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## làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí Ìèðáááà Áíá - 21.05.2009 12:39

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Íà÷-íó ñ òàéíé ññúèèè: <http://samodelki.com.ua/node/378#comment-439/>

Ííëáçíí, íá èàæàðñý, è íáëíæèè àëüáííâ ÷-àñòì áìò òàèèá, èàè òòò - è èð ìíæíí òàè æá óèðàñèòù! Òàì áíëáá ìííáèì ìðàáýòñý ìóòò ìðèèèèà òìòèó è òèáíé çèãçàáñì), ìðèáíýò áá òòò.

Áúèèàáúááèòà ñáíè ññúèèè èèè ìðíñòì èááè ì ìáëíæèàì.

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## RE: làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí Renata - 13.06.2009 16:55

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Áò àúá íáíà èááèèà ì ìíáíáó íáëíæèè. Áñá ì òááàì è áíñòóííí:)

<http://redhat-ufa.livejournal.com/495045.html>

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## RE: làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí tarikoIN - 03.11.2009 18:22

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À ý ááèàèà ìýáèòò ìæáèàðàèüíòò èíèáó. Á áéíáá èáæèò

[http://tarikoin.blogspot.com/2009/10/blog-post\\_12.html](http://tarikoin.blogspot.com/2009/10/blog-post_12.html)

Áñèè èòì ááðóá ìááòìááò ìíáòìðýòù, áóáüòà áíëàòàèüíú ìðè áúáíðá òèáíé! Ì ðóèàì ìíèò áíñòáé áúèì ñðàçó ìííýòíí, èòì óæá ìòèíèñ

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## RE: làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí Áííáò - 04.11.2009 22:03

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tarikoiN, ìíèèñòàèà áéíá - è ìí èíòáðáñíúé, è íáëíæèà ìèèàý :)

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## RE: làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí tarikoIN - 07.11.2009 01:11

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Áííáò , ñíàñéáí, ìðèýòíí! :blush:

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## RE: làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí Belka - 13.11.2009 02:06

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Íáðááý ññúèèà èíòáðáñíà, áíáðáúá óàèááèà àèý ñááý, èàè ìíæíí ñááèàòù ñòáíááðòíòò ìáëíæèó àèý àëüáííà, à ìíòì áá çáááèíðè ìí áòìðíé ññúèèà òíæá ìðèáèíáèüíí, ìííááíí ìðì ìýáèòò ìáëíæèó.

À òðáòüý ññúèèà ìðíñòì èèàññ - òàèáý ìðèáèíáèüíáý èááý, ýòò àëüáíí-èè ñíððáíèòñý ìá áíëèèà áðáíáíà è ìíæáò ñòàòù àæ ñáíá ááíòèèíà è òáíòèèíà èííáá ìðáóááèè-áíà, òàè ÷òì ýòì ááéí ááòìðà.

Á èðáíì ñèó-áá áñáì áúèíæèáòèì ññúèí-èè, áíèüøíá àðèáàòì!

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## RE: làñoòðèì ñêðàì-íáëíæèè àëüáííâ

Íñëáí marin - 28.11.2009 02:24

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Í, ìÿãëàÿ ìáëíæëà - ÿòì èëàññ. Ìðëÿòíí òàëíé àëüáíí-èè á ðóèè áðàòü.

RE: Ìàñòáðèì ñêðàì-ìáëíæëè àëüáííâ

Ìñëáí DemodeX - 29.12.2009 07:01

tarikoiN, áóìàð á ñëááòðùèé ðàç ñóíèò òíðòèòü ïí êðáÿì øíá-àèáíòíáéó.  
èáÿÿ ÷óáíáÿ, ìíæíí ïÿéñííáðáíáíòèðíáòü ñ òéáíÿð: íáíðèíáð, íá ðíáíí á, íáèèááüáàòü, à ñ "ííÿòíñòÿíè" è èð òðíðèòü...

