

Filip Chmurzyński

Healthy life.
Slimming.
Nutrition.
Diet.

How I lost
21 KG
IN A YEAR
(46 pounds)



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Healthy life. Slimming.
Nutrition. Diet.

*An expert is a man who has made
all the mistakes which can be made
in a very narrow field.*

Niels Bohr, Danish physicist and Nobel Prize laureate

Everything popular is wrong.

Oscar Wilde

Assumptions of diet:

- fat tissue burning, maintaining muscle tissue,
- increase of strength and stamina,
- better physical fitness,
- increase of immunity to infections,
- no tiredness and weariness during day,
- better concentration and willingness to act,
- high sexual efficiency,
- better psychical balance.

 All lists in this guide have boxes to tick,
as you please.

Introduction to diet. My experience.

The book is a collection of several years my practice with strength training and experimentation with different types of diet and forms of training. I was able to afford on different techniques and nutrition treatment, so I have come to firm conclusions, which increases quality of life definitely.

The following guide is intended for every person, which wants to improve own **appearance and health condition**. Beginners and overweighted persons should – at first – to concentrate on the dietetic suggestions. The diet is based on the selected ingredients and begins quickly fat tissue burning, as well as improves the general health.

For several years, my weight oscillated between 102 kg and 105 kg, my height – 186 cm. Fatness was 18 % (you can check amount of fat tissue on the special electronic scale, e.g. in the fitness club). My maximal weight was 108 kg, but fatness was 22 %. It was moment, in which my stomach was visually larger than my chest.

Before changes, my diet was full of diverse highly processed products. I loved chips, crunchy, pizza, hamburgers, French fries, candy. I ate a lot of white bread and very big amount of pasta. The Sunday was my feast. Sometimes, it was **5000 calories** of sugars and carbohydrates. I didn't refuse yourself

Change in eating habits resulted significant improvement of cholesterol, hepatic and pancreatic rates.

sweetened beverages and different candy. Although – thanks regular training – I didn't cross the red line, I decided to gain fat tissue as many as possible, and then elaborate system of the nutrition, which will results decrease of fat tissue, but will have issue on the my frame of mind.

For one year, I lost 21 kg and my weight was 87 kg. The percentage of fat tissue was 10%. At the height 186 cm – ***I gained ideal body weight.***

For one year, I tested almost every known diet. Every cycle was about 6 weeks of diet. Training techniques was changed too, and it was analysed efficiency of fat tissue burning, muscle tissue protection and increase of muscle tissue. The following conclusions are choose result of the best diet, which I used and I use now.

For persons, which don't works out, training rules haven't meaning, except minimal physical activity. The system is based on the caloric deficit and properties of the food products, which begins process of fat burning.

The tree of health. Diet.

The adage “You are what you eat” is more true than it might seem. Human organism is a huge ironworks, which transforms permanently raw materials to energy and timber. What we put into the oven, it will have meaning for quality of produced energy and quality of timber. Human gastrointestinal system is complicated system of processing many different of the nutrients, which main objective is maintaining of our body in psychical condition ensuring the survival. If we want that biochemical reactions in our organism were correct, we have to give necessary nutrients. For using different techniques based on the diet low-carb systems, rotation of carbohydrates, periodic starvation diets and practical knowledge, I elaborated own system of the nutrition.

The essence of this nutrition style is permutation of organism from obtaining energy of sugars and carbohydrates to obtaining energy from reserve fat. It's accumulated in almost whole body and between organs. Visceral fat is fat between organs, so it's very adverse for us, because charges organs, causes pressure and decrease efficiency of work. A lot of people resigns to slimming, because they don't see quick effect of decreasing stomach. It's result of fact that fat is burning evenly from the entire body. The stomach is last granary of or-

ganism, so patience and consequence is important. We don't adjust for a very quick results. We need months on the stable process of reduction. It will give us better understanding of our body, adaptation and bigger comfort during diet. Also should be aware that organism habited to often high-sugar meals, will protest, what maybe results in nervousness. It could be state from 3 days to 2 weeks. After the period, organism adapts to new model of the nutrition and it is moment, in which we begins to see first symptoms of the improvement of life quality and mood.

