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








- BMR □ TDEE □ BMI


- [illegible]





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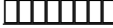



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image-1627464120228.png

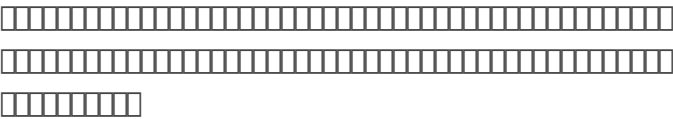
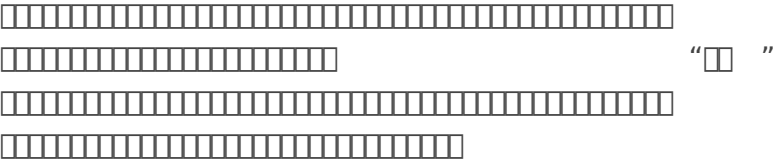
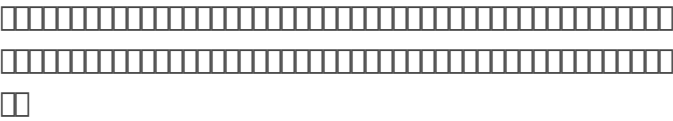
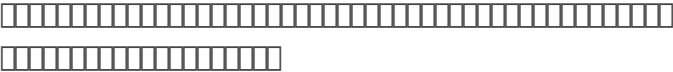








image-1627462035779.png













image-1627462958968.png



[illegible][illegible]

image-1627462976665.png

[illegible][illegible]

[illegible]



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[illegible]



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58 270 400 285" data-label="Text">

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58 286 312 301" data-label="Text">

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[illegible][illegible]

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[illegible][illegible][illegible]

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[illegible]

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0.5MMOL0.5MMOL



image-1627462753840.png????????????70%????????????1????????????4
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- 2. □□□□

image-1627462548573.png

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[illegible]



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[illegible]

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 200
 100
 0.5
 200
 1
 30~50














30~40




 5□ 8 30~40








“ ”

 5% 5%



[illegible]



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1. ??? ?????0.5MMOL????????????????????????????????????
2. ?????????????????????????????
3. ?????????????????????

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1. ?????????????????????
2. ?????????????????????????
3. ?????????????????????
4. ?????????????????????
5. ?????????????????????
6. ?????????

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????????????????130??

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BMR □ TDEE □ BMI

BMR TDEE BMI

BMR:

BMR

BMR □ TDEE □ BMI

TDEE:

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☐ BMR

BMR

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TDEE

TDEE

BMR TDEE BMI

BMI



BMI

90 15% 70 40% BMI

BMR TDEE BMI

BMR TDEE

“ ” BMR TDEE “ ”

= x x 1.036

80 3 248 7700
 31 1

TDEE

“ BMR TDEE ”

BMR TDEE

BMR TDEE

TDEE TDEE

BMR TDEE 90%

BMR □ TDEE □ BMI

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200

[illegible][illegible][illegible][illegible][illegible]

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[illegible]

BMR □ TDEE □ BMI

[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

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[illegible]





A horizontal number line with 20 equal intervals, labeled from 0 to 20.



[illegible]







image-1627478131567.png





[illegible]

Category	Prevalence
1940	0.17%
IDD (iodine deficiency disorders, IDD)	6.68%

1944



Category	Value
Top Bar	30
Bottom Bar	5

Category	Percentage
Total 1985	44.9%
Male 1985	2.8%
Female 1985	58.6%
Total 1964	21.2%

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1917-1978






image-1627478468724.png



4

100



1. 
2. 
3. 



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Diagram illustrating the structure of the APP (Application Programming Protocol) data structure. It shows two rows of 16 boxes each. The top row is labeled 'APP' above it. The bottom row is labeled 'APP' followed by three boxes, then a quote followed by three boxes, and then another quote followed by seven boxes.

