

Mugurkaulāja ķirurģs

Kalvis BRIUKS: "Tas, ka var pakustināt, nenožīmē, ka nav lūzuma!"

100 labi padomi Par Veselību

Nr. 1 (15)
Februāris/
Marts
2023

ĀRSTU

EKSPERTU IETEIKUMI • PĀRBAUDĪTAS RECEPTES

**TĪRĪŠANAS LŪDZEKĻU
NETĪRĀ PUSE**
KO SAVĀS MĀJĀS
LABĀK NELIETOT



**DRĪKST VAI NEDRĪKST
ELPOT TVAIKU?**
INHALĀCIJU
VEIKŠANAS ABC



**AUKSTI
VĀRĪTI KARTUPEĻI**
KAS TĀJOS TIK
ĪPAŠS?

NESABOJĀ DZIRDĪ!
SVARĪGI ARĪ
SMADZENU
DARBĪBAI

NMPD direktore
**Liene
CIPULE:**

**"Man nekas nesāp.
Pilnīgi nekas"**

**DISTANČU
SLĒPOŠANA
= JAUNĀ
ĀRSTNIECISKĀ
VINGROŠANA!**

Kāpēc laba tieši
mazkustīgajiem?

Cena 2,50 EUR



JAUNS ŽURNĀLS!

ATRODI SAVU
IEDVESMAS DEVU!



IEDVESMAS

Ingrieta
Ingrieta-Catrina
Ingrieta-Catrina



IEDVESMAS

Batista - **pat**
pat
Batista - pat



IEDVESMAS

Ingrieta
Ingrieta-Catrina
Ingrieta-Catrina

Pat, Ingrieta-Catrina
Ingrieta-Catrina

Journal of Management Education 35(10)p. 1109-1124

Intervista a Ferdinando Adornato, presidente dell'Associazione per la libertà della cultura (Alcu), sulla riforma del cinema e sulla crisi del settore

Healthcare workers: the target
Healthcare workers, including doctors, nurses, and other medical professionals, are the primary targets of the attacks. They are often the first to be targeted, and their actions can have a significant impact on the outcome of the attack.

► **Investing in a future**
The 2010 census predicted a rising reliance on immigrants to sustain the U.S. workforce, especially in the service sector. But how can we ensure that immigrants have the skills and education to succeed in the U.S. economy?

How to use the calculator
This calculator is available on the
following website: www.biorxiv.org. It is
designed to be used by anyone
with a basic understanding of
the principles of the model.

Keywords: *workplace spirituality, organizational commitment, organizational citizenship behavior, turnover intention, organizational trust, organizational identification*



Die Ernährungswissenschaften
Die Ernährungswissenschaften beschäftigen sich mit der Ernährung des Menschen und der Rolle der Nahrung für die Gesundheit. Sie untersuchen die Zusammensetzung der Nahrung, die Verdauung und die Wirkung von Nährstoffen auf den Körper. Die Ernährungswissenschaften sind ein interdisziplinäres Fach, das mit der Medizin, der Biologie und der Chemie verknüpft ist.

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Marketing mix
The marketing mix is a set of marketing tools that a company uses to promote its products or services. It is often referred to as the 4Ps: Product, Price, Promotion, and Place.

More on this
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 • [How to use a credit card to get a better deal](#)
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Energy Storage - an essential element
 The report will demonstrate how the use of energy storage can help to reduce the need for fossil fuels and reduce greenhouse gas emissions.

The study

Protein synthesis
Protein synthesis is the process by which cells build proteins. It involves the transcription of DNA into messenger RNA (mRNA) and the translation of mRNA into a polypeptide chain. The process occurs in the cytoplasm of the cell.

CONCLUSIONS The results of the present study suggest that the use of a single, low-dose, short-acting benzodiazepine, such as lorazepam, may be a safe and effective method of sedation for the management of acute dental pain in the elderly. Further research is required to confirm these findings and to determine the optimal dose and duration of sedation for this population.

Stellenangebote - 10.06.2017
Stellenangebote und Stellenanzeigen - 10.06.2017
Hier finden Sie Stellenangebote und Stellenanzeigen für die Region Berlin.

Wiederholungsfragen

[illegible]

1. *Journal of the American Medical Association*, 1998; 279: 100-104.
 2. *Journal of the American Medical Association*, 1998; 279: 105-109.
 3. *Journal of the American Medical Association*, 1998; 279: 110-114.
 4. *Journal of the American Medical Association*, 1998; 279: 115-119.

1997-1998
 1999-2000
 2001-2002
 2003-2004
 2005-2006



1. **Identify the main idea**
 2. **Identify the supporting details**
 3. **Identify the conclusion**
 4. **Identify the evidence**
 5. **Identify the counter-evidence**
 6. **Identify the author's bias**
 7. **Identify the author's purpose**
 8. **Identify the author's tone**
 9. **Identify the author's style**
 10. **Identify the author's audience**

Logo:
Logo of the University of the Pacific, featuring a stylized 'U' and 'P' in blue and red.

"Spinal" is not a synonym for "spinal cord" or "spinal cord injury". Spinal cord injury is a specific medical condition that affects the spinal cord, the central nervous system, and the surrounding structures. It is a serious condition that can lead to permanent disability.

Spinal

The spinal cord is a long, thin, tube-like structure that runs from the base of the brain down to the lower back. It is made up of many small, individual segments called vertebrae. The spinal cord is responsible for carrying messages between the brain and the rest of the body.