Eating selected products isn't sufficient. The important is duration of nutrition period in twenty four hours. I did many tests in aim of establishing time to eating meals. In my case, eating often and small meals 6-7 was ineffective, and decrease of fat tissue was minimal. In this system, metabolism is rapid and feel of hunger is common. Optimal system, which I elaborated, are 4 meals every day, eating to 14-15 hour. Many of you asks: "and what next?". Next only water, herbs, coffee, tea. It exists conception, which says that it's system, which you can use in the other time frame, with remaining 16 hours of fast between meals. Because my last meal at 14 was wonderful idea, so I think that it's ideal model. However, you can start to end eating at 18, and then you move back one hour. It's important to perceive that method of nutrition is a gift for our organism. **The liver and pancreas have 16 hours full relax and stillness.** Such period of regeneration for the important organs, will have impact for better functioning. The benefits are very measurable, because rested and regenerated liver and pancreas copes better with food portion next day. The regeneration of liver and pancreas it's not everything. We have

a time too for organism, which eliminates products of metabolism effectively.

Last meal in the diet, should be no carbohydrates from grain and potatoes. The vegetables are permissible. If you like citruses, you can add one fruit to the last meal. The best option is grapefruit, because it is exception to the rule "no fruits after meal". The fruit has low fructose content, it has many valuable properties and it is rich source of the cellulose. **We don't eat the grapefruit, when we have to take medicaments.**

We have to remember that rule exists "we don't drink liquids during meals" (stomach acids can't dissolve liquids). We drink the liquids in period of not eating or in the night, if we need. The amount of liquids is determined individually, but should pay attention that we have to urinate at least every 4 hours. The water drinking to 2-3 litres is permissible. The next advantage of the nutrition system is sleeping at inactive digestive system. The quality of dream is incredible. The regeneration is better definitely. The organism isn't focused on the digestion, but it has possibility of **complete regeneration of organism, the elimination of toxins and the regeneration of inflammatory foci.** You should have a bottle of water by the bed, especially at the start diet, when hunger pangs might to direct us to the fridge. In those days, you should to drink few sips of the water in aim of fill stomach. I caught myself several times that I don't go to the toilet at night, but I go to the kitchen and I ate several apples, what stopped process of fat burning. The most extreme situation was the eating of onion at night. It was reason of caloric deficit, but I learned about this fact at morning, when my wife was amazed that she found

gnawed remains of onions on the counter-top in the kitchen (like apple) ... yes, I was me.

Developed by me, the plan of nutrition is connected with diet techniques, known as Hay diet. I had problems with abdominal distension for all my life, but I didn't know, what is reason. We listen the commercials about supplements for digestion, aids digestion of fat. I was conceived that it is true, and my problems are result of the eating big amount of fat. The real chop with big portion of the potatoes, spaghetti, French fries and delicious doughnuts was reason of these abdominal distensions. The discovery, which I made, was absolute shock and big luckiness simultaneously, because problem of the abdominal distensions disappeared no using of medicaments and supplements. The trick lay in the fact to don't mix carbohydrates and fats. It's easy! The rule of digestion in our digestive system is following: at first, organism will to want always to get glucose from the most important source, and so carbohydrates. The fat will be stored for later. The situation is reason of discomfort and longer time of digestion. The heaviness and feel of full stomach is known every follower of gluttony. In my case, only meal, in which I mix protein, fat and carbohydrates is meal after training. The carbohydrates, which I use in the meal comes from millet groats, which has low cellulose content and it is good tolerated for me. The persons, which don't works out, might to eat main portion of carbohydrates no fat, because it is increase their comfort. For example, kefir with millet groats and nuts will be good idea.

As well, if you want to eat fruits, it will be the best first meal to eating.

Fat and protein, good digestion

I have come to interesting conclusions too, as regards big consumption of protein and fat. When I ate 300 gr cheese in one portion (no add carbohydrates) I didn't feel any discomfort or feeling of fullness.

