñ
 i VfU` `Ušlc`hm`c`Wf VY`[fm`cXckY`">Y`]`kñXckUvm`bU
 Vñi XbY`kngl]Vž UšdcX`fô`â`a |JUVm`YXñb]Y`dUa ô`_c`cgk`â`
 |sk|YXrô`cs`Y`k`m`cfmg|Ubj|žhc`a |JUVm`gUbgô`dfñYfk`Uâ`DUa U
 _c`cgkUcX|fñk`UH`_c|`fca`bâ`fc`ô`ks`ñV`"i`X`k`kngl]Ufg`|Wž
 `YbUfk`Ubc`â`bUk`Yi`Xñk`Yâ`ž`_h`fYXcgUfWUk`gmg`_Y|`cžVW|`c`
 dclfnWUks`ñV`ž`i`Vdc`dfcg`i`Xñk`Yâ`_ñVU`"

5sckcWâ`Xñk`U`ñVU`Ygi`_c`cg`K`S`Y|`c`k`b`dfri`rbUXñ|Yâ`m
 b|Yrk`m`m`d`nh`k`cXô`_c`cgk`ž`dfUk`Xñk`â`_ñk`â`k`cXô`"H`b|Y
 dfñbc`b|U`k`cXU`_c`cgk`U`Ygi`ñk`â`h`U`_â`dUa`m`_c`cgk`Y`%`
 ;`Xñ`_c`cgk`Xñ|Y|`gô`c`X`Xñk`U`ž`a`c`Y`dfñY`ñâ`Y`g`M`Y`bUk`Yi`_`U
 a`|Yg`ô`Wñk`cXUrs`fUbi`ž`gfi`a`|Yb|Už`gi`Xb|ž`U`bUk`Yh`Uc`Wñg`M`c!
 bUk`sd`fc`WgY`c`Xk`f`WbY`cga`cnñ`Y`g`ik`S|`fi`bV`Y`fñWñia`Ufk`U`
 Ns`_c`Y|`k`cXU`_c`cgk`U`g`U`bck`|`g`ô`b`U`ô`Xk`â`_ñk`Y`fc`|`brñ`H`
 nsb|Y`_`|srsa`|â`gi`_c`cgU`_`g`ô`|sg`Vg`U`bW`cX`ñk`WY`Wñd|Y
 bck`Už`ferk`|Uâ`W`gô`dUa`Už`_h`fUrs`WUg`â`dfñYfc`Xñ|`gô`k`sk`ng`!
 _|Yž|`fi`â`W`bU`K`_c`|`W`Xñk`c`"

Woda kokosowa`Y`g`ig`dYdc`ñk`|Yb|Yâ`ž`k`m`Y`b`c`bna`_dc`Vññ!
 [|`a`|YbYUâ`|ž`k`|Hâ`|bLâ`|ž`Lâ`|bc`_k`Ug`â`|ž`W`fLâ`|ž`Ybma`Lâ`|`
 |s`cfa`cbLâ`|`k`rfcg`i`"Dog`UXU`ñ`a`|Yk`Uâ`W`k`U`V`k`c`W`Y`W`b`W`Y`
 C`V`W`Y`Y`k`m`cfmg`i`Y`g`ô`â`b`U`W`ra`_k`|Y`W`Y`X`U`f`U`k`U`b|U`i`Xñ`_Y|`c`
 `ñV`ž`k`sg`W`Y|`bc`W`k`sk`U`W`rs`W`c`Y`fâ`W`c`f`Vâ`ñ`Y`f`Uâ`W`d`cbi`fY
 b|k`c`k`k`|Yi`Wô`W`W`k`|U`U`A`c`Yñ`U`U`ck`Lâ`k`d`U`_bU`m`š`k`U!
 h`k`b`ng`d`cg`Vž`Y`d`cn`U`k`|`W`c`f`Y|`c`_ñV`U`k`sd`fñ`V`|`i`%&|`c`Xñ|`b`"D`M`Y`
 k`c`Xñ`_c`cgk`Y`rk`|`ô`g`U`dfUk`X`dc`X`c`V`Y`g`k`c`dfñYfk`U`b|U`U`i`
 W`c`Yñ`b`U`k`Y`ics`+`"N`Y`g`tâ`f`k`b|Y`g`i`h`W`b|Y`g`f`U`k`X`U`g`ô`k`sk`U!
 W`rs|`f`nd`ž`W`ñk`cb`_ž`g`Ja`cbY`â`|s`W`c`f`V`Lâ`|`k`ñk`c`U`bna`|`dfññi`
 d`U`Y`W`|`c`_fô`b`W`ñ`B`|Y`a`i`g`b`U`k`Yñ`L`U`|`Lâ`W`c`f`V`c`k`f`W`ñ`W`k`|fi`!
 g`k`|S`U`_h`f|`ž`k`ng`U`f`W`ñ`Y`X`c`g`U`f`W`ñ`c`f|`U`|ra`ck`|`g`V`g`U`b`W`c`X`ñk`!
 W`ñ`W`ž`_h`fY`dca`c|`â`a`i`_dc`X`â`k`ñi`k`b`U`b`â`k`U`_ô`"K`cXU`_c`cgk`U
 dca`U`U`i`fY|`i`ck`Lâ`df`U`W`cf|`U`|ra`i`|sk`ra`c`W`|â`|`cž`X`c`U`â`V`a`i`g`
 dfñY`X`d`ch`W`Y`â`rs`W`c`f`V`â`"K`|Yâ`ñ`U`_Y`_cfm`W`dfm`bcg`|`k`srk`U!

*K`cXU`_c`cgk`U`X`c`g`U`c`b`U`Y`g`ik`g`_Yd|Yk`k`k`j`|H`b|&(`d`f`f`f`m`d`k`ñk`_dc`"E`

WUbi `ra dWbJLz rldUfaž cXk cXbJbJU cf[Ub]ra i ž ksWfcVUW
 bYf_ `sdōWfrUcfUhdfrnUg frY `srlāa JY`7cZUk g Uh k_] nŕl UfUž
 cXk fUWāVl Vgclck UbJūāVfvcWgUfrnBjLžUclckXcVbc rŕk jō_gUHY`
 `JXc"? c_cg`YghickcVā ` \dcUYf[JMbna žW crbUWŕZ Ya c[ā[c`
 gdc nk Lā`bUk YfcgVnŕMfdJāWbUUYf[JY dc_ Ufa ck Y`7c`k jōWž
 kcXō`rs_c_cgJa c Yā nŕgdc nk Lā`VrŕcVUkž dcbJk U`rUk JfUbjY
 k JYVJUY`"A Uf kbJY XŕjUUbJYU_Ujri āW` f kbck UnXŕjUUbJY
 kgŕWcVWŕnWks bUgŕY`XJYŕ_k UbŕnWdc_ Ufa` k"

>Xbā`nbUMfXŕjY`bJŕk m`nWVWVkcXm_c_cgk Y`Ygh`Y[c`
 WfU`hŕngmUWYā JMbUž kšma` XchWāVrUk Ufr Vā JbYfU
 k`"A JbYfUmdJYk cŕbY`YY`fc`]m` bJYf` b]ā`gō`bJWra`cX
 hWž`_hfYrbUXŕjYā nŕks`i XŕjY`_fk]"K` UbJYXUHY[c`_Y`UfrY
 dcXUā`kcXō`rs_c_cgUks`_fcd` kWksdfmUk`i`cXk cXbJbJLž
 khUWāVā`Vrŕdc fYXb]c`Xc`_fk]cVY[i`dUWbU`Dnb` k JYfJY
 hY`rkUWUcVUk mcXk cXbJbJU`K`cXU`_c_cgk Už dfrnā`ck UbU
 Xci`gbJY`i`Vks`_fcd` kWž`dfmWŕnb] Ugō`Xc`i`fUck UbJUmjōWŕn
 cg`Vžk`k jō`gr`VXŕjWŕnYgUc`ferk Jb]dmW`_fu`k"

NV] cbmXc`d`nb`k`WJU`g`UX`WYā JMbŕmcfUhdfrnUfbc`ā
 kskUWŕncXk cXbJbJYā`_HJ`YrUdc fYXbJWk Yā`_fcd`k_]`
 dfrnWŕnb] mjō`Xc`k`rfcgi`dcdi`Ufbc`VWkcXm_c_cgk Y`ks`fc!
 Xck Jg`i`gclfrckWk" 8ŕjō_] bJŕk m`na`k`UVWkc`Vā`ž`_hfY
 Wŕnb]ā`kcXō`_c_cgk ā`UfU`Wbā`UHfŕbUŕnk`ā`XU`_ca`YfWŕnW
 Jŕcŕb]`kž`d`nb`hŕb`dfrnY`WfUhgŕfgrY`rUgō`dmLā`Ucf`k`]sdfc!
 ZgēbU]gh`k`k`m`cfmgŕnk`Um`Ygh`Xc`bUhi`fUbjY[c`bUk cXbJbJU
 WJU`B`Uk`Yi`cbg`a`YbWb]Yi`dfUk JūāVŕn`UXŕnWZ`fa`U`hŕk`bc`W
 mWbY`cX`fnk`Uā`JMbYrU`Yŕnk`cXm_c_cgk Y`"

