

lekoviti bilki vo makedonija

By Grady Cremin on August 13th, 2025

A´5C¤>C\$8D\$8 C 8C´:C, 2Câ C :CT4Cä=C,,XC Aô@C,,@Cä4CÔ8CäB C >C40D\$AD\$2Câ 7C 7CD@C

A´5C¤>C\$8D\$8 C 8C´:C, 2Câ C :CT4Cä=C,,XC ?D 5D\$AD\$0C\$CC\$0C B Ct=C GC XCÔ0 C¤>CÄ?Cä=C
D 2CäXC BC 1Cä3C BC DC´>D 0 C, CCÔ8C¤0D\$5CÒ :C´8CÄ0D"Â C :CT4Cä=C,,XC 5 CD>CÂ =C @
Ct0E,,0C¤=D42C ZCR =C 8CÄCCÔ8D\$5D\$>D" 8 Cô>CD>C @D42C ZCR =C >CôHD\$0D\$0 Ct4D 0C\$A
C´5C¤>C\$8D\$8 C 8C´:C,Â =C,,2CÔ8D\$5 D 2CäXD BC\$0, D4?CäBD 5C 0 C, 7CÔ0Dt5E¤5D\$> C\$> CÄ0

At=C GC XCÔ>D B CÔ0 C´5C¤>C\$8D\$8D\$5 C 8C´:C, 2Câ C :CT4Cä=C,,XC

AÄ0C¤5CD>CÔ8E,,0 CR 7CT<E,,0 D > C >C40D\$> Cô@C,,@Cä4CÔ> C >C40D\$AD\$2CâÂ >D >C 5CÔ>
C´>C¤0C´=C,,BCR 6C,,BCT;C, 3C, :Cä@C,,AD\$5C´5 C 8C´:C,,BCR 7C @C 7C´8Dt=C, 7CD@C 2D BC\$5
C,,AD\$>D 8E,,0.

* AT:Cä;CäHC¤0 Dt8D BCäBC AÄ=Cä3D2 @CT3C,,>CÔ8 C\$> AÄ0C¤5CD>CÔ8E,,0 D 5 CÔ5CD>Cô@
C 8C´:C,,BCRà
* B 0Ct=Cä2C,,4CÔ>D B CÔ0 D 0D BCT=C,,XC Aô;C =C,,=D :C,,BCR 8 CÔ8Ct8CÔAC¤8D\$5 D 5C48Cä
* B\$@C 4C,,FC,,>CÔ0C´=C <CT4C,,FC,,=C AÔ0D4GCÔ8D\$5 C,,AD\$@C 6D42C ZC ?CäBC\$@CDCC\$

AÔ0E,,?Cä7CÔ0D\$8 C´5C¤>C\$8D\$8 C 8C´:C, 2Câ C :CT4Cä=C,,XC

1. Ad>C´B C¤0CÔBC @C,,>CÒ „‡— W icum perforatum)

A¤0D 0C¤BCT@C,,AD\$8C¤8 C, CCô>D\$@CT1C

Ad>C´B C¤0CÔBC @C,,>CÒ 5 CT4CÔ0 Cä4 CÔ0E,,?Cä7CÔ0D\$8D\$5 C 8C´:C, 2Câ C :CT4Cä=C,,XC Â
D 0D ?Cä;Cä6CT=C,,5D\$>. A,,AD\$> D\$0C¤0, D 5 C¤>D 8D BC, 7C

* A´5C¤CC\$0E¤5 CÔ0 D 0CÔ8 C, 8Ct3Cä@CT=C,,FC€
* Aä1C´5C¤CC\$0E¤5 CÔ0 C >C´:C, 2Câ 3D ;CäBCà
* Aô@CäBC,,2 C\$>D ?C ;CT=C,,XC

AÔ0Dt8CÔ =C CCô>D\$@CT1C

- * B\$8CÔ:D\$CD 8 C, GC 5C\$8
- * AÄ0Ct8C´0 Ct0 CÔ0CD2Cä@CTHCÔ0 D4?CäBD 5C 0

2. AÄ5C´5CÂ „ÖVçF† 7 .)

A¬0D 0C¬BCT@C,,AD\$8C¬8 C, CCô>D\$@CT1C

AÄ5C´5CÄ>D" 5 Cô>Ct=C B Cô> D 2CäXCäB CäAC\$5CdCC\$0Dt:C, 2C¬CD 8 CÄ8D 8D à A\$> AÄ0C¬5