Diagram illustrating a buffer layout (likely a 100-byte buffer) with various fields and delimiters:

- Field 1: APP (10 bytes)
- Field 2: (80 bytes)
- Field 3: " (10 bytes)



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[illegible][illegible][illegible]

“

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”

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[illegible][illegible]

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“ [[[

"□

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“ ”

[illegible]

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[illegible][illegible][illegible][illegible][illegible]



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66 □ / □

[illegible]

APP□

[illegible]



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FDA()

100

1.5

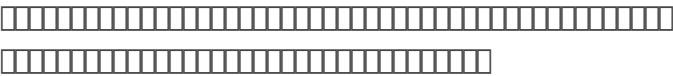
0

1.5

image-1627480320744.png

40%

()



Omega3



Omega3

Omega6 Omega3
Omega3

Omega6

Omega3



APP

“ ”

“ ”

“ ”

“ ”

“ ”

30~40

10 20

250cc 500cc 250cc 12 24



30~40□□□□



30~40



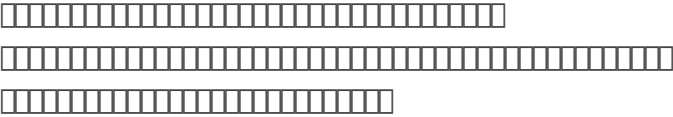
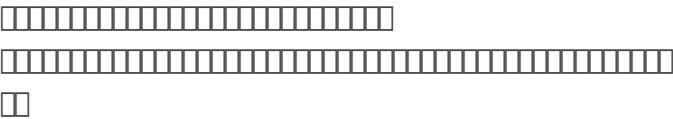


image-1627480950385.png



“”

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image-1627481443695.png



168,204,231

24

168: 16 8

204: 20 4

231: 23 1



□ □ □ “ □ □ ”



A 10x10 grid of squares. The top row is shaded gray. The first two columns are shaded gray.

[illegible]

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[illegible][illegible]

□□□□ (HGH)□□□□

[illegible][illegible]

Dr. Eric Berg DC [REDACTED]

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[illegible]



Dr. Eric Berg DC

<https://www.youtube.com/watch?v=ucPymf2kWOA>

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□□ 24□□□□□□□□□□□□□□□□□□□□□□□□



Pizza □□□□□□□□








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[illegible][illegible]



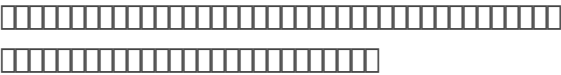
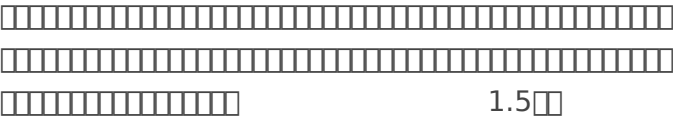
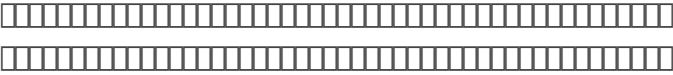
- 1. 
- 2. 
- 3. 





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□□ □□□□



85%



“□□”





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1RM RPE

1RM ☐ ☐ ☐ ☐

1RM

1RM

 5RM
 5
 6


 1RM \square 85% \square 
 100KG/10 
 1RM 
 133KG \square 85% 
 113.3KG/6 
 1RM

 85%

□□□□□□□□ "□□□□ "APP□ 1RM□□□□□□□□ 1RM□□□□□□□□

OMNI-RPE($\square\square\square$ RPE)

PRE Borg OMNI OMNI RPE 0

10

0 Extremely Easy ()

2 Easy()

4 Somewhat easy()

6 Somewhat hard()

8 Hard()

10 Extremely hard()

1RM RPE

2 1KG 50
10KG

8~15RM

1 2

15RM

15
8~10RM

[illegible]





1~5RM

Diagram illustrating the structure of a 32-bit RPE (Residual Prediction Error) block. The structure is composed of three rows of 16-bit blocks:

- Row 1: A 16-bit block followed by a 16-bit block labeled "RPE".
- Row 2: A single 32-bit block.
- Row 3: A single 16-bit block.

||||| RPE |||| 6 |||||

The diagram shows a horizontal bar representing memory. It is divided into three main sections. The first section on the left contains six small squares. The middle section is labeled "6~12RM" and contains a larger rectangle. The rightmost section is labeled "RPE". Below the main bar, there are two more rows: the first row consists of twenty-four small squares, and the second row consists of a single small square.