A -C8M?C?CG

DUa U`_c_cgk U`Yghfc`]bā`hcd] Ubāž`bUM`bJY`ferk JūāV`gō
 k`S]d`nW]sk`J[`chŕnW`hŕfYbUW`bUā`cfg`JWžk`sd]gŕMŕghY`žgc!
 bUk`Y[`WY`Cachm`Lā`mā`bUhfcd] UbŕnW`k`ngUW`]sk`nŕfŕY`UW
 WY[c`k`JHU`K`sgY`Ub`ck`Y`k`Jŕf]hfd] UbY[c`fUf`_Y`na`mdcX
 dUa`ā`bUd`UnžgWāWk`cXō`na`cX][c`_c_cgJ`

BUY mclā jchāž Y woda kokosowa 'hc' b]Y hc' gā cž W'a 'YW
_c' _c_cgk Y' @ X]Y b]Y nāWk slfcd] UW]sb]Y cX nk]UāW
gō k]Y na] _c_cgā] Wōgc' a nā hY Xk UHfa]brī>Y] _]Xm'
a]UY 'ksfō_i _c_cg' hc' k]Ygž Y [Xmb]a 'dchfrā b]Ygž i gngngri
Wi dch]b]Y d nbi ž_h fm Wōgc' VōXb]Yc_fY Ugō'a]UbYā 'a 'Y U
_c_cgk Y] cž Wcā' ksfm Wk]gc' W'a Uā nīXc' Wb]b]U nsk cXāž
_h fUk sbUi fUbm]gdeg V n]Y Ugō' k Yk bāfni _c_cg' 6mgō' Xc'
b]Y' Xcg' Lāž kng' Uf Wk cfmā' ck cW Ns_c' Y]a 'YW_c' hc' g_ i mh
g_Ubm]sa]ā gi _c_cg' CV]Yg Vg]U bWf' blā' gō' cbng' hō' Wāž
ga U]Yā ž k n] 'āXā']sr]k Uf hc' Wā' g Vg]U bW' cX nk WnW' K cXU
_c_cgk Udfm]ca]bUrkm āž 'Y_c' a d' bā' k cXō']sb]Y]XmbUmh
k Ugō' ā' g_]Yā _c_cgk na "Ns_c' Y]a 'YW_c' _c_cgk Y' Yh]UY
]sa U_fYā ckā' _cbng' hō' Wāž 'U' rk m Ya 'Y_c' /a c bU 'Y_i d]ā
ksdi g' Wk sg_ Yd]Ygdc nk Wna "K sb]b]Yg' n' gā Wgi d]a mgō'
bUn' fck chn' Wk UVk c V]Wk cXm] _c_cgk Y"

?c_cgribUf bnWYUdUWfakcī

DUa U_c_cgkUa c Ygd[Uä' \$'a Yf k kngc_c W]s nä+S`UH'
 ?c_cgnđcXcVb]Y`U_`k] b]Yž `]k_]]sc`]k_]žbUY ä`Xc`dYgh`ck!
 Wk` Wñ]`ckcWk`cscd`YrñWñä`bU]Yb]i`">YXbU`k_sdfmU`i`
 _c_cgUa]â gri`chUWU`WñdYgh`ô` `i`d]bU` `Ygh`UfXrc`hk`UfXñ
]sk`_b]gñ`Uscdfññ`hc`b]YU`Ubrñ`K`Yk`bâfñ`i`d]bmrñbU`X`Y`gö`
 chc`WcbU`hk`UfXä`g`cfi`dâ`dYgh`U`fh]U`fbcL`"K`Yk`bâfñ`ñ]U`fbU`rbU`!
 Xñ]Yä`nk`Uf`gk`ô`V]UY[`c`a`]â`gri`]sdfñ`Ygh`ñ`Y`k`nd]Yb]cbâ`k`cXä`"Hc`
 k`Ub]Yk`cXU]sa`]â`gri`g]U`bck`]â`U`U`bY`Wö`W`ck`cW`_c_cgU`

?c_cgnřfcgâ`k`sdö`U`Wž`dfñ`k`Ub]Y`dc`)!%&`ck`cWk`"8`cfcgU`
 dUa U_c_cgk`U`ck`cW`Y`W`a`]Ygä`W`%&f`U`mk`sf`c`_i` `hc`XUM[`c`
 g`r`cb`bU`_c_cgñb]]Xñg`ö`b]Y`_c` Wññ`D`c`X`b`Y`X`ñ`k`c`a`c`Y`X`cg`U`!
 Wñä`%\$\$!%`\$`_c_cg`k`b`U`fc`_"

?c_cgnř`c`fñ`k`U`ä`dfñ`ñ`%&!%`a`]Ygö`W`k`š`ma` `c`f`Yg]`ma`]b]U`
 g]ö`]W`ga`U`ž`cb`gñ`ñ`b`W`ž`f`cra`]U`f`cf`U`ñ`U`k`U`f`hc`ä`a`]â`gri`]sk`c`Xññ`
 A`c`Xññ`h_]`_c_cgž`]Wñ`Wñ`dcb]`Y`g`Y`W]`a`]Ygö`W`ñ`Y`gh`W`_ck`]W`Y`
 k`nd]Yb]cbñk`cXä`]s`U`k`]Y`U`U`f`X`rc`a`U`c`a`]â`gri`ž`_h`fñ`b`U`ma`Y`U`
 d]Y`f`rc`k`c`ä` `ck`cW`Y`gh`ia`]ö_]]s`U`U`f`rc`k`U`ñ`ñ`Xñ]ö_]`Wñä`i` `a`c`b`U`
 [`c`k`m`U`Lä`m`W`W`ä`"

:]]d]bm]U`laf`
 ns`dâ`]U`gñ`ä`d`U`b]Y`
 b]Yk`cXä`ñ`Y`k`]Y`ñ`W`
 kokosów

" š-ñ; Ǿ̃³ ʒ

F³ K BCK 5; 5 '8N=" ? =K C8N-9 ? C? CCK 9>

7mík |Xñ|UY' _]|Xñž 'U' [fi dU U_fcVh k' UVc' WYf'YUXfY' :
hk cfm|d|fLá |Xó? UXñiWcbY' n'gic i 'a Uksb|Y'gk c'Ya |YgW
|sdfm|d|g bY rLXb|Y' 'a i g' _c|c 'lfma Lá UVc' VUUb gk Lá bU
'Y|c'VU' _UW'? UXñik gl' dfUW'YnsXk |Ya Užfná UUVc' |sk |óW'
cg'Vlá |"K ng|fWñ Y'Xb'WcbY' n'gic i 'dcdYb| VáXUVc' gó
dc' |r| b|žVñiWUd|fLá |XUfi bô Urs'i _]|Ya "

HU Ud|fLá |XU|gb|YYf k b|Y' ksb|gma' cf| Ub|ra |Y' 'Y'UfnY
bUñk Uā' ā\ca Ycg|fā |sa UcbUWfU hf' XñLá |WñW' crbU
WŁ' Y b|Y g|Ubb|Y dfmg|cgk i 'Y gó' Xc' na |Ub' fcXck |g.ck nW
WYa' i lfma Ub|Uf k bck U |]k Yk bdfirbYždcXcVb|Y' _U' U_fcVUW
dfn'g k UāWñ fcXY' Wó _c W' < ca Ycg|fUa Uc| fca bYrbUWñ|Y
XU b|gñ| c' n'fck |Lž| Xñ' h' Ub_] |sb|frāXñž b' Wēbi 'ā' _U' bUY m
hñ' c' ks W'Yc' fY' cbnWk lfi b' _UW' BU\ca Ycg|fU' k dñk' a U
dk' _fk |žr|k Ufrc' ä k cXñdcñ|ca 'YY' hfc' |h kždcñ|ca 'W' fi' k Y
fk |ž\cfa cbrñ|há dYU i fU|sk |Y Y|bbnW' Wñbb| k "

B UñY WUc' g|fUki 'Y gó' bU'Yd|Y' kshá dYU i frY' + 7" DcX
kmgñb|Y' i V' cVb| Yb|Y há dYU i fñcs_] _U g|c|b| knk c i 'Y
b|Ydfm|há bYcVUkñiDfñg_c' cs\$ 7 |si lfma Ub|Y|há dYU i fñ

bUha`dcr]ca]Y dfr]n Xi gmWUg`a c Ya]a VUfXrc`dck UbYž
k fōW a]f]h]b]Y]b]W]f]d]W]b]Y`cbgY`k YbW`F kb]Y`d`_fk]
a i g`rUk]YUā`gō`a]ōXm]WYc`fY`cbma]kUfrc WUā]`cX+ž)`
Xc`+ž) ""Na]UbUkUfrc W]dcrUHy fUā ma c Yk nk c Uā WefcVō`
>Y`]gđ b]Ydfc[i *ž !, žS`WcfY[c WY_U a]fā"

Nuk gYž [Xnif k bckU] U rēgUY rM frcbUž WUc` gUfU gō`ā`
dfm]k f Wā`>Y`]`rM fmb]Y a U WUfU]f` hf` hfk Urž a c[ā`dc`Uk]ā`
gō`cVUk n]WefcVn]ra dWb]YžV`ž`_c dchm]Y`k rfc`_]ā`ž r[U Už
rUdUfWUžUfYfma žcgY`d c f r Lž` \]dc[`]_ Ya]U`