Excretion

One from the most burdensome diet elements is excretion. Reduced the amount of fiber causes worse peristalsis. Helpful things are pickled cucumbers and juice of sauerkraut. Regular drinking of kefir is recommended as well. For every follower of citruses, one fruit will be helpful in the better peristalsis. I recommend grapefruit, but orange and tangerine as well. It is important to don't peel fruit epithelium, it is the most important! You might to go next step and cleanse the bowel completely, e.g. Once a 3 days, at evening – to drink 500 ml juice of sauerkraut and take 5 gr vitamin C. After 30 minutes, we begins to dispose of fecal retention. The cleaning of bowel should be cyclic activity. Many persons has problems with constipation, and fecal retention could be bridgehead to the formation of inflammation.

Cheating

I know that start of diet isn't easy and many persons will be have moments of doubt. The desire of snacking, when we feel big hunger may take control over our decision and full process may be interrupted. In this case, it's good to have close at hand jar of pickled cucumbers or usual cucumbers. The good

idea is learning how to eat of ribbed celery. Such nutrition hasn't big impact for diet, but satisfies the ravenous hunger. The portion of cucumbers you should drink a spoon of linseed oil to suppress the hunger. The coffee and green tea will be suppress the hunger as well.

Sunday

It is one day a week, in which you might to allow yourself to more. If you want to reset of our organism and ensure culinary fulfilment, you exchange all healthy food in favourite food. It may be pizza, cake, bread, ice-cream. It is important to don't cross our daily demand. If our daily demand is 2000 calories, it is demanding sum of calories in this day. Of course, in my point of view, the best solution is remaining normal diet and adding one dish during day. In my experience, I know that bigger amount of sugar in this day will be to slow fat burning. The next effective week of diet begins from Wednesday.

Diet. Nutrients.

Described nutrition system is intended for over-weighted persons and unable to practice. The task of diet is permanent loss of the fat tissue and improvement of life quality.

Products, which I eat:

Fats suitable for frying:

- coconut oil,**
the best form of saturated fatty acids,
- clarified butter,**
the source of CLA and vitamins,
- butter,**
the source of CLA and vitamins; suitable for frying, but at low temperatures,
- lard.**

Fats not suitable for frying:

- olive oil,**
the source of oleic acid,
- linseed oil** (cold pressed),
the source of omega-3 fatty acids,
- rapeseed oil** (cold pressed, unrefined),
the source of omega-3 fatty acids.

Plant oils (olive oil, rapeseed oil, sunflower oil) aren't suitable for frying. We don't use refined oils.

Protein:

- chicken meat,**
- turkey meat,**
- duck meat,**
- goose meat,**
- seafood,**
- eggs** – soft-boiled eggs and light scrambled eggs are the best option,
- cod,**
- blue grenadier,**
- salmon,**
- homemade cold cuts,**
- kefir** – improves digestion and peristalsis perfectly. Due to the presence of milk sugar, you mustn't exaggerate with quantity,
- natural yogurt,**
- pork and beef occasionally** – from that meat you should make aspic sometimes; natural aspic from meat and bones is the best source of collagen; therefore, the aspic increase our organism,
- yellow cheese** – I prefer yellow cheese, because it has protein content and lactic acid bacteria,
- white cheese.**

Carbohydrates:

- millet groats** – my main source of carbohydrates; the millet groats is alkaline, it has a lot of silicon. It is easily digestible,
- chickpeas,**

- lentil,**
- buckwheat groats,**
- potatoes** – big amount of vitamins; you should prepare a separate dish, but not potato cakes; frying potatoes are hardly digestible,
- yams,**
- whole-wheat bread.**

Fruits and vegetables:

- broccoli,**
- Chinese cabbage,**
- silage,**
- grapefruits** – don't mix with medicaments,
- oranges,**
- apples,**
- beetroots,**
- ribbed celery,**
- avocado,**
- lemon,**
- currants,**
- blueberries,**
- blackberries,**
- black currant,**
- chokeberry,**
- pomegranate,**
- celery,**
- parsley,**
- kale,**
- spinach,**

- arugula,*
- pepper,*
- olives,*
- chili peppers,*
- carrot,*
- ginger,*
- garlic,*
- tomatoes,*
- spices,*
- Brazil nuts (1 piece every day),*
- almonds (2 pieces every day),*
- pumpkin seeds,*
- apple vinegar,*
- fruits.*

Because of the fructose content, the fruits must be eat in small amount – equivalent of one apple. It's important that fruits were eating on an empty stomach, between meals per chance, but not later than 6.00 p.m. We don't eat fruits past meal. The fructose in moment, when liver glycogen is supplemented, it's metabolised to the fat. The exclusion is grapefruit, which is allowed after meal.

