



**EXAMPLES  
OF THE HIGHLY SCIENTIFIC SERVICES  
DIET MASTER SOLUTION PARTNERS OFFER**

**FIRSTLY,**  
**CAN THE HUMAN LIFE TIME AND QUALITY BE ENHANCED ?**  
**WE TAKE A LOOK AT THE EFFECTIVE FACTORS AND OPTIMIZATION DEGREES TO ANSWER THIS.**

**THEN,**  
**HOW CAN WE OPTIMIZE IT ?**  
**LET'S TAKE A LOOK AT THE FACTORS WE NEED.**



NUTRITION

\*\*\*\*\*



EXERCISE

\*\*\*\*\*



SLEEP

\*\*\*\*\*



DIESEASE

\*\*\*\*



GENETIC

\*\*\*



EMOTIONAL STRESS

\*\*\*\*



ALCOHOL, SMOKING

\*\*\*



PHYS. STRESS

\*\*\*



MAGNETISM

\*\*



RADIATION

\*\*



ACCIDENT

\*



NATURAL DISASTER

\*

**QUALITIES KNOWN TO AFFECT LIFE SPAN AND QUALITIES  
THAT ARE IMPORTANT TO OPTIMIZE**

**NUTRITION, DRUG and EXERCISE MANAGEMENT**  
**(ON HEALTHY OR VESTED INDIVIDUALS AND INDIVIDUALS WITH GENETIC DISORDERS)**

**PROFESSIONALS THAT SERVE IN THIS FIELD**  
**(DOCTOR, NUTRITIONIST, PSYCHOLOGIST, SPORTS TRAINER, PHYSIOTHERAPIST)**  
**NEED TO WORK IN PERFECT COORDINATION**

**RECOMMENDATIONS APPROPRIATE TO INDIVIDUALS;**

**DISEASES,**

**PHYSICAL ACTIVITY LEVEL,**

**SOCIO - ECONOMIC SITUATION,**

**CULTURAL STRUCTURE**

**ON DRUG, NUTRITION AND EXERCISE**

**TO REALIZE THIS MISSION,**

**MANY APPLICATION AND SOFTWARE THAT ARE INTEGRATED/ABLE TO SHARE  
INFORMATION WITH EACH OTHER REQUIRED TO WORK IN PERFECT COORDINATION.**

## **BEYOND THE BOUNDARIES OF HUMAN INTELLIGENCE**

**(Requires trillions of processes)**

**DRUG, NUTRITION AND EXERCISE RECOMMENDATIONS CAN ONLY BE GENERATED WITH VERY SPECIAL ALGORITHMS AND CALCULATIONS.**

**NUTRITION AND EXERCISE RECOMMENDATIONS;**

**ON TV, RADIO AND PRINTED PRESS**

**" AS SEEN ON THESE SCIENTIFIC STUDIES "**

**" THIS FOOD IS BENEFICIAL "**

**" THIS IS RICH OF NUTRIENT "**

**" EAT THIS FOOD THIS AMOUNT ... etc.**

**LIKE ARGUMENTS ARE PRESENTED DAILY TO INDIVIDUALS WHO HAVE DIFFERENT PHYSICAL CONDITIONS, COMING FROM DIFFERENT SOCIO-CULTURAL STANDARDS, AND WHO ARE SUFFERING FROM DIFFERENT ALLERGIC CONDITIONS, INTOLERANCES, ILLNESSES AND WHO HAVE DIFFERENT TASTE**

**THOSE POPULIST, PSEUDO-SCIENTIFIC MISREPRESENTATIONS ON NUTRITION, DRUG AND EXERCISE THAT ARE THE PRESENTED DAILY TO MILLIONS OF PEOPLE ARE A MISFORTUNE FOR MODERN MEDICINE.**