K cXU`_c`cgU ksb]Yā U Y WUck bmg]cg V k g]ca U] U WUc`
ksi hfma Ub]i` \ca YcgU ržrk Ug]WU bUd Ug]Wmb]Yf k bckU]`
d nb k]sY`_f c`]h k "">U`_`i` nXā m] a mXck]YX]Yā`gō`n c d f n X
b]W f c r X]U kž k cXU r s`_c`cgU k]Yb]Y bUk U Xb]U c f[Ub]ra žUY
dca U UHy`i hfma Uā`d`_k]sY`_f c`]h m b U c X d c k]Y X b a`d c r]ca]Y`

8 c b U U f X] Y b] Y r k m n W W W k c X m] c c g k Y b U Y m] U] W r i
Y`X i] Y i b d c ā K s f n] W k] Y g k] Y X c`_Y` kž b U U i ā W W W U
i ž`_`a Ugō`rUWck Uā`ž k cXU d c d n W U c f[Ub]ra`bU WY`_ōž`_h fā`
dck]b]Yb`d`cXā nā`>Y`]`WUc`_Yg]icXk cXb]cbYž`_c`cg`Y bUk cXb]`
>Y`]`k cXm Yg]rU X i` cž dca c Yk s] g b]ōW`bUk m]`d nb k`"5`Y
Wn]k r[`ōX`_`bUhcž`_U`_k d nb]Y b U c f[Ub]ra ž k s e V i` d f m d U X`_U W
dca c Y i hfma Uā`f` k bck U]`ō`Y Y`_f c`]h k]s c k`"

8 c b] X U k b U b U k] o g Y k ā r d] k c W W X c`k m c f m g] b] U k c X m
_c`cgk Y`k s b U k U X b] U b] i`_c f[Ub]ra i`X c m W m r] k U f r c W Y Y`!
f c`]h k`"G r g b`_c k c`k n g`_U r] k U f r c ā`d c h] g`_] s b] g`_U g c X i`_X i] U
U a c W d d X b] Y ž`_Y`]`W U c`_Y g i X c V f n] b U k c X b] c b Y`>X b c W Y b] Y
k c X U`_c`cgk U`_Y g i k] Y b r a`_d n b Y ā`b U k U X b] U ā W ā`"Dca]a c`
k n g`_] Y`r] k U f r c W d c h] g`_b] Y r] U`_W f`k b c k U]`_Y Y`_f c`]h k ž
d c b] Y k U`_b U k m`_U r e g U Y i g b] d U k s a c W i ž U d c r e g U Y a] b] f U
m`_U`_W c ā v r i g`_X`_d c X Y] U ā`d c k h f b Y`c V f`_W`

C X X U k] b X U k b U r b U b Y g ā c W d d X b] Y k U V k c`_W k c X m] c`cg`!
k Y`_H U`_r k U b Y X i f Y m] f] W n] k U b] Y f c X`_] a c W d d X b] Y g U b c k] ā`
b U W b W`_g r g k U ā`[f i d o`_Y`_f g k`_k s a Y X m b] Y`_W k U V k c`_W
g f c k U X U ā`g o`_X`_a c X m`_c k U b] U f`k b c k U]`_k c X m] s Y Y`_f c`]h k`
f k s g] W]`_b c W g c X i`_] s d c h] g`_l k s c f[Ub]ra]Y`G r g`_Y g o`_Y a] b`"

k.sdfmLUX_i`cVfrô`k`fHlUfma UbJlkcXnřzbUXMjYbJLřnLgřbc!
kY`bJYknXc`bc`VřřfWřWcf`VbYfY`JskálfVnřfbd"dfmra Ufg`c`W
kálfVnřiJsdcbUfYá J]fbJg_Y]c`dcr]ca`i`g`X`kY`fk`J'

5`YkcXU_c`cgkUk.sJ]Wřa`b]YdfmLca`JbUXi`fYm`k"@_Y`
kdnk`UãbUf`kbck`U`ôYY`fç`]h`k`]sra`i`g`Uã`VUc`Xc`i`g`b]ôWU
bUXá`Jfi`k`cXñK`cXörs_c`cgžHJ`g`á`c`U`k`JYYX]i`fYm`WbnW
n]`žc`fY`Ugô`a`JbYá`U`k`fYm`kž`W`crbUMLž`Ygá`dfmL`fY
kálfV]Y]sgna`i`i`ã`dfcX`_`W`i`fñrř`b]Y`cXñ]Ui`ã`WdfmLma`
bUdcr]ca``cfa`cb`k`U`b]`YY`fç`]h`k```YXnb]YbUk`cXö":`Jfa`m
Zfa`UM`h`WbYdfUW`ã`cVWb]YbUXcdfUwk`U]Yá``Y`k`bUVh]Y
U`k`fYm`kž`[`Xm`b]YXchWá`JWk`Ukřfmdck`n`W`X]i`fYm`kž`U`
WcãVniZU`ř`Y`i`g`k`Uã`cbY`rs`WU`dchLg`]sa`c`[`ã`dfck`Ukřá`Xc`
`Jdc`U`Yá`J]"Nš`c`Y]k`cXU_c`cgk`Ub]Yk`d`nk`UbUdcr]ca`dchLg`
U]`YY`fç`]h`k`k`scf`[`U]ra`J`

8`Ji`fYm`]J`U`k`fYm`]dca`U`Uã`rUWck`Uã`bYf`]k`snřck`Ji`]sgá`
i`nñWbY`ks`Ym]bi`JW`Wcf`V`B`Yf`]k`m`cbi`ã`JWbY`rU`b]U
]cX`fñk`Uã`k`scf`[`U]ra`JYHJ`k`Ubã`fç`ôž`YfcX]a`n]gönsXk`Yá`U
g`h`i`Lá`]h`[`c`cf`[`Ubi`"H`bUg`Uk`Yk`bčfřbUc`Wg`WU]Lž`a`JH
b]`ždi`b`hdfñ`V`čk`řđi`b`hf`Wñ`]b]i`]sY`i`Uřf`dfcWg`k`k`Y!
k`bčfřbñW`ks`YXbra`"

K`gmh`c`Xñ]ô`]`JW`Vi`Xck`Jž`dcr`UUãW`bU`dfñY`fck`U]Y
&SS`]f`k`_`fk`]`Xñ]Ybb]Y`8`c`Z`b`W`bYfY`bUY`ma`"Jb`i`g`k`U]Y
dfcX`_`h`k`dfñYá`Jbma`Uhf]"`>Y`]`cf`[`U]ra`JW`gnV`c`b]Y`k`n`h
XU]žrUWbã`gö`bU`fca`UkLž`Udcr]ca`JW`h`g`Wbc`W`fçgãžž
W`ksY`Z`W`Xcdfck`Ukř`Xc`WcfcVnřk`U]Y`a`c`Wb]W`K`sfU`WY
dfcWg``fck`U]U`bYf`_]`i`g`k`Uã`bUXá`Jf`YY`fç`]h`kž`W`fi`
]s`cfa`cb`kždfmL`fUWãW`c`ž`_`h`fY`VUc`VöXñ]YdchñWck`Uã`Xc`
XU]gñ`dfUWñ`>YXbcWY`b]Y`a`cb]hcfi`ã`d`_`fk`]ži`fma`i`ã`WY`bU
W`Yc`fY`cbra`dcr]ca`JY`B`Yf`_]`Vçfã`f`kb]Y`i`Xñ]U`k`sfY`i`UWY
Wb]Yb]U`fk]";`Xñ]Ygicbc`n`Vñib]g`Jž`g`JW`U]bY`ca`f`_]`rUWñh
bUã`k`n`Xñ]YUã`cfa`cb`dck`cX`ã`Wñ`i`fWb]Y`gö`bUWñ`_`fk`Jc!
bc`bnW`]sdcXb]Yg]Yb]Y`Wb]Yb]U`B`Yf`_]`Vři`g`Ubb]Y`a`cb]hcfi`ãž
c`Wb]Uã`]s`XcdUgki`ã`g`UK`Wá`Jm`m`WU`g`ãX`JW`_`i`Wck`U
fc`Uk`si`fma`U]i`cã`YcgUřñ

? UXU WcfcUW Wmi fUik d nk UäW bUXnJ UUBjY bYFY 'a c] ä
a]ä' VUfXc' dck UbY _cbgY_k YbWV nXck chBY' B]YknXc'bc ä
bYFY 'Yg'YXbâ'nsUWggnW dfmWb' n] cbi ' k cHbUWN'YX
bcWcbnW rbUX 'Y gö bUXn]k]äma 'a]YgW hY' b]YWi VbY']!

gnäks5i gfU]] ' bUg Xa na /
ks9i fcd]Y 'Yg'ideXcVb]Y' Dfnfi
cgUhb]W _]_ UXn]g]ähi 'Ui cX
gYhY_ n] cb k ' g]ck cXck UbnW
b]YknXc'bc V]ä' bYFY_ krf g'
cs%1 'fcWb]Y' A c Yhc' a]ä
rk]änY 'nsk]ö_gä' Wgch]k c!
V]ä]bbnW Wcf V ' gWcfny '
gYV]SW_fmWärk]ö_gUäVWV
fmmc b]YknXc'bc V]bYFY "

Nerki

B]YknXc'bc ä bYFY_ cVuk]U
gö dfcVYä Uä]' ns 'hfck Ub]Yä '
_fk]']s]k cfn]b]Yä ' gö i fnbrñ
@Y UfnY rk_m Y dfnY]g 'ä X]i !
fYm]ž Vmirk]ö_gnä']c ä' knh
XUUB] c' a cW' i sdUWbh kž
h fnW bYFY] b]Y fUXâ' gV]Y
rs dfnYk Ufn]b]Yä ' i fnbrñ W
kg_Ui 'Y bU [fca UXn]b]Y gö
g_cX]knW dfcX]_h k' dfnY
miany materii.