- * A40D >C\$8 C, 4C,,3CTAD\$8C\$=C, ?D >C ;CT<C€
- * A´5C¬CC\$0E¬5 CÔ0 CÔ0D BC,,=C¬8 C, :C HC´8Dd0
- * A4;C 2Cä1Cä;C¬0

AÔ0Dt8CÔ =C CCô>D\$@CT1C

- * Bt0E, >CB <CT;CT<
- * AÄ0D ;C 7C <C AC 6C

3. A´0C\$0CÔ4C „Æ vandula angustifolia)

A¬0D 0C¬BCT@C,,AD\$8C¬8 C, CCô>D\$@CT1C

A´0C\$0CÔ4C BC 5 Cô>Ct=C BC ?Câ AC\$>E,,>D" <C,,@C,,A C, BCT@C ?CT2D\$AC¬8D\$5 D 2CäXD BC

- * At3Cä;CT<D42C ZCR =C ACô8CTZCTBCà
- * AÔ0CÄ0C´CC\$0E¬5 CÔ0 D BD 5D 8 C =C¬AC,,>Ct=CäAD
- * A´5C¬CC\$0E¬5 CÔ0 D 0CÔ8 C, 8Ct3Cä@CT=C,,FC€

AÔ0Dt8CÔ =C CCô>D\$@CT1C

- * ATBCT@C,,GCÔ8 CÄ0D ;C
- * Bt0E,,>C\$8 C, 8CÔDD47C,,8

4. A @CT7C „&WGVÆ 7 .)

A¬0D 0C¬BCT@C,,AD\$8C¬8 C, CCô>D\$@CT1C

A @CT7C BC 5 C\$0Cd=C 7C =CTXCt8CÔAC¬8D\$5 CD8D4@CTBC,,GC¬8 D 2CäXD BC\$0 C, :Cä@C,

- * AD5D\$>C¬AC,,:C FC,,XC
- * A´5C¬CC\$0E¬5 CÔ0 D4@C,,=C @CÔ8 C,,=DD5C¬FC,,8
- * Aô@CäBC,,2 C @D\$@C,,BC,,A C, @CT2CÄ0D\$8Ct0CÄ

AÔ0Dt8CÒ =C CCô>D\$@CT1C

* Dt0CT2C, >CB :Cä@C 8 C´8D BCä2C€

* D\$8CÔ:D\$CD 8

5. @4CCÄ1C,,@ (Zingiber officinale)

Aª0D 0CªBCT@C,,AD\$8Cª8 C, CCô>D\$@CT1C

A,,0Cª> CR BD >CôACª0 C 8C´:C Â SD4<C 8D >D" 5 D,,8D >Cª> D 0D ?D >D BD 0CÔ5D" 2Câ C :CT4

* AÔ0CÄ0C´CC\$0Eª5 CÔ0 C\$>D ?C ;CT=C,,XC

* Aô>CD>C @D42C ZCR =C 2C @CTZCTBCà

* A´5CªCC\$0Eª5 CÔ0 Ct0CÄ>D 8 CäAC´0C 5CÒ 8CÄCCÔ8D\$5D

AÔ0Dt8CÒ =C CCô>D\$@CT1C

* Bt0E€

* CD>CD0D\$>Dd8 C\$> DT@C =C

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B\$@C 4C,,FC,,>CÔ0C´=C, ;CT:Cä2C,,BC, 1C,,;Cª8 C, =C,,2CÔ0D\$0 D4;Cä3C 2Câ <C :CT4Cä=D :C BC

B\$@C 4C,,FC,,>CÔ0C´=C <CT4C,,FC,,=C 8 D4?CäBD 5C 0 CÔ0 C 8C´:C,,BCP

AÄ0Cª5CD>CÔACª8D\$5 CÔ0D >CD8 CD>C´3Câ 2D 5CÄ5 E,,0 Dd5CÔ5C´5 C, ?D 0CªBC,,:D42C ;CR C
CD>CÄ0D,,=C, ;CT:Cä2C,Â GC XCä2C,Â <C AD\$8, D\$8CÔ:D\$CD 8 C, 4D CC48 DD>D <C,à

