



Hill Vital  
Na lepšie prírodné riešenie.

„Beda, kto v mory vidí iba vodu, kto nepočuje nemú prírodu,  
kto v skalách vidí iba skaly.“

-Andrej Sládkovič

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## ZDROJE OBRÁZKOV

**Osteoporóza** - Houston Rheumatology care

<shutterstock\_225483196.jpg> ,

<<https://houstonrheumatologycare.com/rheumatoid-arthritis/>>

**Hemoroidy** - foto Profimedia.sk

<Q-CgwgyPRnXMiEUr5p8D0Q\_Pichanie-a-p-lenie-v-kone-n-ku-b-va-jedn-m.jpg>

<<https://t.aimg.sk/magaziny/Q-CgwgyPRnXMiEUr5p8D0Q~Pichanie-a-p-lenie-v-kone-n-ku-b-va-jedn-m.jpg?t=LzY0MHgzNTgvdG9w&h=p59xzUOodaYomzEtzNsBtg&e=2145916800&v=3>>

**Opuch nôh** - \*<sub>1</sub> Postpartum swelling: Causes and 10 natural treatments

Medical News Today

<<https://cdn1.medicalnewstoday.com/content/images/articles/322/322504/postpartum-swelling-in-ankle-and-legs-causing-pain-for-woman.jpg>>

<<https://www.medicalnewstoday.com/articles/322504.php>>

-\*<sub>2</sub> Top 10 Healthy Strategies for Fighting Fatigue and Exhaustion | BrainMD

BrainMD Health

Healthy Strategies for Fighting Fatigue and Exhaustion

<<https://www.brainmdhealth.com/blog/wp-content/uploads/fightingfatigue.jpg>>

<<https://www.brainmdhealth.com/blog/healthy-strategies-for-fighting-fatigue-and-exhaustion/>>

**Pigmentové škvrny** - \*<sub>1</sub> How to Remove Brown Pigment Spots | Dr. Aggarwal

Vein Care Center, brown spots patient

<<https://www.yourveincarecenter.com/wp-content/uploads/2018/11/brown-spots.jpg>>

-\*<sub>2</sub> Removal of pigment spots - Innovative Dermatology Center

Inovatyvios Dermatologijos Centras

<<https://www.skin.lt/site/wp-content/uploads/2016/10/pigmentiniu-demiu-salinimas.jpg>>

**Ischias** - Ischias (Ischiasschmerzen, Ischialgie): Wie kann man die Schmerzen ...

Onmeda, Eine Frau greift sich vor Schmerzen in den Rücken.

<<https://www.onmeda.de/krankheiten/rueckenschmerzen.html>>



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<[https://i.onmeda.de/frau\\_kreuzschmerzen-635x355.jpg](https://i.onmeda.de/frau_kreuzschmerzen-635x355.jpg)>

**Odvodnenie organizmu** - \*<sub>1</sub> Elderflower Tea – Teas Cure [teasure.com](https://teasure.com), Antioxidant Content Flu-Fighting Ability Cholesterol Benefits

<<https://teasure.com/wp-content/uploads/2018/05/elderflower.jpg>>

-\*<sub>2</sub> Pineapples | SNAP-Ed SNAP-Ed Connection - USDA, Pineapples

<[https://snaped.fns.usda.gov/sites/default/files/styles/crop\\_ratio\\_7\\_5/public/seasonal-produce/2018-05/pineapple.jpg?itok=K2ogcmVH](https://snaped.fns.usda.gov/sites/default/files/styles/crop_ratio_7_5/public/seasonal-produce/2018-05/pineapple.jpg?itok=K2ogcmVH)>

**Banner - úvod použité atribúty** - Happy old people - Kenwood Hearing Centers

<<https://goodhearing.com/landing/old-people/>>

<<https://goodhearing.com/wp-content/uploads/2018/12/old-people-768x528.jpg>>

**Kat. Neuropatia** - Idiopathic Neuropathy, Definition and Patient Education Healthline

<[https://www.healthline.com/hlcmsresource/images/imce/idiopathic-neuropathy\\_thumb.jpg](https://www.healthline.com/hlcmsresource/images/imce/idiopathic-neuropathy_thumb.jpg)>