Moczowód

P cherz

; Xn _cbXnWU bYFY_ dc!
[UfgU gö Xc' h] c' g]rcb]Už Y
bUk YhX]i fYm]]b]Y dcd]Uk]Uä'

Dc ' Xcb]YbU VcXUWH]ž Vñ
W] b]YäU gmUn]gönYgVä rU
f]qgi dâ "B Y] ibUX 'ä]gödx
a]öb]Lä] ' dYK' c' cV' g]fcbUW
_f]qgi d]žhi bUX_W_Lä]

gñi UWŻ_c b]WbY a c YVnāi gō] b]ōWY dc' gñi WbYbYf_ž_h fY
 dñYā ā Wō ä' Z_b_W' rk]ārUnW rñ 'hfck Ub]Yā 'cXdUX k' _fk]
 ksdfcWgYrk Ubrā 'X]U]rā" K sh]]Y' gñi UWŻ_fYk 'dfñYUWU gō
 n]fhf]] bUf]ā]b]i dUWbUdfñYā UgnbōXc X]U]rā[X]YrcgU
 YcWngWcbU]scbck b]Yk hcWcbUXc' _fk]cV]Y i "

K sgnhi UWŻ[XñdMi frcbUmcg]YdfUWbYfY žrU Wb]i 'i Y'
 [Uf kb]Y 'f kbck U] UWYā]WbUWUž W' a c Y dfck Uñ]ā' Xc'
]WbnWgWcfñY "'NXfck]YbYfY' dñY_ U]Ugō bUnXfck]YWY[c'
 cf[Ub]ra i "' K cXU _c_cgk UdYb] Z_b_Wō gk c]gM] c' b]dc'ā ' XU
 bYfY_ ' dca U] U]a 'ksdfcX]_W' i fñm]sknd i _U]i 'hc_gñb' cfñ
 bUXm_]' a]bYU k"' Dca U] Uksi hfma U]i 'bYfY_ ksnXfck]i '
]scdfUk]U]WZ_b_Wbck U]Yžhma 'g]ā na 'kg]ca U] UāVdfcWg
 \ca YcgUññGñ_Ub_UWññXk]YkcXñi_c_cgk Y'Xñ]Ybb]Ydca c Y
 rdWck Uā'bYf_] 'ksñXfck]i žUš]Uc ksf' kbck UññY'

? 5A-9B-9B9F? CK 9

D]Yfk gY_ Uā]b]YbYf_ck Ydc'Uk] ngōdfmīc_Uñ] Vā nñNXfrUmī
 gōgñi UWŻ[XñrkfōWd_U_Uā 'ñV' i "'K c'bc'a] Vm' VUā hm_ c'
 Hñbc žUYhc' ksb]Wñā 'b]Ydca U] Uc"'@_UñXU' a]g_]fck Ub]Y
 Xc'grd]HUžUYVUXb]Ub]Wñ[c'b]Yk m]Uñm' UšXUXb]d' b]Yž
 ā 'ksXca i žknXU] Uā 'nsa cWYā 'XkU_ Uā]b]Yk]Y_c Wñ]UfYb'
 [fcWī "'7 'hc_VmUrUi [U''H_Y_ Uā]b]YgñfUk] mā]V 'ž_U]Y[c'
 b]] Xñk Wñ]b]Y' b]YXc k]UXWñlā žUšVā Uhm_ c' [c'g]chō] ckU
 U' ? UXññ 'hc' cXWñ kU dñb]_]kññ hñ XbmXc' knU]b]Yb]UV ``
 d'YWk 'i VVñri WUdck]b]Yb' gō dñYUñlā bUCVWñc ä_ Uā]b]i
 bYf_cknW "

@>"

Dc'Uk] ngōdfcVYā nñmcXXk Ub]Yā 'a cWñ]s_U]Vñ]bZ_WUXF ['
 a cWñknW' NU_UXñā 'fUñā ž[Xññ] UgnUā 'gōXc 'Y_Uññžgnñ
 gU]Yā 'hm_ c. 'B]Yžhc' b]Yhc"' K fñgñYrñd]gUā 'gōXc' i fc'c[Už
 _h fñdñYdfck Uñ] _]_Uñgh k]si rbUž 'Ya Uā 'bUXYU_hñk mī
 dōWññā cWñknñ8kUXb]d' b]Y'V ``Vñri WU]sd'YWk 'ma i g]

a b|YXc k WY b|YgM| c'k mŋ WU n d f U W i D f n h b c V a ^ g H b ^ Y g M Y
 gō dc| cf g m| "A â ž_h f m n s l k c X i ^ Y g h d|Y d| b|f n ĩ a ' | s k |Y ž ' U |
 a l a ' d f [' V ' i ž X U ' a | n | g f m | d f n W k V ' c k m | ' s b U W k | ' o a |
 i ` m c " 5 ' Y f U b c ' V ` ` k f W ' r s H U | j a ' b U o Y b | Y a ž Y b | Y a c | l a '
 gō b U k Y i k n d f c g c k l a " D U _ U l a ' | s r k | U l a ' gō n s V ' i " A â ' r U
 V f U ' a b | Y b U c g f m X m i f " 6 U | U l a ' ` Y _ l f n ž Y m i W ' a | X U | ž V c '
 b U k Y i d f m b l f c X n | b U W ' g k c | W X n | Y W b | Y W l a ' H U | M | c ' V ' i "
 B | Y f c r i a | U l a ž W gō n ' y a b a X n | U c / V c ' U c ' a b | Y | s b | Y a c | l a '
 c X l a ' a c W l " @ Y _ l f r ž _ h f m a b | Y V U X U ž _ U H ' d c X l a ' a | j a c f b o '
 H ' d c a c | c " H t a c | f U U _ c a d i h f c k U k m U l U ž Y a l a _ l a | Y '
 b y f _ c k r i 8 c ' X a i ' k f V l a ' n s d U W _ a i f c X _ k ' d f n W k V ' c k n W
 | s g h | Y a " 8 c d | y f c ' d c h f c X b | j i ' k n X U | l a ' h b _ l a | Y "

- 8 U b U

>Y | i n X l f m c W gō _ | Y X m k n X U l a _ l a | Y b y f _ c k r i c f U W b | Y
 d c n V X n | Y g i gō h | c ' k g l c a b | Y b | U ' k n M g _ U m b U k Y i n s X c f g Y | c '
 a o W n b r i h ? l a | Y b | Y b y f _ c k Y g a r a c f a ' i X n _ c W c X k | Y i ' d c _ c l '
 Y " D | g | c s b | W ' 1 ' g l f c n h b | 9 | d W b | Y ' C V W | Y d f m l U X c ä H U
 ^ g h V U X n | Y ' f c r d c k g n W b | c b U ž U s | M V U d f m l U X _ k f c b | Y ' K | Y i '
 i k U U ž Y | ' k b r a | k | b c k U W a | H U | M | c ' g l b i ' f n W h g a ' g m i n h
 W ž X | Y H U | s b | Y X c V f ' d n b k "

NU Z f a c k U b | Y gō _ l a | Y b | b y f _ c k n W c X d c k | U X U k n c _ | Y g l c l '
 n W k U b | U | s d c _ u f a ' k r U _ k U g r U a W W c f | U b r a ' f | k b | Y a | g g U
 | s r c U ž U b | g _ | Y d c _ u f a ' k c s k U W k c W U W U _ U | r i ' a W W f t k c W k '
 | k U f m k E " x f X Y a ' d f c V Y a i ' a c Y v r a i h y ' d f n k _ Y _ Y c X c X b | Y b | Y '
 @ X n | Y n a W k s | c f a W a ' | s g W r a ' _ | j a U n ž d f U W a W k s g | Y c W Y
 U v c b U a | Y b | Y c W a U a W c f | U b r a ' ä k | W b | l a | ž b | Y X c g l f W a W
 d f m i h a ' W l i ' c X d c k | X b | Y ' c W d n b k ž W o W Y ' a | Y k U a ' d f c V Y '
 a m i r s _ l a | Y b | l a | ' b y f _ c k r a | " K X Y | b z f a U W ' c d i V | _ c k U b n W
 d f n i 5 a Y f m U g | - b g n i h N X c k | U ž W X n | Y g a m c V n k U Y ' V c f m U
 gō b U _ U | j a ' Y H d | Y g c ' Y | c ' n W U n d f c V Y a Y a _ l a | Y b | b y f _ c k n W '
 B U % S S S ' W c f n W h f U U a W W X c ' g r | H U ž + ! % ' n | U g U gō k U b | Y
 n s U | j a ' d f c V Y a Y a " ? l a | Y b | Y b y f _ c k Y l c ' d f U k X n | k | f Y W k | W '
 | g b | Y Y + S i ' g r U b g ž Y d c k h f b | Y k n k c f r a gō k s c f | U b r a | Y "

0pA'«®Š^a¶©
¶³ «YAŠ«Š«⁻«³ A

BCK 9'UM=9

I a]YUā ° · 'kmfimbâ '' (!Yb] >UW; c'Xg]bž 'YUfrž_h fm i 'Y' WcfcVY'