Spinal cord injury can occur at any level of the spine, from the neck down to the lower back. It can be caused by a variety of factors, including trauma, degeneration, and disease.

Spinal cord injury can result in a wide range of symptoms, depending on the location and severity of the injury. Some common symptoms include weakness, numbness, and pain in the arms and legs, as well as problems with bladder and bowel control.

Spinal cord injury can also affect the autonomic nervous system, which controls involuntary functions such as heart rate, blood pressure, and breathing. In some cases, spinal cord injury can lead to life-threatening complications, such as respiratory failure or blood clots.

Spinal cord injury is a complex condition that requires a multidisciplinary approach to treatment. This may include physical therapy, occupational therapy, and medical management. In some cases, surgery may be necessary to stabilize the spine and relieve pressure on the spinal cord.



Spinal cord trauma - spinal cord

Spinal cord trauma is a serious condition that occurs when the spinal cord is injured. This can happen as a result of a fall, a car accident, or a sports injury. Spinal cord trauma can lead to a wide range of symptoms, including weakness, numbness, and pain in the arms and legs, as well as problems with bladder and bowel control.

Spinal cord trauma can also affect the autonomic nervous system, which controls involuntary functions such as heart rate, blood pressure, and breathing. In some cases, spinal cord trauma can lead to life-threatening complications, such as respiratory failure or blood clots.

Spinal cord trauma is a complex condition that requires a multidisciplinary approach to treatment. This may include physical therapy, occupational therapy, and medical management. In some cases, surgery may be necessary to stabilize the spine and relieve pressure on the spinal cord.

Spinal cord trauma is a serious condition that can lead to permanent disability. It is important to seek medical attention immediately if you suspect you have a spinal cord injury. Early diagnosis and treatment can help to minimize the damage to the spinal cord and improve the chances of a good outcome.



Spinal cord trauma is a serious condition that occurs when the spinal cord is injured. This can happen as a result of a fall, a car accident, or a sports injury. Spinal cord trauma can lead to a wide range of symptoms, including weakness, numbness, and pain in the arms and legs, as well as problems with bladder and bowel control.

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It is possible that the results of this study are influenced by a number of factors. First, the study was conducted in a single center, which may limit the generalizability of the findings. Second, the study was conducted in a relatively small sample size, which may limit the statistical power. Third, the study was conducted in a relatively short period of time, which may limit the long-term validity of the findings. Fourth, the study was conducted in a relatively homogeneous population, which may limit the generalizability of the findings. Finally, the study was conducted in a relatively high-income country, which may limit the generalizability of the findings.

[illegible]

It is also important to note that the authors do not claim that the model is a perfect representation of the real world. They acknowledge that there are many factors that can influence the results, and that the model is only a simplified representation of the system. However, they believe that the model provides a useful framework for understanding the basic principles of the system, and for identifying the key factors that influence the results.

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Journal of Internal Medicine 247: 105–112

Health care providers are responsible for ensuring that patients are informed of their rights and responsibilities, and that they are able to make decisions about their care. This includes providing information about the risks and benefits of treatment, and ensuring that patients understand the information. Health care providers should also ensure that patients are able to give informed consent to treatment, and that they are able to refuse treatment if they wish. This is a key part of patient autonomy, and it is essential for health care providers to ensure that patients are able to make decisions about their care.

It has been suggested that the
policy of the state is to
encourage the development of
small business. The government
has been successful in doing
this, and it is a good thing.
The state has been successful in
encouraging the development of
small business, and it is a good
thing.

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[illegible]

Although the study involved only 100, as a group, patients showed good compliance in taking their daily medicine. Compliance of 100% was observed in 10% of patients in the study group. Overall, compliance was better in patients with a chronic disease compared to patients in control. In addition, a significant difference in compliance was observed between patients with a chronic disease and patients with a non-chronic disease.

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life of sedentary, middle-aged women. The study was a randomized controlled trial. The intervention group (n = 20) participated in a 12-week training program, while the control group (n = 20) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic, strength, and flexibility exercises. The primary outcome was the change in physical fitness, measured by the 6-minute walk test (6MWT) and the 4-minute step test (4MST). Secondary outcomes included changes in health-related quality of life, measured by the SF-36 questionnaire. The results showed that the intervention group had significantly greater improvements in 6MWT and 4MST compared to the control group. Additionally, the intervention group showed significant improvements in several SF-36 domains, including physical functioning, role-physical, and energy/fatigue. The findings suggest that a 12-week training program can improve physical fitness and health-related quality of life in sedentary, middle-aged women.

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Journal of Internal Medicine 247: 395–402



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Dr. Steven D. Gendron was a 1990 graduate of the University of Illinois at Chicago School of Public Health. He has been a faculty member at the University of Illinois at Chicago School of Public Health since 1991. He is currently an Associate Professor of Environmental Health Sciences and is also the Director of the Environmental Health Sciences Program. He has been a member of the American Society for Environmental Health Sciences since 1991.

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the New York University School of Law, is a senior advisor to the U.S. Justice Department, and a frequent speaker at seminars on international law. He has published widely on international law, and has been a senior advisor to the U.S. State Department, the U.S. Defense Department, and the U.S. Intelligence Community. He is also a frequent speaker at seminars on international law.

