

INSTRUCTIONS HOW TO USE ELEDEM FORTE

Dear Sir/Madam,

Before starting therapy, we have some very important information and advice for you.

First of all, we would like to emphasize that we are not doctors, and everything we say is only what we use and only our own experience. Be sure to check with your doctor if you have any other ailments, the same goes for diet and body cleansing tea (if you're allergic to any of the above, see your doctor and continue to follow their instructions).

The whole process of treatment is a complex thing that requires patience, perseverance and discipline.

Follow the instructions of the program you receive and do your best to respect the cleansing of the body with tea, in addition, correct your diet, use the vitamins we recommend and switch to herbal cosmetics.

The application of ELDEM forte ointment must be continuous, every day, without missing a beat, and if you respect the things we mentioned, the first results will appear already in the first month of applying ELDEM forte ointment.

The ointment should only be applied to clean skin, it must not be mixed with other products, especially corticosteroids.

IF YOU HAVE NEWLY USED A PREPARATION CONTAINING CORTICOSTEROIDS, YOU SHOULD TAKE A 40-DAY BREAK FOR YOUR BODY TO EXCLUDE THE TOXINS ITSELF AND THEN YOU CAN START WITH MELAME.

You can mix the ointment with other preparations and corticosteroids at your own risk.

To complete the story, 90% of cases have been shown to have serious deficiencies in the body, namely: Omega 3 Vitamin D3

Therefore, we ask you to make analyzes of these 3 elements, the ratio of omega 3 and omega 6 in the body (lipid status), as well as D3. And if these are missing, it would be good to consult a doctor about how to increase the value to the optimum, and we will tell you how we arrived at these results.

The ratio of omega 3 to omega 6 should be 1:1 or maybe 1:3 in favor of omega 6. As soon as the ratio is 1:5 in favor of omega 6 (or more), it indicates an inflammatory process in the body. In this case, omega 3 must be taken. It helps suppress all inflammatory processes in the body. Also make vitamin D3 and if you are deficient then you should take it as well as omega.

OUR RECOMMENDATION:

Omega: You buy the highest quality omega. The quality of omega is measured by the high percentage of EPA and DHA made up of omega 3, the label must state the percentage of EPA and DHA, if it is not a percentage, it should not be taken into account. The percentage must be 50% or more. For softgel capsules, calculate as follows: Example: EPA 250, DHA 250. Each omega softgel capsule contains 1000 mg $250+250=500$ in 1000 mg 500 50% (this is good omega)

When it comes to oil (the best option) - we recommend Camelina oil or Wild Flax Oil, and it is important that it is cold pressed (for oral use), but if you can't find it, then any omega with the values we give. listed. One tablespoon of oil should be drunk daily (for adults). For children, consult a doctor.

The price always determines the quality, what is more expensive means that it contains a high percentage of EPA and DHA forms.

Try to find that camellia oil because it has an ideal ratio of omega 3, 6 and 9 fatty acids and loads of vitamin E which is a powerful antioxidant and great for the whole body, if not everything as mentioned.

Now let's move on to vitamin D

D3 We recommend Vigantol (or any D3 in drops) because it is very poorly absorbed when taken in tablets. Take 20 (10,000 iu) drops with food (Vigantol) and after 3 months take the results and compare with the first one to see how you are doing. For children, consult a pediatrician. (The most natural way to get vitamin D is the sun, but only in mild sunlight)

K2 K2 is a must with D3, it is best to find K2 separately in oil form (drops) or soft gel capsules. K2 goes to 50 micrograms per day. In addition to high doses of vitamin D3, intake of K2 is also necessary, because calcium is produced, so excess K2 is incorporated into our bones instead of soft tissues. The same should be taken with food, such as vitamin D3 and omega.

All this is due to the fact that digestive enzymes are secreted during the meal, then utilization is maximum, and it turns out as if you were eating foods rich in omega 3 and vitamin D. (Food rich in vitamin K is sauerkraut and fermented soybeans - NATTO).