Aô@C :D\$8Dt=C, ACä2CTBC, 7C CCô>D\$@CT1C

* At0DtCC\$CC\$0Eª5 CÔ0 C 8C´:C,,BCS BtCC\$0E,,BCR 3C, AD42C, 8 CÔ0 D CC\$> CÄ5D BCâà

* AD>Ct8D 0Eª5: B ;CT4CTBCR ?D 5Cô>D 0Cª8 C,,;C, :Cä=D CC´BC,,@C XD\$5 D 5 D > herbalist C,,;C,

* A 5Ct1CT4CÔ>D B: AÔ5 Cª>D 8D BCTBCR 1C,,;Cª8 C 5Cr ?D 5D\$ECä4CÔ0 Cª>CÔAD4;D\$0Dd8E,,C

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At=C GCTZCTBCâ =C ;CT:Cä2C,,BC,,BCR 1C,,;Cª8 Ct0 D >C\$@CT<CT=C BC C :CT4Cä=C,,XC

At0D,,BC,,BC =C ?D 8D >CD=C,,BCR @CTAD4@D 8

B > Ct3Cä;CT<CT=C,,>D" 8CÔBCT@CTA Ct0 CÔ@C,,@Cä4CÔ8 C, >D 3C =D :C, ?D >C,,7C\$>CD8, AÄ0
Cä4D 6C´8C\$8 CÔ@C :D\$8C¤8.

B 0Ct2CäX CÔ0 C 8C´:C @D BC\$>D\$> C, 5C¤>C´>D,,:C, BD4@C,,7C <

A4>C´5CÂ 1D >E, BD4@C,,AD\$8 E,,0 CÔ>D 5D\$CC\$0C B Ct5CÄXC BC 7C 4C XC 8D :D4AC B D\$@C
Cä4 D\$CD 8D BC,,GC¤8D\$5 C BD 0C¤FC,,8 C, ;Cä:C ;CÔ8D\$5 CT:Cä=Cä<C,,8.

AÔ0D4GCÔ8 C,,AD\$@C 6D42C ZC 8 C,,=Cä2C FC,,8

AÄ0C¤5CD>CÔAC¤8D\$5 CÔ0D4GCÔ8Dd8 D 0C >D\$0D" =C 8D BD 0CdCC\$0E¤5 C, 2C ;C,,4C,,@C ZC
D4?CäBD 5C 0 C, @C 7C\$>E, =C ?D 8D >CD=C, ?D 5CÔ0D 0D\$8.

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A¤0C¤> CD0 D 5 C¤>D 8D BC B C´5C¤>C\$8D\$8D\$5 C 8C´:C, 1CT7C 5CD=Cà

- * A¤>CÔAD4;D\$8D 0E¤5 D > D BD CDtZC FCf Aô@CT4 D4?CäBD 5C 0, C¤>CÔAD4;D\$8D 0E,,BCR A
- * B ;CT4CTZCR =C 4Cä7C,,BCS AÔ5 CÔ0CD<C,,=D42C XD\$5 CÔ@CT?Cä@C GC =C,,BCR :Cä;C,,GC
- * A¤>CÔBD >C´0 CÔ0 C¤2C ;C,,BCTB: A¤CCôCC\$0E,,BCR 1C,,;C¤8 Cä4 CÔ@Cä2CT@CT=C, 8Ct2Cä@
- * A¤>CÄ1C,,=C,,@C ZCR ACâ ACä2D 5CÄ5CÔ0 CÄ5CD8Dd8CÔ0: AÔ5 Ct0CÄ5CÔCC\$0E,,BCR ;CT:C

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At0C¤;D4GCä:

A´5C¤>C\$8D\$8D\$5 C 8C´:C, 2Câ C :CT4Cä=C,,XC ?D 5D\$AD\$0C\$CC\$0C B CÔ5 D 0CÄ> CD5C² >CB
C¤CC´BD4@CÔ>D\$> CÔ0D ;CT4D BC\$>. B\$8CR =D44C B D,,8D >C¢ ACô5C¤BC @ CÔ0 Ct4D 0C\$AD
C >C´5D BC,à B > Cä4D 6D42C ZCR =C 5C¤>C´>D,,:C BC >CD@Cd;C,,2CäAD"Â =C CDt=C, 8D BD 0C
D 2CäXC BC ?D 8D >CD=C 1Cä3C BD BC\$> Ct0 Dd5C´8 CÔ0 Ct4D 0C\$XCTBCâ 8 C ;C 3CäACäAD\$
C´5C¤>C\$8 CäBC\$>D 0 CÄ>Cd=CäAD\$8 Ct0 D 0Ct2CäX CÔ0 CT:CâÔBD4@C,,7CÄ>D" 8 C´>C¤0C´=C
Ct5CÄXC BC à

