



“Health is a priceless wealth. Invest while you can.” – Bryant McGill

SALEM BEDEUTET FRIEDEN

Bei Güttingen am Bodensee ist eine Gemeinschaft «Pro Salem» im Aufbau, wo heimatlose Kinder ein Heim fürs Leben finden und wo nach modernen Reformgrundsätzen gelebt wird.



Das ist ein Teil der Helfer, die gratis und franko ihre Hilfe, ihre Kenntnisse und ihre Begeisterung zur Verfügung stellen, damit Pro Salem aufgebaut werden kann.



Die beiden Ärzte legen überall mit Hand an. Dass die vegetarische Kost ernährungsphysiologisch ausgewogen ist, ist ihnen zu verdanken. Die Vorratskammer wirkt leicht ungewöhnlich.

Links: Die Moosburg bei Güttingen dürfte zu den schönsten Liegenschaften am Bodensee gehören. «Als ich sie zum erstenmal sah, wusste ich: das ist es», sagt Dr. med. Dvorak, Präsident der Pro Salem.



den beiden Töchterchen. Sie sprechen landtöschle der Welt. Im Hintergrund die Equipe.



Auf der Suche nach seiner Aufgabe als Arzt in unserer Gesellschaft fand Dr. Dvorak die Salem-Idee. Er hat sie so abgewandelt, dass sie für die Schweiz wie massgeschneidert wirkt. (Fotos: Roland Aellig)

Die Kinder wachsen in «normalen» Familien auf. Es gibt handwerkliche Betriebe, landwirtschaftliche Betriebe, in denen sie mithelfen und etwas lernen können, wie wenn sie zu Hause aufwachsen. Natürlich wird Salem eine eigene Schule haben, einen eigenen Arzt. Es wird jede Menge Tiere geben.

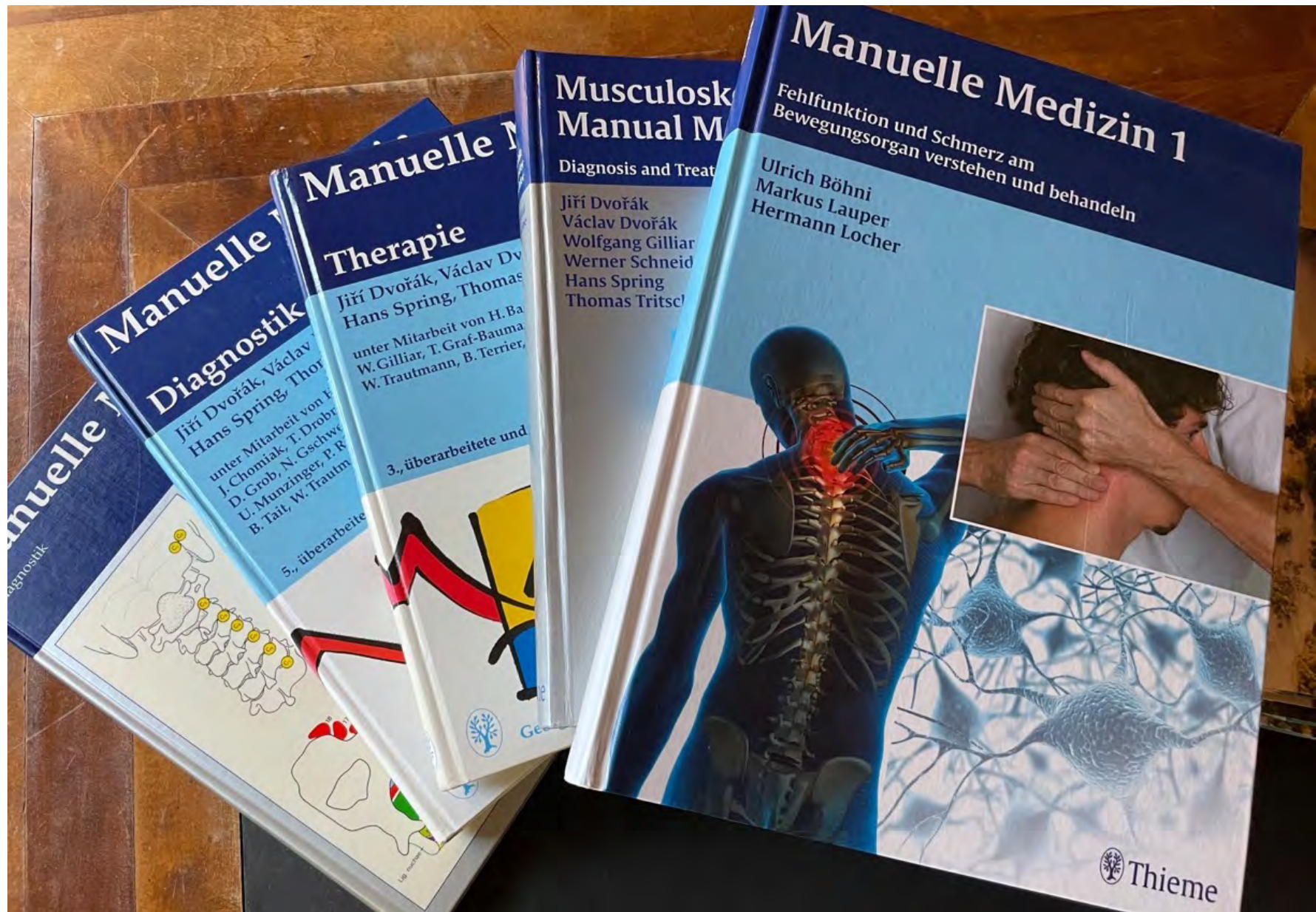
MANUELLE MEDIZIN

DIAGNOSTIK

1. Auflage 1980



J. DVORAK
T. DROBNY
V. DVORAK



Manuelle Medizin 1

Fehlfunktion und Schmerz am Bewegungsorgan verstehen und behandeln

Ulrich Böhni
Markus Lauper
Hermann Locher

Musculosk Manual M

Diagnosis and Treat

Jiří Dvořák
Václav Dvořák
Wolfgang Gilliar
Werner Schneid
Hans Spring
Thomas Tritschl