**Kat. Polyneuropatia** - Improving Quality of Life After Polyneuropathy, The Jackson Clinics ...

The Jackson Clinics, Physical Therapy, Improving Quality of Life After Polyneuropathy

<<https://thejacksonclinics.com/wp-content/uploads/ThinkstockPhotos-184420125.jpg>>

**Psoriáza vo vlasoch** - \*<sub>1</sub> Psoriasis arthritis behandlung chinesische medizin, aruntom.com

<<https://stevens-trichology.com/wp-content/uploads/2016/05/psoriasis.jpg>>

\*<sub>2</sub> - 10 Best Shampoos For Psoriasis 2019 (the Most Skin-Friendly) Womens Edge

<<http://www.womensedge.org/wp-content/uploads/2018/02/Best-Shampoos-For-Psoriasis.jpg>>

\*<sub>3</sub> - Essential Oils Psoriasis | Natural Essential Oils Online Naturlea Essential Oils for Psoriasis

<<https://www.naturlea.com.au/wp-content/uploads/2018/10/stress-oils-4.jpg>>

**Kyfóza** - \* Kyphosis Correction | Joseph Spine | | Joseph Spine

[josephspine.com](https://josephspine.com) Scheuermann's disease is a developmental disorder that causes patients to have a stooped forward posture as a result of excessive kyphosis of the spine.

<<https://josephspine.com/wp-content/uploads/kyphosis.png?id=4814>>



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### **Spondylóza** - \* Spondylosis: Causes, risk factors, and symptoms

Medical News Today A man with cervical spondylosis

<<https://cdn1.medicalnewstoday.com/content/images/articles/312/312598/a-man-with-cervical-spondylosis.jpg>>

### **Gonartróza** - \*Search photos gonarthrosis Fotolia

Knee pain in an elderly person

<[https://t4.ftcdn.net/jpg/01/58/93/19/240\\_F\\_158931968\\_XmROLOSdbLaXW7bgxEwSu9p3mo29stxF.jpg](https://t4.ftcdn.net/jpg/01/58/93/19/240_F_158931968_XmROLOSdbLaXW7bgxEwSu9p3mo29stxF.jpg)>

### **Entezopatia** - \*1 - How to get rid of tennis elbow: Four ways to improve symptoms and ...

Daily Express

How to get rid of tennis elbow: Four ways to improve symptoms and speed up recovery

<<https://images.spot.im/v1/production/xe2exep8crhsbvwesy0t>>

### \*2 - Bauerfeind AchilloTrain Achilles Tendon Support - Ankle Support for Pain Relief -

Removable Cushion - Ankle Supports - Ankle Supports & Braces - Supports & Braces  
physioroom.com

Bauerfeind AchilloTrain Achilles Tendon Support - Ankle Support for Pain Relief -

Removable Cushion. An active support, with a high-reaching friction insert, for the relief of  
Achilles tendon...

<[https://www.physioroom.com/images/products//full/38940\\_image3.jpg](https://www.physioroom.com/images/products//full/38940_image3.jpg)>

### **Psoriázu vo vlasoch skloňujete častejšie ako by ste chceli?**

Huzar, T. How to identify and treat scalp psoriasis.

<https://www.medicalnewstoday.com/articles/323664.php>

Scalp Psoriasis.

<https://www.webmd.com/skin-problems-and-treatments/psoriasis/scalp-psoriasis#1>

### **Diéta pri dne**

Raman, R. (26.9.2017). Best Diet for Gout: What to Eat, What to Avoid.