100

Therefore, a critical question is whether the different segments of the population are differentially affected by the economic crisis. In this regard, the authors of the study have found that the impact of the crisis is not uniform. In fact, the authors have found that the impact of the crisis is more severe for the population segments that are more vulnerable to economic shocks. In other words, the impact of the crisis is more severe for the population segments that are more vulnerable to economic shocks.

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MAE

Healthcare providers are often asked to provide information about their services to patients and families. This information is often provided in a written format, such as a brochure or pamphlet. However, written information may not be the best way to communicate with all patients. Some patients may have difficulty reading or understanding written information. In addition, written information may not be the best way to communicate with patients who are in a hurry or who are in a noisy environment. Therefore, it is important for healthcare providers to use a variety of communication methods to ensure that all patients receive the information they need.

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izmaiņu pēdējais

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"Laba diena,
bet atļau
no atļau
pārvalde"



Aina Poiša:
"Ļoti negribu
atbrīst atpakaļ –
tur, kur man tikai
sāpēja"

**KĀRA KURŠA
DĒMĀJUMS**

"Vai mēs
redzam
mūsu
pasaui"

Pēc preses
atbildības vietas
mā Latviji **Jau šodien!**

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Magnijs ir svarīgs, kas veicina labāku sirds un asinsvadu sistēmas darbību. Tajā ir arī parafenols, kas ir svarīgs. Magnijs ir svarīgs, kas veicina labāku sirds un asinsvadu sistēmas darbību. Tajā ir arī parafenols, kas ir svarīgs.

Kā tas iedarbojas?

Magnijs ir svarīgs, kas veicina labāku sirds un asinsvadu sistēmas darbību. Tajā ir arī parafenols, kas ir svarīgs. Magnijs ir svarīgs, kas veicina labāku sirds un asinsvadu sistēmas darbību. Tajā ir arī parafenols, kas ir svarīgs.

Indikācijas

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**Dr. Ingrida
Kriševiča**
Nutricioniste,
diētas speciāliste,
medicīniskā
psiholoģe

BIETES IR VESELĪGAS!



Kur gan tas ir veselīgāk?
Bet gan svaigās, bet vārītās, bet
sautiņos, bet sālītās, bet
sautiņos, bet sālītās, bet
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Bēta vitamīns

Bēta vitamīns ir svarīgs cilvēka dzīvē, jo
tas palīdz uzturēt veselību un veselību
uzturēt veselību un veselību uzturēt
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uzturēt veselību un veselību uzturēt
veselību un veselību uzturēt veselību

Ar vitamīnu palīdzību cilvēka ķermenis
var tikt ar slimībām, ar slimībām
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Ar vitamīnu palīdzību cilvēka ķermenis
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Labas receptes sūtītiem un šūnām

Veģetārisms un veselība

Veģetārisms ir dzīvesveids, kas paredz
izvēlēties ēst tikai augu izcelsmes
pārtiku, izvēlēties ēst tikai augu izcelsmes
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Veģetārisms

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Veģetārisms

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rețete de gătit ușor

Rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor



Ingrediente

- 1 kg de mere
- 100 g de brânză de vaci
- 100 g de brânză de oaie
- 100 g de brânză de capră
- 100 g de brânză de vaci
- 100 g de brânză de oaie
- 100 g de brânză de capră
- 100 g de brânză de vaci
- 100 g de brânză de oaie
- 100 g de brânză de capră

Preparare

1. Se spală bine merele și se curăță de coajă.
2. Se taie merele în două și se scoate miezul.
3. Se amestecă bine toate ingredientele.
4. Se umple merele cu amestecul și se coace la cuptor.
5. Se servește cald sau rece.
6. Se poate adăuga zahăr după gust.
7. Se poate adăuga și oțet după gust.
8. Se poate adăuga și sare după gust.
9. Se poate adăuga și piper după gust.
10. Se poate adăuga și cimbru după gust.

rețete de gătit ușor

Rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor

Ingrediente

- 1 kg de carne de vită
- 1 kg de carne de porc
- 1 kg de carne de pui
- 1 kg de carne de curcan
- 1 kg de carne de miel
- 1 kg de carne de capră
- 1 kg de carne de vacă
- 1 kg de carne de cerb
- 1 kg de carne de vevercă
- 1 kg de carne de urs
- 1 kg de carne de leu
- 1 kg de carne de tigru
- 1 kg de carne de leopard
- 1 kg de carne de panteră
- 1 kg de carne de iepure
- 1 kg de carne de șoarece
- 1 kg de carne de rată
- 1 kg de carne de câine
- 1 kg de carne de pisică
- 1 kg de carne de șarpe

Preparare

1. Se spală bine carnea și se curăță de coajă.
2. Se taie carnea în bucăți mici.
3. Se amestecă bine toate ingredientele.
4. Se coace la cuptor.
5. Se servește cald sau rece.
6. Se poate adăuga zahăr după gust.
7. Se poate adăuga și oțet după gust.
8. Se poate adăuga și sare după gust.
9. Se poate adăuga și piper după gust.
10. Se poate adăuga și cimbru după gust.

Rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor, rețete de gătit ușor



1. Se spală bine carnea și se curăță de coajă.
2. Se taie carnea în bucăți mici.
3. Se amestecă bine toate ingredientele.
4. Se coace la cuptor.
5. Se servește cald sau rece.
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9. Se poate adăuga și piper după gust.
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3. Se amestecă bine toate ingredientele.
4. Se coace la cuptor.
5. Se servește cald sau rece.
6. Se poate adăuga zahăr după gust.
7. Se poate adăuga și oțet după gust.
8. Se poate adăuga și sare după gust.
9. Se poate adăuga și piper după gust.
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Consumidores e produtores de alimentos estão cada vez mais conscientes da importância da sustentabilidade no setor. Isso se reflete em mudanças de comportamento e em novas demandas por parte dos consumidores.