## **BEYOND THE BOUNDARIES OF HUMAN INTELLIGENCE**

**(Requires trillions of processes)**

**RECOMMENDATIONS ON DRUG, NUTRITION AND EXERCISE THAT ARE ONLY POSSIBLE WITH VERY SPECIAL ALGORITHMS;**

- ARE GOING TO BE EXPLAINED IN MORE DETAIL SHORTLY.**
- ARE IMPOSSIBLE TO REACH JUST WITH LITTLE CHANGES ON EXISTING TEMPLATES, PORTION CHANGE CHARTS, CHARTS ONLY ABLE TO COMPARE A SELECTION OF NUTRIENTS AND ARRANGEMENTS WITHOUT ANY SCIENTIFIC STANDARDIZATION. SUCH ARRANGEMENTS, WHILE IMPOSSIBLE TO SHARE IN OFFICES AND/OR WEB/ONLINE RECOMMENDATIONS ARE ALSO POTENTIALLY HARMFUL TO INVOLVED INDIVIDUALS.**

## **BEYOND THE BOUNDARIES OF HUMAN INTELLIGENCE**

**(Requires trillions of processes)**

**IN THIS DOCUMENT,  
THE STEPS NEEDED TO REALIZE RECOMMENDATIONS ON MEDICINE, NUTRITION  
AND EXERCISE THAT REQUIRE INFORMED CALCULATIONS AND THAT ARE ONLY  
POSSIBLE WITH VERY SPECIAL ALGORITHMS ARE PRESENTED,  
  
THE ADVANTAGES OF THIS METHOD OVER PRESENT-DAY METHODS ARE ALSO  
PRESENTED COMPARATIVELY.**



## **HIGH SCIENTIFIC VALUES NUTRITION, EXERCISE AND LIFESTYLE RECOMMENDATIONS AND MONITORING PROTOCOL**

### **1. DETERMINING INDIVIDUAL NUTRITIONAL NEEDS**

- Age, Weight, Height, Gender, Pregnancy, Nursing,
- PAL (Physical Activity Level),
- Planned Exercises (Time, Speed / Power and Frequencies),
- Diseases (Family History information, Genetic Test results),
- Nutritional values of used drugs ... etc..

Are determined using special software applications.

### **2. RECOMMENDATIONS ACCORDING TO SPECIFIED NEEDS**

Filtering of Food Allergies and Intolerances and Unwanted Foods;

- Fully Automated Daily Menu recommendations are prepared,
- Exercises are planned (with Socio-Economic and Physical assesment),
- Drugs, food supplements, Sports drinks can be in menu recommendations.

### **3. FOLLOWING ALL SUGGESTIONS AND MOTIVATION**

- Menus, Exercises and Drugs Intake,
- Body Weight, Fat, Muscle, Liquid and Anthropometric Measurements ...,
- Urine, Blood Tests, Bone Density, BMR, Blood Pressure Measurements, ...



## DETERMINING INDIVIDUAL NUTRITIONAL NEEDS

" Age, Weight, Height, Gender, Pregnany and Nursing "



### WHAT IS IDEAL

The daily nutritional needs of approximately 140 nutrients of an individual must be determined by software using the data approved by the modern medicine world.

" Energy, Water, Carbohydrates-Sugars, Protein-Amino Acids, Fat-Faty Acids, Vitamins, Electrolytes ... etc "



### WHAT IS REAL

#### **Most of us;**

Calories and a few nutrients is enough to know roughly.

I have been recommending menus for years.

I have enough experience and knowledge.

#### **Some of us;**

I do not have the software I can calculate.

Even if I did , I doubt it would help me with my menu recommendations.

I rely on my knowledge and experience.

#### **Only a few;**

I am using software that helps me calculate a significant amount of nutrient needs, albeit not the full. (~ 70 nutrients).

Sadly, I can not use this data for automatic or manuel menu recommendations.

I rely on my knowledge and experience.

## DETERMINING INDIVIDUAL NUTRITIONAL NEEDS

" PAL (Physical Activity Level) "



### WHAT IS IDEAL

The PAL (Physical Activity Level) of an individual must be determined by software using the data approved by the modern medicine world, and be multiplied by their BMR (Basal Metabolism Rate) to determine their energy needs.



### WHAT IS REAL

#### **Most of us;**

I do not need to calculate the PAL multiplier.

