HumanUP

TESTIMONIALS OF THE REBORN

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DIAGNOSIS FOR THE ENTIRE WORLD

In his morphological study 'Our Head is Twisted' 2010, Dr Rainer Seibel, one of the world's leading spine experts, proved that the first vertebra under the skull, the atlas, is misaligned in the absolute majority of people. More than one hundred years before him, the founder of modern chiropractic Daniel Palmer had noticed that when the atlas was displaced from its correct anatomical position, that caused almost all illnesses and problems, but he could not find a way to realign the first vertebra. He knew that realigning it would mean better communication of the brain and the body, and better blood flow, but he did not know how to move this small flat bone under the skull.

One hundred years later the Swiss Rene Schumperli realised that the atlas didn't have to be touched, it was enough to massage the ligaments in the nape to relax them, and the atlas and skull would fit properly and release the pressure exerted on nervous, blood and lymph pathways.

Perfecting this discovery through thorough changes and amendments, the Serbian inventor Predrag Djordjevic made an epochal discovery and came up with the effective **HumanUP** method of atlas realignment. This method can be used on children, but it is not late even for the elderly because it makes old age easier and more pleasant.

HOW I BECAME AN ATLASOLOGIST

Predrag Djordjevic's experience

I had my atlas realigned on September 26th, 2009 and I experienced rebirth that day, that is, I was – reborn. I have to emphasise that my 'rebirthday' is more important than my birthday.

At that time, there weren't any atlasologists in Serbia, so people from abroad used to come to Belgrade once a month to perform atlas realignment using Rene Schumperli's method.

I filled in the questionnaire stating my many diseases and problems, I even used the margins, and that still wasn't enough. I was fifty years old but I looked ninety.

Ever since my early childhood I was very sensitive and weak, I had allergies, inflammations, colds, I used to be exhausted and tired, and in the third grade I spent four months in hospital. I realised that I was much more sensitive than other children and that made me feel pathetic, helpless and confused.

Later, when I was an adult, I started having headaches and strong rheumatic and neurological pains, but I also became sensitive to certain types of food. For example, I could not stand the smell of melon, watermelon, cucumber or pepper, let alone eat any of these.

Until the age of thirty I trusted modern medicine, but it could not help me. Searching for the causes of my problems, I talked to doctors and read medical literature since the age of twenty. I realised that the main cause of my illnesses was in my body, not outside it.

When I gave up on modern medicine, I turned to natural medicine and I did experience some improvement but I was not cured. What's more, at the age of forty all my problems became worse and new ones occurred, like extremely painful sores in my mouth. Neuralgic pains in the right cheekbone used to last for for five days in a row. I wasn't able to sleep, eat, live.

At that time there were three children growing up in our house and I did my best to hide my problems so that they could lead normal lives. I waited impatiently for them to turn eighteen and then I wouldn't mind what happened to me.

After the age of forty I didn't subject myself to any treatments. I lost all hope and resigned myself to an increasingly painful life in the future. The pain would not let me sleep nor work, and I constantly felt weakness and apathy. I imagined that I would move to Cuba in my fifties, because the climate there would not cause me pain which is triggered by temperature fluctuations. It would be difficult to leave my three sons, but I didn't want them to see me weak and ill in my old age, and I didn't want to be a burden to anyone.

And just when I was about to give up and move somewhere in order to die, at the beginning of September 2009, I stumbled upon a newspaper article about the atlas.

In three weeks my atlas was realigned. The Swiss method was one hundred percent effective in my case, because I am one of three thousand people with only two types of misalignment – to the left and back. Later on I would find out, after thorough research, that there are five types of atlas misalignment, and Schumperli knew about three. His method was the most successful one, and the HumanUP method atlas realignment is the result of extensive work on perfecting Schumperli's method. The HumanUP method is the only reliable method today which places the atlas in its correct anatomical position.

Within three months of atlas realignment, by the end of 2009, most of my problems which had plagued me my entire life disappeared. The last problem to disappear was neuralgia, two and a half years later.

In Cacak, where I lived at the time, I had a public job and everybody knew how ill I had been and how much atlas realignment helped me, so around two hundred people had their atlases realigned soon after me.

It seemed incredible that I no longer felt old and overwhelmed by pain. It inspired me and gave me new strength and the will not only to live but to contribute to human health.

A year later Schumperli organised a training session in Serbia, which six people attended. Alongside my son Filip and me,

there were three doctors as well. The price of the training was high – twenty thousand euro per candidate, so I spent all my savings on my son and me. However, it was worth it and since then we have helped many people. I provide training free of charge at the HumanUP Association so that as many people as possible can achieve good health quickly.

Schumperli trained four hundred people worldwide. My son Filip was the youngest in our group, but he did really well. What's more, when someone from Belgrade once phoned Schumperli with the intention to travel and see him, he said: 'There is no need to come to Switzerland, my best student in the whole world, Filip Djordjevic, lives in Belgrade.'

After the training ended, I spent three months working with Schumperli as was stipulated in my contract. According to the contract, the method could not be changed. However, that method lacked something. Having my atlas realigned was extremely painful for me, as if my head was about to be ripped off. I went pale, I sweated, felt nauseous, I almost fainted.

When I was responsible for two men who nearly fainted during their atlas realignment, I stopped working because I didn't want to torture people any more. Despite the pain, the atlas wouldn't have been realigned properly and their healing would only have been partial. I was reluctant to break the contract but I had to research other possibilities of realigning the atlas completely. Regardless of the huge cost of the training, I would rather be in debt for the rest of my life than practise an insufficiently developed method.

I developed my own method soon, I decreased the number of blows on the nape and increased their efficacy. All in all, my method is far less aggressive and many perceive it as a strong massage. The youngest child whose atlas I realigned was 45 days old, and the oldest person was 106 years old.

Realigning the atlas is invaluable, just like life itself. I am happy to have founded the HumanUP Association, our first health factory.

The work I do is probably not even work. I often work for ten hours a day and at the end of the day I feel more relaxed than at the beginning. By bringing other people relief, I feel relieved, not

tired. I wish that one billion people could have their atlas realigned during my lifetime, and soon, everybody else will follow.

MEDICINE AND THE ATLAS

My colleague from the University of Belgrade School of Medicine, neurologist Ilija Stolic, who lives and works in Podgorica, told me about the HumanUP method of atlas realignment. He was aware that I was having health issues for quite some time, and six months prior to that I had injured my spine, so he thought I should have my atlas realigned as soon as possible. What's more, he told me that he started his training with Predrag Djordjevic immediately after he had his atlas realigned and he suggested I do the same.

