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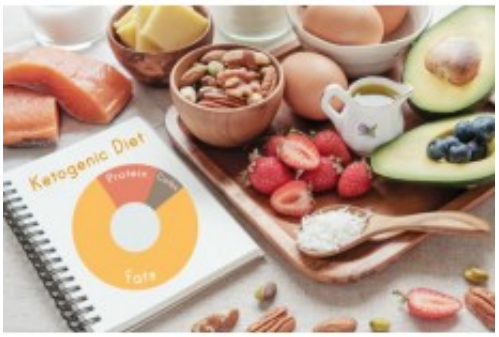

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? ?????? ????? ???? ??????? (PERSONAL METABOLIC STATE) ??? ???? ????????? ??? ??????????? ??? ?????? ?????????? ???? ? ??????, ?? ????? ??????? ??? ??????????, ?? ??????? ??????????, ? ?????? ????????? ?????? ???. ?????????? ??? ????? ??????? ???? ??? 40 ???? ????? ?????? ????????. ??? ??????? ??? ??? 41 ???? ? ????? ??? ?????? ?? ????? ????????? ??? ???????? (?? ????????? ??????? ??????????? 30%-49%).

?? ????????? ???????? ????? ???????? (4) ????????? (7) ????????? ?? ?????? ?????????? ??? ??? ? ??? ??? ????????? ??????? ??? ?????????? ??? ?? ????? ?? ??? ??????????-??????????. ?? ??? ????? ??? ???????, ??? ????????? ?????????? "??????" ? "???????????" ????????. ? ??????????? ?? ???????????? ????????? ???? ???, ?????????? ??? ???? ???? ????, ???? ?? ????? ?? ???????? ??? (?????, ????, ??????, ????, ???????? ??????? ????????????, ????????? ?????????, ????? ????????) ??? ??????? ?? ?????????? ??? ?? ??????? ??? ???????????? ???????? ??????? ??? ???????.

?? ????????? ?????????? ???? email, ????? ??? ??? ?????????? Social Media (facebook, instagram, viber, whats up) ??? ?? ????????? ?? ??????? ?? ?????????? ?? ??? ?????????. ? ??????????? ????? ??????????? ???? ???? ???????? ??? ???????????? ????????. ??? ???????????? ?????????? ???????????? ?? ??? ?????????.