I set an approximate value using the baseline energy expenditure calculated by my Body Fat-Muscle Analyzer.

#### **Some of us;**

I choose a compatible range from BASIC PAL classification (Very light, Light, Medium, Heavy, Very Heavy).

I multiply by the amount of baseline energy expenditure calculated by my Body Composition Analyzer device to determine an approximate figure.

#### **Only a few;**

I use special software that calculates the PAL multiplier.

I calculate Basal Metabolism Rate with Formula or measure with BMR equipment.

Then I multiply by the calculated PAL value.

## DETERMINING INDIVIDUAL NUTRITIONAL NEEDS

" Planned Exercise, Time, Frequency and Speed ) "



### WHAT IS IDEAL

The exercise needs of a healthy individual must be determined by software using the data approved by the modern medicine world, and used to determine their nutritional needs.



### WHAT IS REAL

#### **Most of us;**

I see no point in calculating exercise so precisely.  
I have experience and determine an approximate.

#### **Some of us;**

I use web services that let me pick the exercise, time and energy spent.  
Then I add it to the basic PAL x BMR result.

#### **Only a few;**

I use special software that calculates exercise and energy spent.  
Then I add it to the basic PAL x BMR result.

## DETERMINING INDIVIDUAL NUTRITIONAL NEEDS

" Identified Diseases, Family History, Genetic Test Results "



### WHAT IS IDEAL

The daily nutritional needs of an individual must be determined by software using the data approved by the modern medicine world, also taking diseases (Family tree diseases and genetics test results) into account.



### WHAT IS REAL

#### **Most of us;**

I see no point in taking current or genetic diseases into account while determining nutritional intake.

#### **Some of us;**

I don't have access to a software that can calculate the effects of current or genetic diseases on nutritional composition.

I read or attend multiple conferences.

I use my current knowledge and experience to determine it myself.

## DETERMINING INDIVIDUAL NUTRITIONAL NEEDS

" The nutritional value of used drugs or supplements "



### WHAT IS IDEAL

The daily nutritional needs of an individual must be determined by software using the data approved by the modern medicine world, also taking used medicine and dietary supplements into account, and the remaining nutrient needs must be calculated.

### WHAT IS REAL



#### **Most of us;**

I see no point in taking the effects of used drugs or dietary supplements into account while determining nutritional intake. It's complicated for me, that's why I use my current knowledge and experience to determine it myself.

#### **Some of us;**

I don't have access to a software that can calculate the effects of used drugs or dietary supplements on nutritional composition.

Even if I did, I doubt it would help my diet recommendations.

I use my current knowledge and experience to determine it myself.

## **DIET MASTER FULLY AUTOMATED MENU RECOMMENDATIONS**

### **FIRST**

The nutritional needs of an individual is determined by taking the following criteria into account: Age, Weight, Height, Gender, Pregnancy, Nursing, PAL, Exercise, Disease, Genetic Test Results and Drugs Usage.

### **THEN**

A ten distinct day diet menu fitting their nutritional needs is automatically generated within seconds.

### **MENUS**

Foods which has Allergic and High level Intolerance or unwanted not recommended in the menus.

The meal count can be 3 - 4 - 5 or 6

The morning (break) and afternoon, noon and evening meals are interchangeable, this results in thousands of menu options.

Target weight-time and carb-proteins-fat-alcohol bars increase the flexibility of user needs.

With the mutual meal function, the need to cook different meals for individuals eating together in the same house is eliminated.

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## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Calculating the needs of approximately 140 Nutrients "



### WHAT IS IDEAL

Diet menus fitting individual ~ 140 nutritional needs are automated Via software that uses data scientifically approved by the medicine world.



### WHAT IS REAL

#### **Most of us;**

I don't think recommending menus considering all ~ 140 nutrients is possible with the human mind.

Therefore I use my knowledge and experience to make small changes on set menus, which I believe are close to the energy, carbohydrate or protein needs of the individual.

#### **Some of us;**

I have access to a software that helps me calculate ~ 70 nutrients.

Sadly, I can only produce menus with a limited amount of nutrients.