Therapie

Jiří Dvořák, Václav Dv
Hans Spring, Thomas

unter Mitarbeit von H. Ba
W. Gilliar, T. Graf-Bauma
W. Trautmann, B. Terrier,

Diagnostik

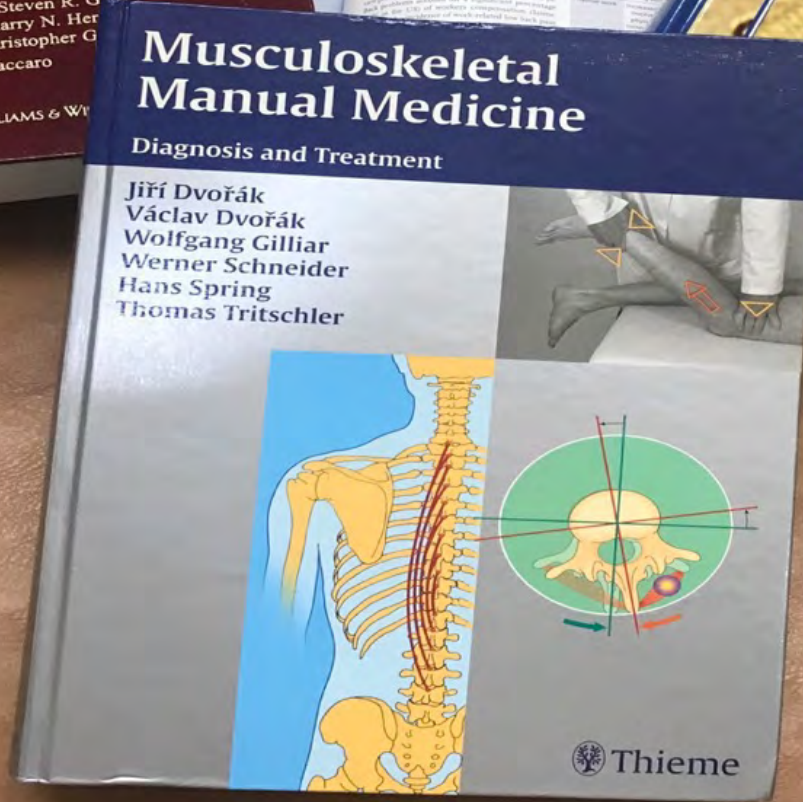
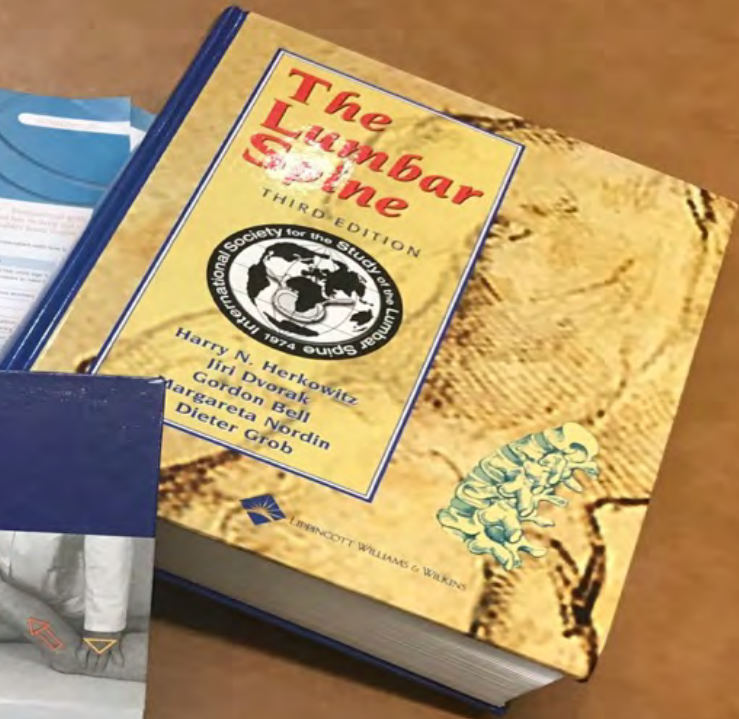
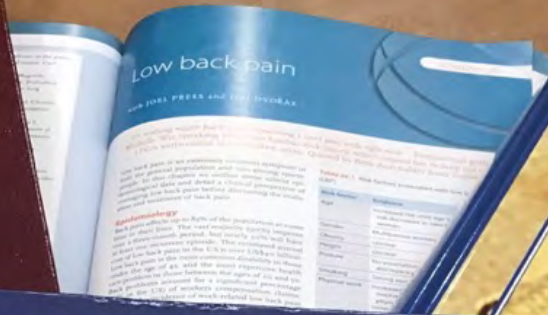
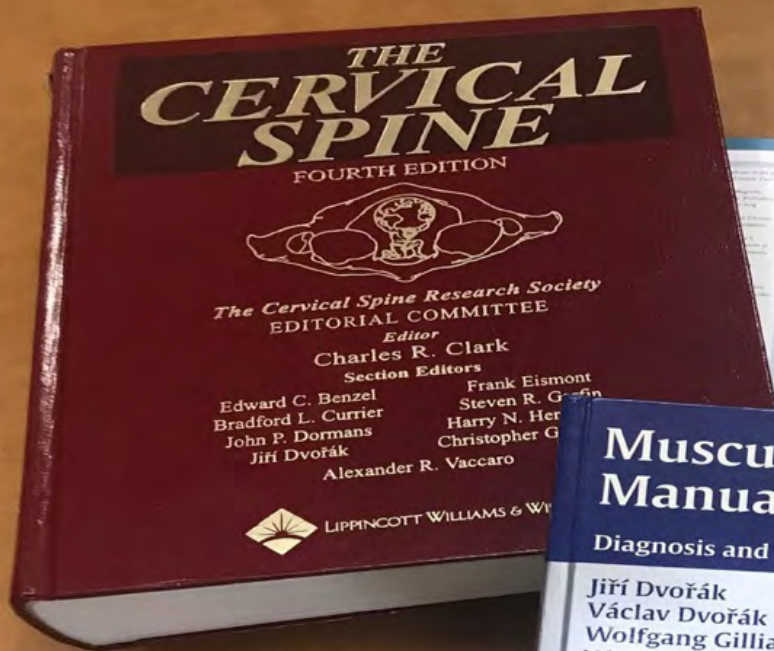
Jiří Dvořák, Václav
Hans Spring, Thor

unter Mitarbeit von F
J. Chomiak, T. Drobr
D. Grob, N. Gschwe
U. Munzinger, P. R
B. Tait, W. Trautm