Dc' gYVW' 'UHW b]Y gUbbnW VVfd]Y ' >UW knWVfdU' Wā' dUYō cdW hfUdY hWbnW]sb]Y k]X]U' 1 'XUgW]Y bUX]Y]' 7]Yfd]U' bUk frcX]YāW nLdUYb]Y 'Y]HU[fi V] cž dckU bā']sXI' gfi _Wbā WcfcVō'c_fō b]WcVUk]UāWgō'g'bra]'V]Y i b_Uā]ž g_i fWUā]'Y]Hž_fk Uk]Yb]Yā žcXk cXb]Yb]Yā žcgU]Yb]Yā ži hfUā' kU]]sk]Yca U]bbra]'cVUk Uā]''7\cfcVUHUrU]MUgō'Xc' [fi dñ dfn]k 'Y_ nWVcf Vi _ Ux' dc_Ufa ckY] c'cXdek]UXāWVW' kY' XYB U]cbU' 7Ybhf' Zf' < YUh' GH]hg]W' 'nUbUk]ō_gā']WVō \cg]]HU]nW]žnLā i 'āW]Xi []Ya]YgWbU'] W]Wcf Vdfck UXā! WVW'Xc' _UYMkU'

@Y UfrYdfnYgUk]] Xk Ug]Mbf]i gnY.%E>UW'nUwckUM]Yfbc ä]si a fnY cfUhi &E:>UW' dcXUgō' dckU bY' cdYUW' ' _c_Y]ra]]' dc'Y UāW' bUi g b]ōV] %&!&a Yf k 'Y]HU[fi V] c']cXVnb]W] 8c'Y] c' dcXfri gUdcXWVd]cbc Vn]k cfY_žXc' _h fY] c'n]YfUvñi gō'dfcX' _hmdfnYā]Ubriā Uhf]]žW'ks] fi b]V] frW]mcbUWUcVñi hfkUY_UYMKc"NU]Y] b]Y] [kUfUbrckU hY' k mYV]b]UrsWcfcVñ

? cga Uf' >UWUrUWâ` glô`gnYä`U`hik WY`bJYž[XnU`c`&!`U`Y`
 cXVnkU`dfnkUbâ`dfU`hmô`Y`Ufg`ä" ? h fY[c`k`JWâcfUcXd!
 WnkU] a mrs cbâž7cf|bbYždc`_c`UWž[XnrbU`YcdUbcUc`a`bJY
 bJYdc`_c`âWi W`WYbUfUgUâW`c`dUfWU]sXng`ca`Z`fhi`dfca`Jbji`!
 `âW`nsdcXVfri`g`Lž`_h`fY`i`'hck`UfmgmU`dchfnWU`knolf`bJYbJU
 glô" B`JY`nXâ`mYâ`XcVJWâc`hcUYm`nsdfnYU`YbJYâ`m`VUW`mYâ`
 fcbâW`k`c`_`Ui`ô`fk`]"

; Xnâ`Jbâ`dcWâh`ck`mik`gfrâž`>UW`nXWâck`Už`Y`dck`c`]
 g`fUk`ca`VJWk`Ugma`f`nha`Yâ`'dfnWY`bJYa`JU`U`XbnW`JbbnW`
 dfcVYâ`k`nXfck`chbnW`K`sdfnWâ`i`'hfnW`_c`YbnW`h`h`cXbJ`
 dc`Uk`U`gôVJY`i`b`Lž`_fk`Uk`JbJY]sg`i`fWY`Y`JHU`H`dfnY`cbUc`[`cz`
 `Y`WUg`k`nW`Lâ`gô`Xc`_`Y`UfrU`8`JU`bcrU`VnU`Y`XbcrbUWâU`k`frc`!
 XnJYâW`rLdUYbJY`Y`JHU`fi`VY[`c`"B`JYrk`c`WbJY`fcrdc`Wâhc`h`fUd]ô`
 DfnY`_c`YbnW`gY`ä`'U`i>UW`dfmâ`ckU`_c`_c`('S`fcXU`k`'Y`
 _`k`/nXUfrUc`gôž`YbUfU`m`U`dc`âWbJY`gY`WJ`ž`W`k`nk`c`nk`Uc`
 fYU`Wž`dfm`_h`fY`'`U`'g`â`_cd]g`Y`'`rLdUYbJY`Y`JHU`c`_`Ugr`
 _`Ursa`YW`JYâ`"Ai`gU`hY`ra`JbJâ`XJYrô`'rk`jô`gm`rLk`Ufr`ä`
 V`cbbJ`U]s`Uk`fcr`[`ck`U`bY`dchUk`râ`VrbJY`dc`XU`bJâ`b`Uk`fU`]k`Y`
 k`mW`_]`Y`JHU`

5`Y`Wcfc`VubJYc`fubJWU`Ugô`Xc`i`_`Uk`'hUk`JbbY`cžrUWô`Urc`!
 Wâ`WYWUc`7`nôg`c`rLdca`JbLâ`râ`YWUc`hc`YXb`a`YWub]ra`"B`JY`
 a`c`bUc`XgY`dUfck`Lâ`U`JY`'Y`c`Wô`V]sdck`JXnJYž`Yhc`cbUWcfi`Y`
 ;`XnWcfc`U`XcmU`Y`XbY[`c`bUfrâX`ž`VWfd]`bUma`WYWUc`"

G`h`b`>UW`Ub`U`dfnYâ`J`ub`i`'Y`U`dcd`fUk`JY]sdcl`UfgU`gôž`U`Wc`!
 fc`VUk`n]ô`U[`fô`]si`Wâb]U`[`c`_`UY`_ä"7`rLg`â`]`Vnk`Uc`HJ`ž`Y`
 bUk`YhbJY`nUk`JUYâ`gôk`sd`fUWâ?`JYXn]bXnJY`dc`_]`i`[`cXn]bUW`
 c[`Ufb]Uc`a`bJY`HJ`_c[`fca`bY`ra`ôWbJYž`Y`a`i`gUYâ`k`f`Vâ`Xc`
 Xca`i`]sgô`dc`c`nâ"6`nk`Uc`hY`ž`Ydc`dfnY`Xn]bji`bJYa`JUYâ`g`m`
 dc`XbJY`ä`gôrs`_`U`"

5`HJ`_]`VY]i`b`_]`dck`hUfrU`mgjô`bUk`Yh`'S`fUm`XnJY`bbJYž`dfmWY`
 fUâWd`cgLâ`g`i`fW`k`'Y`JHU]s`_fk`Uk`JbJU`K`sYZ`WY`k`sc`_c`JWâW`
 cXVnh`_dc`Uk`]`m]gô`Vc`YgY`Y`â`cfc`Xn]B`JYâ`c`bc`ä`g`fUk`JbJU`
]sd`fmg`k`c`YbJUg`Vg`U`bW`c`X`nk`WâW`Xcd`fck`Ux`J`Ux`c`bJY`Xc`nk`JY`
 bJU`G`fUW`%`_]`'`g`Mi`X`ns`)_`_]`Xc`+`S`_]`"6`'rLWâ`fcrdfnY`

gfnb]lä göbUgUk rñ>UW_]_i_fcb]Y`axckU`ksgd]]Hui`nsdc!
kcXi`]bZ`W]bfrñX k`k`Yk bdfirbnW/a i gU`dcXXlä göcdYUW`
i g]b]öWU] U]b]f]yck nW`Ya cfc]X kž_h fYrUWö m`Xcgck b]Y] b]ä
ks`Y] c`WY`Y`

De`Uk] mgödfcVYa nksdfUW]ks nW]`dfnk Ubra`" 7UYa c`Y
nW]rUWö c`föW]ä gökc_`dfcVYa k`n`Xck chbnWz bU]b]W]b!
b]Y] c`b]YVmc`!`a`]YgW`V]UW`>UW`" NU`UXna`fUñÄ ž[Xm
knW]YU] a mgö[Xñ]Y`rs cbžk sd]Yfk gn`c`Ybc W]gi`_UYa`!c!
UYm]sg]fUYa`gö]fma läk scV] i`"B]Y] g]Ubb]Y]rck Ufmgmia]
`ö`]sg]f]g`Vc`b]Yk]YXñ]UYa ž`]Xnb]UXYXñ]YU]U]s]YXUa]W]g`"
B]Y] m]Ä`!`nsh]cXb]U]bUhm]Y žrsXb]U]bUXñ]Y ž[cXñ]bmbU
[cXñ]böWra]bi hmbUa]bi hõ`HfUk UbUvmU`UXUg`i bXU`"

CXk]YXU` `YXb] c`gdYWU]gö`rU Xi] ja ž UY Vñ fYi`hU`"
C [UfböU] c`XdfYgU`Dfmgnc`äa Uck UUGök sWUfbnWVUfk UW`"
Dfn]Xg`Väk]Xñ]UYa`YXnb]YX]fYa`bäk U`öcs]fn]fk Ub]Y`"a c`Y
n`Xck]Y` f`k b]Y`dg nW]Wb]Y` a]Uc`i`Y] läb]Y] g]Ubb]Y`X] f]UW
Wz`U`ks`c`W`mg]U]b]k U]Xä]f]s]YXc`nõ]h] c`a`ca`Ybi`L`"