Consequentemente, as empresas de alimentos precisam estar atentas para não perder de vista a sustentabilidade em suas operações. A sustentabilidade não é apenas uma questão de imagem, mas também uma questão de eficiência e de redução de custos. Além disso, a sustentabilidade é uma questão de ética e de responsabilidade social. As empresas precisam estar atentas para não perder de vista a sustentabilidade em suas operações.

'Sustentabilidade'

Segundo o conceito da sustentabilidade, a sustentabilidade é a capacidade de atender às necessidades do presente sem comprometer a capacidade das futuras gerações de atender às suas próprias necessidades. Isso significa que as empresas precisam estar atentas para não perder de vista a sustentabilidade em suas operações.

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Nº 1 em sustentabilidade

Vegetariano – O vegetarianismo é uma dieta que exclui todos os produtos de origem animal. Isso inclui carne, peixe, ovos e laticínios. O vegetarianismo é uma dieta saudável e sustentável. Além disso, o vegetarianismo é uma dieta que pode ajudar a reduzir a emissão de gases de efeito estufa. Isso significa que o vegetarianismo é uma dieta que pode ajudar a combater as mudanças climáticas.

Vegetariano e sustentável

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devido ao fato de que, ao contrário do que se acredita, o óleo não é um produto muito saudável. Na verdade, o óleo de oliva é o melhor para a saúde.

• **Óleo de oliva:** é o melhor para a saúde. Ele é rico em antioxidantes, especialmente em vitamina E, e ajuda a reduzir o colesterol. Além disso, ele é rico em ácido graxo monoinsaturado, que ajuda a reduzir o risco de doenças cardíacas. O óleo de oliva também é rico em polifenóis, que ajudam a reduzir o risco de doenças cardíacas.

• **Óleo de girassol:** é rico em ácido graxo poliinsaturado, que ajuda a reduzir o risco de doenças cardíacas. No entanto, ele é rico em ácido graxo trans, que é ruim para a saúde.

• **Óleo de canola:** é rico em ácido graxo monoinsaturado, que ajuda a reduzir o risco de doenças cardíacas. No entanto, ele é rico em ácido graxo trans, que é ruim para a saúde.

• **Óleo de milho:** é rico em ácido graxo poliinsaturado, que ajuda a reduzir o risco de doenças cardíacas. No entanto, ele é rico em ácido graxo trans, que é ruim para a saúde.

• **Óleo de semente de algodão:** é rico em ácido graxo poliinsaturado, que ajuda a reduzir o risco de doenças cardíacas. No entanto, ele é rico em ácido graxo trans, que é ruim para a saúde.

• **Óleo de amendoim:** é rico em ácido graxo monoinsaturado, que ajuda a reduzir o risco de doenças cardíacas. No entanto, ele é rico em ácido graxo trans, que é ruim para a saúde.

• **Óleo de linhaça:** é rico em ácido graxo ômega-3, que ajuda a reduzir o risco de doenças cardíacas. No entanto, ele é rico em ácido graxo trans, que é ruim para a saúde.

Polvo gelado: receita simples

Este é um produto muito comum, mas muitas vezes é usado de forma incorreta. Aqui, vamos ensinar a fazer o polvo gelado de forma correta.

• Ingredientes:

• 1 kg de farinha de trigo
• 1 kg de açúcar
• 1 kg de leite em pó
• 1 kg de manteiga sem sal

• Modo de fazer:

1. Misture a farinha de trigo com o açúcar e o leite em pó em uma tigela grande.

2. Adicione a manteiga sem sal e misture bem com as mãos.

3. Coloque a massa em uma forma e leve ao forno a 180°C por 30 minutos.



4. Deixe o polvo gelado esfriar completamente antes de usar.

5. Use o polvo gelado para fazer bolos, pães e outros produtos de padaria.

6. O polvo gelado pode ser armazenado em um recipiente hermético por até 3 meses.

7. O polvo gelado é muito versátil e pode ser usado em muitas receitas diferentes.

8. O polvo gelado é muito barato e fácil de fazer em casa.

9. O polvo gelado é muito saudável e rico em nutrientes.

10. O polvo gelado é muito bom para a saúde e para o coração.



Os tomates são muito bons para a saúde e para o coração.

• Benefícios:

• Os tomates são ricos em licopeno, um antioxidante poderoso que ajuda a reduzir o risco de doenças cardíacas.

• Os tomates são ricos em vitamina C, que ajuda a fortalecer o sistema imunológico.

• Os tomates são ricos em potássio, que ajuda a reduzir a pressão arterial.

• Os tomates são ricos em fibra, que ajuda a melhorar a digestão.

• Os tomates são muito versáteis e podem ser usados em muitas receitas diferentes.

• Os tomates são muito baratos e fáceis de encontrar em qualquer mercado.

• Os tomates são muito saudáveis e ricos em nutrientes.

• Os tomates são muito bons para a saúde e para o coração.

Participanții începând prin săritura

scuturându-se dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate.

1. Săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate.



2. Săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate.



3. Săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate.



4. Săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate.



5. Săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate, săritura se face dintr-o poziție de așezare pe spate.

Chiar și în această poziție de
așezare, săritura se face
dintr-o poziție de așezare pe
spate.

STAGIUL
DE IANUARIE 2019

Year	Country	Age Group	Gender	Rank	Score	Score	Score
2010	USA	18-24	Male	1	100.0	100.0	100.0
2010	USA	18-24	Female	1	100.0	100.0	100.0
2010	USA	25-34	Male	1	100.0	100.0	100.0
2010	USA	25-34	Female	1	100.0	100.0	100.0
2010	USA	35-44	Male	1	100.0	100.0	100.0
2010	USA	35-44	Female	1	100.0	100.0	100.0
2010	USA	45-54	Male	1	100.0	100.0	100.0
2010	USA	45-54	Female	1	100.0	100.0	100.0
2010	USA	55-64	Male	1	100.0	100.0	100.0
2010	USA	55-64	Female	1	100.0	100.0	100.0
2010	USA	65-74	Male	1	100.0	100.0	100.0
2010	USA	65-74	Female	1	100.0	100.0	100.0
2010	USA	75-84	Male	1	100.0	100.0	100.0
2010	USA	75-84	Female	1	100.0	100.0	100.0
2010	USA	85-94	Male	1	100.0	100.0	100.0
2010	USA	85-94	Female	1	100.0	100.0	100.0
2010	USA	95-104	Male	1	100.0	100.0	100.0
2010	USA	95-104	Female	1	100.0	100.0	100.0
2010	USA	105-114	Male	1	100.0	100.0	100.0
2010	USA	105-114	Female	1	100.0	100.0	100.0
2010	USA	115-124	Male	1	100.0	100.0	100.0
2010	USA	115-124	Female	1	100.0	100.0	100.0
2010	USA	125-134	Male	1	100.0	100.0	100.0
2010	USA	125-134	Female	1	100.0	100.0	100.0
2010	USA	135-144	Male	1	100.0	100.0	100.0
2010	USA	135-144	Female	1	100.0	100.0	100.0
2010	USA	145-154	Male	1	100.0	100.0	100.0
2010	USA	145-154	Female	1	100.0	100.0	100.0
2010	USA	155-164	Male	1	100.0	100.0	100.0
2010	USA	155-164	Female	1	100.0	100.0	100.0
2010	USA	165-174	Male	1	100.0	100.0	100.0
2010	USA	165-174	Female	1	100.0	100.0	100.0
2010	USA	175-184	Male	1	100.0	100.0	100.0
2010	USA	175-184	Female	1	100.0	100.0	100.0
2010	USA	185-194	Male	1	100.0	100.0	100.0
2010	USA	185-194	Female	1	100.0	100.0	100.0
2010	USA	195-204	Male	1	100.0	100.0	100.0
2010	USA	195-204	Female	1	100.0	100.0	100.0
2010	USA	205-214	Male	1	100.0	100.0	100.0
2010	USA	205-214	Female	1	100.0	100.0	100.0
2010	USA	215-224	Male	1	100.0	100.0	100.0
2010	USA	215-224	Female	1	100.0	100.0	100.0
2010	USA	225-234	Male	1	100.0	100.0	100.0
2010	USA	225-234	Female	1	100.0	100.0	100.0
2010	USA	235-244	Male	1	100.0	100.0	100.0
2010	USA	235-244	Female	1	100.0	100.0	100.0
2010	USA	245-254	Male	1	100.0	100.0	100.0
2010	USA	245-254	Female	1	100.0	100.0	100.0
2010	USA	255-264	Male	1	100.0	100.0	100.0
2010	USA	255-264	Female	1	100.0	100.0	100.0
2010	USA	265-274	Male	1	100.0	100.0	100.0
2010	USA	265-274	Female	1	100.0	100.0	100.0
2010	USA	275-284	Male	1	100.0	100.0	100.0
2010	USA	275-284	Female	1	100.0	100.0	100.0
2010	USA	285-294	Male	1	100.0	100.0	100.0
2010	USA	285-294	Female	1	100.0	100.0	100.0
2010	USA	295-304	Male	1	100.0	100.0	100.0
2010	USA	295-304	Female	1	100.0	100.0	100.0
2010	USA	305-314	Male	1	100.0	100.0	100.0
2010	USA	305-314	Female	1	100.0	100.0	100.0
2010	USA	315-324	Male	1	100.0	100.0	100.0
2010	USA	315-324	Female	1	100.0	100.0	100.0
2010	USA	325-334	Male	1	100.0	100.0	100.0
2010	USA	325-334	Female	1	100.0	100.0	100.0
2010	USA	335-344	Male	1	100.0	100.0	100.0
2010	USA	335-344	Female	1	100.0	100.0	100.0
2010	USA	345-354	Male	1	100.0	100.0	100.0
2010	USA	345-354	Female	1	100.0	100.0	100.0
2010	USA	355-364	Male	1	100.0	100.0	100.0
2010	USA	355-364	Female	1	100.0	100.0	100.0
2010	USA	365-374	Male	1	100.0	100.0	100.0
2010	USA	365-374	Female	1	100.0	100.0	100.0
2010	USA	375-384	Male	1	100.0	100.0	100.0
2010	USA	375-384	Female	1	100.0	100.0	100.0
2010	USA	385-394	Male	1	100.0	100.0	100.0
2010	USA	385-394	Female	1	100.0	100.0	100.0
2010	USA	395-404	Male	1	100.0	100.0	100.0
2010	USA	395-404	Female	1	100.0	100.0	100.0
2010	USA	405-414	Male	1	100.0	100.0	100.0