5., überarbeite

3., überarbeitete und

Thieme



@ProfJiriDvorak

F-MARC - Football for
20 years of F-MARC
Research and Education
1994 - 2014

FIFA

- a complete warm-up
- programme d'échauffement pour la prévention
- un calentamiento para prevenir lesiones
- ein komplettes Aufwärmprogramm zur Verletzungsprävention

Football Emergency
Medicine Manual
2nd Edition

FIFA医学評価研
サッカー医学

F-MARC
Football Medicine Manual
2nd Edition

FIFA
For the Game. For the World

11 SIMPLE MESSAGES PROVE TO IMPROVE KNOWLEDGE AND CHANGE THE ATTITUDE OF CHILDREN



1 Chicharito
Play football

Physical exercise is recognised as a positive means of improving the health of young and old and contributes to the prevention of non-communicable diseases, such as obesity, high blood pressure and diabetes. Football provides an excellent form of exercise.

2 Diego Forlán
Respect girls and women

Women and girls are abused physically, mentally and sexually in many countries around the world and this often contributes to the high levels of sexually transmitted diseases in these countries.

3 Neymar
Protect yourself from HIV and STDs

HIV/AIDS is endemic in many developing countries, and many of these have established HIV/AIDS education and prevention programmes. This session supports the messages presented in these programmes.

4 Cristiano Ronaldo
Avoid drugs, alcohol and tobacco

The abuse of non-medical drugs, for example tobacco and alcohol, is the cause of many non-communicable diseases such as cancer and eventually in many cases the cause of death. Extensive intake of alcohol and other drugs also leads to addiction and often to violence.

5 Falcao
Control your weight

Eating more food than the body needs will lead to overweight and eventually to obesity. These body conditions are major causes of cardiovascular disease and diabetes.

6 Carles Puyol
Wash your hands

Lack of adequate sanitation facilities and poor personal hygiene are the cause of high mortality among children of many developing countries. Survival rates can be greatly improved by simple means such as washing hands before food preparation.

7 Marta
Drink clean water

Clean potable water is a scarce and often expensive resource in developing countries; poor quality water can often be made safe to drink by simple means such as filtration and boiling.

8 Lionel Messi
Eat a balanced diet

In many developing countries, food is scarce and therefore any food is regarded as life-saving, however, in other countries the benefits of eating fruit and vegetables, for example, is not always appreciated and therefore less healthy foods are consumed, leading to diseases such as diabetes and to obesity.

9 Didier Drogba
Get vaccinated

Vaccination provides a life-saving option for preventing some communicable diseases, vaccination is a cost-effective way of reducing the prevalence of many life-threatening diseases in both developed and developing countries.

10 Gianluigi Buffon
Take your prescribed medication

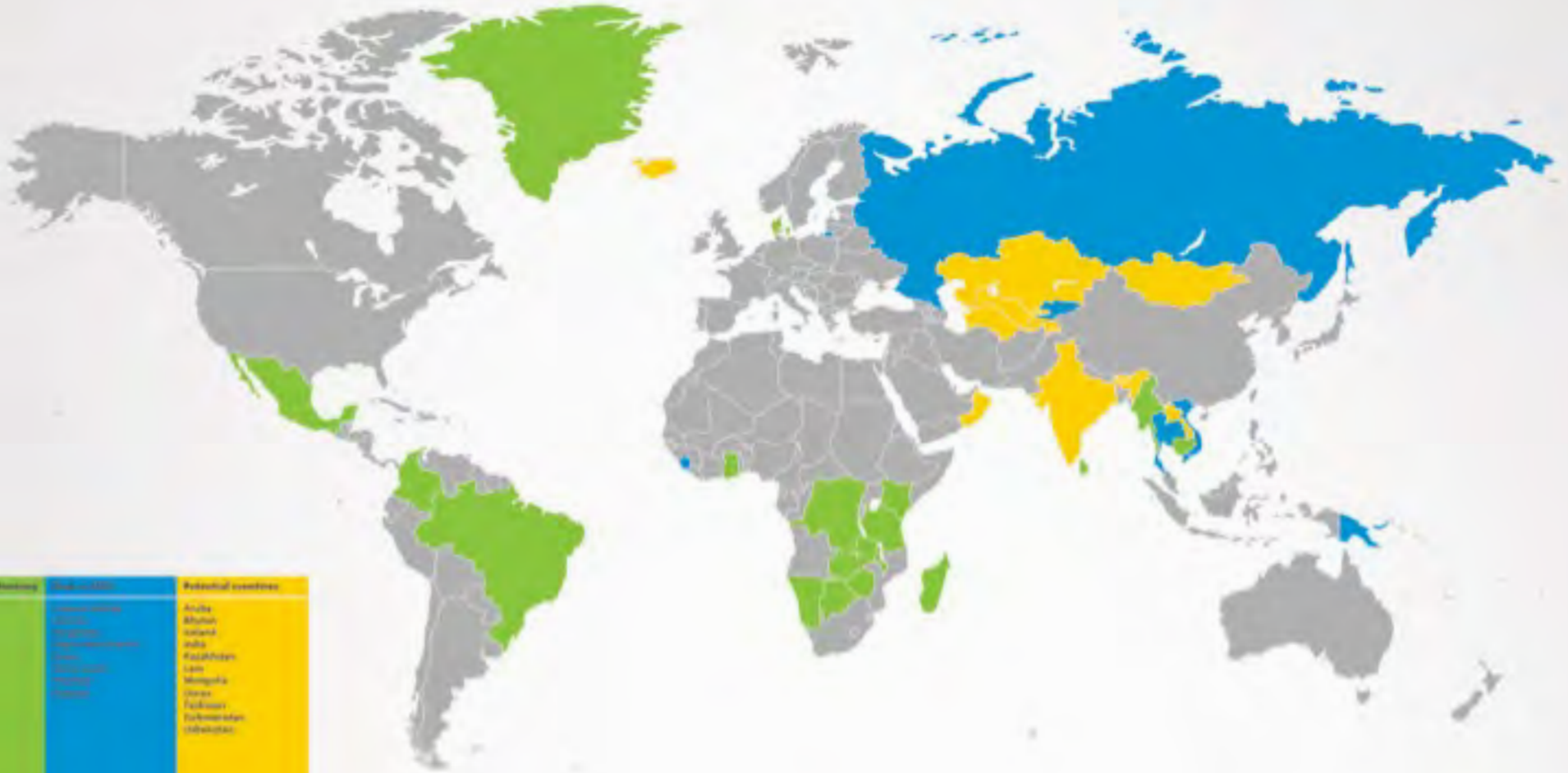
Prevention of communicable and non-communicable diseases is the primary aim of the FFA 11 for Health programme; however, this is not always achievable. In these cases, the consequences of many diseases can be minimized by appropriate intake of prescription medication.