BUXgn]X`h]b`a`ca`Yb]ž[Xm]Y`Ufng]k]YXñ] ž`Yb]W]k]öW`rfcV]ä`
göb]YXU`>YXnb]Z`W`dcrcg]Ucz]hc`W]fi f]]W]b]Y]i`g`bää`WY`Y]hc`
[fi`VY]scXVnb]W`" A i gUYa`!c`dfñÄ m`Yä`@Y`Ufn]dck]YXñ]Už`
Yna`b]Yrck`Y`U`nsdcXöW]Ä`X]W]ñ]`" BUa m`c]U]`dck Ub]Y`
cdYUW]s nW]`nk cf`_Ya`bUdfcX`_h]dfñÄ]Ubna`U]f]] dfmWU!
d]cbra`Xc`W]U]Uc] Ufb]U`[c`g]fUW`"

B]Y] g]Ubb]Y]g]l`nk`Un]Xc`a`b]Y]fU]Xñc`X`i`Xñ]`XcVY`k`c`].`>X`
Xc`g]d]]UUA`Uhc`ž`CXk]YX`7`y`YUbX7`]b]WU]Vc`Nblä`k`]Yb]Y!
[c`_Y`Ufn]Uks]B`ckna`>cf`i`"5`Y`U`!`b]Y]W]W]UYa`kngi`W]k`lä`
dcfU`Na`öW]rc`a`b]Y]rc`"K`nW]f]dUYa`Xc]g]rdb]Y`cdW]]sb]Ya]U
Ya`!`U]`c`Wchñ]U]`g`m]s]d]Y]b]öX]ñ`YVñrbck i`dfñ]fU]lä`!c`
g]ä`c`"B]Y]r]lä]Yr]UYa`!Y`dcXX]k`lä`gö`W`V]fXñ]Y` \Yc]W]bra`
h]f]U]ca`"7`n]WU]Vna`h] c`b]Y]dfñ]m`"

ÜcbU>UWU]r]g]]Yfck U]ž`YVñdfm]fr]U`gö`h]f]U]ca`U]h]fbU
h]k`bra`"K`glca`b]U]U]csa]Y]g]k`Y`[fi`dW]k`Y]Y]f]]U]b`Xng]c]bi`!
äW]W]V]V]chW]Ä`ä`gä`Y`bU]hÄ`Um]n`Xck`ch]Y`5`Y`>UW`c`Xä`!
k]]`8`Ua`b]Y]rc`Vñ]U]g]f]U]b]Y]f]]ž`_f]öU]M]k`"N]lä`_bä`Ya`gö`

bUHU]YfnWmDmWV VmYá `Y UfnYá "7nY[c'a c[Yá 'gôb]Vni
Xck]YXn]Yá nshW_ gâ Y_3 "

DfnYi_c`YbnW_]_UmhcXb]` cbU Vri gUbb]Y blá Uk]UU [cž
VniYXbU rUfnU Xc`_gâ Y_ ns]V]chY_]k Y] Ylf]U" >UWcXá Uk]U"
@Y UfnbUg UZVni] cXn] 'gôbUcdYUW"=sa c Yrc X]g]fUWdc!
dWbóU>UWUXc`gô] b]ó]Udc`_gâ_] "K nlc nWmWm]fidi V_] UW
XfU< "A " G YrcbUž k sma `YXbá rUhi ck Ubá : U]b] `7Ub` G]Y
Mi f`@Y f]Dcg]Wb]Ya c YcW]já W n]Y E" CXfUi rUMUYá 'gô
Xc`Y_hi fm `Wcáb]YVnicdf k" B]Yfn]UUVrc Xi [c WY Uážb]a`
chkcfm]gôVfUá ná c`Y] c i a ngi "? gâ_ UVniUbjYm`c Z]m]i !
`WdcXk r] `ôXá hfYVZUYH` ra i g]UUXc` blá ngi žb]cgUc k]Y
Vb]Y `]s]m]UfXrc`c]]WbU`D]Yk gm]fUicXgY V] `UdicW] Yá`
dfUk X]k á a`chk UW" B]Ya c] Yá `cXfk Lá'gôcX`Y_hi fm"

K fYg]Y >UW nXW]ckU` gô knlf Vek Lá' hfU]ó` cdl]gá
ks_gâ W`B]Ya]U b]Wc`gfUWb]U`_a [`h`m`c`mg`Lá"8cgn]X`
Xc`k b]cg`i ž` Y`Y`] hfU]U r]k]YXn]Yž r]k gY`Yg]MY VóXn]Ya [`]
dcXLá'gôcd]fUWž Uscd` b]b]Y`Y`cs_]_Ua]gôWb]YrfcV]`a i`
k]ó`gY`f` b]W]G`cb]U`hckU`gônsbck`c`fg`ja`c`fcX`]Yá`n]f`!
k]Ug]YW]ri `áWá` gôksh]fU]UWcd]f]m]WbU]X]Y]Y]sa`cXm`_UW
g]c]g`Vi`cX`nk]U]Ugô"

DfnXn]Ycbe`a i`_dc_ `^]sbUmWá]U]dicXXUc`gY V]ch]cXb]c!
k Y`X]Y]Ycd]f]h`k`máWb]YbUk`cXn]Y`>UW`cX]k] `Y_] "7`cádc`
gY V] `UW]kU_] nsWcfcVá V]fXrc`k`n]W] XžVU`_dc`_fa` k`b]Y
cX] `gôb]Y] Uhk`b]YbU`Y] c`_cbXn]W`"

DfnYi_c`YbY (&Xb]Xc`k]UW]mX]rc`gn]UW`cf` bna`g]hcd]b]i`
bUó`Yb]ž] Xn]W]c`rUWó`c`k`n]U`Lá`hc`_gn]m]dfn]Y`Y]H]zi`g]ž`b`cg`
]sg`_fó" Dc`Wá]h`ck`c`hck`f]mg]m]h]á`i`V` `cX]W]_U`óX`k]ck`Y]c`
d`YWkž`cXk`cXb]Yb]Yž`Vfm]X_]`cXXWž`Vrg]Yb]bc`ä`cf]U]i` `W`c`W]h
k]g]Y`i`W] V]Y] cX] `>UW`b]Ya [`dfn]g]Lá`a`m`Yá`cs`YXn]b]i` "
=Wc]W]U`g]fcb]`cX`YXn]b]U]sd]`k`náWb]Yk`cXž`U`h]k`bc`ä`Y]h
g]U]X]cd]Yfc`dcX`_cb]Wc`_f]g`_dc]g]i` "K`f]U]ns`_c`Ybna`ZU]Lá`]
c`W]g]W]b]U>UW`W] `gô`W]f]U]h`Yd]Y`]s]UWá`cX]mg`_k`Lá`Yb]Y]]ó"

? hf]Y]c`Xb]U]ns]Urc`_rUWá`_a`i`k`n]W]_Lá] [`ógn]Vfm]X`_c`d]UW!
báW]i`n`_UY] Xn]k`fYg]MY`dfn]g]Už>UW`dc`f]U]d]Y]k`gn]c`XX]k!

bUa ['bcfa UbjY cXfWbää" K nW k U' bUk Ynk nXUBy dfnŃ
 cf[Ub]ra 'dcrcgUc WY_ Ufgkž_h fYdfmŃa ck U' dfnŃn gŃY ä dc!
 dfnŃXb]W 'Uf' G_ fUcXmg UUnŃcknk nŃ äX' rb]_ bômŃcXk!
 _]]sb]bYg UŃi>UW dcnŃm gô'hY ' _Lâ]Yb]UbUŃvBy] cž UŃXŃägU
 cXmg UunŃcknf ck m_c'cf']sb]Y_ fk Uk] mŃ ' dc 'YbYf[]Mbna '
 gŃMch ck Ub]i "'5shfUnbU'YdgŃ. >UW i k c'b] 'gô'cX' Yâ cfc]X kž
 UH_ k 'VY[i b_]]sv i ' c âX_ U' sWcWU 'ksWUgY dcgŃi 'gŃUW
 bUk UŃY_c 'YbY%' _[žWŃ 'gô'U_ ZbHŃgWb]ž Yk mfmWU
 D]Yfk gmŃfŃhcXk]Yi "UŃW 'čž Y nŃo "
 ; XnŃrUŃâ ' _fc_ 'dc' _fc_ i 'k fUŃâ Xc'bcfa UbY] c' gŃcŃg'Vi 'cX
 nk]Ub]U 'ha fŃŃYâ 'cd]YUâW] c' gô'k sdfnŃk U UâV'a]fŃŃYbU
 ck cWŃW]k ŃfŃk UW 'd]Yfk gmŃfŃhcXgŃY WŃ 'ŃhcXU bca UbmŃ
 gŃc'WWCX nk]U' gô' dŃcXŃ _Hâ]' ŃsdYbY] c' nŃŃfUž gU_ U_ Lâ]' cfŃŃ
 ck cWâ]']sk ŃfŃk Uâ]' 'dc_ Ńfa Lâ]' csXŃ Y' rŃk ŃfŃc WŃV cbb] Už
 h fŃa]' a]U b] [XnŃŃ 'gô'b]Y WŃgrŃâ" H' VŃc 'U XfŃ []YbŃcXŃ!
 brŃŃH' Xc k]UŃWb]Yra cŃk ck Uc >UW ŃVŃrd]gŃ ä gŃc'â \]gŃf]ô
 ks_gâ W' cXŃH] c' WŃgŃ gŃU' gô' cŃôXck b]_]Yâ 'hŃfUd]] cdŃŃŃ' bU
 dc WŃ%.