I must admit that my doctor friend surprised me, because we both know how important the nape area is for the human body. Even the slightest injury to the area can endanger your life. No one who has any knowledge of modern medicine would think of 'meddling with the nape' without dread.

Alongside medicine, I studied biology as well, but not enough attention was paid to the atlas in our textbooks. I started my research on the internet and waited until my backache eased so that I could travel from Kraljevo to Belgrade to see what this was all about.

Finally, four months ago I arrived at the HumanUP Association and I remember how crowded it was…

That day I had my atlas realigned and I started my training. It was clear to me that Predrag Djordjevic's method was not only completely safe, but painless as well – at least for me, someone who hasn't consumed milk and dairy products for two decades.

From the very first day I noticed that calcification, which was the result of milk and dairy consumption, represented a huge health problem for people, and for those who drink milk, atlas realignment can be slightly painful as well.

Soon after the realignment I experienced a remarkable health improvement. My backache diminished significantly. For example, I was able to carry a backpack again, whereas before I

could only carry light things. I couldn't travel because of the pain. I used to visit different bonesetters in Kraljevo and I experienced temporary relief. They can't start the process of regeneration; they try to adjust the position of bones but everything soon curves again.

I have been feeling well these four months. My immunity was seriously damaged by a tick bite and then by a yeast infection, but it is now improving.

I often come to Belgrade for the training. I have seen many patients, but I have also realigned the atlas in three people whose experience is positive.

For example, Nenad Vlasovac from Kraljevo had psoriatic changes, many wounds and scabs on both his arms, from his hands to elbows. This was very unsettling so he had to hide his arms for a year and a half. I told him everything would disappear in a month, but he didn't believe me…

Now Nenad no longer hides his arms. His skin is completely regenerated, as if there had never been any wounds, scabs or rash.

It is my opinion that everybody should have their atlas realigned as prevention, which would make modern medicine treatments much rarer and shorter. I am going to combine these two.

Doctors are gradually realising the necessity of atlas realignment. Even professors of medicine come to the HumanUP. Three people with PhDs in medical science have recently visited us. All those employed in the field in medicine realise that one of the most important ethical principles of ancient medical practice is followed here – Hippocrates' PRIMUM NON NOCERE, which means – first of all, do not harm. Hippocrates also said that NATURE HEALS, and it is much easier for nature to heal when the atlas is realigned and when blood, lymph and neural pathways are freed.

Go ahead, the atlasologists from the HumanUP Association cannot harm you, because the method is completely safe. In fact, you can be reborn, like many of us.

When people in Kraljevo asked me whether this method was really safe, I asked them if they had ever heard on the news that somebody died of atlas realignment. You certainly can't trust

your neck to a layman, but the HumanUP Association is a safe address.

Atlasologist Milan Budimir (44), Kraljevo

FROM SEVERE DEPRESSION TO A LIFE FULL OF JOY

Before atlas realignment I suffered from severe depression which lasted for over ten years. I had no will to live and I was afraid of everything. When my children came over with my grandchildren, I used to be stiff, as if they were somebody else's children, I could hardly wait for them to leave. I would see an acquaintance and hide, just to avoid talking to them. I didn't feel like talking, I didn't feel like living. I had no will to tidy the house, to cook, to do anything, I felt like killing myself, that's how hard it was for me.

I had problems with my eyes as well. My vision used to get blurry and it would last for three months and then improve. I was able to see for three months and then had blurry vision for the following three months.

My ophthalmologist had no solution, glasses couldn't help me. I was vegetating and taking pills prescribed by a psychiatrist, my stomach ached. I was ashamed because I was lifeless and sleepy in front of my husband, I thought he might not understand how difficult this was for me, why I avoided people.

Just before that terrible depression, I had been very healthy, just like I am now, four months after atlas realignment. My will to live has come back, I like socialising and joking with people, I laugh all the time. Ten years of a nightmarish existence disappeared and a new life has started. I am happy to see my children and grandchildren now, I no longer avoid acquaintances. Everybody can recognise my smile. Thank you to the HumanUP Association, I have really been reborn.

Slavica Milosavljevic,
Tabanovac, near Petrovac na Mlavi

THE THYROID NO LONGER BOTHERS ME WHEN I SING

I had problems with my thyroid and throat for a few months, and since I sing for a living, this jeopardised my career. Modern medicine could not help me, so I tried to have my atlas realigned and see what happens.

Surprisingly fast, I started singing easily and effortlessly just like before, and I stopped choking. After two months I noticed that I lost some weight. Interestingly enough, I used to really like sweets and some other types of unhealthy food, but after atlas realignment it was as if my sense of taste had changed. I came to like freshly squeezed orange juice, which I never fancied before, and I was no longer tempted to eat sweets. I used to devour sweets, it was strange. I am now attracted to healthy food. I don't know how Predrag Djordjevic does this in two minutes. The reactions triggered by atlas realignment are unbelievable! I have really been REBORN.

Elena Stanisavljevic (54), Belgrade

I STOPPED LIMPING

I used to feel terrible pains in the spine and pelvis, and my legs were numb. I could hardly turn in my bed, holding onto the headboard. It was difficult to get up in the morning and to sit down. Actually, everything was difficult – to lie down, to sit down, to walk. I also suffered from sciatica in my right leg. I kept looking for a cure, I went through a lot – electricity, massages, even light therapies, but nothing helped. I had a wonderful physiatrist, but it didn't work.

I was forced to search further, my pain made me restless. Four months ago I decided to try the HumanUP method. I was hoping that atlas realignment might help me. Young Filip Djordjevic received me and he seemed trustworthy, and when I spoke to Mr Predrag Djordjevic I felt certain that I was at the right place. The following day I had my atlas realigned at the HumanUP

Association and that same evening I felt my back straightening and I had better body posture. My daughter noticed it and said: 'Mum, your body posture is better than twenty years ago.'

My health is improving day by day. I no longer limp when I walk, my leg isn't numb, it's not difficult for me to get up. I have truly been reborn. My blood pressure is back to normal as well.

Predrag Djordjevic explained to me that my health would improve by 80 percent within a year of atlas realignment, and the other 20 percent would improve later. If I stayed the way I am today, only four months later, I would consider myself a healthy woman. I have been through so many therapies, I have tried everything, paid for massages. This is much cheaper and one hundred percent effective.