11 Vicente del Bosque
Fair play

Some diseases are transmitted because the selfish behaviours of one person affect the health of others, this may be through sexual activity, lack of hygiene or disregard of vaccination. FFA advocates fair play in football to prevent injury and fair play in life to prevent and improve health.



1 million children, 7'500 schools, 24 countries



Highlighted / Country	Website	Technical countries	
Bolivia	www.bolivia.gob.bo	Aruba	www.aruba.gob.nl
Brazil	www.gov.br	Bhutan	www.bhutan.gov.bt
Canada	www.canada.ca	Canada	www.canada.ca
Colombia	www.gob.gov.co	India	www.india.gov.in
Costa Rica	www.gub.ccr	Kazakhstan	www.kazakhstan.gov.kz
Ecuador	www.gub.ek	Kyrgyzstan	www.kyrgyzstan.gov.kg
El Salvador	www.gub.es	Uzbekistan	www.uzbekistan.gov.uz
Guatemala	www.gub.gt	Tajikistan	www.tajikistan.gov.tj
Honduras	www.gub.hn	Turkmenistan	www.turkmenistan.gov.tm
Nicaragua	www.gub.ni	Tajikistan	www.tajikistan.gov.tj
Panamá	www.gub.pa	Tajikistan	www.tajikistan.gov.tj
Paraguay	www.gub.py	Tajikistan	www.tajikistan.gov.tj
Perú	www.gub.pe	Tajikistan	www.tajikistan.gov.tj
Venezuela	www.gub.ve	Tajikistan	www.tajikistan.gov.tj
Argentina	www.gub.ar	Tajikistan	www.tajikistan.gov.tj
Chile	www.gub.cl	Tajikistan	www.tajikistan.gov.tj
México	www.gub.mx	Tajikistan	www.tajikistan.gov.tj
Cuba	www.gub.cu	Tajikistan	www.tajikistan.gov.tj
Haiti	www.gub.ht	Tajikistan	www.tajikistan.gov.tj
República Dominicana	www.gub.do	Tajikistan	www.tajikistan.gov.tj
Jamaica	www.gub.jm	Tajikistan	www.tajikistan.gov.tj
Trinidad y Tobago	www.gub.tt	Tajikistan	www.tajikistan.gov.tj
Guyana	www.gub.gy	Tajikistan	www.tajikistan.gov.tj
Surinam	www.gub.sr	Tajikistan	www.tajikistan.gov.tj
Guayana Francesa	www.gub.gf	Tajikistan	www.tajikistan.gov.tj





TOGETHER, WE CAN BEAT EBOLA.

#WECANBEATEBOLA

HEALTH BRINGS WEALTH



Jiří Dvořák



Sergio Fazio



Tanupol Virunhagarun



Keith Black

**Daily Exercise, Good Sleep,
Balanced Nutrition and a Peaceful Mindset
Are the Keys to a Healthy and Long Life**

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Lesson to be learned



CHRONIC DISEASES




COVID-19



A BAD OUTCOME

Physical activity and COVID-19 outcomes

by Yasmin Ezzatvar, Robinson Ramírez-Vélez, Mikel Izquierdo & Antonio García-Hermoso



Dose–response association of aerobic and muscle-strengthening physical activity with mortality: a national cohort study of 416 420 US adults

The minimum of aerobic PA for significant mortality risk reduction was 1 hour/week of MPA or VPA

Additional mortality risk reduction up to 3 hours/week.

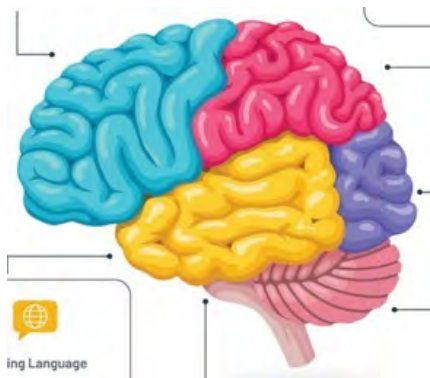
Completing MSE in combination with aerobic

PA conferred additional mortality risk reduction, with a minimum of 1–2 times/week.

Coleman CJ, et al. Br J Sports Med 2022;0:1–7. doi:10.1136/bjsports-2022

1. Physical activity has more substantial and more widely reaching health benefits than you thought

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” – J.F.K



PA Improves brain function

- Physical activity may be even more important in this role than it is for the heart...
- Preventing dementia

Afete R Tari et al (2019): temporal changes in cardiorespiratory fitness and risk of dementia incidence and mortality: a population-based prospective cohort study.