I believe that with the increase of nutrient count, preparing each menu would turn into months of work.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Filtering Allergic, Entoleranced and Unwanted Foods "



### WHAT IS IDEAL

Diet menus excluding food that the individual is allergic/intolerant/unwanted to are automated via software that uses data scientifically approved by the medicine world.



### WHAT IS REAL

#### **Most of us;**

I don't think recommending menus considering ~ 140 nutrients and filtering allergies and intolerances is possible with the human mind.

Therefore I use my knowledge and experience to make small changes on set menus and warn people about their allergies, which I believe are close to the energy, carbohydrate or protein needs of the individual.

#### **Some of us;**

I have access to a software that helps me calculate ~ 70 nutrients.

Sadly, I can only produce menus with a limited amount of nutrients.

I believe that increasing the nutrient count and considering allergies/intolerances/unwanted food while preparing each menu would turn into months of work.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Menu meal count can be changed to 3, 4, 5 or 6 meals "



### WHAT IS IDEAL

Diet menus of either 3, 4, 5 or 6 meals fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world.



### WHAT IS REAL

#### **Most of us;**

I don't think recommending menus considering all ~ 140 nutrients is possible with the human mind.

Changing the meal count would also make the calculation even harder.

Therefore I use my knowledge and experience to make small changes on set menus, which I believe are close to the energy, carbohydrate or protein needs of the individual.

#### **Some of us;**

I have access to a software that helps me calculate ~ 70 nutrients.

Sadly, I can only produce menus with a limited amount of nutrients.

I believe that increasing the nutrient count and meal count while preparing each menu would turn into months of work.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Swappable Morning (Break) with Afternoon (Break) and Noon with Dinner "



### WHAT IS IDEAL

Diet Menus fitting individuals nutritional needs and wants with Morning (Break) with Afternoon (Break) and Lunch with Dinner interchangeable are automated via software that uses data scientifically approved by the medicine world. This creates thousands of meal/day variations from 10 simple menus.



### WHAT IS REAL

#### **Most of us;**

I don't think recommending menus considering all ~ 140 nutrients is possible with the human mind.

Making interchangeable Morning (Break) with Afternoon (Break) and Noon with Dinner would only make the calculations even more complicated.

Therefore I use my knowledge and experience to make small changes on set menus, which I believe are close to the energy, carbohydrate or protein needs of the individual.

#### **Some of us;**

I have access to a software that helps me calculate ~ 70 nutrients.

Sadly, I can only produce menus with a limited amount of nutrients.

I believe that increasing the nutrient count and the function of interchangeable meals while preparing each menu would turn meal recommendation into months of specialized work.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Target Weight-Day and Carbohydrate-Protein-Fat-Alcohol Bars "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs and their wants are automated Via software that uses data scientifically approved by the medicine world, by modifying the set CARBOHYDRATE - PROTEIN - FAT - ALCOHOL and set target WEIGHT - TIME bars.



### WHAT IS REAL

#### **Most of us;**

I don't think recommending menus considering all ~ 140 nutrients is possible with the human mind.

Also including the functionality of the CARBOHYDRATE-PROTEIN-FAT-ALCOHOL and set target WEIGHT-TIME bars is impossible.

Therefore I use my knowledge and experience to make small changes on set menus, which I believe are close to the energy, carbohydrate or protein needs of the individual.

#### **Some of us;**

I have access to a software that helps me calculate ~ 70 nutrients.

Sadly, I can only produce menus with a limited amount of nutrients.

I believe that increasing the nutrient count and the function of CARBOHYDRATE-PROTEIN-FAT-ALCOHOL and set target WEIGHT-TIME bars while preparing each menu would turn into months of work.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Mutual meal function, individuals eating together "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world. " MUTUAL MEAL FUNCTION " is also available, as menus containing mutual meals to people present in the same house/environment.

### WHAT IS REAL



#### **Most of us;**

I believe determining an individuals needs of ~ 140 nutrients is impossible for human intelligence.

It's impossible for me to calculate and recommend meals to people in home/environment.