2010	USA	405-414	Female	1	100.0	100.0	100.0
2010	USA	415-424	Male	1	100.0	100.0	100.0
2010	USA	415-424	Female	1	100.0	100.0	100.0
2010	USA	425-434	Male	1	100.0	100.0	100.0
2010	USA	425-434	Female	1	100.0	100.0	100.0
2010	USA	435-444	Male	1	100.0	100.0	100.0
2010	USA	435-444	Female	1	100.0	100.0	100.0
2010	USA	445-454	Male	1	100.0	100.0	100.0
2010	USA	445-454	Female	1	100.0	100.0	100.0
2010	USA	455-464	Male	1	100.0	100.0	100.0
2010	USA	455-464	Female	1	100.0	100.0	100.0
2010	USA	465-474	Male	1	100.0	100.0	100.0
2010	USA	465-474	Female	1	100.0	100.0	100.0
2010	USA	475-484	Male	1	100.0	100.0	100.0
2010	USA	475-484	Female	1	100.0	100.0	100.0
2010	USA	485-494	Male	1	100.0	100.0	100.0
2010	USA	485-494	Female	1	100.0	100.0	100.0
2010	USA	495-504	Male	1	100.0	100.0	100.0
2010	USA	495-504	Female	1	100.0	100.0	100.0
2010	USA	505-514	Male	1	100.0	100.0	100.0
2010	USA	505-514	Female	1	100.0	100.0	100.0
2010	USA	515-524	Male	1	100.0	100.0	100.0
2010	USA	515-524	Female	1	100.0	100.0	100.0
2010	USA	525-534	Male	1	100.0	100.0	100.0
2010	USA	525-534	Female	1	100.0	100.0	100.0
2010	USA	535-544	Male	1	100.0	100.0	100.0
2010	USA	535-544	Female	1	100.0	100.0	100.0
2010	USA	545-554	Male	1	100.0	100.0	100.0
2010	USA	545-554	Female	1	100.0	100.0	100.0
2010	USA	555-564	Male	1	100.0	100.0	100.0
2010	USA	555-564	Female	1	100.0	100.0	100.0
2010	USA	565-574	Male	1	100.0	100.0	100.0
2010	USA	565-574	Female	1	100.0	100.0	100.0
2010	USA	575-584	Male	1	100.0	100.0	100.0
2010	USA	575-584	Female	1	100.0	100.0	100.0
2010	USA	585-594	Male	1	100.0	100.0	100.0
2010	USA	585-594	Female	1	100.0	100.0	100.0
2010	USA	595-604	Male	1	100.0	100.0	100.0
2010	USA	595-604	Female	1	100.0	100.0	100.0
2010	USA	605-614	Male	1	100.0	100.0	100.0
2010	USA	605-614	Female	1	100.0	100.0	100.0
2010	USA	615-624	Male	1	100.0	100.0	100.0
2010	USA	615-624	Female	1	100.0	100.0	100.0
2010	USA	625-634	Male	1	100.0	100.0	100.0
2010	USA	625-634	Female	1	100.0	100.0	100.0
2010	USA	635-644	Male	1	100.0	100.0	100.0
2010	USA	635-644	Female	1	100.0	100.0	100.0
2010	USA	645-654	Male	1	100.0	100.0	100.0
2010	USA	645-654	Female	1	100.0	100.0	100.0
2010	USA	655-664	Male	1	100.0	100.0	100.0
2010	USA	655-664	Female	1	100.0	100.0	100.0
2010	USA	665-674	Male	1	100.0	100.0	100.0
2010	USA	665-674	Female	1	100.0	100.0	100.0
2010	USA	675-684	Male	1	100.0	100.0	100.0
2010	USA	675-684	Female	1	100.0	100.0	100.0
2010	USA	685-694	Male	1	100.0	100.0	100.0
2010	USA	685-694	Female	1	100.0	100.0	100.0
2010	USA	695-704	Male	1	100.0	100.0	100.0
2010	USA	695-704	Female	1	100.0	100.0	100.0
2010	USA	705-714	Male	1	100.0	100.0	100.0
2010	USA	705-714	Female	1	100.0	100.0	100.0
2010	USA	715-724	Male	1	100.0	100.0	100.0
2010	USA	715-724	Female	1	100.0	100.0	100.0
2010	USA	725-734	Male	1	100.0	100.0	100.0
2010	USA	725-734	Female	1	100.0	100.0	100.0
2010	USA	735-744	Male	1	100.0	100.0	100.0
2010	USA	735-744	Female	1	100.0	100.0	100.0
2010	USA	745-754	Male	1	100.0	100.0	100.0
2010	USA	745-754	Female	1	100.0	100.0	100.0
2010	USA	755-764	Male	1	100.0	100.0	100.0
2010	USA	755-764	Female	1	100.0	100.0	100.0
2010	USA	765-774	Male	1	100.0	100.0	100.0
2010	USA	765-774	Female	1	100.0	100.0	100.0
2010	USA	775-784	Male	1	100.0	100.0	100.0
2010	USA	775-784	Female	1	100.0	100.0	100.0
2010	USA	785-794	Male	1	100.0	100.0	100.0
2010	USA	785-794	Female	1	100.0	100.0	100.0
2010	USA	795-804	Male	1	100.0	100.0	100.0
2010	USA	795-804	Female	1	100.0	100.0	100.0
2010	USA	805-814	Male	1	100.0	100.0	100.0
2010	USA	805-814	Female	1	100.0	100.0	100.0
2010	USA	815-824	Male	1	100.0	100.0	100.0
2010	USA	815-824	Female	1	100.0	100.0	100.0
2010	USA	825-834	Male	1	100.0	100.0	100.0
2010	USA	825-834	Female	1	100.0	100.0	100.0
2010	USA	835-844	Male	1	100.0	100.0	100.0
2010	USA	835-844	Female	1	100.0	100.0	100.0
2010	USA	845-854	Male	1	100.0	100.0	100.0
2010	USA	845-854	Female	1	100.0	100.0	100.0
2010	USA	855-864	Male	1	100.0	100.0	100.0
2010	USA	855-864					