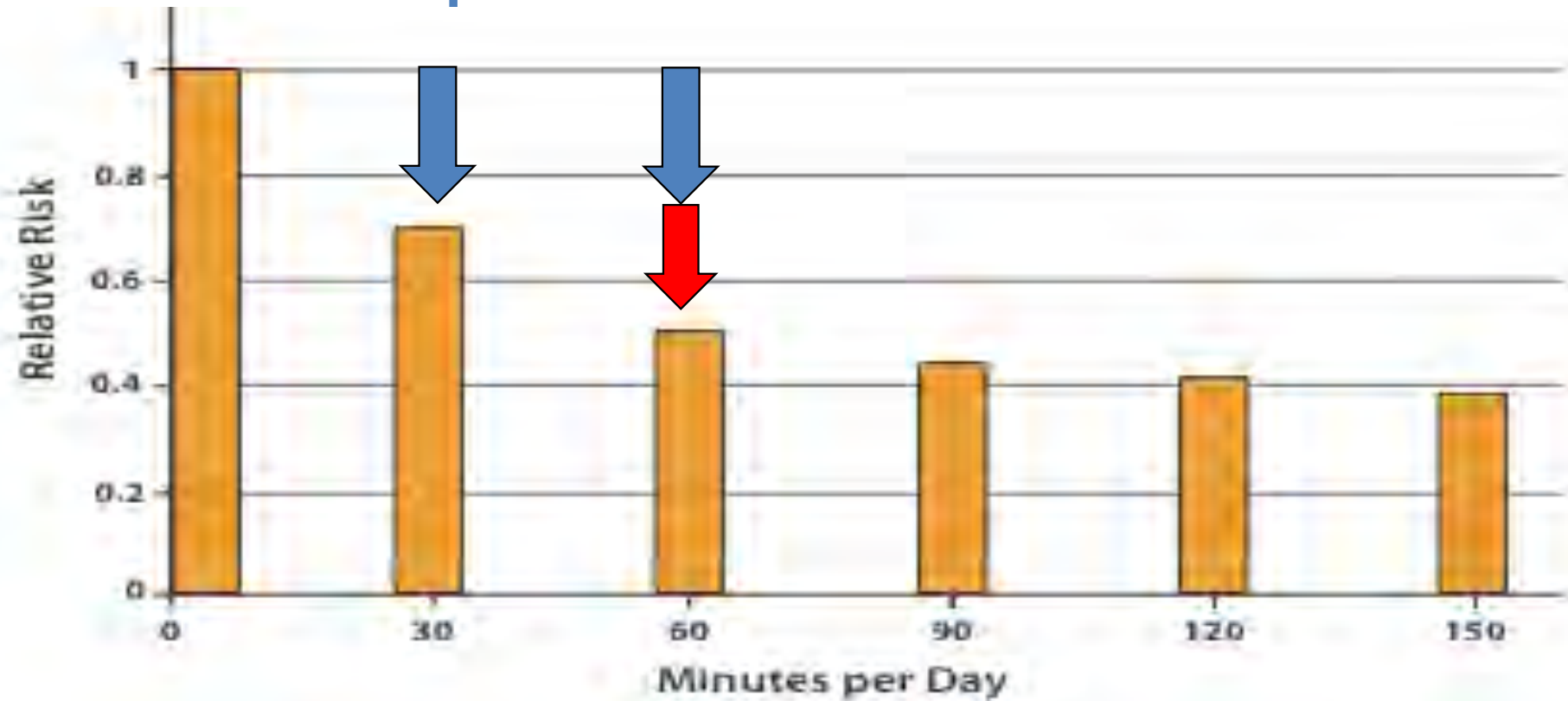
Lancet Public Health 2019;4: e565-74

The Principles of Exercise

MET – Metabolic Equivalent of Task

- 1 MET – 1 kcal/kg of body weight/hour
- 80 kg adult, sedantory lifestyle use of 1920 kcal/day
- 6 MET/ Day optimum!! 480 kcal (Tennis, fast walking, cycling, golf, dancing)
- 10 MET – 800 kcal/day (running, football, rope jumping, sexual activity)

Take one 'pill' or 'two'?



Prescribing exercise in medical practice, K.Khan et al 2012, BMJ

Strength and Endurance Training

- Balanced combination of Endurance / Strength
- Increase of bone mass and density
- Tendons / muscle stronger
- Silver age people improve coordination, lower risk of falls
- Remember; Age related Sarkopenia starts in the fifties proceed with the loss of 6% every decade!!

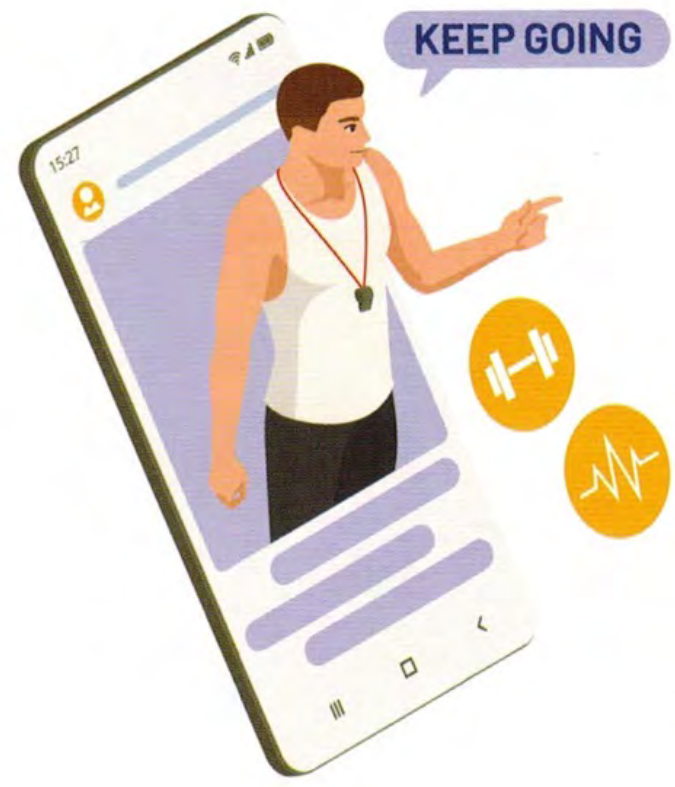
EVERY DAY

- Aerobic – endurance high-intensity interval training in the morning -30 min
- Anaerobic – strength exercise afternoon -30 min
- Include whole body!

11 HABITS

to keep you fit

1. Improve your **AEROBIC CAPACITY**
2. Optimize your **VO₂ max**



3.