[illegible]



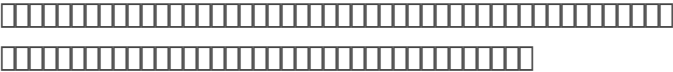








- 1. ()
- 2. 20~40



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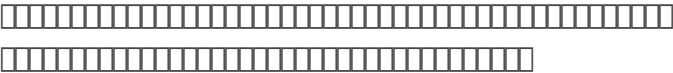
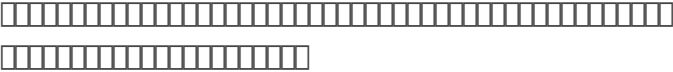
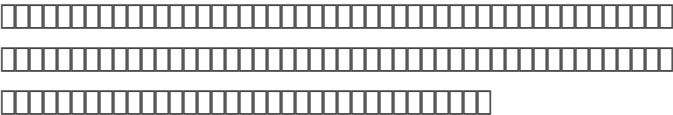
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[illegible]

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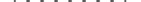


[illegible]

1,2

[illegible][illegible]



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1. 
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3. 
4. 

[illegible][illegible][illegible]

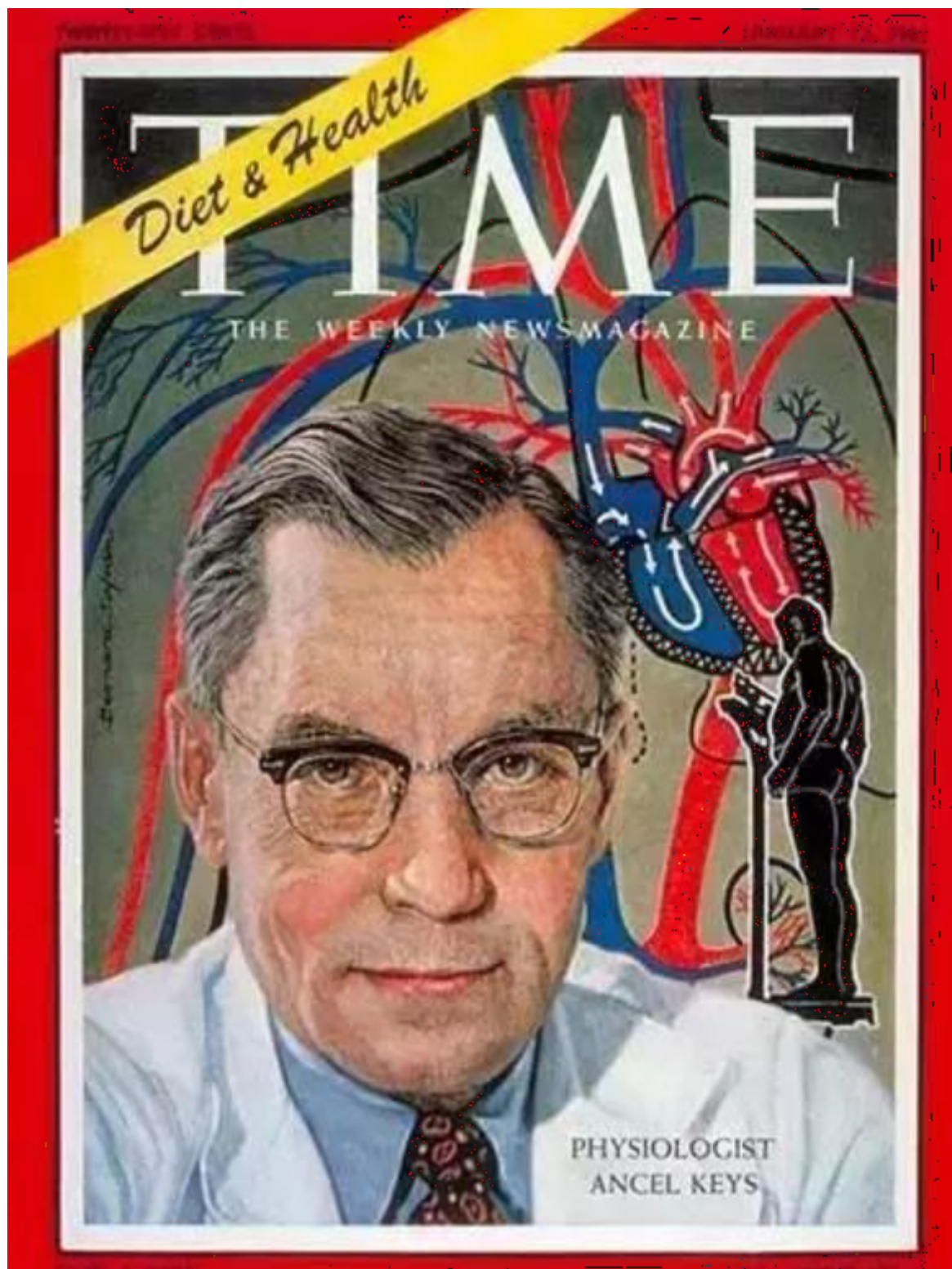


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[illegible]

1961 TIME Ancel Keys

[illegible]



1984年2月13日
 第251卷第3期
 1984年2月13日

Lipid metabolism and the "diet-heart" hypothesis

JAMA, Jan 20, 1984 - Vol 251, No.3

1

The Lipid Research Clinics Coronary Primary Prevention Trial Results

I. Reduction in Incidence of Coronary Heart Disease

Lipid Research Clinics Program