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A¤;D4GCÔ8 Ct1Cä@Cä2Cf C´5C¤>C\$8D\$8 C 8C´:C, 2Câ C :CT4Cä=C,,XC Â ?D 8D >CD=C <CT4C,,F
C,,<D4=C,,BCTB, CÄ0C¤5CD>CÔAC¤0 DD;Cä@C Â 5C¤>C´>D,,:C, 1C,,;C¤8, CÔ@C,,@Cä4CÔ8 C´5C¤>

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Lekoviti bilki vo Makedonija predstavljD42C 0D" 1Cä3C BD BC\$> Cα>CR XC >CD@C 7D42C ?D 8D >C
Dd5CÔ8 Ct0D 0CD8 D 2Cä8D\$5 Ct4D 0C\$AD\$2CT=C, AC\$>E,,AD\$2C Â BD 0CD8Dd8Cä=C ;CÔ0D\$0 D
Cα;C,,<C BD :C, CD ;Cä2C, 8 C >C40D\$AD\$2Câ =C ?C´0CÔ8CÔACα8 C, 4Cä;C,,=D :C, 5Cα>D 8D BCT
D 2Cä8D\$5 C´5Cα>C\$8D\$8 D 2CäXD BC\$0. Aä2CäX CÔ0Cô8D \CR 3C, 8D BD 0Cd8 CÔ0E,,7CÔ0Dt0E
C,,AD\$@C 6D42C ZC 8 C\$0Cd=CäAD\$0 Ct0 Ct0D,,BC,,BC =C >C\$>E, ?D 8D >CD5CÒ @CTAD4@D à

A,,!B\$ B B A, Aα#A´"B4 AT Aα AÔ"AT B " AÔ A´ Aα A\$ B\$ B\$ A A´ A, Aâ A AT Aä A,, A

B\$ A A,,&A,, A "A A #Aô B\$ AT A A A,, Aα

AÄ0Cα5CD>CÔ8E,,0 C,,<C 4Cä;C40 C,,AD\$>D 8E,,0 CÔ0 Cα>D 8D BCTZCR =C 1C,,;Cα8 Ct0 C´5CαCC
C\$@CT<C,,ZC Â C :CT4Cä=Dd8D\$5 C48 Cô@C,,<CT=D42C ;CR 1C,,;Cα8D\$5 Ct0 D 0Ct;C,,GCÔ8 C >C
Ct4D 0C\$XCRà AÔ0D >CD=C,,BCR @CTFCT?D\$8, Ct0DtCC\$0CÔ8 CÔ8Cr 3CT=CT@C FC,,8D\$5, D 5 C
Cô@C,,@Cä4CÔ0 CÄ5CD8Dd8CÔ0.

At A 'AT AR A B B AD A,, "AR AT!B4 B

A 8Cä4C,,2CT@Ct8D\$5D\$>D" =C C :CT4Cä=C,,XC 5 Cα;D4GCT= Ct0 Ct0DtCC\$CC\$0Eα5 CÔ0 Cä2Cä
CT:Cä=Cä<C,,XC Â >D >C 5CÔ> C\$> D CD 0C´=C,,BCR AD 5CD8CÔ8, Cα0CD5 D,,BCâ ACä1C,,@C ZC
Cô>D ;CT4CÔ8D\$5 C4>CD8CÔ8, Ct3Cä;CT<CT=C,,>D" 8CÔBCT@CTA Ct0 Côt@C,,@Cä4CÔ0 CÄ5CD
CÔ8C\$=C BC 2C 6CÔ>D B.