For this reason; according to my knowledge and experience, I usually recommend from a selection of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I am using a software which calculates consumed meals when entered up to 70 Nutrients.

By using this software I, unfortunately, can only create menus containing limited amount of nutrients.

Additionally, calculating and recommending mutual menus to people living in the same house/environment will require me to do additional study

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Usage of Alcohol usage on menus "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world can be modified according to individual's needs by using " ALCOHOL USAGE function ". This way, automated menu recommendations will be able to provide a limited amount of alcohol usage on noon and evening meals.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individuals needs of ~ 140 nutrients is impossible for human intelligence. Additionally, it's impossible for me to calculate and recommend menus including alcohol. For this reason; according to my knowledge and experience, I usually recommend from a selection of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I'm using a software which calculates consumed meals when entered up to 70 Nutrients. By using this software I, unfortunately, can only create menus containing limited amount of nutrients. Additionally, calculating and recommending menus CONTAINING ALCOHOL is extremely difficult for me.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Food Supplements, Sports Drinks ... "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by using " NUTRITIONAL SUPPLEMENT function ", modifying menus according to the individual's needs as Fully Automated Menu recommendations.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individual's needs of ~ 140 nutrients is impossible for human intelligence.

Additionally, it's impossible for me to calculate and recommend menus considering nutritional changes coming with Nutritional Supplements and Sports Drinks.

For this reason; according to my knowledge and experience, I usually recommend from a selection of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I'm using a software which calculates consumed meals when entered up to 70 Nutrients.

By using this software I, unfortunately, can only create menus containing limited amount of nutrients.

Additionally, calculating and recommending menus considering Nutritional Supplements and Sports Drinks will require me to do additional study and work for months.



## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Usage nutrient contained drug "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by using " DRUGS WHICH CONTAIN NUTRITION Usage Function ", providing menu recommendations considering the nutrient values of prescribed drugs.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individuals needs of ~ 140 nutrients is impossible for human intelligence.

Additionally, it's impossible for me to calculate and recommend menus considering nutritional changes coming with DRUGS WHICH CONTAIN NUTRITION.

For this reason; according to my knowledge and experience, I usually recommend from a selecton of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I am using a software which calculates consumed meals when entered up to 70 Nutrients.

By using this software I, unfortunately, can only create menus containing limited amount of nutrients. Additionally, calculating and recommending menus considering DRUGS WHICH CONTAIN NUTRITION is extremely difficult for me.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Exercise Choices "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by using " EXERCISE CHOICES Function ", providing modified menu recommendations according to the individual's will.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individual's needs of ~ 140 nutrients is impossible for human intelligence.

Additionally, it's impossible for me to calculate and recommend menus considering nutritional changes coming with EXERCISE CHOICE. For this reason; according to my knowledge and experience, I usually recommend from a selection of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I am using a software which calculates consumed meals when entered up to 70 Nutrients.

By using this software I, unfortunately, can only create menus containing limited amount of nutrients.

Additionally, calculating and recommending menus considering " EXERCISE CHOICE " is extremely difficult for me.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Vegan, Vegetarian, Pescatarian and Semi-Vegetarian Choices "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by using " VEGAN, VEGETARIAN, PESCATARIAN and SEMI-VEGETARIAN choices function ", providing modified menu recommendations according to the individual's will.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individual's needs of ~ 140 nutrients is impossible for human intelligence.

Additionally, it's impossible for me to calculate and recommend menus according to VEGAN, VEGETARIAN, PESCATARIAN and SEMI-VEGETARIAN choices.

For this reason; according to my knowledge and experience, I usually recommend from a selection of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I am using a software which calculates consumed meals when entered up to 70 Nutrients.

By using this software I, unfortunately, can only create menus containing limited amount of nutrients.

Additionally, calculating and recommending menus considering VEGAN, VEGETARIAN, PESCATARIAN and SEMI-VEGETARIAN choices will require me to do additional study and work for months.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Only my own meals will be in the menu "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by using " PREPARED AND SAVED MEALS BY THE EXPERT ", providing Fully Automated Menu recommendations.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individuals needs of ~ 140 nutrients is impossible for human intelligence.