Repeat the results after 3 months to see the progress and monitor the situation.

That's what guided us and how we managed to balance the inside of the organization.

PubMed has plenty of documentation on what we've mentioned.

Tea for cleaning the body (Vitiligo) In case of other skin diseases, look for a suitable tea.
Ingredients: St. John's wort, St. John's wort, Pine needles, Quince, St. John's wort. Preparation: take three soup spoons of tea, pour 1.2 l of boiled water, filter after 1 hour. Usage: the tea is

consumed by the glass before and after breakfast, lunch and dinner. NOTE: pregnant women should not drink the tea due to St. John's wort

AWARENESS-POSITIVE APPROACH-DISCIPLINE

Awareness – The first and most important thing you need to have is proper awareness. You need to know what causes the skin disease to worsen, that is, what leads to its spread, and, on the contrary, what leads to its stopping and suppression. This is the basis for being able to develop. Secretly, we all want to solve the problem overnight with one magical plant and wake up the next day in the time before our illness. However, this approach leads first to procrastination and then to failure. Disappointment comes later, or depression is far away. Hence awareness!

Positive approach - You have to approach your illness positively with small goals on a daily basis, which will lead you step by step to the bigger and finally the biggest one. Make stopping the spread of disease your first goal. It is important not to go too far in your wishes and thoughts until the first step is taken. The way to stop the spread is explained in detail through the program.

Discipline – Discipline is perhaps the most important factor in this entire program. By this I don't mean the discipline of constantly running and chasing to be disciplined, but simply that if something needs to be done at seven in the morning, then do it at the scheduled time. Of course, let's get back to awareness. You need to be realistic, aware of your time and life circumstances and accordingly make the best plan for you, not the most ideal and best plan potentially. Because your best plan will work much better for you personally than a general and ideal plan that is difficult to follow. So respect it and be consistent and disciplined about it.

SWITCH TO HERBAL COSMETICS

Switch to herbal cosmetics – Try to furnish your home with natural products that are plant-based. Shampoos, soaps, baths, dishwashing detergents and detergents should be plant-based.

It is a very important step where you build the foundations of the final goal with it. If you skip this part, even though you're doing your skin a lot of good during the program, you're constantly irritating it in different ways. Washing your hands leaves certain chemicals on your hands that don't have a super positive effect on your disease. The same goes for your toothpaste. You can read a lot about it in trade magazines. However, you don't have to waste time on this, simply switch to herbal cosmetics and you have already taken the first huge step.

NUTRITION

Nutrition - Nutrition is the most complex and demanding part of the program, but it's also very simple if you put your mind to it. The important thing is to know which food causes your allergy, and if you are allergic to a certain food, then delete that food from your menu, even if it is the "superfood" for your problem. We will not base it on what not to eat, but on what to eat.

Let's start in order - A balanced diet for people with skin diseases should look like this: lots of vegetables and fruits, salads and vegetable soups, freshly squeezed vegetable juices, nuts, in addition to certain cereals, natural teas and plenty of hydration - i.e. fluid intake. Translated, the above means: little fat, little protein, minerals and energy, i.e. carbohydrates and mandatory hydration. There are essential sprouts that are extremely good for your health. In particular, we will talk about water as one of the essential steps.

People suffering from psoriasis, eczema, dermatitis and seborrheic dermatitis should strictly avoid foods rich in alkaloids. We list a few such foods: potatoes, tomatoes, peppers, eggplants, acorns... and all products made from these foods.

In the text below, I list the foods that should be used:

Cold-pressed fruit juices: ● First option: Mix beets, carrots, ginger, celery root; ● Second option: celery (leaves and stems)

Tip - Drink fruit juices in the morning on an empty stomach. In the beginning, if you have not consumed such fruit juices before, take small portions of 1-2 dl, then gradually increase the amount to 5 dl.