Sava Petkovic (58), Belgrade

MY OVERLAPPING TOES ARE NOW NORMAL

I used to carry a huge burden on my shoulders for years. My entire spine hurt, especially the lumbar area. I had headaches often, I took pills for my heart condition and blood pressure. I used to have arrhythmias despite the therapy.

After atlas realignment I dared to stop taking my therapy. I am no longer taking anything for heart or blood pressure, but everything is fine. My blood pressure is normal, there are no arrhythmias, my headaches have disappeared, my spine doesn't hurt. The numbness in my feet, which lasted for years and which I thought would last forever, disappeared as well. My two toes, which were overlapping and bothered me when I walked, are now positioned normally. These incredible changes happened within two months of atlas realignment.

Five months later nocturia became rarer, as if the capacity of my bladder increased. I soon noticed that my allergies to red wine, to the smell of freshly cut grass and chopped vegetables, which would stop my breath momentarily and make my eyes bulge – disappeared completely. My sensitivity to earthquakes disappeared as well. I was known among my friends as a seis-

mograph – when they heard about an earthquake, they would call to ask if I had a headache.

I am telling everyone about atlas realignment in the HumanUP Association, because I feel sorry for people with health problems, and they can be rid of them for good.

I felt anxious when I was about to have my atlas realigned, because I didn't know it was that simple, and I am impressed at how effective it is! The pain is moderate (you can feel that something important is being done to you), but it lasts only a moment and you don't need to undress.

You are in safe hands with Predrag Djordjevic, go ahead and do it!

Vukica Milanovic (77), Belgrade

I THREW OUT MY WALKER AND LOST TEN KILOGRAMS

Predrag Djordjevic realigned my atlas a year ago, soon after I had read his book 'Get rid of the burden, and become healthy.' The book assured me that I could get rid of my illnesses, which are, for the most part, the consequence of my turbulent sports career. I used to be a handball player, I played for the national team. It is known that handball is a rough sport, and as the best shooter I used to get hurt often by the other team's defenders.

I had a lot of problems with the entire spine, ossification of the vertebral column, pain in the knees, blood sugar, neurological problems. The lengths I had gone to in order to find a cure! I went to hospitals and thermal spas, I used the best quality creams, everything that might help, but my health degraded rapidly, despite all my efforts.

I found my salvation a year ago at the HumanUP Association. After Predrag Djordjevic had realigned my atlas by massaging the ligaments in the nape, a simple and short massage, I felt great for the first three days. Then came a period when my body started healing and I felt discomfort for two or three months. I was still taking painkillers, pills for blood sugar, for brain circulation, diuretics. Some people can stop taking drugs immediately, but my instructions were to do it gradually.

I took drugs for another six months, and then I stopped. I first stopped taking my drugs for blood sugar, which I used to take twice a day, then for blood pressure, followed by diuretics and circulation drugs. I couldn't tell my doctors anything despite obvious improvements. After being criticised by the neurologist, I decided not to mention atlas realignment again.

Now I drink two and a half litres of water every day and I no longer have problems with blood pressure. Blood sugar level, which could reach 10, was 5.1 on my last checkup a month ago. Fluids no longer accumulate in my body; my circulation is better. I don't use the walker any more, I am healthy and rejuvenated!

I have to emphasise that I follow the advice given to me by Predrag Djordjevic – I no longer use dairy products, and having apple cider vinegar with a glass of warm water every morning means a lot – I have lost 10 kilos in six months.

Each night I pray for and thank all the good people who I have crossed paths with and who helped me become the person I am today. I grew up without parents, I spent twenty years in orphanages. Sport helped me survive, but it was a rough sport, and since I am a fighter, I suffered a lot. I would still be feeling the consequences of such a life, if it weren't for the great inventor and humanitarian Rene Schumperli and his student Predrag Djordjevic.

Vesela Bjelic (77), Belgrade

MY DECADES LONG MENTAL HEALTH ISSUES DISAPPEARED

For 27 years I had mental health issues. It was an uncomfortable feeling of discomfort, with strong tachycardia. I used to have these seizures once or twice a day, every day, for almost three decades.

A month ago Mr Predrag Djordjevic realigned my atlas and as days go by I am in wonder that I no longer have seizures. I did not believe that atlas realignment was omnipotent, so I kept waiting for a seizure to happen because it was a part of my life. All those years I took sedatives and now it felt strange that I no longer need them.

I have only had four or five minor seizures in a month and I haven't been taking any sedatives. I can't believe I got rid of that nightmare. My problem now is a gallbladder stone, but Predrag said that it too will decrease and disintegrate.

I have found my salvation at the HumanUP Association. Lucky are those who believe in this.

Zivka N. (66), Belgrade

I CAN EASILY SING AGAIN

I belong to those people who take care of their health, and whenever there is a problem, I react immediately.

I had problems with circulation, vertigo, neck pains, and especially troubled breathing, which bothered me when I slept. I found the story about the first cervical vertebra and Predrag Djordjevic very interesting. I went to the HumanUP Association to see for myself the effectiveness of atlas realignment and solve my health problems.

Pedja's directness and competence won me over completely. I felt better after my first treatment. After a few days my neck pains disappeared, and a month later I no longer felt dizziness. What I am really happy about is that I can sing with ease, there is no effort, something wonderful happened to my vocal cords.

A new life has begun, and I am happy and grateful to this precious man who helped me so much.

Bilja Krstic, 'Bistrik'

I NO LONGER FEEL THE CONSEQUENCES OF MY CAR ACCIDENT

The most important thing is: atlas realignment cannot harm you – and that is the first postulate of medicine. It helped me personally, I don't have the problems I used to have before.

I used to have problems with the cervical spine and back: the consequence of a car accident.

For a few years I battled with pain in the nape, right shoulder and arm, and I had no feeling on the side of my right leg, as if it wasn't mine. Very often, if I turned around quickly, I used to have blurry vision. I had vertigo and a feeling of anxiety.

The first thing I felt after atlas realignment was relief, as if I no longer had a huge burden on my shoulders and my shoulders and neck were again in the normal position, and my nose wasn't stuffy any more. In a way I calmed down as well, even though I had never been nervous before, but I truly felt calm.

The good thing about this method is that it is not violent and that it can't hurt you, and it has helped me a lot.