Alcohols:

- dry red wine or white wine*

When you drink whine, you have to remember about his several negative aspects, which might to make more difficult fat burning. Although resveratrol contained in the wine is favourable for circulatory system, it has dehy-

drated impact. In my experience, the effect after drinking wine was strong dehydration, often contractions, strongly stimulated appetite, which resulted in attacks ravenous hunger. Helpful solution at drinking wine is rule that every glass of wine must be supplemented two glasses of still mineral water. The sparkling water increases impact of alcohol. We drink wine possibly as supplement to meal, because helps in improved digestion. We don't drink on an empty stomach. Drinking on an empty stomach intensifies gastric acid secretion and increased appetite.

- light beer*

Based on my experience, I think that beer hydrates excellent, it has cleansing action, improves bowel function. Despite many opinions, the beer isn't reason of beer belly. The mixing beer with carbohydrates and sugars has effect of body fat. Drinking beer no food, don't increase appetite.)

Liquids:

- water,*
- green tea* – excellent alternative for coffee, it stimulates good too. It has action intensifying metabolism. It operates alkaline,
- herbs* – herbal teas are excellent idea of hydration and supporting the process of digestion and removing toxins,
- coffee* – better metabolism and fat burning. The coffee suppresses hunger, while very sucks in the stomach.

The diet don't content products rich in sugars. So we avoid:

- sugars and his derivatives* – a popular table sugar is sucrose, so mix glucose and fructose; the fructose in moment, when liver glycogen is supplemented, it's metabolised to the fat; sweetening products after breakfast, at excess caloric will be led to fat deposition,
- products from white flour,*
- highly processed products,*
- carbonated soft drinks,*
- processed juices,*
- alcohols over 40%,*
- sweeteners,*
- products fried in vegetable oils,*
- tuna,*
- panga,*
- grapes and bananas.*

Preparing meals

If we don't want negative effects of eating, every meal must be properly prepared. The spices have huge meaning in my diet. It causes that meals are tasty, but – what is more important – even healthier. I elaborated several techniques to increase power of meals action. They are here:

- to improve absorption and digestion meat, I grind them or chop into small pieces,
- if meat is greasy, I pour the water in the frying pan, and cook, then fry on melted fat,
- I use a combination of herbs to particles (gyros, turmeric, pepper, salt, thyme, rosemary, chilli), such mix provides big antioxidant power, improving digestion and absorption nutrients),
- I eat raw broccoli after delivering boiling water,
- I drink only natural juice: 2 beetroots, 2 carrots, half celery, 2 parsleys, 4 ribbed celeries, 1 apple. Squeezed juice in a juicer from these products is strong portion of natural supplement, which cleans the body. It is ideal after physical training,
- the coffee is strong motivator every day is for me, but I add a little cinnamon for better burning action. No sugar, of course!
- I don't fry on the vegetable oils – I drink it only,
- I don't use aluminium foil and I don't drink beverage cans,
- I don't burn food – the meat shouldn't carbonized never, fried eggs too,
- I don't mix dairy products with tomato,
- pepper improves action of the other spices,
- I drink a lot of green tea – It decreases feel of appetite and stimulates.

Daily and weekly cycle

WARNING! The method of controlled fast isn't intended for diabetics or persons with other diseases.

Part 5.

My nutrition style is based on the daily and weekly cycles. It means that organism habits to cyclical activities. From Monday to Friday I eat in 9.00 a.m. – 2.00 p.m. At Saturday 8.00 a.m. to 4.00 p.m. The cycle is allowance action of two hormones: insulin and growth hormone. The insulin is activated for eating meal. The biggest insulin burst is effect of eating sugars and carbohydrates. Antagonist of insulin is growth hormone. When insulin isn't active, the growth hormone begins action, and that hormone participates in the fat tissue burning. In a continuous state of heightened insulin, which task is decrease too high level of glucose, process of fat tissue burning is strongly restricted.