Vegetables: carrots, beets, chard, pumpkin, zucchini, spinach, cucumber, radishes, lettuce, kale, broccoli, cauliflower, red onion, cabbage

Tip - Try to include at least 2 different vegetables in each meal (this applies to lunch and dinner). We recommend that at least one of them be fresh and can be eaten as a salad.

Fruits: figs, apricots, apples, grapes, lemons (lemon is only used in the morning as part of routine 1 when you drink water on an empty stomach), bananas

Soups: pumpkin, zucchini, spinach soup is an ideal choice. You can also add a mixture of these vegetables to your ideal soup and mix it with some of the ingredients listed above.

Nuts: walnuts, almonds, pumpkin seeds, apricot seeds;

Legumes: chickpeas, beans, black rice;

Salads: rocket, dandelion, matovilac, beet, carrot salads;

Tea for cleansing the body: Preparation: pour 3 tablespoons of tea with 1.2 l of boiled water, filter after 1 hour. Usage: drink the tea by the glass before and after breakfast, lunch and dinner. Duration of use: drink the tea continuously for 3 months (preferably longer). Ingredients: yarrow, St. John's wort, pine needles, quince, nettle. (tea against vitiligo)

Spices: thyme, parsley, turmeric;

*Garlic is ideal for maintaining immunity, so if you have included these foods in your menu, looking at the bigger picture - this is the right choice

Oils – cold-pressed olive oil, coconut oil, pumpkin seed oil

Other permitted foods: dates, honey (only domestic and high-quality honey), quinoa, chia seeds, leeks, borage, gluten-free rice spaghetti, black pepper, coconut, kiwi, plums (can also be dried - as long as they are not candied), microspices/sprouts (micro rocket, micro green and red cabbage, micro radishes)

EXAMPLES:

MORNING Chia seeds, walnuts, almonds, hazelnuts, cinnamon, apples, bananas, figs (dried or fresh), apricots, spoonfuls of honey, pumpkin seeds, spirulina, almond milk or coconut milk.

Instructions for use: soak 3-4 tablespoons of chia seeds in water overnight. In the morning, add all the other ingredients and top with coconut milk or almond milk. Use fruits that are allowed depending on the season.

LUNCH: Example 1 - Pumpkin soup, sweet potatoes, Swiss chard and chickpeas Example 2 - Zucchini or spinach soup, cauliflower

Instructions for use: Raw foods have the best effect on the body: vegetables and fruits in the form of salads, while cereals are lightly cooked. Fried foods are prohibited, while certain foods that require short cooking should be kept to a minimum.

DINNER: Example 1 - Risotto (gluten-free black rice) with vegetables, arugula and radish salad Example 2 - Chickpeas with vegetables (broccoli, zucchini, red onion, carrot)

SNACK: Example 1: turmeric, walnuts, pepper, dates, half a teaspoon of olive oil

How to use: Pour half a teaspoon of turmeric and ground pepper with half a teaspoon of olive oil, then add a date and 1 ground or regular walnut and let it sit for 10 minutes. Then continue to stir and consume the resulting mass with a glass of water.

Example 2: Banana, fig, almond, walnut and honey

Directions: Mash or blend half a banana and add half a teaspoon of honey. Then add 1 teaspoon each of ground walnuts and almonds along with a chopped dry fig (figs can be used raw when in season). Eat the resulting mass as part of an afternoon snack.

DISINFECTION OF PURCHASED FRUITS: Buying fresh vegetables and fruits only solves the first part of the problem. However, this is not enough. In order for food to be free of bacteria, fungi, viruses and parasites without thermal processing, it must be sterilized before entering our body.

USE LUGOL'S SOLUTION: Wash the food as usual, then pour water over the food. It is important that all food is completely submerged. Then add 1 drop of solution per liter of water,

mix well and let stand for 2 minutes. Rinse the food well again, and only then is it really ready for use.

Another method is to use baking soda. The procedure is exactly the same when using Lugol's solution.