RE: Ìàñòáðèì ñêðàì-ìáëíæëè àëüáííâ

Ìñëáí tarikoiN - 29.12.2009 18:53

DemodeX Òàì áíóóðè èàðòíí òíèñòáííúé + 2 ñëíÿ ñèíòáíííà + 4 ñëíÿ òéáíé. Áàæá áñèè èáíèèá ÿòì áñ, ïðíðéá, ò, íá óááðáíà ÿ, ÷

RE: Ìàñòáðèì ñêðàì-ìáëíæëè àëüáííâ

Ìñëáí tarikoiN - 29.12.2009 18:59

Belka á ìí-ü ìáðáá ñááüáíé á èçÿÿáíí ïíáíèòèè ïíñéá àèáèøíèèá íá áí èèøíèð óéðàðàòáëüñòá - ïíááðüòá íá ñëíáí! :laugh:

RE: Ìàñòáðèì ñêðàì-ìáëíæëè àëüáííâ

Ìñëáí DemodeX - 30.12.2009 03:58

à ìá èàè-òí òðèøéíñü ñááèàòü ñóíáð-ìáëíæëó (ò.é. ñàìà ìáëíæëà íá ñíòááòñòáííáèà áóóó ÷áëíááèà, éíòíðíó òðááíàçíá-àèñÿ à

RE: Ìàñòáðèì ñêðàì-ìáëíæëè àëüáííâ

Ìñëáí CaPíToRqZ - 28.11.2017 13:30

Hi

I have some fact to share with your....

OPTION TO Typical Synthetic Supplements IS NECESSARY, Say Experts

Whole food supplements is a subject of worldwide interest currently. A profusion of proof has recently come to light suggesting that common synthetic multivitamin supplements may be hazardous to your wellbeing. Goran Bjelakovic, a respected scientist from the School of Copenhagen, headed up a massive meta-study that looked at the results of 67 placebo-controlled trials previously carried out to look for the effects of vitamin and anti-oxidant supplements on longevity. In the end, the scholarly study combined observations of 232 000 test subjects. Through the use of such a sizable population sample, a report can become a lot more powerful in relation to spotting large-scale trends and overcoming human being bias.

The results of the analysis, published in the Journal of the American Medical Association, were nothing less than shocking. Taking a look at patients with diabetes, cardiovascular disease and lung tumor, as well as healthy, normal individuals, there is no apparent benefit to taking popular fractionated supplements like Vitamin A, Vitamin E, Supplement C, Selenium, or beta-Carotene. In fact, the results went in the contrary direction - there was an increased chance of loss of life (16 percent) among Supplement A users, a 7 percent higher death rate among beta-Carotene users, and a 4 percent mortality increase in Supplement E users. Beta-Carotene and Retinol, marketed as anti-carcinogenic agents, may promote lung cancer. That is right - pills advertised as helping you towards an extended, healthier life are actually correlated with a speedier demise. This scholarly study used typical supplements on the marketplace created from synthetic vitamins.

To add salt to the wound, a recent research published in the Uk Journal of Nourishment under the unimaginative title of "Ascorbic Acid Supplementation WILL NOT Attenuate Post-Exercise Muscle Soreness Pursuing Muscle-Damaging Exercise But May Delay The Recovery Process" indicated that supplementation with anti-oxidants from synthetic resources may reverse lots of the beneficial ramifications of physical training.

Now, this isn't to say that vitamins or anti-oxidants are harmful to you. Definately not it - these supplements were created on the basis of solid science. Anti-oxidants are thought to protect cells from the ravages of free radicals still. The nagging problem, rather, is the essential proven fact that you can get those advantages from synthetic isolated substances. Disease and growing older are usually a lot more complicated than test-tube studies can account for. Furthermore, the pressing issue of bioavailability can be an ever-present concern. Many typical synthetic supplements include huge amounts of the publicized vitamin, but absence the additional substances needed to ensure that their key ingredients are actually absorbed by the body. Passing straight through the digestive tract, these 'miracle health cures' often find yourself doing little beyond offering people expensive urine. To the rescue...Whole Food Supplements.  
Website: herb24.space