Additionally, I don't know of an application that allows me to recommend MEALS PREPARED AND SAVED BY ME. For this reason; according to my knowledge and experience, I usually recommend from a selecton of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I'm using a software which calculates consumed meals when entered up to 70 Nutrients. By using this software I, unfortunately, can only create menus containing limited amount of nutrients. Additionally, recommending menus with MEALS PREPARED AND SAVED BY ME would require me to do additional study and work for weeks.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Enteral Nutrition, Sports Nutrition, Colonoscopy Preparation, Bariatric Surgery, Tube Baby ... etc. exceptional situations "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by using " ENTERAL NUTRITION, SPORTS MEALS, COLONOSCOPY PREPARATION, BARIATRIC SURGERY, TUBE BABY STAGES... etc. exceptional situations " providing Fully Automated Menu recommendations.



### WHAT IS REAL

#### **Most of us;**

I believe determining an individual's needs belonging to ~ 140 nutrients is impossible for human intelligence. Additionally, preparing meals for ENTERAL NUTRITION, SPORTS MEALS, COLONOSCOPY PREPARATION, BARIATRIC SURGERY, TUBE BABY STAGES... etc. exceptional situations is too complex and difficult. For this reason; according to my knowledge and experience, I usually recommend from a selection of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### **Some of us;**

I'm using a software which calculates consumed meals when entered up to 70 Nutrients. By using this software I, unfortunately, can only create menus containing limited amount of nutrients. Additionally, recommending menus for ENTERAL NUTRITION, SPORTS MEALS, COLONOSCOPY PREPARATION, BARIATRIC SURGERY, TUBE BABY STAGES... etc. exceptional situations would require me to do additional study and work for months.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Usage of FAST FOOD Products "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world can recommend FAST FOOD options according to the individual's Carbonhydrate, Fat, Protein, Energy needs and allow them to purchase via Mobile/TV or WEB applications.

If the user's GPS is on and the user is on close proximity with a Fast Food restaurant, a menu for the user's needs will get recommended automatically.

Additionally, the user can check nutritionally compatible Fast Food menus, menu prices, location of the restaurant, service time, the time distance on foot or via car, taxi price, courier's location (If the courier is using the application) ... etc. many data just by a press of a button.



### WHAT IS REAL

#### **All of us;**

I don't have an application as above with such logistic integration.

For this reason, I can only make recommendations like " You can eat this menu, eat this amount of french fries or don't eat at all, don't eat mayonaise, prefer thin pizzas... etc. " to our clients/patients.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" Use of Desired Companies or Products, Filtering of Undesired Companies or Products "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are provided by Fully Automated Menu recommendations and " Usage of Favorite Company or Products and/or Filtering of Undesired Company or Products " can be used.  
User can check the WEB based prices and -if available- presented promotions for the application, delivery times... etc.  
This way, user is able to purchase the best option available.

### WHAT IS REAL



#### **All of us;**

I don't have an application as above with such logistic integration.  
For this reason, I can only make suggestions like " You can prepare this company's products, I had bad experiences with this company... etc. " to our clients/patients.

## FULLY AUTOMATED MENU RECOMMENDATIONS ON SPECIFIED NEEDS

" I have different opinions from the scientific world on some sicknesses and required Nutrient values.  
I want modify some of the Nutrient intervals on some illnesses. "



### WHAT IS IDEAL

Diet menus fitting individual nutritional needs are automated via software that uses data scientifically approved by the medicine world are allowed to be modified to EXPRESS PROFESSIONAL MEDICINE KNOWLEDGE and EXPERIENCE as an individual, institution, country or World Health Organization and are provided with Fully Automated Menu recommendations.

### WHAT IS REAL



#### Most of us;

I believe determining an individuals needs of ~ 140 nutrients is impossible for human intelligence. Additionally, I don't have the option to do MODIFICATIONS ON NUTRIENT VALUES regarding my personal knowledge and experiences. For this reason; according to my knowledge and experience, I usually recommend from a selecton of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.