Year	Country	Age	Gender	Education	Occupation	Income	Health
2010	USA	25	Male	High School	Construction	\$15,000	Good
2010	USA	35	Female	College	Healthcare	\$25,000	Good
2010	USA	45	Male	College	Healthcare	\$35,000	Good
2010	USA	55	Female	College	Healthcare	\$45,000	Good
2010	USA	65	Male	College	Healthcare	\$55,000	Good
2010	USA	75	Female	College	Healthcare	\$65,000	Good
2010	USA	85	Male	College	Healthcare	\$75,000	Good
2010	USA	95	Female	College	Healthcare	\$85,000	Good
2010	USA	105	Male	College	Healthcare	\$95,000	Good
2010	USA	115	Female	College	Healthcare	\$105,000	Good
2010	USA	125	Male	College	Healthcare	\$115,000	Good
2010	USA	135	Female	College	Healthcare	\$125,000	Good
2010	USA	145	Male	College	Healthcare	\$135,000	Good
2010	USA	155	Female	College	Healthcare	\$145,000	Good
2010	USA	165	Male	College	Healthcare	\$155,000	Good
2010	USA	175	Female	College	Healthcare	\$165,000	Good
2010	USA	185	Male	College	Healthcare	\$175,000	Good
2010	USA	195	Female	College	Healthcare	\$185,000	Good
2010	USA	205	Male	College	Healthcare	\$195,000	Good
2010	USA	215	Female	College	Healthcare	\$205,000	Good
2010	USA	225	Male	College	Healthcare	\$215,000	Good
2010	USA	235	Female	College	Healthcare	\$225,000	Good
2010	USA	245	Male	College	Healthcare	\$235,000	Good
2010	USA	255	Female	College	Healthcare	\$245,000	Good
2010	USA	265	Male	College	Healthcare	\$255,000	Good
2010	USA	275	Female	College	Healthcare	\$265,000	Good
2010	USA	285	Male	College	Healthcare	\$275,000	Good
2010	USA	295	Female	College	Healthcare	\$285,000	Good
2010	USA	305	Male	College	Healthcare	\$295,000	Good
2010	USA	315	Female	College	Healthcare	\$305,000	Good
2010	USA	325	Male	College	Healthcare	\$315,000	Good
2010	USA	335	Female	College	Healthcare	\$325,000	Good
2010	USA	345	Male	College	Healthcare	\$335,000	Good
2010	USA	355	Female	College	Healthcare	\$345,000	Good
2010	USA	365	Male	College	Healthcare	\$355,000	Good
2010	USA	375	Female	College	Healthcare	\$365,000	Good
2010	USA	385	Male	College	Healthcare	\$375,000	Good
2010	USA	395	Female	College	Healthcare	\$385,000	Good
2010	USA	405	Male	College	Healthcare	\$395,000	Good
2010	USA	415	Female	College	Healthcare	\$405,000	Good
2010	USA	425	Male	College	Healthcare	\$415,000	Good
2010	USA	435	Female	College	Healthcare	\$425,000	Good
2010	USA	445	Male	College	Healthcare	\$435,000	Good
2010	USA	455	Female	College	Healthcare	\$445,000	Good
2010	USA	465	Male	College	Healthcare	\$455,000	Good
2010	USA	475	Female	College	Healthcare	\$465,000	Good
2010	USA	485	Male	College	Healthcare	\$475,000	Good
2010	USA	495	Female	College	Healthcare	\$485,000	Good
2010	USA	505	Male	College	Healthcare	\$495,000	Good
2010	USA	515	Female	College	Healthcare	\$505,000	Good
2010	USA	525	Male	College	Healthcare	\$515,000	Good
2010	USA	535	Female	College	Healthcare	\$525,000	Good
2010	USA	545	Male	College	Healthcare	\$535,000	Good
2010	USA	555	Female	College	Healthcare	\$545,000	Good
2010	USA	565	Male	College	Healthcare	\$555,000	Good
2010	USA	575	Female	College	Healthcare	\$565,000	Good
2010	USA	585	Male	College	Healthcare	\$575,000	Good
2010	USA	595	Female	College	Healthcare	\$585,000	Good
2010	USA	605	Male	College	Healthcare	\$595,000	Good
2010	USA	615	Female	College	Healthcare	\$605,000	Good
2010	USA	625	Male	College	Healthcare	\$615,000	Good
2010	USA	635	Female	College	Healthcare	\$625,000	Good
2010	USA	645	Male	College	Healthcare	\$635,000	Good
2010	USA	655	Female	College	Healthcare	\$645,000	Good
2010	USA	665	Male	College	Healthcare	\$655,000	Good
2010	USA	675	Female	College	Healthcare	\$665,000	Good
2010	USA	685	Male	College	Healthcare	\$675,000	Good
2010	USA	695	Female	College	Healthcare	\$685,000	Good
2010	USA	705	Male	College	Healthcare	\$695,000	Good
2010	USA	715	Female	College	Healthcare	\$705,000	Good
2010	USA	725	Male	College	Healthcare	\$715,000	Good
2010	USA	735	Female	College	Healthcare	\$725,000	Good
2010	USA	745	Male	College	Healthcare	\$735,000	Good
2010	USA	755	Female	College	Healthcare	\$745,000	Good
2010	USA	765	Male	College	Healthcare	\$755,000	Good
2010	USA	775	Female	College	Healthcare	\$765,000	Good
2010	USA	785	Male	College	Healthcare	\$775,000	Good
2010	USA	795	Female	College	Healthcare	\$785,000	Good
2010	USA	805	Male	College	Healthcare	\$795,000	Good
2010	USA	815	Female	College	Healthcare	\$805,000	Good
2010	USA	825	Male	College	Healthcare	\$815,000	Good
2010	USA	835	Female	College	Healthcare	\$825,000	Good
2010	USA	845	Male	College	Healthcare	\$835,000	Good
2010	USA	855	Female	College	Healthcare	\$845,000	Good
2010	USA	865	Male	College	Healthcare	\$855,000	Good
2010	USA	875	Female	College	Healthcare	\$865,000	Good
2010	USA	885	Male	College	Healthcare	\$875,000	Good
2010	USA	895	Female	College	Healthcare	\$885,000	Good
2010	USA	905	Male	College	Healthcare	\$895,000	Good
2010	USA	915	Female	College	Healthcare	\$905,000	Good
2010	USA	925	Male	College	Healthcare	\$915,000	Good
2010	USA	935	Female	College	Healthcare	\$925,000	Good
2010	USA	945	Male	College	Healthcare	\$935,000	Good
2010	USA	955	Female	College	Healthcare	\$945,000	Good
2010	USA	965	Male	College	Healthcare	\$955,000	Good
2010	USA	975	Female	College	Healthcare	\$965,000	Good
2010	USA	985	Male	College	Healthcare	\$975,000	Good
2010	USA	995	Female	College	Healthcare	\$985,000	Good
2010	USA	1005	Male	College	Healthcare	\$995,000	Good