Dr Aleksandar Ristic,
Home Treatment Service, Uzice

WE HAD OUR PREVIOUSLY REALIGNED ATLAS POSITIONS CORRECTED

About five years ago, a therapist realigned the atlas in both my wife and me. The price was 200 euro per person. The realignment was quite painful and aggressive. The therapist informed us that the pain would last for about twenty days.

The pain lasted for at least two months, and I felt no improvements. Since the therapist was not from Serbia, we were no longer in contact with him.

Because of the pain I went to a private orthopaedic clinic, where they told me I had three fractured cervical vertebrae and osteoporosis of 39%.

In time the pain disappeared, but I still had my old health issues, arrhythmia and sudden surges of the arterial blood pressure, 'tsunamis' as a referred to them. My wife still had problems with hypothyroidism, and a year ago she suffered a stroke at the age of 44.

A while ago we met Mr Predrag Djordjevic. We told him about our problems and he corrected our atlas positions immediately free of charge. The correction was painless. Since that day I have not had arrhythmias nor 'tsunamis', and my wife feels

much better. We are more energetic, we are less tired, everything is balanced and in harmony.

We would like to thank Mr Predrag Djordjevic, who is dedicated to helping people in solving their health problems, as well as his team of friendly, humane and kind associates.

Toma (68) and Dragana (45) Simunovic,
Belgrade

- There are many people in Serbia who realign the atlas incorrectly, that is they misalign it additionally, so those who were unfortunate enough to trust their heads to those people are now spreading the story that atlas realignment is harmful, even dangerous. At the HumanUP Association the atlas is realigned very precisely, in a simple and almost painless massage of the ligaments in the nape, and in those cases when the atlas was incorrectly realigned somewhere else, by someone not qualified enough, the correction at the HumanUP is provided free of charge (with proof that you have already paid for atlas realignment once). It would be a shame not to have your atlas realigned because of someone else's bad experience. You just have to choose a safe house and that is the HumanUP Association.

FIGHTING EPILEPSY SUCCESSFULLY

A year before atlas realignment I was diagnosed with epilepsy and given a prescription for an antiepileptic drug. The dosage I was supposed to take was one thousand milligrams and I was supposed to take it each morning and evening three to five years depending on my condition.

When I had my atlas realigned, and that was almost a year ago, I decided, on my own, to stop taking the drug and let my realigned atlas work on its own, without any chemicals. Month after month I felt well. After nine months without the drug, I had a mi-

nor seizure, so I will continue without the epilepsy drug because the list of its side effects is too long. I believe that atlas realignment will help me overcome my illness completely.

Marija Djordjevic (24), Belgrade

MY HIPS NO LONGER HURT, I HAVE STOPPED TAKING ANY MEDICATIONS

I had my atlas realigned sometime in June. My hips used to hurt, and I was restless. I would often turn during the night in order to sleep.

From the day I had my atlas realigned I no longer spend money on painkillers, which I had been taking every day for a long period of time.

Four months since my atlas realignment and I have not been taking any drugs and I feel reborn. I not only talk about it but I preach to everyone: my family, relatives, neighbours, friends and enemies.

I have already brought several people to the HumanUP Association, several women, children, my daughter and granddaughter, my nieces and their children.

Predrag, thank you for being there, for existing.

Milica Kostadinovic, Belgrade

I AVOIDED GALLBLADDER SURGERY

I came to have my atlas realigned with a few health issues and the worst one was a problem with my gallbladder. Due to biliary sand and gallbladder stones, my doctor gave me a referral to a surgeon, but I simply said: 'I love my gallbladder.'

I refused to have the surgery and I suffered the pain, not only in the gallbladder area but also in the lumbar spine. My sinuses also bothered me, and my circulation was getting worse – my legs from the knees down were always cold.

I heard the story of atlas realignment at the HumanUP Association during one of their lectures and I thought of it as a blessing.

Soon after that, Predrag Djordjevic massaged the ligaments in my nape and placed my atlas into its anatomical position. It is interesting that he refused to take a look at the CD with the latest x-rays of my spine. He said he didn't need them because he could clearly see without them. It might sound arrogant, but it's not. Here is the proof: the following day my physiatrist took a look at the CD and repeated word for word what Predrag Djordjevic had told me by observing my spine!

At the moment when the atlas was realigned, I felt blood running through my legs. That day I felt very well and didn't feel any pain.

However, the following day the real problems started, and lasted for two weeks. Everything hurt – my muscles, back, spine, insides.

I wasn't scared because I trusted Predrag Djordjevic when he said that those people who have greater problems can expect stronger reactions. Despite the pain, I followed his instructions to recover faster. I immediately started sleeping without a pillow, putting a rolled up towel under my spine and drinking a lot of liquid. I used to drink a lot of water but my body was even thirstier after my atlas was realigned.

The first improvement happened fifteen days later. In only five days I became completely healthy. I couldn't believe that my gallbladder didn't hurt any more. I like having proof so I did an experiment with eggs. Before, I would feel a sharp pain on the right side of my abdomen the moment I would bite a boiled egg, and now, I ate one egg, waited a while and – nothing. That was strange. I bit the second one bravely, ate it, again nothing. Then I ate the third and fourth. Nothing. My gallbladder didn't react. There was no pain. That day was ok, but I was still suspicious how fast and easy it had been to get rid of the nightmare. The following day I decided to finish my egg experiment. I knew that scrambled eggs were devastating for the gallbladder. I fried two, just to see what would happen. I ate them and my gallbladder didn't react. There was no reaction whatsoever.

I am absolutely certain now that atlas realignment is the best thing one can do for one's health.

N. Rnic (55), Belgrade

DR LEVINE'S MAGNETS HAVE BECOME UNNECESSARY

Our daughter Silvana had her atlas realigned by Predrag Djordjevic last year and she recommended that my wife and I visit the HumanUP Association in New Belgrade, which we did very soon. After atlas realignment, we went back to our village Selevac near Smederevska Palanka, and we observed how our bodies reacted.

For many years I used to have a sharp pain in my left wrist and right knee, and five years ago the pain was so constant that I had to do something. I bought Dr Levine's magnetic straps and I wore them constantly on my left wrist. I also bought a 'stocking' with 12 strong magnets for my right knee. I was able to function somehow with these magnets.

As a young army officer in Bijeljina I played football in the Second Federal League and I hurt my knee so badly that I needed to have meniscus surgery. I didn't want the surgery but I had to quit playing football. The pain in my knee followed me throughout my life, and in my old age it became even worse. The magnets helped me walk and drive, but the pain was always there.