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RE: Ìàñòáðèì ñêðàì-íáëíæèè àëüáíîâ

íñëáì CaPiToRqZ - 07.12.2017 14:34

Hello

I Needed to share with you sth that shocking me:

If you are at all like the rest of us then you are probably very conscious about how you look and the way others perceive you. Of course one of the biggest determines of other people perception enjoy it or not is your body. This is why a lot of people spend much time in the fitness center and exercising o. They would like to look great and be healthy. It is sometime unfortunate that we place so much focus on the exterior or cover of a person but it is the 100 % pure truth we simply do. A lot of people do everything they are able to do have a great looking body including plastic surgery. However, surgery isn't the healthiest method to lose excess weight and get in shape and frequently even after a pounds loss surgery people gain back the pounds. The healthiest way to reduce the flab is certainly through exercise. With the supplements obtainable over the counter today there are some ways to make the original workout route to an excellent body much easier.

You have to understand that it is also vital that you develop your muscles and besides, through cosmetic surgery, you will just finish up getting fat again if you don't exercise. It really is an acknowledged fact that exercise may be the healthiest way to have the body you want. However, if you want a leaner looking and a well-toned body perfectly, it might take you a long time to achieve it.

Today, with the advancement of technology, researchers and researchers have found different types of body building supplements to guide you get a flawlessly healthy and great seeking body. When coupled with proper pounds and exercise training, you can make certain that you will achieve great results on your body. With a six pack abs, and large well-toned and looking muscle groups all over your body, you will make sure that no inhibitions can be had by you about taking your clothes off at the beach. Also, you will have a healthy heart and other organs.

Body building products have existed for quite a while now. However, you have to understand that there are illegal body building drugs in the market, such as steroids. Although steroids may bring quick results within your body building initiatives, additionally it is addicting and it will have harmful unwanted effects to your body. Overuse of this drug can result in heart problems and muscle atrophy or sagging of the muscles. You may have large muscles, but it an be of no use if there's no strength in it. This is why you should go for the body building supplements that work and 100% legal.

You have to consider that physical body building supplements can be utilized by beginners and advanced body builders. However, you have to consider that you should know what you are using as well as know very well what the correct dosage of the product is. It is also important to know very well what kind of body building supplement is most beneficial for your body to be able to receive positive results at the quickest time possible.

It is also vital that you remember that there are different kinds of bodybuilding supplements you ought to know of and know which to use for the body. And, most essential of most, you have to remember that bodybuilding supplements only works at its full potential if you combine it with the correct workout and the correct diet.

Probably the most popular bodybuilding supplement available for sale today and also 100% legal is called creatine. Creatine is normally made by the body's liver, pancreas and kidneys and makes its method to the muscle groups through the bloodstream. You need to consider that this product enhances muscle power, increases muscle mass and it also enhances one's endurance. Since creatine is made by the body naturally, it will imply that it will have no relative side effects to the body because the muscles normally utilize them. Meat provides the most creatine. Nevertheless, there are real creatine monohydrate products that can be purchased on the market today which you can use when training. This means that there will be even more creatine consumed by the muscle tissues.

Proteins supplements can also be of great assistance to you when you are working out. The reason being protein is the primary building block of the muscle tissues and with this dietary supplement, you can fortify the muscles and also gain more muscle tissue. It can promote tissue growth and also tissue repair.

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There exists a whole world of supplements and most sort of supplements to guide you in your quest for the perfect body. Do not get me wrong it'll still take focus on your part nonetheless it is much easier today then in the past. All you want to do is find out which of the supplements can benefit your body the most. Your personal trainer at the fitness center can help you with the different bodybuilding supplements that you can use. So, if you want an excellent searching body with well-toned muscles, you should consider training and taking some body building supplements.  
Website : Perle Bleue Visage Care Moisturise

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