<https://www.healthline.com/nutrition/best-diet-for-gout#section7>

Mlčoch, Z. (25.5.2015) Dna, pakostnice - byliny, bylinky, babské rady, čaj, tinktura, zelenina  
vhodná pri dne

<https://www.bylinkyprovsechny.cz/nemoci/ruzne-nemoci/1111-dna-pakostnice-byliny-bylinky-babske-rady-caj-tinktura-zelenina-vhodna-pri-dne>

### **Čo pomáha na dnu? Zmena návykov**



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Raman, R. (26.9.2017). Best Diet for Gout: What to Eat, What to Avoid.  
<https://www.healthline.com/nutrition/best-diet-for-gout#section7>

**Kráčajte s ľahkosťou – bylinky na kŕčové žily!** - \*1 - How to treat varicose veins | Newcastle Herald  
Newcastle Herald Uncomfortable: If varicose veins are bothering you due to the appearance, discomfort, or  
<[https://nnimgt-a.akamaihd.net/transform/v1/crop/frm/eV5wxSxRk6zflmD5bhc9J/fd4ca831-6e45-4b36-abc7-27edaf2edbb7.jpg/r0\\_0\\_3200\\_2140\\_w1200\\_h678\\_fmax.jpg](https://nnimgt-a.akamaihd.net/transform/v1/crop/frm/eV5wxSxRk6zflmD5bhc9J/fd4ca831-6e45-4b36-abc7-27edaf2edbb7.jpg/r0_0_3200_2140_w1200_h678_fmax.jpg)>

\*2 - Buy dried Arnica flowers at Pestle Herbs  
<[https://pestleherbs.co.uk/wp-content/uploads/P\\_arnica.jpg](https://pestleherbs.co.uk/wp-content/uploads/P_arnica.jpg)>

**Achillová päta** - \*1 - Totowa, NJ Podiatrist | Achilles Tendonitis vs Achilles Heel | Wayne ...  
Wayne Foot and Ankle Center, P.A. totowa nj achilles heel achilles tendonitis  
<<https://waynefoot.com/wp-content/uploads/2017/12/totowa-nj-achilles-heel-achilles-tendonitis-300x289.jpg>>

\*2 - Symptoms of an Achilles Tendon Injury  
<<https://www.drkeast.com/images/grayfish/4czgKb8yAGQ5BAB2PKBv.jpg>>

**Kyfóza** - Kyphosis (hunchback; Scheuermann's disease; Calve disease; roundback ...  
HealthEngine - Kyphosis (hunchback; Scheuermann's disease; Calve disease; roundback; postural kyphosis) | HealthEngine Blog  
<[https://healthengine.com.au/info/assets/thoracic-kyphosis-kyphotic-spine-lateral-view-x-ray\\_featured\\_595x240.jpg](https://healthengine.com.au/info/assets/thoracic-kyphosis-kyphotic-spine-lateral-view-x-ray_featured_595x240.jpg)>

**Artróza** - \*1 Gonartrosis o artrosis de rodilla ¿cómo aliviar el dolor ... Orliman  
Gonarthrosis or osteoarthritis of the knee, how to relieve the pain?  
<<http://www.orliman.com/wp-content/uploads/post07112017-gonartrosis.jpg>>

\*2 Puede la terapia hormonal resultar eficaz contra la artrosis de rodilla?  
Infosalus ¿Puede la terapia hormonal resultar eficaz contra la artrosis de rodilla?  
<[https://img.europapress.es/fotoweb/fotonoticia\\_20190108172614\\_640.jpg](https://img.europapress.es/fotoweb/fotonoticia_20190108172614_640.jpg)>

\*3 La artrosis afecta al 10% de la población española, especialmente ...  
Senda Senior La artrosis afecta al 10% de la población española, especialmente a partir de 40-50 años



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<<https://www.sendasenior.com/photo/art/grande/31776991-29845836.jpg?v=1553003859>>

**Mykóza** - \*1 Foot mycosis (fungi): how to recognise it and how to treat it

<[www.centropodologico.com](http://www.centropodologico.com)>

Foot mycosis (fungi): prevention and care

<<https://www.centropodologico.com/wp-content/uploads/micosi-piedi-991x661.jpg>>

\*2 Dobré rady, nápady, Dobrá rada.sk

Dobré rady, nápady, Dobrá rada.sk

Jedlá sóda, alias sóda bikarbóna, alias hydrogénuhličitan sodný stojí len pár centov a väčšinou po nej siahneme pri pálení záhy, alebo ak potrebujeme ...