However, only a month after atlas realignment I discovered that I no longer needed the magnets because both my wrist and knee didn't hurt any more. A few days later I accidentally looked at my right hand and noticed that my liver spots had disappeared. I used to have many more on my left hand but they too had disappeared to a large extent.

My wife Anka used to suffer from pains in her lower back and right leg. Several times she ended up in bed because of excruciating hip, thigh and knee pain. She was literally paralysed and she would take a handful of pills in order to be able to walk. She often felt pain in her shoulders as well. She couldn't lead a

normal life without vitaphone. She also suffered from hypertension and she was constantly under the influence of medication.

A month after the first massage by Predrag Djordjevic, Anka takes only one quarter of her hypertension medication. She no longer feels any pain in her shoulder, hip and right leg, and she finds it easier to walk.

Mr Predrag's golden hands did the second part of their work on Anka and me. We have an appointment to see him again at the beginning of May and we will come to the HumanUP Association as if it were our home.

Rade i Anka Kuzmanovic, Selevac

ALL GREAT THINGS ARE SIMPLE

Abbot Avakum and I have come to Belgrade from the Monastery of LELIC again. I have to say that the abbot, even though he is 82, was really happy and could hardly wait to see Predrag Djordjevic for the third time.

We have both experienced significant health improvement in these four months.

My airways cleared immediately after atlas realignment and I started feeling the taste of air in the way I had never felt it before. I also felt an incredible sense of relief because the tension I had felt in my jugular veins disappeared immediately. This relief was followed by happiness, with a smile.

It is interesting that the following morning in church, at the cantor's stand, my spine straightened suddenly, without me doing anything and since then it has been straight. My jugular veins are relaxed. After the first massage my splitting headaches, which had occasionally made me vomit, ceased. I also used to have high blood pressure, but it too has become normal.

Around ten years ago I felt a sudden pain in my right arm and I lost 50 percent of its strength. The pain slowly disappeared, but the weakness persisted. However, after the second massage I felt the pain again but the strength coming back as well!

When I put my arms on my back, I notice more flexibility. I also feel the need to stand – not to sit any more.

It has only been four months since atlas realignment, I have experienced different improvements, and my body is still healing.

I have forgotten another important thing: for years I used to be allergic to all sorts of pollen and I was the first one to feel it in spring. Now I have to get used to the fact that it no longer bothers me. I no longer have haemorrhoids. If everything were to stay as it is now, that would be beyond my wildest expectations.

My abbot felt joy and relief immediately as well. From day one everything has been improving. He had a huge problem walking. When he had to get into a car, I would always push his right leg, because he couldn't do it himself. A month and a half after atlas realignment, he can get into the car without my help. He used to have severe pains in his right hip and leg, but not anymore. He can walk more easily, and the neighbours have noticed it too, his face looks healthier.

Atlas realignment is a God-given invention, because the procedure is so simple. All great things are simple. This is so simple that no scientist could ever solve it. The Lord doesn't complicate, we do. It is good that everything is done outside institutions and that nobody has monopoly on it. Ordinary people come to these procedures, friends of Christ.

Atlas realignment improves health so much that a person could not wish for more, and the Lord gives us exactly what we could not wish for.

I have been telling everyone about this incredible possibility to get healthy and stop being a slave to medication. I am happy when I think that they can improve their health easily and have a better and happier life.

Milan Devic (50),
monk at the Monastery of LELIC

I NO LONGER HAVE A 'NERVOUS THROAT'

I had my atlas realigned a month ago at the HumanUP Association. I used to have mild vertigo, headaches, problems with

the thyroid, hormonal imbalance, backache, problems with circulation, numbness in my arms and legs. I had been trying for years to solve my health issues. As far as hypothyroidism was concerned, my doctor used to prescribe me a higher dosage of the medicine.

I had been searching online how to help myself and I realised that the atlas was the cause of all my problems.

As soon as Predrag Djordjevic realigned my atlas to its correct position a month ago, I felt lighter. That same moment the pain disappeared from my forehead and scalp, I felt a certain lightness in my legs, my legs, my arms and face felt warm.

The following day, the reactions started – I felt a certain heaviness in my nape and neck, but it only lasted for three days. Then the heaviness disappeared, my head was clear, I felt clarity of thought and optimism, and if anyone around me was negative, it no longer affected me. I felt truly optimistic and as if I was protected against other people's negative influence.

Before my second appointment, Predrag Djordjevic suggested I should check my thyroid hormones level. My results were normal, and TSH (thyroid stimulating hormone) surprised me because its values had been double the normal, but now they were good too. I couldn't believe it when I saw the results!

It is maybe interesting to say that until three years ago I had left elbow contusion, and it hurt for a while and then the pain eased. After atlas realignment, my elbow hurt again for the first time, but that lasted for about half an hour. However, my forearm muscles trembled for four or five days. Everything is fine now, nothing hurts. It is as if my realigned atlas is 'checking my old wounds'.

I don't think I will ever go to my doctor because of my thyroid again. When I told him that it felt like I had a lump in my throat, he explained that I had a 'nervous throat'. Using a simple procedure, Predrag Djordjevic fixed my 'nervous throat' in a minute.

Katarina Radosavljevic (40),
Belgrade

MY BABY SLEEPS PEACEFULLY THROUGHOUT THE NIGHT

My aunt told me how useful atlas realignment can be because she had major problems a year ago – she wasn't able to walk or talk, she could hardly hear and see. She was brought by others to the HumanUP Association. Her face looked as if she had had a stroke. Immediately after atlas realignment, on her way home, she felt as if someone poured water on the left, paralysed side of her face. Three months later she could walk. She was telling everybody about atlas realignment, and soon my mother and I and my three children had our atlases realigned.

I used to have excruciating pain in the lumbar spine, which would occasionally cause my legs to go numb. I also had varicose veins in my right leg, and I felt numbness in my calf and had ruptured capillaries. I had eczema on the right hand. I couldn't sleep well, I used to wake up often, and because of my spine I used to wake up in pain.

As soon as I had my atlas realigned, it was as if someone had removed a foot from my neck, that was how relieved I felt. I could see clearer, as if my eyes were wide open. That night I slept peacefully for the first time after a long time and I woke up without pain. I was ecstatic! I couldn't believe it – I got out of bed and there was no pain!