CITRONU MĀKONIS

100 g citronu
sastāvā



KAS IR MOLEKULĀRĀ GASTRONOMIJĀ?

Molekulārā gastronomija ir zinātne, kas pēta, kāpēc ēdams ir garšīgs, un kāpēc tas ir veselīgs. Tā ir zinātne, kas pēta, kāpēc ēdams ir veselīgs, un kāpēc tas ir garšīgs. Tā ir zinātne, kas pēta, kāpēc ēdams ir veselīgs, un kāpēc tas ir garšīgs.

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KAS IR MOLEKULĀRĀ GASTRONOMIJĀ?

Molekulārā gastronomija ir zinātne, kas pēta, kāpēc ēdams ir garšīgs, un kāpēc tas ir veselīgs. Tā ir zinātne, kas pēta, kāpēc ēdams ir veselīgs, un kāpēc tas ir garšīgs. Tā ir zinātne, kas pēta, kāpēc ēdams ir veselīgs, un kāpēc tas ir garšīgs.

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Molekulārā gastronomija ir zinātne, kas pēta, kāpēc ēdams ir garšīgs, un kāpēc tas ir veselīgs. Tā ir zinātne, kas pēta, kāpēc ēdams ir veselīgs, un kāpēc tas ir garšīgs. Tā ir zinātne, kas pēta, kāpēc ēdams ir veselīgs, un kāpēc tas ir garšīgs.



CITRONU MĀKONIS

Sastāvdaļas: 100 g citronu sulas, 100 g citronu mīksts, 100 g citronu mīksts, 100 g citronu mīksts.

Ēdams: 100 g citronu sulas, 100 g citronu mīksts, 100 g citronu mīksts, 100 g citronu mīksts.

Ēdams: 100 g citronu sulas, 100 g citronu mīksts, 100 g citronu mīksts, 100 g citronu mīksts.

100 g CITRONU SASTĀVĀ



APĻOŠU ĒDAMS

Sastāvdaļas: 100 g apļošu sulas, 100 g apļošu mīksts, 100 g apļošu mīksts, 100 g apļošu mīksts.

Ēdams: 100 g apļošu sulas, 100 g apļošu mīksts, 100 g apļošu mīksts, 100 g apļošu mīksts.

JAUNĀKAJĀ NUMURĀ



UZ CEĻA

Čamāvisi vienotības
praktiskā izstrāde

MOBINGS

Kapēc esat
tas vienotība

MĒSĒJIE

Šķiršana... Viena,
no kura jāizvēlas

PAŠVALDĪBAS

Šķiršana vienotības
pašvaldības izstrāde

MEKLĒ VISĀS PRESES TIRDZniecības vietās

Pats vērtīgākais ir
noderīgs padoms!



Šis ir lielākais
latviešu mācību
grāmatu katalogs
jau šodien!