<[https://www.dobrarada.sk/portals\\_pictures/i\\_003264/i\\_3264951.jpg](https://www.dobrarada.sk/portals_pictures/i_003264/i_3264951.jpg)>

\*3 Apple cider vinegar for acid reflux: Does it work, and is it safe?

Medical News Today

apple cider vinegar in small glass

<<https://cdn1.medicalnewstoday.com/content/images/articles/324/324034/apple-cider-vinegar-in-small-glass.jpg>>

\*4 - Iya Foods Garlic With Garlic Skin Ground, Kosher Certified, No ...

Iya Foods

Iya Foods Garlic With Garlic Skin Ground, Kosher Certified, No Preservatives, No Added

<[https://cdn.shopify.com/s/files/1/1904/9691/products/1\\_83528f4e-29c3-48b5-b378-1fdd7d1f5855.jpg?v=1558657288](https://cdn.shopify.com/s/files/1/1904/9691/products/1_83528f4e-29c3-48b5-b378-1fdd7d1f5855.jpg?v=1558657288)>

**Čistenie zubov** - What Are The 5 Benefits Of A Teeth Cleaning? - Affordable Dentist ...

Affordable Dentist Near Me

Teeth cleaning

<<https://affordabledentistnearme.com/wp-content/uploads/2017/12/Teeth-Cleaning.jpg>>

**Po pomoc nemusíte d'aleko** - TIPS FOR EASING INFLAMMATION + JOINT PAIN -

LOTUSWEI, Lotuswei

TIPS FOR EASING INFLAMMATION + JOINT PAIN



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<[https://cdn.shopify.com/s/files/1/0223/5181/articles/Image\\_from\\_iOS\\_1\\_1400x.progressive.jpg?v=1554505053](https://cdn.shopify.com/s/files/1/0223/5181/articles/Image_from_iOS_1_1400x.progressive.jpg?v=1554505053)>

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Inflammation: causes, diet & prevention - Saga

Saga

Burning match against red background referring to inflamed pain

<<https://www.saga.co.uk/contentlibrary/saga/publishing/verticals/health-and-wellbeing/conditions/inflammation-what-you-need-to-know.jpg>>

**Bercové vředy** - Bercový (holenný) vred - popis diagnózy

www.biomag-magnetoterapia.sk

<<https://www.biomag-magnetoterapia.sk/wp-content/uploads/diagnozy/2018/07/bercovy-vred-023-1248x702.jpeg>>

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Ženy trpí na bérkové vředy dvakrát víc než muži - Ordinance.cz, Ordinance.cz

Ženy trpí na bérkové vředy dvakrát víc než muži

<<https://www.ordinace.cz/img/articles/16b9/16718.jpg>>

**Kategória lordóza** - Lordosis Treatment - Hudson Valley Scoliosis

Hudson Valley Scoliosis

anterior pelvic tilt

<https://2xm0t92b1vo22py83u40kcv7-wpengine.netdna-ssl.com/wp-content/uploads/2012/11/anterior-pelvic-tilt.jpg?is-pending-load=1>

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Postural Extension Back Brace Vest for Kyphosis, Lordosis & Mild ...

Pinterest

Postural Extension Back Brace Vest for Kyphosis, Lordosis & Mild Scoliosis



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<<https://i.pinimg.com/originals/51/da/2b/51da2b47c7610adc600c2b258071bf1f.jpg>>

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10 Tips for a Healthy Back -  
Butler-Townsend Chiropractic  
10 Tips for a Healthy Back

<<http://butlertownsendchiro.com/wp-content/uploads/2015/09/sioux-city-chiropractor-in-morning.jpg>>

**Kategória artritída** - 1200 × 675Obrázky môžu podliehať autorským právam. Ďalšie informácie

Arthritis | The Chartered Society of Physiotherapy  
Arthritis | The Chartered Society of Physiotherapy  
How can physiotherapy help manage arthritis?