If you adopt this way of eating, you can achieve that the spread of your skin disease stops completely in most cases. We also fully understand that everyone's body is different and reacts differently to certain foods, but these are general nutritional tips that have had remarkable results in stopping the spread of disease.

Which definitely means that you should completely skip any food that we haven't listed in the diet that you should be using.

The following are strictly prohibited: alcohol, carbonated drinks and industrial sugars (sweets). If any of the above are applied, the success of the program is reduced and difficult.

TRAINING

Exercise – Exercise – When it comes to skin conditions and exercise, regular exercise is extremely important. Our bodies were created to move. But we must be careful, we must pay attention to our body, we must not overdo it and achieve the ideal balance. It is very important to stay hydrated during exercise. Also, some fresh dates or figs are a great option for energy and healthy sugars. Regular exercise makes our heart and lungs more resistant and stronger, improves metabolism, better digestion, better sleep, better removal of waste products from the body, then gives energy to overcome stress, lowers blood pressure, improves the body's energy production and, in addition, improves physical appearance.

Recommendation: 3-4, 45-70 minute, medium-high intensity workouts per week would be the most ideal. Of course, depending on your physical and health status, everyone has to find the balance that suits them best.

WATER

Water – Along with diet, which is extremely important in the treatment of skin diseases, fluid intake is equally important. Dehydration, when we're just talking about the skin, leads to dry skin, and if your body has experienced a severe form of dehydration, the result is shriveled, completely dry skin. In addition, dehydration affects many other things that both directly and indirectly affect your body and immune system. Therefore, they negatively affect vitiligo and contribute to its rapid spread. If you don't drink enough water, you become dehydrated, and dehydration causes chronic diseases, including certain autoimmune diseases. Our main goal is not to talk about diseases, but to show you what will help stop the spread of your disease. For this reason, we draw attention to the importance and obligation of fluid intake. Since each of us has a different metabolism, work and consumption in a day, it is not possible to determine the ideal fluid intake in general. Under some optimal conditions, the average adult living in a temperate climate should consume about 3.7 liters of fluid for men (which is about 15 glasses

per day) and 2.7 liters for women (which is about 11 glasses per day). If you are exposed to stress, which increases the dehydration of your body, if you take a sauna, or if you are exposed to high daily temperatures that cause constant sweating, of course, your fluid intake should be proportionally higher. You should drink water between meals, but in sufficient quantities.

Recommendation: Every morning, immediately after waking up, on an empty stomach, drink 2 dl of lukewarm (room temperature) water mixed with ½ squeezed lemon. Do not eat or drink anything for at least 30 minutes afterwards.

SUNLIGHT

Sunlight – Vitamin D, which we get from sunlight, plays an extremely important role in the health of our body and skin. In addition, it has an extremely positive effect on many skin diseases. According to several global and regional studies, vitamin D is responsible for skin pigmentation, and its deficiency causes many autoimmune diseases.

Note: Be very careful and cautious because you yourself know that careless and excessive sun exposure can increase the risk of developing melanoma, which is the last thing we want people with psoriasis, eczema, dermatitis to only expose themselves to the sun. If the sun likes them their problem.

REST

Rest – getting enough sleep is a very important factor that is essential to stop the further progressive spread of the skin disease. Rest is important so that the body has time to regenerate, renew and recover. During rest, your body removes waste products. All this has a positive effect on the treatment of any skin disease. Quality sleep is also important for sun-induced skin regeneration, acne prevention, and a glowing and radiant complexion. Also, sleeping before midnight is very important. If you don't rest your body enough, you will age much faster. Factors that reduce a good part of the night's rest are abundant, evening and hard-to-digest meals, coffee, energy drinks, etc.

Note: Hard-to-digest evening meals late at night, too much fat or protein in the evening meal and of course stimulants such as coffee or caffeinated drinks make digestion difficult. Digestion uses energy. If you eat late at night, how can you expect to rejuvenate and recover? Your body's basic need for healthy and normal functioning and good health is the right amount of rest at the right time.