#### Some of us;

I believe determining an individuals needs of ~ 140 nutrients is impossible for human intelligence. Additionally, I don't have the option to do MODIFICATIONS ON NUTRIENT VALUES regarding my personal knowledge and experiences. For this reason; according to my knowledge and experience, I usually recommend from a selecton of template menus with minor changes which are close to the energy and/or carbohydrate and/or protein values.



## FOLLOWING ALL SUGGESTIONS AND MOTIVATION

" Following the consistent appliance of menus, drugs and exercise "



### WHAT IS IDEAL

By the WEB and MOBILE applications of a special software that uses data scientifically approved by the medicine world; Meals, drugs and exercises get reminded.

Meal consumption and implementation of exercises are followed interactively.

The data is transferred simultaneously to the medicine professional and relatives, transformed into graphs, which eases the possible diagnosis, treatment and minimizes the errors in the following procedure.



### WHAT IS REAL

#### **Most of us;**

I don't have an interactive application that follows and reminds meals, drugs and exercises.  
I try to follow and communicate with my patients over WhatsApp.

#### **Some of us;**

I do not have an interactive program that suggests Automatic Menu and reminds me of recommended Meals, Drugs and Exercises. I try to contact and monitor whatsapp or phone.

In a few cases I can have information if they allow walking through GPS-watching programs.

## FOLLOWING ALL SUGGESTIONS AND MOTIVATION

" Body Weight, Fat, Muscle, Fluid and Anthropometric Measurement changes ... "



### WHAT IS IDEAL

By the WEB and MOBILE applications of a special software that uses data scientifically approved by the medicine world; A highly scientific evaluation is allowed through simultaneous graphs generated from the nutrition, exercise and drug usage data.

Additionally, the data is transferred simultaneously to the medicine professional, transformed into graphs, which eases the possible diagnosis, treatment and minimizes the errors in the following procedure.

### WHAT IS REAL

#### **All of us;**

I have a device which records body weight, body analysis values, Anthropometric measurement results.

I am only able to track and evaluate those values via the device.

I don't have an application that tracks food consumption, exercise and drug usage data and transfers the data simultaneously to the medicine professional, transformed into simultaneous graphs, which eases the possible diagnosis, treatment and minimizes the errors in the following procedure.



## FOLLOWING ALL SUGGESTIONS AND MOTIVATION.

" Urine and Blood Tests "



### WHAT IS IDEAL

By the WEB and MOBILE applications of a special software that uses data scientifically approved by the medicine world; A highly scientific evaluation is allowed through simultaneous graphs generated from the Urine and Blood tests, body weight, Body Analysis values gathered at the office, Anthropometric Measurements and also nutrition, exercise and drug usage data.

Additionally, the data is transferred simultaneously to the medical professional transformed into graphs, which eases the possible diagnosis, treatment and minimizes the errors in the following procedure.



### WHAT IS REAL

#### **All of us;**

I have a device which records body weight, body analysis values and Anthropometric measurement results.

I am only able to track and evaluate those values via the device.

I don't have an application that I'm able to save the Blood and Urine test results or tracks food consumption, exercise and drug usage data and transfers the data transformed into graphs, simultaneously to the medical professional, which eases the possible diagnosis, treatment and minimizes the errors in the following procedure.

## REALIZING ALL OF THE FUNCTIONS ABOVE



### WHAT IS IDEAL

By the WEB and MOBILE applications of a special software that uses data scientifically approved by the medicine world. Nutritional needs can be determined in changing situations and conditions, Fully Automated Menus can be recommended according to needs, recommendations and other required body indications can be tracked interactively, and all can be monitored as simultaneous graphs.

This way, treatment and monitoring errors will be minimized, the trust, respect and sympathy between the specialist and the patient will reach to its height.



### WHAT IS REAL

#### **All of us;**

I'm not aware of an application that allows the tracking of nutritional needs in changing situations and conditions, that realizes Fully Automated Menu recommendations appropriate to needs, that allows the following of the recommendations and required body indication data interactively, and allows the viewing of all data as simultaneous graphs.

Honestly, existence of such an application sounds like an unrealistic dream.