<[https://www.csp.org.uk/sites/default/files/styles/full\\_width/public/media-image/2018-06/shutterstock\\_713128687.jpg?itok=6WBjkuq7](https://www.csp.org.uk/sites/default/files/styles/full_width/public/media-image/2018-06/shutterstock_713128687.jpg?itok=6WBjkuq7)>

**Kíbová výživa** - The foods that can make muscle pain worse

A.Vogel

These contain naturally-occurring digestive enzymes which may help to reduce acidity in the body - this is always going to be beneficial for your joints!

<<https://www.avogel.co.uk/images2018/July/citrus600.jpg?id=44273&time=1532705559>>

**DNA** - Alternative Medicine: Gout Alternative Medicine

Alternative Medicine

Photos of Gout Alternative Medicine

[http://smartlifehealthybody.com/wp-content/uploads/2014/12/Alternative\\_Medicine.jpg](http://smartlifehealthybody.com/wp-content/uploads/2014/12/Alternative_Medicine.jpg)





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3 druhy alternatívnej medicíny – liečba stará tisíce rokov ...

TipyPreZdravie.sk

Ľudia preto častokrát hľadajú spôsob ako urýchliť liečbu pomocou rôznych alternatívnych metód. Alternatívna liečba znamená, predovšetkým, určitý spôsob ...

<https://tipyprezdravie.sk/wp-content/uploads/2018/11/alternativna-696x473.png>

Alternative Medicine Treatments Doctors Recommend | Reader's Digest

Reader's Digest

7 Alternative Medicine Treatments Doctors Actually Recommend

<https://www.rd.com/wp-content/uploads/2018/07/alternative-medicine-760x506.jpg>

**Kokosový olej na varenie a proti cukrovke** - Image by <a

href="https://pixabay.com/users/marvorel-2835811/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=1207952">Martin

Vorel</a> from <a

href="https://pixabay.com/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=1207952">Pixabay</a>

Image by <a

href="https://pixabay.com/users/moho01-3895945/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=3062139">moho01</a> from

<a

href="https://pixabay.com/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=3062139">Pixabay</a>

Image by <a

href="https://pixabay.com/users/StockSnap-894430/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=2592257">StockSnap</a>

from <a





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href="https://pixabay.com/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=2592257">Pixabay</a>

### Entezopatia - Tips For Managing Low Back Arthritis —

Physical Therapy Bremerton, WA - Intecore PT

Take a moment to sit down and practice good posture to get relief from your symptoms. Even though sitting in a chair doesn't seem helpful, ...

<<http://intecore-pt.com/wp-content/uploads/Low-Back-Pain-1024x682.jpg>>

### Vitamíny B-komplex

<a href="https://www.freepik.com/free-photos-vectors/background">Background photo created by xb100 - [www.freepik.com](http://www.freepik.com)</a>

### Čo sú puríny - Blog

Low-purine Diet: Foods to Eat or Avoid - familydoctor.org

<[https://familydoctor.org/wp-content/uploads/2009/11/shutterstock\\_224209672.jpg](https://familydoctor.org/wp-content/uploads/2009/11/shutterstock_224209672.jpg)>

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Ocean Foods

<[https://familydoctor.org/wp-content/uploads/2009/11/shutterstock\\_224209672.jpg](https://familydoctor.org/wp-content/uploads/2009/11/shutterstock_224209672.jpg)>

### Povrchový zápal žíl - Blog

[PDF] Stasis dermatitis as a complication of recurrent levofloxacin-associated bilateral leg edema. - Semantic Scholar

INTRODUCTION Several drugs have been associated with the development of peripheral edema. Leg edema can result in dermatitis of the lower extremities. We describe levofloxacin-induced peripheral...