For the following few days I felt certain tension in different parts of my body and I realised that it was my body statics tuning up, just as Predrag Djordjevic had told me. Two weeks later I no longer felt numbness in my right leg, and there was no tingling because of ruptured capillaries. The eczema was gone after two months and I didn't use any ointment. I no longer suffered from menstrual pains, because of which I had been taking a ton of medicines. My first period after atlas realignment was just as painful as before, but the next one was – completely painless. I have noticed that my skin looks better, even though I don't use any creams.

My mother is also doing much better. She used to have high blood pressure occasionally, but her migraines were becoming

more frequent. Two months after atlas realignment, she has only had a headache three times, but they have been less painful and lasted shorter. She stopped taking her medicine for blood pressure. It is interesting that she no longer has an explosive temper, she gets upset less often.

To sum up, a lot of nice things have happened. Both of my grandmothers are feeling better, they are free from pain and medicines.

We also took care of our offspring. Not only did Predrag Djordjevic realign the atlas in my sons Luka (4) and Mateja (3), but also in my nine-month-old baby daughter, Andjela. They are all healthier, more resilient and they sleep more soundly, and the baby doesn't wake up during the night. Wonderful!

When I woke up that first morning after atlas realignment without feeling any pain, I wished to make people happy so now I am one of Predrag Djordjevic's trainees. He is teaching us free of charge, even though he paid a lot of money to Rene Schumperli for his own training. I want us all together to give Serbia rebirth as soon as possible.

Adriana Mladenovic (33), Belgrade

ATLAS REALIGNMENT HELPS WITH LIPOMAS

I first came to the HumanUP Association eighteen months ago because I wanted to get rid of the consequences of injury to the cervical spine, which I had sustained three decades before by falling form a height of five metres. I had problems with my balance centre, and whenever I pulled my head backwards, I used to feel weakness and vertigo. Lately I was having problems with my hips as well. Both hurt, especially the right one. I also used to have quite strong cramps in my calves.

I am a member of The Association for Complementary Medicine and Ecology 'Nikola Tesla International'. As a bioenergeticist and radiesthesist, I realised that atlas realignment was what I needed to get rid of my problems. As soon as Predrag Djordjevic realigned my atlas into its correct anatomical position, I

felt that my head was somehow light. My circulation and mobility improved immediately. Later my other problems started disappearing gradually. My hips no longer hurt and the cramps are gone. After a month and a half my vertigo disappeared and I no longer have it.

I talked my loved ones into coming to the HumanUP Association and they are all satisfied after their atlas realignment.

My grandson Goran used to have lipomas the size of walnuts and hazelnuts on his arm, stomach, knees and back. Doctors didn't know what to do about them. They told him to wait, and if they grew, they would cut them and see what the problem was. Within a year of atlas realignment, a half of Goran's lipomas disappeared, and the rest of them have become softer. In addition, he has lost eight kilos without changing his diet, except that he stopped using milk and dairy products, as advised by Predrag Djordjevic.

My other grandson, Boris, was a football player and he used to have a problem with his upper spine and right knee. He couldn't drive a car for more than half an hour. Now Boris can drive thousands of kilometres without any problems!

Nikola Hrkalovic (78), Belgrade

I NO LONGER HAVE INFLAMMATORY PROCESSES ON MY FACE

My entire family had the atlas realigned four months ago – first my husband and I, and then our two sons. My husband and I own a hairdressing salon, so it is very important that we improved our health in an easy and quick way in terms of our work.

I used to have neck pains, and my shoulders were hunched. If I wanted to straighten, I felt pain. If I turned my head to the right, I felt dizzy and I couldn't sleep on that side. Occasionally my lumbar spine got stiff. I was chronically tired and sleepy. In addition to this, I had a black spot on my right eye for at least a year. My ophthalmologist didn't know how to help me. That spot disappeared a month after atlas realignment.

Wonderful things have happened. As soon as my atlas was realigned, I felt better. After the first massage I didn't feel well, I had to lie down, and after I had a glass of water and got up, I felt enormous relief, as if I was reborn.

During the following days I got rid of many problems. I have noticed that weather conditions (rain, fog) no longer bother me when I drive. I can turn my head left-right easily, everything is normal, perfect. My neck is no longer crooked, it is as if sculpted.

I got rid of my huge nightmare – inflammatory processes on my face. It is important to say that we no longer use dairy products and white flour. After atlas realignment, I still drank some yogurt and my face couldn't clear, but when I stopped taking yogurt after the first follow-up, my face cleared intensively for a month and it is now fine.

My immunity has improved as well. If I have a cold, it lasts shorter and I don't need any therapy. My entire family is doing better. Our immunity has improved. The doctor was surprised when she saw that seven-year-old Veljko's chest was straightening. and that three-year-old Andrija no longer had trouble breathing.

My husband Branko (35) could not lead a normal life because of his horrific migraines. He had his medications all over the house, in his car, because he used to get headaches twice a week and they would last for two days. Without his medications, he ended up having infusion therapy. In addition to this, his left eyelid twitched occasionally, but the twitching had become incessant just before we came to the HumanUP Association.

Only once, two days after atlas realignment, he had a minor headache in the evening, but he could sense it wouldn't become a migraine headache. The following day he noticed that his eyelid had stopped twitching, and he has been fine ever since. Four months without migraines, that is a new life.

We are genuinely amazed by the HumanUP Association and we have been telling everyone that this is the place where you can improve your health quickly and easily.

Milica Ratkovic (27), Belgrade

I NO LONGER SUFFER FROM SEVERE INSOMNIA

I had my atlas realigned at the HumanUP Association two months ago. Three weeks before the realignment I hit my head so hard that I spat blood and for days I lingered between life and death. Everything hurt, and my legs started going numb.

There was another blow forty-five years ago. As a five-year-old girl I fell on a sharp rock and hit the right side of my nape, which caused severe insomnia – I wasn't able to fall asleep from that time onwards! I would go to bed in the evening like other people, but I couldn't fall asleep. I would toss and turn, and I was wide awake at dawn. My eye sockets used to hurt because of it.

When I was a child, I didn't know it wasn't normal, I thought that everyone spent their nights awake. I was diagnosed with 'insomnia' but nobody could help me. I was waiting to die.

However, after atlas realignment I have changed my mind: I've realised that I could not only live more easily, but that I could become healthy.