Establishing of daily caloric needs

If you want to start diet, at first you have to establish your daily caloric needs. Every should calculate capacity and calorific value of portion relative to burning calories during one day. Calculators are generally available online. If we have correct result, we subtract 300–500 calories and we create menu for one day. Meals scheme may be modified freely, using products from list “recommended products”, remaining proportions:

50% fat (oils, meat, dairy products), 30–35% protein (meat, dairy products), 15–20% carbohydrates (rest).

Support techniques

Are you like cold? Majority of persons says that no. The warmth is comfort. We like turn up the radiators maximally, because our home has lukewarm temperature. It turns out that it isn't for us best. The cold activates to growth brown fat tissue, which has positive issue for fight against obesity. Additional benefit results from lower temperature of environment is fact that organism is more resistant to infections. Temperature in my flat oscillates between 17 and 19 degrees Celsius. At the start, it was big discomfort, but it is optimal for me now. Next noteworthy action is bath in the cold water (for brave persons) or cold shower. It stimulates organism. The best shower is alternating. We wash oneself with warm water, but we rinse cold water. It is desirable especially, when you are after physical work or training. Better regeneration and detoxification.

Are you too strongly busy with reason of daily duties? You have to slow. Take breath. Relax. Fat deposition in the body is reason too high amount of cortisol, and so stress hormone. When you are angry or you have burdensome work, it has impact for your hormones. Your organism is capable of fight and threat, so accumulates more than should. Additionally, the organism accumulates sizable portion of free radicals and products of metabolism. Therefore it is important to give organism a bit of respite. Forest walk, meditation or reading a book will be the moment for you. You try every day to do something for yourself, what helps to calm down.

Physical activity

It should also be made to our new life mode, gentle physical activity. In my opinion, the best form of activity is walk. Every day, even short walk may be huge benefit and begin more effective slimming. Instead of bus or car, better you walk that distance. When the form of activity will be routine, it won't be not only new method of movement, but new bridgehead for more advanced form of physical activity.

Worthy of distinction is the fact that together with loss body mass and better blood circulation, sexual life changes for the better. In overweight, the heart has to manages with full ballast. Generally, if our height is 170 cm – our correct weight for men (not muscular) is about 70 kg and 10kg less for women. Therefore, knowing your current weight, it is necessary to know that our circulatory system may be loaded and inefficient. Every lost kilogram will be improve blood circulation, action of organs and higher performance of the body. Advantages of lower weight is more, but every discovers possibilities individually, which connects with lower body mass. I know a lot of people, which changes life after period of reduction. New possibilities, which connects with lower weight, might surprise everyone. You think about your restrictions and how could be your life no ballast, which you are carry?

Supplementation

Vitamin C

My main helpmate for remaining of good physical condition is vitamin C. Every heard about it. Every eats vitamin C in food, but not every knows that he eats too little. Short definition of the importance of vitamin C for human in Wikipedia is following:

In humans, vitamin C is essential to a healthy diet as well as being a highly effective, acting to lessen oxidative stress; a substrate for ascorbate peroxidase in plants (APX is plant specific enzyme); and an enzyme cofactor for the biosynthesis of many important biochemicals. Vitamin C acts as an electron donor for important enzymes.

Vitamin C is found in high concentrations in immune cells, and is consumed quickly during infections. It is not certain how vitamin C interacts with the immune system; it has been hypothesized to modulate the ac-

tivities of phagocytes, the production of cytokines and lymphocytes, and the number of cell adhesion molecules in monocytes.

Vitamin C's effect on the common cold has been extensively researched. It has not been shown effective in prevention or treatment of the common cold, except in limited circumstances (specifically, individuals exercising vigorously in cold environments). Routine vitamin C supplementation does not reduce the incidence or severity of the common cold in the general population, though it may reduce the duration of illness.