<<https://d3i71xaburhd42.cloudfront.net/54f9c6c4312c9fa61c40ce1690a9906b6f55e3fc/3-Figure1-1.png>>

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Deep vein thrombosis and pulmonary embolism: Symptoms and more

<<https://cdn-prod.medicalnewstoday.com/content/images/articles/153/153704/people-with-varicose-veins.jpg>>

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Lower Cholesterol: Stop Smoking And Drinking Alcohol

<<https://www.naturallifeenergy.com/images/smoking-alcohol-cholesterol.jpg>>

### Burzitida - Blog



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Bursitis: Living & Managing - Pain-Free Living Life

<<https://cdn.painfreelivinglife.com/2016/04/bursitis-elbow-620-1.jpg>>

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Bursitis - Wikipedia

<[https://upload.wikimedia.org/wikipedia/commons/6/6e/Bursitis\\_Elbow\\_WC.JPG](https://upload.wikimedia.org/wikipedia/commons/6/6e/Bursitis_Elbow_WC.JPG)>

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What Is Olecranon Bursitis - Orthopedic & Sports Medicine

<<https://orthosportsmed.com/wp-content/uploads/2018/06/Olecranon-Bursitis-845x320.jpg>>

**Diskopatia** - Blog

Degenerative Disc Disease (Discopathy): Symptoms, Causes, Treatment ...

<[https://img.gentside.co.uk/article/back/discopathy\\_636db466fc70b761fe6609c97ba55eeb39430175.jpg](https://img.gentside.co.uk/article/back/discopathy_636db466fc70b761fe6609c97ba55eeb39430175.jpg)>

Cervical and Lumbar Discopathy: Causes, Natural treatments

<<https://i2.wp.com/www.thejoyofwellness.net/wp-content/uploads/2014/06/FotoliaELONGACION1.jpg?fit=377%2C318&ssl=1>>

**Becherova choroba**- Blog

Bechtěrevova choroba – lednový seminář v Praze - Inspirante

<[https://www.inspirante.cz/wp-content/uploads/2019/01/190116\\_Aktuality\\_Becht%C4%9B-semin%C3%A1%C5%99-Praha.jpg](https://www.inspirante.cz/wp-content/uploads/2019/01/190116_Aktuality_Becht%C4%9B-semin%C3%A1%C5%99-Praha.jpg)>

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Lower back spasm: Causes, treatment, and prevention

There are many possible causes of lower back spasm, including poor posture, muscle overuse, and injuries. In some cases, the spasm may occur as a result of a more serious, underlying condition...

<[https://cdn-prod.medicalnewstoday.com/content/images/hero/321/321916/321916\\_1100.jpg](https://cdn-prod.medicalnewstoday.com/content/images/hero/321/321916/321916_1100.jpg)>

**DASH diéta**- Blog

The DASH diet is proven to work. Why hasn't it caught on ...

<[https://img.washingtonpost.com/rf/image\\_480w/2010-2019/WashingtonPost/2017/03/30/Production/LocalLiving/Images/iStock-171294386.jpg?uid=IG5B6hWMEetoBSJtzWzow](https://img.washingtonpost.com/rf/image_480w/2010-2019/WashingtonPost/2017/03/30/Production/LocalLiving/Images/iStock-171294386.jpg?uid=IG5B6hWMEetoBSJtzWzow)>

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Red meat consumption increases risk of early death by 10 ...

<<https://static.independent.co.uk/s3fs-public/thumbnails/image/2015/10/26/14/Red-Meat.jpg>

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Atrial fibrillation linked to increased blood pressure, risk ...

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*Hill Vital*  
**Na lepšie prírodné riešenie.**  
„Beda, kto v mori vidí iba vodu, kto nepočuje nemú prírodu,  
kto v skalách vidí iba skaly.“

-Andrej Sládkovič

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*Uvedte názov príspevku a URL. Prosím, nezabudnite, že názvy jednotlivých príspevkov v rámci on-line komunit (napr. blogov, diskusných fór, fór) sa nezvýrazňujú kurzívou.*

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Pr. :

Dean, J. (7. mája 2008). When the self emerges: Is that me in the mirror? Príspevok zaslaný na <http://www.spring.org.uk/>

Myslím, že nie je nutné uvádzať dátum ani podobné záležitosti, bude stačiť, ak tam dáme zdroj v tejto podobe <http://www.spring.org.uk/>

**Pigmentové škvrny**, Miška -

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