As soon as Predrag Djordjevic realigned my first vertebra, I immediately started taking deep breaths. My vision became clearer. On my way home, as I was getting on the tram, I realised that my leg no longer hurt, and it used to hurt every time I would get on public transport.

Soon the pain in my neck, shoulders, elbows, lower back, hips and knees disappeared. I no longer had problems with my thyroid, and I had been diagnosed with Hashimoto's disease. My arrhythmias stopped.

This was all followed by different reactions. For example, I could feel pain going down my arms slowly, all the way to my finger tips. After a while, healthy energy overwhelmed me. I couldn't believe how strong and willing I was to work.

However, the greatest surprise happened the night after atlas realignment. For the first time in my life, after forty-five years of insomnia, I fell asleep like a baby and slept through the night! I have been sleeping normally since then and nothing hurts. I have

truly been reborn and I am praying to God to bestow good health and long life on the person who changed my life.

Zorka Petrovic Dimic (50), Belgrade

LONG-TERM TINNITUS STOPPED AND MY HIP IS BACK IN ITS SOCKET

Filip Djordjevic realigned my atlas two years ago. Back then I couldn't turn my head left or right because of terrible pains in the neck. Before I came to the HumanUP Association, my doctor had given me a cocktail injection and some pills, and I was doing fine for about fifteen days, but then – back to square one, I was still in pain. They gave me the same therapy again, but they couldn't cure me.

I had other problems as well. On both my hands above the thumbs bones were sticking out, and my left hip would be out of joint occasionally. When I walked my left foot was slanted. One arm was positioned properly and the other one was always slightly away from the body. Predrag Djordjevic explained that it was because my spine was rotated and twisted due to atlas misalignment. In addition to this, for over three decades since the age of thirty, I had tinnitus.

Six days after atlas realignment my left clavicle started to hurt. It hurt occasionally. I was wondering what it could be. I contacted Filip Djordjevic and he told me to come for a follow-up. He told me that the atlas was in its correct place and that I was experiencing reactions that happen to everybody after atlas realignment. He told me not to worry, my body statics started tuning up.

At an incredible speed, in only two and a half months, everything in my body was in its proper place. The bones above my thumbs hurt for about ten days after atlas realignment and I was wondering where that pain came from, but these bones also became realigned in a month. In two and a half months my hip went back into its socket and it has not moved from it to this day. It's been two years. My neck took the longest to recover, about a year. It hurt less but I could still feel the tension.

The spine, which was slightly rotated, realigned as well. The tinnitus disappeared after fifteen days. I was reading something and the buzzing in both my ears got quieter and all of sudden stopped.

I am beyond happy with the results of the realigned atlas. Even though I am 68, I am vital, I do sports, I swim, I can run fifteen kilometres.

I have been telling everyone about the atlas, they are amazed, they listen to me and find it hard to believe my story. That is the level of our culture of health. I know one thing: if I hadn't come to the HumanUP Association, I would be severely handicapped by now.

Slobodan Radulovic (68), Belgrade

AFTER A CERVICAL LESION HAD DISAPPEARED, MY GYNECOLOGIST HAD HIS ATLAS REALIGNED

I had my atlas realigned more than a year ago at the HumanUP Association. I had right hip spondylosis and my doctor told me that the cartilage had worn away completely. I also had problems with cervical vertebra spondylosis and pain in the lower back – I suffered for years, my back would stiffen for a week at a time.

My hip and knee hurt day and night for a year before atlas realignment. My eighteen-year-old son Bojan and my husband Husein were very satisfied with their atlas realignment which they had had a month before Bojan talked me into going to the HumanUP Association.

In addition to my problems with the spine, hip and knee, I also had a cervical lesion and two cysts on the right ovary, but I didn't think that atlas realignment could possibly affect these problems. For three years my gynaecologist had been sending me to have biopsies, every six months, and my results had constantly shown the possibility of cervical cancer.

When Predrag Djordjevic realigned my atlas, a month later I no longer felt the pain in my hip and knee, and soon after that I was able to run for the first time in ten years.

My hip and knee don't hurt any more, and I have fewer problems with the spine. My body statics is still adjusting and I expect my spine to recover completely in due course.

When I went to see my gynaecologist six months after atlas realignment, the doctor was in shock: the cervical lesion was gone, the smaller cyst had disappeared completely and the bigger one was fifty percent smaller. For the first time I didn't have to do a biopsy and Pap smear, because there was no need. My gynaecologist was so thrilled that he had his atlas realigned a month later at the HumanUP Association!

It is interesting that my fourteen-year-old daughter Isidora used to suck her thumb since her birth and the psychologist was certain it showed a lack of self-confidence. However, a month or two after atlas realignment, Isidora stopped sucking her thumb and even her teeth have straightened. In addition to solving his spinal problems and avoiding knee surgery due to a serious injury, my son Bojan's teeth are also prettier now, and my husband Husein no longer feels numbness in his hands and legs, his legs are not heavy or tired any more, he is full of healthy energy.

We have been trying to follow the advice given to us at the HumanUP Association. We have already solved many problems, and we expect more improvements. There is more optimism in our house, every day is sunny and clear now.

Gordana Mustafic (45), Belgrade

I COULDN'T SLEEP FOR YEARS DUE TO PAIN

It's been almost two years since I had my atlas realigned at the HumanUP Association. I had horrific cervical spondylosis, kyphosis and scoliosis of the lumbar spine and my left leg was three centimetres shorter due to disturbed body statics. My both hips were damaged, and the cartilage on the right one was completely gone. I also had ossification of the knee joints, rheumatism. I couldn't sleep for years due to my pain, so I was tense, I felt nervous, irritable, anxious.

I will never forget the day when Predrag Djordjevic re-aligned my atlas. That same moment I started breathing and I re-alised that I had not been breathing properly until then. Soon my hearing got better, my ear for music that is, but my voice im-proved as well. I could sing like in my youth. My mind became clearer.

Over the following period the realigned atlas influenced my worn out body statics to adjust and I also felt different reactions which led to an overall health improvement. I feel much better now.

I am certain about one thing: if I hadn't had my atlas re-aligned, I would have been dead by now because of the way I lived.

Rahila Babac, (74), Belgrade

AN ACCIDENT IN THE WOODS AND HAPPINESS FOUND AT THE HUMANUP ASSOCIATION

Six months ago an ash tree fell on me. It was more than ten metres tall. My hat was full of blood. I felt pain and stiffness in my neck, shoulder blades and arms. I was concerned about my neck.