Try incorporating these steps into your daily routine.

Also, don't be radical and keep forcing yourself to do this or that. Be realistic and get the best out of this program for your situation.

SWITCH TO ORGANIC FOOD WHEN POSSIBLE

Switch to 100% organic food - This would be the best, but knowing that it is very difficult to do, try to do as much as possible. All this should be a gradual construction and lifestyle change. For example, if you have been eating hamburgers and strong spices for a long time, it would be very radical to immediately switch to freshly squeezed organic celery juice. isn't that right? But let's get back to organic food. Now, if you want to make vitiligo, psoriasis, eczema or dermatitis a thing of the past and partially disappear, you need to give your body the best. The best comes from the natural. Most people would agree that organic food is too expensive. Exactly. But surely there is a solution.

There are many foods that are on the list of "superfoods" for the mentioned skin conditions and they are not too expensive. Here are some examples. Figs themselves are not treated and can be found everywhere. Swiss chard, pumpkin, walnuts, even an organic grocery store are relatively affordable. If there is someone in the village, that's even better. Dates, chickpeas, organic beans - everything is relatively similar to the prices of purchased food. However, on a relatively similar budget, you can switch to organic foods without even realizing it.

ELDEM FORTE MELEM

Eldem forte melem (Vitiligo) - Now comes the icing on the cake, where the spread of Vitiligo is first replaced by dots and then by the appearance of larger pigmented fields at the site of Vitiligo.

Apply Eldem forte ointment in the early morning and late afternoon, with 30 minutes of sun exposure, when UV radiation is very low. In the mild evening sun, you can extend your sun exposure by watching your skin. Results appear very quickly, perhaps after only 3-4 weeks. Of course, if you have used the entire process before, then the results are possible even before the above.

Applying Eldem forte ointment is very easy. Apply a small amount of ointment to white surfaces with the face of your finger and rub in. Expose yourself to the sun as previously written. As mentioned, repeat this treatment twice a day.

ADDITIONAL TIPS:

***VITILIGO IN WINTER** – a period when there are not many sunny days; In winter, vitiligo is "disguised" and much less noticeable, so we often fall into the misconception that it recedes and disappears, when in fact it is only in a "hibernating" phase and gradually continues to spread. We do nothing about it, and a few months later, when the first rays of the sun arrive, there is great surprise and disbelief. That's when we notice how much it has spread over the surface of our skin. This is especially pronounced in fair-skinned people. Therefore, in winter it is very important to approach the suppression correctly and stop the spread of vitiligo.

Recommendation: Winter vitiligo is treated internally - by cleansing the body and a healthy diet, and externally with ELDEM forte ointment with a UVB lamp (under the supervision of a doctor).

***VITILIGO IN SUMMER** – the period when we are exposed to the Sun; The first big surprise is the first spring and sunny days. Then we see how much Vitiligo we have. At the same time, we find ourselves in great doubt and ask ourselves the questions: "Where did this come from?", "This is from the day, and what should I do now?". These are pretty much the reactions we've been told by people who have gone through the whole process and ourselves. This is how we try to make your way easier, so that you don't fall on those obstacles, but manage to prevent and overcome them.

Eldem forte ointment (Psoriasis, Eczema, Dermatitis, Seborrhea) - apply the ointment 2-4 times a day to the affected parts by rubbing. It is important that the skin is clean before applying the ointment, i.e. do not mix it with other preparations. You repeat the procedure every day and you will see the first results in the first 3-4 weeks.

Eldem forte ointment (Fungal diseases) - the principle is the same as for psoriasis, eczema, dermatitis and seborrhea, with the fact that if the fungus is on the nail, drip the ointment outside the nail plate. and let it get under the nail. Tip - get a medical pedicure (at a certified beautician) for faster and better results.

Best regards, the ELDEM forte team