HŃF5D-5 DCGH5

B UZY hŃk b]YgrŃa 'gŃcŃg'Wâ 'bUcXfŃi WŃcf[Ub]ra i 'YgŃdcgWŃ
 b]Y' K shb'gŃcŃg VbUŃ fUdcVi XŃU]si nŃŃŃk]UWUc" 7\cfYŃk]YŃŃŃ
 HUdcgŃâ]bgŃb_hck b]Y'; XnŃcdUŃi 'YbŃg'WcfcVžf k b]Y 'b]Y
 WŃYbLâ 'gô' 'Yä" K shb'gŃcŃg Vrk UŃWŃâW]bZY WŃ ' i V]bbY
 rŃŃfc Yb]Y ' WŃUc' cŃbUâ]U bLâ ž Yk c'UcVmb]Y rŃLâ ck Lâ gô
 dfŃŃc_ ŃŃf] dfŃŃŃk ŃŃrLb]Yâ 'dc nk]Yb]U' 7UUYbYf[]Ucf[Ub]ra i '
 a UŃcŃgŃLâ dfŃŃŃ]Yfck UbUbUdfcWg' YŃb]WŃŃ

@ XŃ]YWŃUc 'hc' dfŃŃk XŃ]k mŃWŃbUŃi fŃŃŃ6YŃk rŃ] 'ôXŃ 'bUfcXŃU'
 dfŃŃŃUc WŃŃŃWcfcVŃŃŃk gŃYdck f WŃXc nŃck]U 'cs' Yb]YXc!
 Vâ na mŃ c' hŃi WŃbLâ]sb]YŃrUŃb]Yâ mŃUŃŃ c'cXb]Y] c'k na U Lâ"
 @Y ŃŃŃdfŃŃŃd]gŃYbLâ "Y_ ž_h fYdca c] âŃrk UŃŃâ]bZY WŃZUYb]Y
 rŃU]Yâ]fcv k ŃU_ i âŃWŃcf[Ub]ra "NgmŃŃŃŃŃUŃbXU i YfUčž
 UYb]Yi nŃck]' Y" BUgŃk] nLâ Ubâ_c äž UYb]YgŃfUk ž Ydc!

hfrlg UBZYU a YbmrfgbâgônYgVâ"Hh_c bUgnicf[Ub]ra 'a c Y
rUWjäk lfi gžrUWwra fUô]sg `Yjä_c W' b]Yk gca]bUâWbUk Yh
csngjäWwdfcVg k gi äWwV i hfma Ub]i WUUsnXfck]i "'7nc!
k]Y_b]Y'gik s]U]Yg_cd]ck Lâ WmWcâVndcXfcVjä i nXfUk]U
âW'a cWwUUA c Y'Xnb]Yk gca U]Lâ h'b'dfcVg'

? UXY[c' Xb]U bUgnâ i ' nXfck]i ' rU]fU Uâ']WbY g_n cX]k Y
Wbb]_]rUk fhYk sbUgma 'dc nk]Yb]i žbUdc UWždck]Yfri ž_h!
fra cXnWlâ m]sWâ] U]UWž_h fYbU UxLâ mbUg fôžk cgn
]sksi gU' B Ugn' cf[Ub]ra ' f kb]Y ' dfcXi _i 'Y hfi V'bn' f XYâ '
Wô V'mb]W'YgibUhi fUbn'dfcVg'dfnâ]Ubnâ Uhf]žk sdck gU]Y
]bbnW rU]U[Uck UbYgâ]_fccf[Ub]ra n]B]Yk UVk YcX nk]U]Y
]sgfYg cgU]Uâ WUczWb]âWYdcXUbnâ 'bUXgfi _WbYXq]UU
b]YWbb]_ k rU]fU UâWw nXfck]i "

Dfm]YfUâWbUg'YUHU] dfn'cVfU Uâ gô'k sWcfcVô" Nk UWU
âWU] fc Yb]ž dfmk fUWâ mcf[Ub]ra ck]' nXfck]Y ']sXc_ Ux]Y
HU]'g i hY_ dfmbcg' dcgWb]Y' Glâ 'dcgib]Y'Ygi 'Y Ufgk Yâ žlc'
Y'nb]Ygdeg VbUi g b]ôW'bu fca U'rcb]Y[c'Vfi Xi]sdfn]]fck U
b]YbYf[]]'bUdfcVg'YWb]U]sdfmk f Wb]Yf kbck U]"

>U knb] UngLâ Y'bUk n'dcg'YgXcVfck c'bra k nfmWb]Yâ '
gô'UXU]sUdc^ k "K sk c'Y'bu]g fck gn'cogUW'dcgihfUdY mW
bnrU]hi 'Y dfmâ ck Ub]U 'U]W_c'k]Y 'g VgUW' rsk nâh]Yâ '
kcXhK sMfXq]Y']YfUby' n'rk UUbUd]WYg_c k 'ck cWknW
]sk Ufmk bnWcfU'h 'YfUhn]c ck Y"

Dcg'YgibUgUfgma 'bUfrôX]Yâ hfUdY mWbna 'rbUbnâ 'Wc!
k]Y_ck]žUk ra]Ub_]csb]a 'rbUXi 'Yâ nik shY gUW a YXnWbnW
nY gUfc nb]Y[c'9[]dhi]s; fWY' C'fôXck b]_]Yâ 'dcgWb]U 'U_c'
a YrcXndfmk f Wb]U nXfck]U Vm <]dc_fUhgž c'VWâ YXnWbn
K sb]Yâ U' _UXY' _i 'hi fnY dciVmi bUfrôX]Yâ 'dcdfUk m'nXfck]U
dgnW]Wb]Y[cžXi Wck Y[c]s mWb]Y[c"

HfUd]U cdUfU bU dciVmi]i ' mg UU HU ' k]Y_â' dedi 'Ubc ä
k sk]WYâ YXnWbn UhfUbnk bY' [kb]YXq]_]gk c'YXi []YždY!
bY'g 'Wg k \]gcf]]cfUW ck]h' b]YfUYbc WcX_Y k]shfUd]]
]bk Um'bnW' C'VW]Yg'g'g' Ygô'â k s9i fcd]Y]s n]žUHU Y 'Wcâ
bUa b]Ygâ'g Uô 'ksGUBUW N'YXbcWbnW' 6UXb]U]sY g]fhn

a Ybhmkm_UU_Uř_n Y dęgi[^]Y_gi h_Wbra^ˆb_fr_oX_qY_a ˆk_Uˆ]rs_W
 bra^ˆ]dfcV_Yá_Uá_U]n_fck_{ch}bra^ˆž_k á_Wá_Wk_{stc}h_Yb_U]fc_b]Y_gY^ˆ
 k_frc_Xq_Yá_Wr_Ub_YY_Y]H_U]fi_V]c_UU₈c_Wcf_V]s_df_mU_Xc_W
 dc_XH_bn_Wb_Uˆ_WW_b]Y_hf_U]á_dęg_bá_rU_Wá_Um_Uf_fY_ma^ˆž_Yn_áó_ž
 i_gm_Wž_hcf_VY_Yž_a]f_br_ož_gi_aˆi_gr_ož_nę_dˆ^ˆY_UX_U]k_Yč_ž
 n_U]ˆ_c_Wb_ˆX_cˆb_nW_žW_{cf}V_nd_oW_fm_Uˆ_Wč_kY_čz_bU_XW_b]Y_U
 b_Yž_ˆˆf_ca_U]ž_oč_hrc_žž_df_nk_ˆY_nˆ^ˆd_YW_kž_UY_f]ž_rU_ˆW_b]ž_ˆ
 W_{cf}V_nU_hč_aa_ibc_ˆc_{]W_bY_UW_{cf}V_ni_ˆU_Xˆ^ˆf_aY_b]U^ˆ*}

7^ˆč_adęg_ic_ˆU_Ug_oˆ_gi h_Wbra^ˆb_fr_oX_qY_a ˆh_fU_Yh_Wbra^ˆž_a
 a_Uh_Yˆ_dk_bY_a]b_ig_hB_Uk_žo_ˆg_ma^ˆˆ_{rs}b_Wˆ_gi_ˆc_b]W_bc_ˆä_kn_h
 h_fm_aU_b]U_ks_dęg_Ub_{ck}]b_U]d_fn_hi_Xi_gm_Wž_Wˆ_ac_Yb_Ug_fo_Wˆ_rä_ˆ
 b_Yá_Un_WdfcV_Yá_Uk^ˆb_Ud_Ug_mW_b]Y_Un_ˆc_U]W_bY^ˆ]s_dg_nW_cˆ_c!
 [W_bY^ˆK_žo_ˆg_rc_ˆW_nb_Ug_fU_iˆ^ˆY_Xh_fa_UW_U]s_gn_ic_ˆž_Vn_dc_Xä_ˆ
 g_oˆ_Xi_gm_U]c_dęg_iˆ^ˆrk_Ug_mU^ˆY^ˆ]ˆ^ˆY_Xh_{bra}ˆ^ˆX_{rc}c_ˆč_{bra}ˆ^ˆd_nb_Yˆ^ˆ
 V_oX_qY_kc_XU^ˆA_čn_kU_Wˆ^ˆX_{cg}U_fW_UX_{cd}]Y_cˆ^ˆf_mng_gU_bi^ˆn_fck_U
 k_sdęg_UW_{ck}U_bY^ˆW_{cf}V_nd_fn_kˆ^ˆY_ˆY^ˆi_Vr_U]fc_Yb_Yr_UW_Y]Y_áˆ^ˆ
 W_fi_f]W_{bra}ˆ^ˆ"