death and/or definite nonfatal myocardial infarction—reflecting a 24% reduction in definite CHD death and a 19% reduction in nonfatal myocardial infarction. The cumulative seven-year incidence of the primary end point was 7% in the cholestyramine group v 8.6% in the placebo group. In addition, the incidence rates for new positive exercise tests, angina, and coronary bypass surgery were reduced by 25%, 20%, and 21%, respectively, in the cholestyramine group. The risk of death from all causes was only slightly and not significantly reduced in the cholestyramine group. The magnitude of this

3806 Lipid 7.4

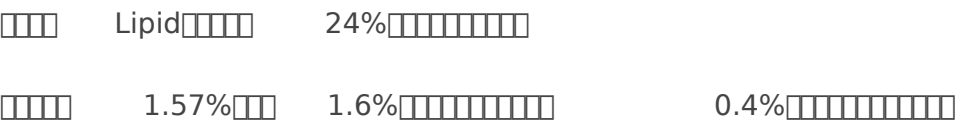
Lipid 24%

24% 24%

24%

Lipid

	LDL	HDL
LDL	1900	1906
LDL	216.2	215.6
7mmol/L	197.6	174.9
mmol/L	38	30
mmol/L	2%	1.57%
mmol/L	71	68
mmol/L	3.73%	3.57%



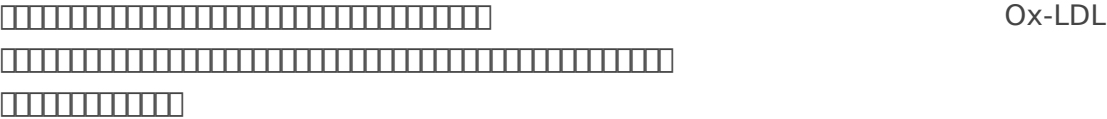
24% 0.4% / 1.6% = 24%



24% 24%



Ox-LDL



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[illegible][illegible][illegible]

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[illegible]

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[illegible][illegible][illegible][illegible][illegible][illegible][illegible]

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