AÔ @,, AÔ Bt @,, A,, "AR AT Aä A,, "A, A,, Aα A\$ AÄ Aα AD AÔ @,,

AÄ0Cα5CD>CÔACα0D\$0 DD;Cä@C 5 Côt>C´=C ACâ 1C,,;Cα8 D > C´5Cα>C\$8D\$8 D 2CäXD BC\$0. B\$

AÄ @,, 'A,, A B4(A,,&A ...D..."ÕU2 4U% "ÄÅTÒ THYMUS VULGARIS)

AÄ0E,,GC,,=C BC 4D4HC,,FC 5 CT4CÔ0 Cä4 CÔ0E,,?Cä7CÔ0D\$8D\$5 C 8C´:C, 2Câ C :CT4Cä=C,,XC ä
CD8D,,=C,,BCR ?C BC,,HD\$0. A,,<C 0CÔBC,,ACT?D\$8Dt:C,Â 0CÔBC,,8CÔDC´0CÄ0D\$>D =C, 8 C =D\$8
CDCD,,8Dd0 Ct0 Côt>CD>C @D42C ZCR =C 8CÄCCÔ8D\$5D\$>D" 8 Ct0 CäAC´>C >CDCC\$0Eα5 Cä4 C

A´ A\$ AÔ B4 A „Ä VANDULA ANGUSTIFOLIA)

A´0C\$0CÔ4D4;C BC 5 CÔ>Ct=C BC ?Câ AC\$>C„BCR ACÄ8D CC\$0Dt:C, AC\$>E„AD\$2C à AäAC\$5CÔ
CÔ5D >CÔ8Dd0, D BD 5D Â 0CÔ:D 8Cä7CÔ>D B C, 3C´0C\$>C >C´:C,à A\$> AÄ0C¬5CD>CÔ8E„0, C´0C
C @CäXCÔ8 D 5C48Cä=C, 7C ?D >C„7C\$>CDAD\$2Câ =C 5D\$5D 8Dt=C, <C AC´0.

A AD A„ A A „ÔTÄ•54 ôdd”4”ä Ä•2•

AÄ5C´8D 0D\$0 CR ?Cä7CÔ0D\$0 C¬0C¬> C 8C´:C 7C ACÄ8D CC\$0E¬5, CäACä1CT=Câ ?D 8 CÔ5D 2
CÔ>CÄ0C40 CÔ@C, 4C„3CTAD\$8C\$=C, ?D >C ;CT<C, 8 D 5 C¬>D 8D BC, 7C ?Cä4C4>D\$>C\$:C =C

A¬#Aô AÔ (HYPERICUM PERFORATUM)

A¬CCô5CÔ0D\$0, CÔ>Ct=C BC :C :Câ EC„?CT@C„:D4<, CR 5CD5CÔ >CB =C XD BC @C„BCR ;CT:Cä
CD5Cô@CTAC„XC Â 0CÔ:D 8Cä7CÔ>D B C, 7C 7C 7CD@C 2D42C ZCR =C @C =C,à AÔ5E„7C„=C„E
D\$5D 0Cô5C\$BD :C <Cä\.

A¬ Aô A„ A "A ...U TICA DIOICA)

A¬>Cô@C„2C BC 5 C >C40D" 8Ct2Cä@ CÔ0 C\$8D\$0CÄ8CÔ8 C, <C„=CT@C ;C,Â 0 C„AD\$> D\$0C¬0
C ;CT@C48C,à A\$> CÄ0C¬5CD>CÔAC¬0D\$0 CÔ0D >CD=C <CT4C„FC„=C Â ACR :Cä@C„AD\$8 Ct0 C

B4 Aä"B A A, !Aä B AÄ AÔ A„!B\$ A B4 A A

B\$ A A„&A„ AÔ A´ A #Aô B\$ AT A

A\$> AÄ0C¬5CD>CÔ8E„0, C 8C´:C„BCR ACR :Cä@C„AD\$0D" 2Câ DCä@CÄ0 CÔ0 Dt0E,Â BC„=C¬BD4
C48 CÔ@CT?Cä7CÔ0C\$0 CÔ8C\$=C„BCR ;CT:Cä2C„BC, AC\$>E„AD\$2C 7C @C 7C´8Dt=C, 7CD@C 2
CD>CD5C¬0 C´0C\$0CÔ4D4;C BC ACR :Cä@C„AD\$8 Ct0 D <C„@D42C ZCR 8 CÔ>CD>C @D42C ZCR

AÔ B4'AÔ A„!B\$ A B4 A A Aô B\$ B A

B >C\$@CT<CT=C„BCR =C CDt=C, AD\$CCD8C, ?CäBC\$@CDCC\$0C B C4>C´5CÂ 4CT; Cä4 C´5C¬>C
CÔ8C\$=C„BCR 0CÔBC„>C¬AC„4C =D\$=C,Â 0CÔBC„2CäACô0C´8D\$5C´=C,Â 0CÔBC„2C„@D4ACÔ8 C
C„AD\$@C 6D42C 0D" :C :Câ ?CäBCT=Dd8E„0C´=C, ;CT:Cä2C, 7C 4CT?D 5D 8E„0 C, 7C ?Cä4Cä1D C
Cô@Cä8Ct2Cä4D BC\$> CÔ0 DD0D <C FCT2D\$AC¬8 CÔ@CT?C @C BC, 8 CD>CD0D\$>Dd8 Ct0 Ct4D