Daily requirements

The North American Dietary Reference Intake recommends 90 milligrams per day and no more than 2 grams (2,000 milligrams) per day. Other related species sharing the same inability to produce vitamin C require exogenous vitamin C consumption 20 to 80 times this reference intake. There is continuing debate within the scientific community over the best dose schedule (the amount and frequency of intake) of vitamin C for maintaining optimal health in humans. A balanced diet without supplementation usually contains enough vitamin C to prevent scurvy in an average healthy adult, while those who are pregnant, smoke tobacco, or are under stress require slightly more.

Government recommended intake

Recommendations for vitamin C intake have been set by various national agencies:

40 milligrams per day or 280 milligrams per week taken all at once: the United Kingdom's Food Standards Agency,

45 milligrams per day 300 milligrams per week: the World Health Organization,

80 milligrams per day: the European Commission's Council on nutrition labeling,

90 mg/day (males) and 75 mg/day (females): Health Canada 2007,

60–95 milligrams per day: United States' National Academy of Sciences. The United States defined Tolerable Upper Intake Level for a 25-year-old male is 2,000 milligrams per day.

100 milligrams per day: Japan's National Institute of Health and Nutrition. The NIHN did not set a Tolerable Upper Intake Level.

Human cannot synthesize vitamin C. Nay, vitamin C is not accumulated and half-life is several hours. In the reduction of fat tissue, the amount of vitamin C increases significantly. The supplementation of vitamin C gave me not only better reduction, but improvement of overall output of organism. Better regeneration is next benefit, which is due common vitamin. However, that vitamin began to fulfil the task, it must be provided in more portion than it is accepted. First thing, which I did, when I began supplementation of vitamin C, was saturation of the body.

This consists in drinking 5 gr of vitamin C every 10 minutes, until the onset of diarrhea. An excess of vitamin C is eliminated in this way. I make saturation mostly in Sunday, because I

want to have time to defecation. 20 g is sufficient sometimes, 50 g sometimes, and I have effect. Some Sunday, when I got up, with feeling that common cold is coming, I took 80 g of vitamin C at evening, cause diarrhea. I never didn't think my organism will be have such big deficit of vitamin C. I take about 10 g of vitamin C, prophylactically. I do it at evening usually that cleanse the body of accumulated toxins. Vitamin C eliminates heavy metals.

Vitamin D

Next vitamin, which supplementation is important in aspect of fat burning and regulation of calcium economy. Chronic shortage of vitamin D has a lot of people, because it is difficult to make sufficient amount from solar exposure (work, climate) or from food. Vitamin D is key to better immunity. Actually, I take about 5000 IU in the form of capsules oil.

My sample mean plan

Monday / Wednesday / Friday, deficit of 500 calories:

- vegetable juice,
- meat with millet groats,
- yellow cheese, 10 ml linseed oil, 10 ml rapeseed oil,
- meat with beet salad, grapefruit.

Tuesday / Thursday / Saturday, deficit of 500 calories:

- 10 ml coconut oil, 10 ml rapeseed oil, 10 ml linseed oil,
- scrambled eggs + brown bread sandwich with tomato,
- yellow cheese,
- meat with salad + grapefruit.

Sunday, no deficit:

- scrambled eggs, brown bread sandwich with tomato, fruit,
- diversely – cheesecake, apple pie, oatmeal cookies,
- dinner with potatoes and pastas,
- any fast-food, but homemade, from good ingredients.

Summary

Such system of nutrition may be way of life. It is not only wonderful slimming diet, but it is system of nutrition as well, which may improve our mood and state of health. We aren't aware always that food has very big impact on our organism and our life. The nutrition should be our ally and to be our mean to remaining of high physical fitness. The quality of diet and awareness, what is process of nutrition, should determine our way of thinking about food.

I spent a lot of time and money to make scientific description of diet. I wanted to make sure that diet will be optimal for my organism. I used trial and error method and I eliminated factors, which had an adverse effect for health and process of fat tissue burning. When you read the guide, you can to use contained informations and change your life in healthy and better. The worst is first step, but when we see first effects, it everything becomes easier. It may be big practical change for many persons.



Contained advices in the guide are result of my own experiences. Every person, which wants to implement described nutrition principles, should do medical exam taking into account the state of the circulatory system, gastrointestinal system (sugar, liver tests, pancreas).

In the case of metabolic or other diseases, dietary guidelines contained in the diet, must be consulted with a doctor.

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