AVOID SMOKING

which is detrimental for VO_2 max and aerobic capacity, and a cancer risk

6.



Find the physical activities you enjoy and do them regularly

9.



Take a minimum one "exercise pill" (**30 minutes**) a day, ideally two – exercise is the cheapest medicine available!

4.

Combine moderate activities

(e.g. walking briskly, slow dancing, golf) with **vigorous ones** (e.g. football, jumping rope, kitesurfing)

7.



Ideally, do **endurance training** in the **morning** and **strength training** in the **late afternoon** or **evening**

Find a meditative activity such as **tai chi** or **yoga**

10.



5. COMBINE ENDURANCE + STRENGTH TRAINING

to prevent loss of muscle fibers with increasing age

8.



Have **annual fitness check-ups** in addition to standard laboratory tests

11.

KEEP UP YOUR EXERCISE ROUTINE WITH TWO EXERCISE PILLS A DAY!

“ Most of all, remember that it is never too early or too late to start! ”



CHAPTER 5

BALANCED NUTRITION IS KEY FOR YOUR HEALTH





Breakfast
Eat like an emperor



Enjoy a substantial, energy-dense breakfast. Try not to skip breakfast so you can fuel yourself properly for the day ahead with the complete food groups, and to also stabilize your blood sugar level.



Lunch
Eat a medium-sized meal



It is recommended to eat a normal-sized portion for lunch.



Dinner
Eat a light meal



A light dinner is best, and base it on vegetables with a little protein such as white meat or fish. Keep to a minimum, or avoid altogether, starchy foods that contain flour, sugar and sweet fruits to minimize excesses in your system and negative effects on your liver during sleep.

Eat your breakfast alone, lunch with your friends
and give dinner to your enemy
(and if you don't have one, have no dinner).

”

This, in fact, supports current dietary recommendations
of fasting daily for 12 hours, preferably overnight!



< 18.5

UNDERWEIGHT

18.5-24.9

NORMAL

25-29.9

OVERWEIGHT

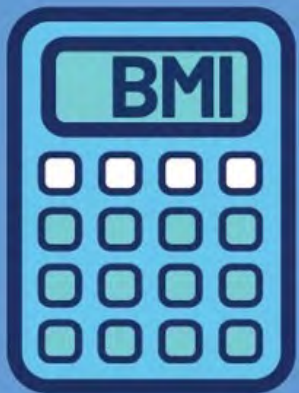
30-39.9

**OBESITY
(CLASS I, II)**

40 <

**EXTREME OBESITY
(CLASS III)**

WHAT IS YOUR BMI ?



HOW TO CALCULATE BODY MASS INDEX

$$\frac{\text{Weight (kg)}}{\text{Height Squared (m}^2\text{)}} = \frac{80}{1.8 \times 1.8 (3.24)} =$$

B M I
25

(the upper limit of the normal range)

INSULIN RESISTANCE



High Sugar Diet



Blood Sugar Peaks



High-Level of Insulin is Released



Blood Sugar Drops Quickly



Causing Tiredness and Hunger



SALT

Consume less than **5g**

=



about 1 teaspoon per day



BALANCE YOUR DIET

DRINKS

Avoid sugary drinks
Drink 2 liters of water daily



DAIRY

Drink low-fat milk



VEGETABLES

Make half your meal vegetables and fruits

PROTEINS

Select white meat and eat more proteins from vegetarian sources



FRUIT

Buy locally-grown produce.
Eat seasonal fruit

GRAINS

Eat whole grains

FOODS TO BOOST YOUR BRAIN



Oily Fish



Different Nuts



Fruits and Berries



Olive and Coconut Oil



Turmeric



Seaweed and Shellfish



Soy Products



Coffee, Chocolate,
Green Tea



Whole Grains



Eggs and Chicken



Pumpkin, Sunflower
Seed, Beans



Vegetables

11 HABITS

to Optimize Your
Metabolism



1. Your main meal should be breakfast or lunch, followed by a very light dinner.

For those over 60 years, reduce meals to two a day (*brunch and dinner*)



2.

Control your weight and maintain
a **BMI of**
around **24**

3. Try to maintain a routine of **12-hour fasting** i.e. the time-gap between **dinner** and **breakfast** to allow your body to fully process food





4.

Sleep before midnight and for **7-8 hours** each night to improve your metabolism

5.

Consume an energy intake of **45%** (800-900 calories/day) from fats,

preferably polyunsaturated omega-3 from fish oils and omega-6 from nuts and seeds



6.



Consume a protein intake of **1 gram/kg/day** (for the average person)

balanced between animal protein and vegetable protein. If you are vegetarian or vegan, you may need a slightly higher protein intake

7. - AVOID SUGAR

in any form and reduce carbohydrates



8.

Reduce salt intake to less than **5 grams** per day (1teaspoon)



9.

A balanced diet high in fruits, vegetables and with a few cups of liquid will give most people their daily liquid needs.



Otherwise, **drink 1.5-2.5 liters** of ordinary calcium-rich mineral water. Drink liquids at least half-hour before meals, avoid fizzy drinks which are full of sugar, and limit alcoholic beverages

10.

- AVOID ALL PROCESSED FOODS



11.