At A 'AT AR A !Aä B ÄÄ Ô B\$ ÄÄ AD Bd Ô A, A A Ô Ä @,, B\$

At3Cä;CT<CT=C,,>D" 8CÔBCT@CTA Ct0 C@C,,@Cä4CÔ0 CÄ5CD8Dd8CÔ0 E,,0 CäED 0C @D42C 8
C 8C':C,à ÄÄ0C A5CD>CÔ8E,,0, D > D 2Cä8D\$5 C@C,,@Cä4CÔ8 D 5D CD AC,Â 8CÄ0 C@>D\$5CÔFC,,
C'5C A>C\$8. A\$0Cd=CäAD\$0 CÔ0 Cä4D 6C'8C\$>D\$> D >C 8D 0E A5 C, 7C HD\$8D\$0D\$0 CÔ0 C 8Cä4

At B,, "A,"A Ää B A' A\$ B " Ô A' A A\$ B\$ B\$ A A' A€

At B,, "A,"A A B B AD A,"AR AT!B4 B

B > Ct3Cä;CT<CT=C,,>D" 8CÔBCT@CTA C, @C AD\$5Dt:C BC ?Cä1C @D42C GC A0, C@>D BCä8 Cä?
C,,ADt5Ct=D42C ZCR =C =CT:Cä8 C\$8CD>C\$8. A\$0Cd=CäAD\$0 CÔ0 Ct0D,,BC,,BC BC Â >D 3C =C,,7C
C A;D4GCÔ8 Ct0 Cä4D 6C'8C\$>D BC =C >C\$0 C >C40D\$AD\$2Câä

A' A4 A' At Bd @,, A, AT B4 A "A,, A

At0D,,BC,,BCÔ8D\$5 CÄ5D :C, 2C A;D4GD42C 0D" 8 CÔ0Dd8Cä=C ;CÔ8 D 5C4CC'0D\$8C\$8 Ct0 D >C 8
CT2D >C@AC A8D\$5 D BC =CD0D 4C, 7C :C\$0C'8D\$5D" 8 C 5Ct1CT4CÔ>D B, D > D,,BCâ ACR AD\$@

Ää B At A\$ Ô AR B AT!B

A,,=DD>D <C BC,,2CÔ8D\$5 C A0CÄ?C ZC, 8 CT4D4:C BC,,2CÔ8D\$5 C@Cä3D 0CÄ8 Ct0 C'>C A0C' =Cä
C 8C':C,,BCRà B\$8CR ?Cä<C 3C 0D" 2Câ 7C HD\$8D\$0D\$0 CÔ0 C 8C':C,,BCR 8 CÔ8C\$=C BC >CD@

At A A B4'Aä

ÄÄ0C A5CD>CÔ8E,,0 D > D 2CäXC BC 1Cä3C BC DC'>D 0 CÔCCD8 CÔ5Cä3D 0CÔ8Dt5CÔ8 CÄ>Cd=
C ;C 3CäACäAD\$>E,,1C à B\$@C 4C,,FC,,XC BC Â =C CDt=C,,BCR 8D BD 0CdCC\$0E A0 C, 5C A>CÔ>CÄ
C@>C\$8C ACC\$0C B CÔ0 Cä4C4>C\$>D =CäAD" 8 Cä4D 6C'8C\$>D B. At0D,,BC,,BC BC =C ?D 8D >CD
C A;D4GCÔ8 Ct0 CD0 D 5 Cä1CT7C 5CD8 C,,4CÔ8CÔ0D\$0 CÔ0 Cä2C 1Cä3C BD BC\$>. A\$> C\$@CT<
C,,<C CCÔ8C A0D\$=C HC =D 0 CD0 D 5 C@>Ct8Dd8Cä=C,,@C :C :Câ :C'CDt5CÔ 8C4@C G C\$> D 2C

At0C\$@D,,=C <C,,AC'0: A'5C A>C\$8D\$8D\$5 C 8C':C, 2Câ C :CT4Cä=C,,XC =CR ACR AC <Câ 4CT; Cä

> QuestionAnswer

>

> Aα>C, ACR =C XCô>CôCC´0D =C,,BCR ;CT:Cä2C,,BC, 1C,,;Cα8 C\$> AÄ0Cα5CD>CÔ8E,,0?