Postowi *kcX_Yá_iˆ* h_{ck}U_fm_gˆ_rá^ˆb_Yd_fm_áˆ^ˆb_YY_Zh_mi_Vc_Wb_Yˆ^ˆ
 >Y_{bra}ˆ^ˆˆ_{rs}b_Wˆ^ˆY_gi_cX_kc_Xb_Yb_Yˆ^ˆV_cˆ^ˆW_cW_Uˆ^ˆd_UW_bH_Un_UW_oW_go^ˆ
 X_cˆ^ˆg_Uc_ˆn_kU_b]U_kc_Xř_iˆ^ˆW_UW_Udf_U]b_Yb_Ug_ro_bU_{ck}c_ˆr_Ub_Uˆ^ˆU^ˆ7^ˆč_fm_i
 k_nX_UU_kc_Xo_ři_fn_bž_kg_hc_ˆW_žd_fn_hg_ˆf_o]s_cX_XW^ˆˆ^ˆá_Wb_Yc_ˆc_ˆ
 ˆ^ˆ&S^ˆa^ˆˆ^ˆX_qY_bb_Yž_bU_kY_hk_{df}U_Wˆ^ˆdęg_iˆ^ˆ";
 X_nr_UW_bh_dc_XU_Yg_oˆ^ˆ
 X_hc_ˆg_nU_Wž_c]f_ca_Yr_bU_Wb_Yá_Uk_UU_Vk_Yb_Uk_Ub_U]b_Ycf<sub>]U_b!
 na^ˆi^ˆ"K_cX_Uf_cn_Wˆ^ˆW_Uh_cˆ^ˆg_nb_nı_km_Ui_ˆi^ˆY^ˆY_nW_Uˆ^ˆC_Xk_cX_b]c_bm_i
 cf<sub>]U_b]ra^ˆn_Uf_ma^ˆi^ˆY_kc_Xž_hma^ˆg_ána^ˆra^ˆb_Yg_Uá_WV_oˆ^ˆč_äk_nh<sub>ˆ
 X_Uc_bn_Wh_cˆ^ˆg_nˆ^ˆ"</sub></sub></sub>

K_sd_fn_Yn_cX_kc_Xb_Yb_Yá_Uˆ^ˆX_qY_rU_Mˆ^ˆf_nb_Y]Y_fk_bck_U]Y_Yh_cˆ^ˆ!
 h_kž_km_Ui_ˆU_kU_bn_Wˆ^ˆrs_WU_kf_Un_dn_Uá_U]ˆ^ˆ>Y^ˆ]d_Yá_Un_km_áW_b]Y_U
 W_hg_ák_cX_ož_gn_Vˆ^ˆc_dc_Uk_ˆ]g_o]W_b]Y_Xc_Vf^ˆˆ^ˆD_Yf_kg_ma^ˆY_cˆ^ˆc_V!
 U_ká_Uˆ^ˆY_gi_hU_Udf_U]b_Yb_U]K_cX_Ub_Yr_Ug_Uc_ˆU_Uˆ^ˆˆ^ˆdf_U]b_Yb_U
]b_U]Y_fU_b]Y_df_má^ˆˆ^ˆb_Y]c_ˆg_áU_iˆ^ˆ"K_sh_bg_Uc_gV_{cf}]U_b]ra^ˆg_Uf_Ug_oˆ^ˆ
 r_b]Y_Wo_Wá_Ub_Ug_Xˆ^ˆd_U]W_Uk_sV_Uk_Yd_fn_YX_XU_gm_aˆ^ˆc_Vb_YY_bá_Uˆ^ˆč_nc_ˆ!
 a^ˆi^ˆY_Yh_cˆ^ˆ]h_kˆ^ˆ"5_gc_fc_ˆˆ^ˆd_fn_YW_cX_qˆ^ˆbl_áˆ^ˆc_Wcf_Ub_Uk_cX_žh_cˆ^ˆb_Y
 d_Yá_Un_kng_Uf_Wá_WX_iˆ^ˆč_Vn_iri_dY_b]ä_ih_UW_bY_dn_or_žX_cX_Uh_cˆ^ˆ!

k c' dc[öV]UäWcXk cXb]Yb]Y' Dc[UfgUäWngö gLb' nXfck]Ua c Y
k nk c Uä cXfi Wnik ra]cbY]sk ra]chm Vä" CVUk mhY Wögr
hck Ufmgrä Xi []a 'dcgrä 'k cXbra "

B]YfrLX c' dc'Uk]Uä gö hY 'rldUfWU' 7\cä' ksknb]_i 'cXk cX
b]Yb]U]sMU_i 'dc nk]Yb]U Z_b_WUknXUUb]UrcgUY dfU_hmWb]Y
rUvc_ckUbZksY]WY' bUXU' a c Ynm]YfUä' gö b]YdfnYfUk]cbY 'Y
Xnb]Yž 'i rž VU hf]Y]s] b]äW'a U]U_Uck U' 5sdc]Yk U 'dUWb]i
b]Wb]Y 'Yž drcgUc Wb]Y gä' knhWUby nscf[]b]ra i " NldUfWY
g]fmU dcbck bYä i 'k WU]U]bi 'hc_gnb' dfrñi cf[]b]ra " Nsh] c'
k Ub]Y dck cX' k]Yi 'dfcdU Urf k 'hfUd]] dcgbrnW rUYW W!
Xr]Yb]Yg'rcgk Ub]Y 'Yk Unk rñX]ö_]Wä i 'drcgUc W]rUY UäW
k scf[]b]ra]YrcgUä dcXUby dfcWgck]Yä i ['UW]]s] g b]dY'

Dcb]Yk U 'dUWb]hb]Yg'lc nk U UäbnWdc_Ufa kždcgrMäWä i '
rU] fU Ub]YXcV f'g Vg]UbW' cX nk WñW 'rk Ug]MUdcXWgXi !
gY' hfUd]] " sWcWU 'frLX c']YXncVgYk i 'Yä mik nU bY cVUk m
b]YXcVci ' 'U' gn_c]Vi hž dYU fU WñWf]! VYf] 'hc' fYñfkm g V.
g]UbW' cX nk WñWb]Yi g]Ubb]Ygö_i fWä" Fek Ufmgrñhā i 'i hfUU
bUk Ub]YgnWY Y hfc]h kžk UbñWk]hā]b]]s]fñWk i hYb]UWñ

6fU 'g Vg]UbW' cX nk WñW grck Ub]U dfcWg 'Wñb]U' DfcWg
[c'Yb]UgöfUbY_bUg_ fñYfk Uk sfU WY'dcgi k cXb]Y c'cXk W
Xc' hñWfUmXi Y'b] 'bcfa Ub]Y'

B]YXcV f' Xcg]fWUäWñW W]U i 'Yb]Y[]] k d' c'k cXUb kž V]UY '
]shi gW' k 'ra i g]Ucf[]b]ra 'Xc' g d' b]öWUdc' fñfkrñK]ö_gc ä
rldc]fñVck Ub]U dc_fnk U g]UUb]Y hi g]W " K sYZ WY' dcXWg
dcgi 'dUWb]i a c Y g]fU]ä Sž !%_ ['Xr]Yb]Y' K]ö_gc ä rñb]g
hm_c' bUha 'g cfm]g]ž UY gä hY 'a]bi gn'rk Ub]Ua YUvc']ra ž
Ušhā dYU i fU W]U g]U]Xž W' knk c i 'Y YZ_h 'cXck UnW Xcb]
]sg] d' cfUhi W WY' WcX' c[]fb]UäW Wmcf[]b]ra " Dfm]b]g]Y'
hā dYU i fñY YZ_hi 'Y [UXUgnYä i 'dc[öV]Yb]i " Ns_c'Y' grck c'
b]cbmä YUvc']ra]si hfUYb]Yf[]] dfck UXä Xc' YUf[i " A öMä b]g
rk_m Yž WñXr]Yb]Y Wñbc Vž Uš'U_ c'k]Y_ kng]Y_ mñWmdfc!
k UXr] Xc' knW]fd]U' Dfñgn]] Uä mik]ö_gc ä Xb]Už W' cXV]Ugö
bUcXdcWñ_i k sbcWñ 'd]a m_f h_c]sb]Ygdc_c'b]Y'



Woda kokosowa to uzdrawiający napój z wnętrza kokosa, jednak nie brzozywego, który znamy z naszych sklepów. Najwięcej jest jej w zielonych, jeszcze niedojrzałych owocach. Elektrolity zawarte w wodzie kokosowej pod względem składu przypominają ludzkie osocze, dlatego płyn ten zyskał ogromną popularność jako naturalny izotonik, całkowicie kompatybilny z ludzkim organizmem. Dzięki wyjątkowym właściwościom odżywczym sprzyja ona także równowadze chemicznej organizmu, chroni przed chorobami, pomaga w walce z rakiem i opóźnia procesy starzenia.

Badania potwierdzają, że woda kokosowa:

- zmniejsza ryzyko wystąpienia chorób serca,
- obniża poziom cholesterolu we krwi,
- pomaga w walce z chorobami nerek i rozpuszcza kamienie nerkowe,
- dostarcza organizmowi witamin i minerałów,
- idealnie nadaje się do nawodnienia organizmu,
- łagodzi obrzęki dłoni i stóp,
- wspomaga trawienie i uwalnia od zaparć,
- wzmacnia układ odpornościowy,
- chroni przed miażdżycą.

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