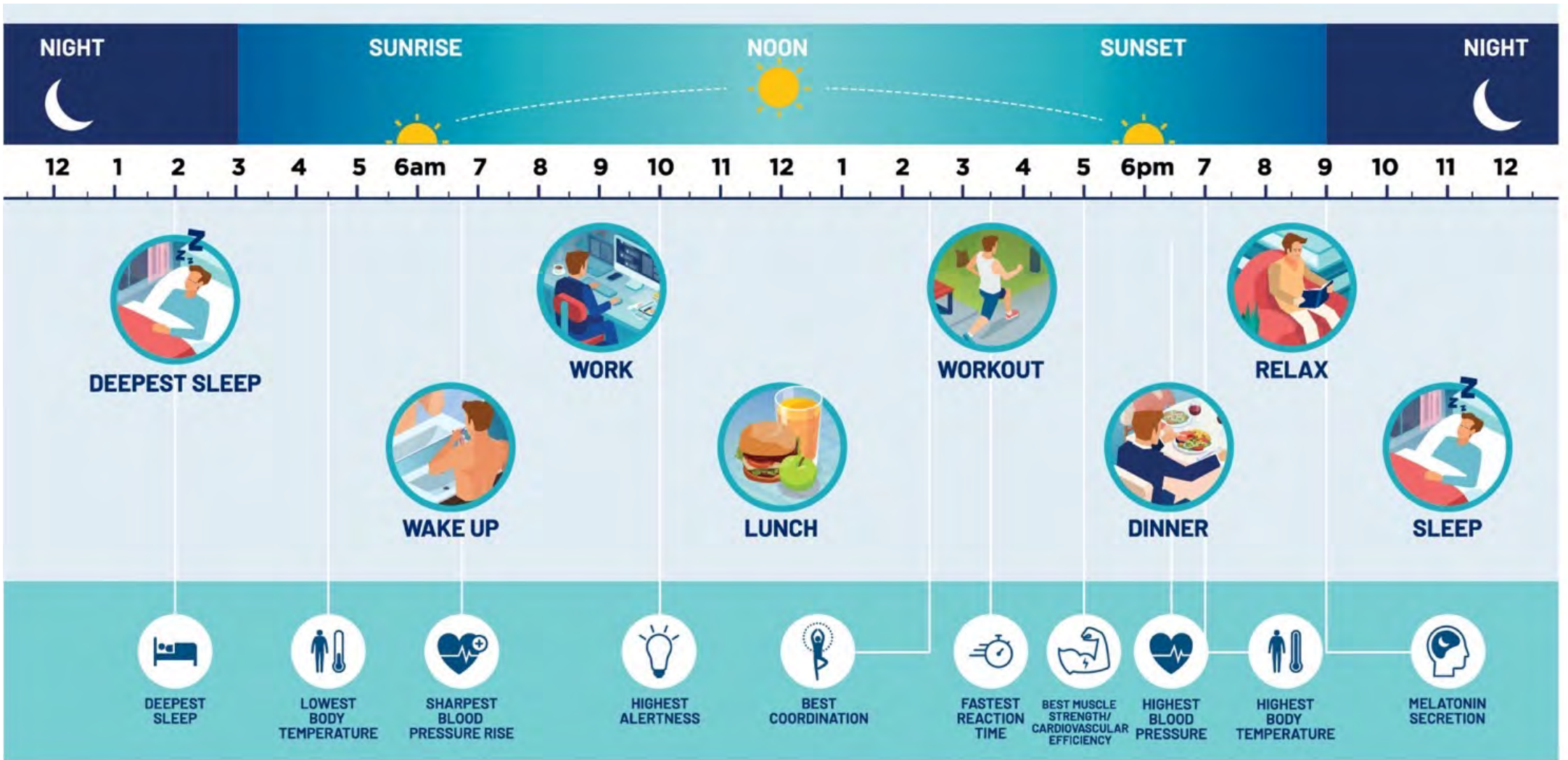
Be selective about the quality of your foods and **eat organic** if you can





CHAPTER 7

OPTIMIZING BRAIN WELLNESS AS YOU AGE





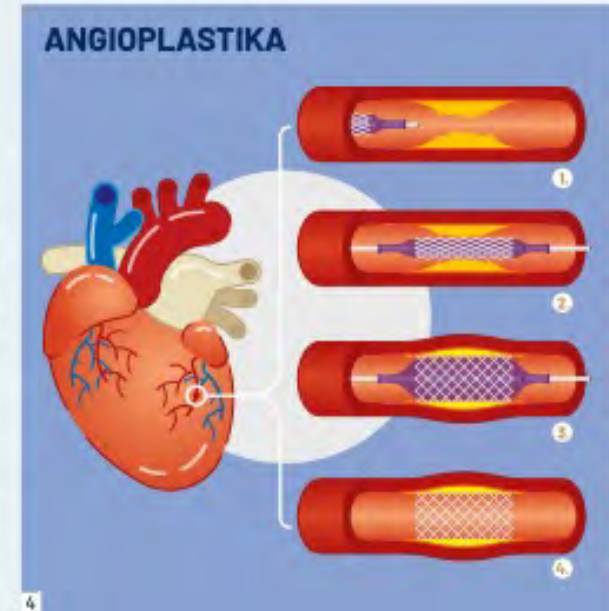
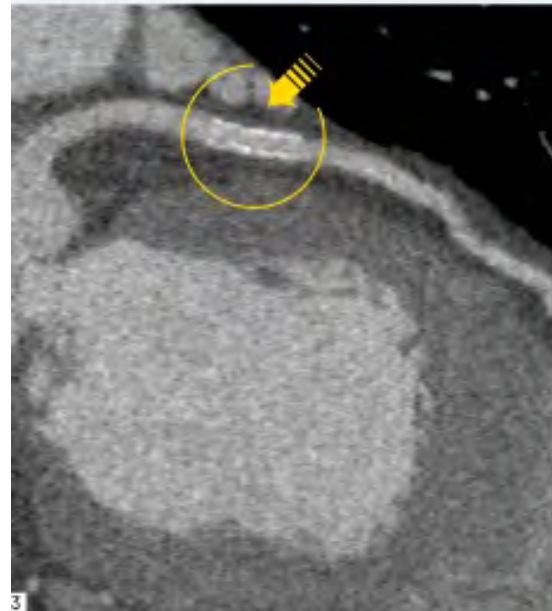
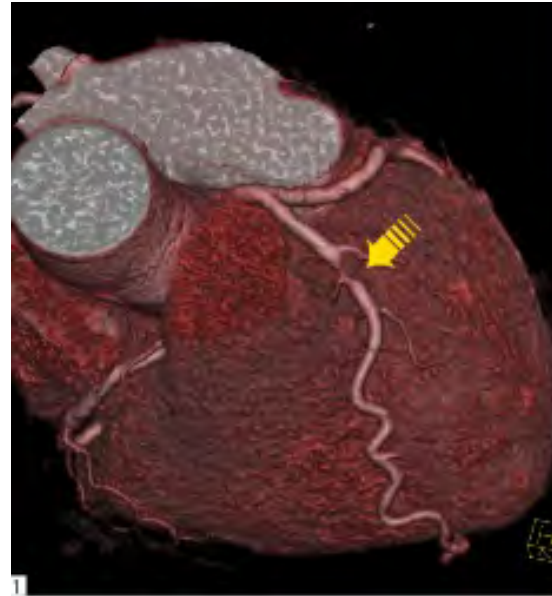
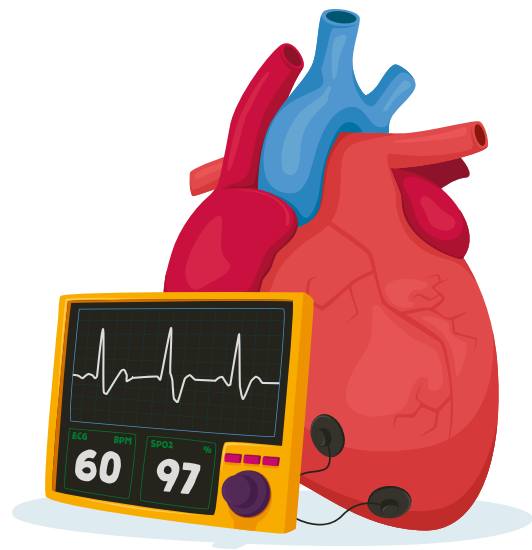
BENEFITS