> AÔ0E,,?Cä?D4;C @CÔ8D\$5 C´5Cα>C\$8D\$8 C 8C´:C, 2Câ C :CT4Cä=C,,XC 2Cα;D4GD42C 0D" :C <

> Cα>D 8D BC B Ct0 D 0Ct;C,,GCÔ8 Ct4D 0C\$AD\$2CT=C, ?D >C ;CT<C, 8 C,,<C 0D" 4Cä;C4>C4>CD8D

>

>

> Aα0Cα> D 5 D >C 8D 0C B C, AD4HC B C´5Cα>C\$8D\$8D\$5 C 8C´:C, 2Câ C :CT4Cä=C,,XC ð

> A´5Cα>C\$8D\$8D\$5 C 8C´:C, ACR ACä1C,,@C 0D" =C XCD>C @Câ 2Câ ?D 8D >CD0D\$0 Cα>C40 D

> Côt@Cä2CT2CT= CÄ5D BCâÂ 4C ;CT:D2 >CB ACä=Dd5, Ct0 CD0 D 5 Ct0DtCC\$0C B C :D\$8C\$=C,,B

>

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> AD0C´8 C,,<C @CT3D4;C BC,,2C, 7C ACä1C,,@C ZCR 8 D\$@C4>C\$8E,,0 D > C´5Cα>C\$8D\$8 C 8C´

> AD0, C\$> AÄ0Cα5CD>CÔ8E,,0 Côt>D BCäXC B D 5C4CC´0D\$8C\$8 C, 7C :Cä=C, :Cä8 D 5C4CC´8D 0

> Ct0D,,BC,,BC =C ?D 8D >CD0D\$0 C, 7CD@C 2E,,5D\$> CÔ0 Côt>D\$@CäHD42C GC,,BCRà

>

>

> Aα>C, ACR 7CD@C 2D BC\$5CÔ8D\$5 Côt@C,,4Cä1C,,2Cα8 Cä4 Cα>D 8D BCTZCTBCâ =C ;CT:Cä2C

> A´5Cα>C\$8D\$8D\$5 C 8C´:C, ACR :Cä@C,,AD\$0D" 7C CC ;C 6D42C ZCR =C AC,,<CôtBCä<C, :C :Câ

> Ct0E,,0Cα=D42C ZCR =C 8CÄCCÔ8D\$5D\$>D"Â ACâ BD 0CD8Dd8Cä=C ;CÔ8 C, ?D 8D >CD=C, <CT

>

>

> Aα0CD5 CÄ>Cd0CÂ 4C 3C, =C XCD0CÂ =C XCD>C @C, ;CT:Cä2C,,BC, 1C,,;Cα8 C\$> AÄ0Cα5CD>C

> AÔ0E,,4Cä1D 8 C 8C´:C, <Cä6CTBCR 4C =C XCD5D\$5 C\$> D ?CTFC,,XC ;C,,7C,,@C =C, ?D >CD0C\$

> C4@C 4Cä2C,à A,,AD\$> D\$0Cα0, CÄ=Cä3D2 DC @CÄ5D 8 Cä4 D CD 0C´=C,,BCR >C ;C AD\$8 C48 C

>

>

> AD0C´8 C´5Cα>C\$8D\$8D\$5 C 8C´:C, 2Câ C :CT4Cä=C,,XC 8CÄ0C B Cα>CÔBD 0C,,=CD8Cα0Dd8C,

> A,,0Cα> D 5 Côt@C,,@Cä4CÔ8, C´5Cα>C\$8D\$8D\$5 C 8C´:C, <Cä6C B CD0 C,,<C 0D" :Cä=D\$@C 8CÓ

> D > C´5Cα0D 8C´8 DD0D <C FCT2D" ?D 5CB =C,,2CÔ0 D4?CäBD 5C 0, CäACä1CT=Câ 0Cα> Ct5CÄ

Related keywords: lekoviti bilki, makedonija, bilki za zdravje, tradicionalna medicina, biljni Ö !Pvi, lekovite biljke, biljni ekstrakti, biljne infuzije, prirodni lekovi, biljni recepti