

Protein Tozu Ne İe Yarar

Sarp Genco Gençarslan

Zehirli Aşkdan Şifalı Aşka Sarp Genco Gençarslan, Masum âşığın tek günahı güllerin dikenini yok, rengini ve kokusunu ise çok saymaktır. Duygusal ilişkiler bir kimya deneyi gibidir. Bu deneyi hafife alıp, kendinizi “patlata patlata” neyin ne olduğunu öğrenme yoluna gidebilir ya da gerçek anlamda ruhunuza şifa olacak aşkın formülünü güle oynaya almayı seçebilirsiniz. Paşalığından geriye ne kaldığı tartışmalı olan yorgun gönlünüz bilir!:) Bir ilişkide en kalp kırıcı anlardan biri, karşı taraf üstündeki etkinizi yitirmeye başladığınızı fark ettiğiniz andır. Zararlı, bir halta yaramadığı gibi bir de üstüne insanı perişan eden zehirli ve sağlıksız ilişkiler nedir, hepimiz düşe kalka öğrendik. Peki ya şifalı olanı? İnsana huzur, neşe, tüm olumsuzluklara dayanma gücü veren ve sadece filmlerde olduğu söylenen o dönüştürücü AŞK’ı hiç yaşadınız mı? Aşkınınızın hep ilk günkü gibi kalması belki de hayal değildir. Belki de bunun hayal olduğunu söyleyenler gerçek bir şifalı aşkı hiç tatmamış olanlardır. Bu kitap, “Sağlıklı, mutlu, huzurlu bir ilişkiyi hak ediyorum...” diyenler için yazıldı. Bu yüzden şimdi kendinize sorma zamanı: Yaşadığınız ilişki razı olduğunuz mu yoksa layık olduğunuz mu?

A'dan Z'ye Vücut Geliştirme ve Fitness Ansiklopedisi Zülküf Turan,2015-02-10 Profesyonel ve amatör fitness ve vücut geliştiriciler, yaptıkları çalışmalarında hiçbir özel teknik ve sır hareket yoktur. Uyguladıkları egzersiz programı yanlış değildir. Ama bazıları daha verimsiz ve etkisizdir. Sadece basit prensiplere indirgenen, kendi vücut yapısına uyan, en yüksek düzeyde disiplin senkrazisyonu vardır. Bu senkrazisyon, yeni gelişmeler ışığında modifiye eden yeni bilgilere, gelişmelere açık olan çalıştırıcı ve sporcuları yakalar. “Beden ılımlı miktarda kullanılıp ve alışık olduğu biçimde çalıştırılırsa sağlığına kavuşturulur. İyi gelişir ve daha yavaş yaşlanır. Ancak beden atıl bırakılırsa hastalanır büyüme ve gelişme sorunlu olur. Ve daha hızlı yaşlanır.” Hipokrat Bu sözün doğrultusunda diyorum ki; Ağırlıklı olarak eğsersiz, spor veya herhangi bir aktivite yapmayan insanlarda 30 ile 40 yaş arası her yıl 300 gr kas kaybı yaşanır. Bayanlarda ise 35 yaşını geçince kemik erimesi olarak kendini gösterir. Toplam 10 yılda min. 3 kg kas kaybedilir. 40 yaşından sonra bu rakam her yıl için 1 kg kas kaybına çıkar. Bu rakamlara iyi bakın, keşke 30 yaşındaki gibi olsam. Bir sonraki aşamada keşke 40 yaşındaki gibi olsam dememek için spora biraz vakit ayırın. Unutmayın ki internet, tv karşısında zaman geçirmek sizlere kas değil yağ kazandırır. Bayanlarda ağırlıklı olarak selülit ve kemik erimesi; erkeklerde sarkık bir karın, hareketsiz, yorgun ve hantal bir vücut. Çok değil haftada 3-4 egzersiz max. ayıracağınız 1 saat gelecekte çok şey kazandırır. Lütfen vücudunuza saygı gösterin; sağlam kafa sağlam vücutta bulunur. Kendinizi iyi hissettiğiniz günler sağlıklı olduğunuz günlerdir. İşleyen demir pas tutmaz. Ağırlık

çalışmalarında zorlanıyor iseniz evde tek başına spor bölümünden faydalanabilirsiniz. Sağlıklı ve zinde bir yaşam dileklerimizle iyi çalışmalar.

Yayınları Ankara Üniversitesi. Ziraat Fakültesi,1956

Büyük lûgat ve ansiklopedi ,1985

Hayat aile ansiklopedisi Şevket Rado,1964

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