OF **Meditation**



PREVENTIVE CARDIOLOGY: WHAT YOU NEED TO KNOW AND DO

By Prof Sergio Fazio, MD, PhD

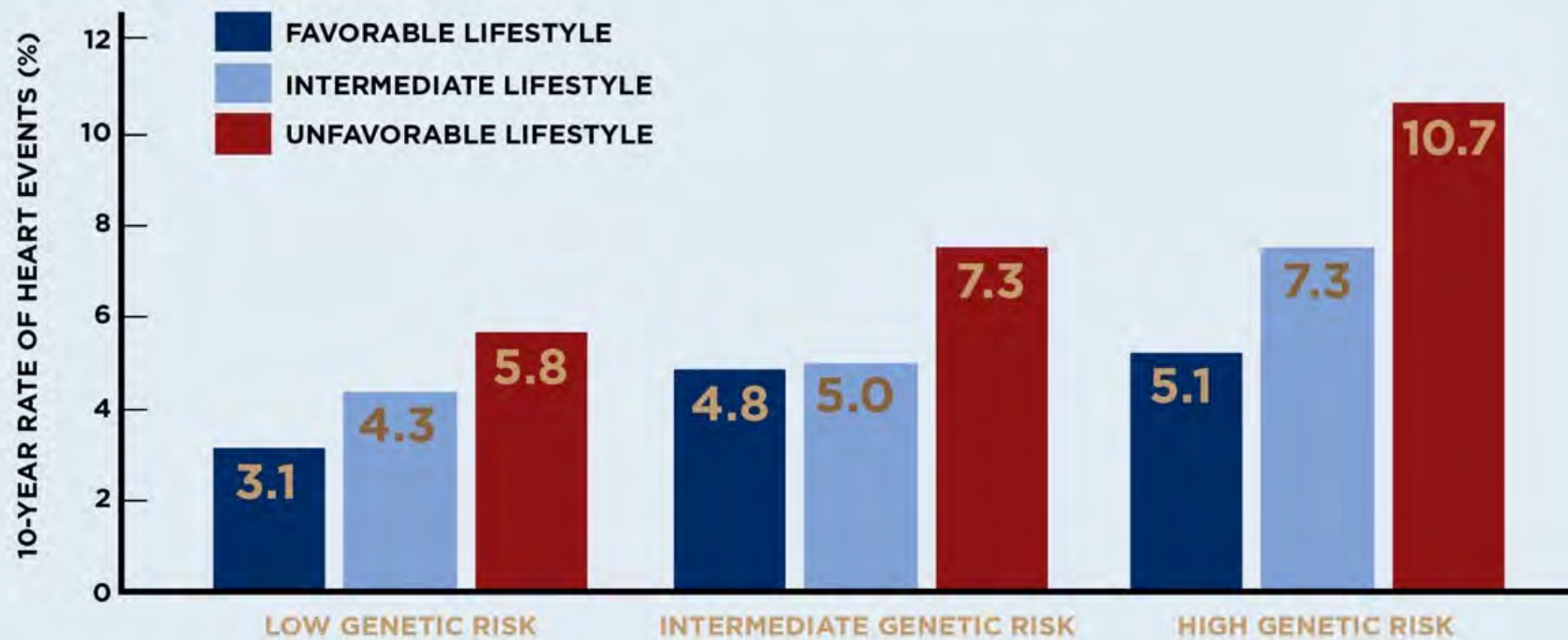


LIFESTYLE VS. GENETIC

By American Heart Association News

In four studies, a healthy lifestyle was found to lower the rate of heart attacks and other cardiovascular events, even in people genetically predisposed to heart disease.

In one study, called **Atherosclerosis Risk in Communities**, a healthy lifestyle cut the number of events in half among those at high genetic risk!



Source: New England Journal of Medicine

THE 5 PILLARS OF HEALTH

1

Sleep before 10pm and sleep 8-9 hours per night.

8-9
HRS



30
min

2

Exercise a minimum 30 minutes every day.



50%
vegetables

25%
protein

25%
grain

3

Stick to a balanced diet with quality foods, lose weight and any excess fat.



4

Manage your stress with mindfulness, meditation, yoga and tai chi.



5

Avoid risky substances such as smoking, alcohol and PM 2.5 pollution.



HEALTH BRINGS WEALTH



Jiří Dvořák



Sergio Fazio



Tanupol Virunhagarun



Keith Black

**Daily Exercise, Good Sleep,
Balanced Nutrition and a Peaceful Mindset
Are the Keys to a Healthy and Long Life**

100 Bücher zum Verkauf
Beim SAMM Sekretariat
Kann signieren, wenn
erwünscht.
SAMM offeriert beim
Bedarf Versand –
DANKE!!





@ProfJiriDvorak

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