I went to hospital where they made x-rays. I had ten stitches and I was given therapy. I was on bed rest for three days, and on the fifth day after the blow, painful lumps the size of hazelnuts started appearing on the right side of my neck. Between my right shoulder blade and spine there was a swelling the size of a fist. My physiotherapist massaged me and stopped the growth of these lumps and the swelling and two weeks after the blow I had an MRI scan of the neck. I was diagnosed with ossification of the cervical vertebrae and nothing else.

Thinking that my condition was normal, I continued suffering the pain and discomfort. I kept feeling a great weight in my head and around my heart. I noticed that I was losing not only physical but mental agility and vitality as well. My movement coordination was getting worse and it was followed by mood swings, anxiety, fear, depression.

Two months passed and I was getting worse. One day I tried to measure my blood pressure but it was beyond the monitor's possibilities. Which means it was over 230! I became very worried because my pressure had always been 115/85. I realised that I had to deal with the cause of the problem immediately or I might have a heart attack or a stroke.

I researched online and I found several atlasologists, with a white coat or without it. Predrag Djordjevic seemed to be the most trustworthy one because he used simple language to describe my problems. In addition to this, the price of atlas realignment at the HumanUP Association was only half of what they charged in other places, and the examination and consultations were free of charge.

I rushed to Belgrade and as soon as Predrag Djordjevic realigned my atlas, I felt relieved, the circulation in my neck and head was better and my movements became easier. When I got home I measured my blood pressure and it was much lower. That night, for the first time in two months, I slept peacefully and I didn't feel any pain.

Soon after, my horrific chronic cough stopped.

I was obviously healing, but a few days later I fell asleep on a very tall headboard in front of the TV. I thought that I might have displaced the atlas because I still had some neck pains. I was waiting for a month to pass before my follow-up.

Predrag Djordjevic found that my atlas had really moved slightly, but after a quick 'fix' I could think clearly, my movements were fast and steady, I took in deep breaths. In the following days I felt I was less tired. I was happy because of it, but I didn't believe that by realigning the atlas I could solve all my problems.

For two and a half decades I had a problem with a vertebra in the lumbar spine, which would occasionally, when I strained too much, pop out of its joint and I would be bedbound. Six months before atlas realignment, it had popped out twice and caused shakiness in my legs. I learnt how to move the vertebra back into its position, but it was becoming increasingly difficult to do it and I was scared. However, since my first follow-up two and a half months ago, that is when Predrag Djordjevic 'fixed' my atlas, the vertebra has stayed in its place even after I lifted a weight of seventy kilograms!

For over two decades I had pain in my knees, especially the right one, and it bothered me the most when I drove. After an hour and a half of driving, the pain would become unbearable. I had to stand up, stretch my leg and walk, and it would be fine for about thirty minutes. The pain would start again and it would intensify, and I would have to stop the car again. I spent years working in Italy and I travelled a lot, so it was very difficult for me. Whenever I straightened my leg, I could hear a loud cracking sound. Since my atlas was realigned, there has been no pain, no cracking, I can drive normally.

My stomach is also doing fine. I used to have a dropped stomach. I had problems with something similar to gastritis for a long time. I felt my stomach repositioning. Many adjustments in my body are still taking place. I feel most tension in my shoulders and neck. Earlier, when I turned my head to the left, there would be an obstacle, but now it is gone. My headaches are gone too, and there is no more pain in the pelvic area. My hands and feet used to be cold all the time, but not anymore.

I gave a lot of money to different chiropractors, but the hundred euros I gave to have my atlas realigned at the HumanUP Association is an investment into my future life and health.

I now sleep without a pillow and I have started my training at the HumanUP Association. I will be happy the first time I realign someone's atlas and when Predrag tells me I have done it well. It is customary to perform first three realignments free of charge on our loved ones. Realigning the atlas is the noblest job on the planet. I used to have a very successful company, but I would realign the atlas with much more satisfaction.

Vladica Blagojevic (49) Petrovac na Mlavi

THE END OF TWO-YEAR ANXIETY OVER MY KNEE

I first came to the HumanUP Association a year ago with my daughter. A neighbour gave me Predrag's book about the atlas and I realised that everything said in it was logical. I am a maths

teacher and logic is the basis of my science, so I became convinced that the atlas might be the key to the problem.

I soon took my daughter to see Predrag Djordjevic, mostly because of her knee. She tore her ligaments and had a surgery, but she still had problems. She had long therapies, she fought for her knee for two years, however, there was no improvement, she even got worse. She couldn't stand on her left leg and she walked using crutches. She also had problems with her spine and certain gynaecological issues, and when it all became too much I encouraged her to go to the HumanUP Association.

My sceptical husband, a 'doubting Thomas', could barely bring himself to give us a lift, and then he sat in the corner with our two granddaughters whom I had brought in order to discuss their health and sports activities with Predrag.

After Predrag realigned Vesna's atlas, he told her to stand up without the crutches and lean on her left leg. When she did it, the people who were waiting for their turn clapped.

Predrag then wanted to examine me but since I hadn't planned it, I told him I was doing well. 'You aren't doing well,' he told me. My sceptical husband knew that I wasn't doing well, he was holding my bag full of medical findings.

Predrag surprised us all: he spoke as if he was reading the papers form my bag – liver issues, blood sugar levels, blood pressure, spine. He told me he would realign my atlas right then and I should pay if I felt better. No one could believe it, my colleagues or my neighbours.

I admitted to Predrag that I was not feeling well, that I had had spinal surgery, different problems with the neck, with my arms which went numb. In my bag I had a referral for carpal tunnel surgery on my right arm and two fingers on the left arm which used to get stiff. I had problems with my left leg, it was almost paralysed after my spinal surgery.

We both went home with our atlases realigned, but we couldn't rest – we were already in pain in the car. My husband said: 'There, you asked for it.'

The reactions lasted for three weeks. We had headaches and felt nauseous, my daughter even vomited. She was angry I had made her do it.

However, gradually everything started improving. A month later, my daughter came for her first follow-up with one crutch and soon she stopped using it completely. Four months after that, we both came to the second follow-up completely healed, my daughter without her crutches.

Even my 'doubting Thomas' started believing in this method because he no longer had to massage my shoulders and back.

I have been telling people everywhere about atlas realignment and I believe that many people have come, inspired by my stories. I do not work for the HumanUP Association, I work for myself and for those who need help.

Ruzica Stojanovic (68), Belgrade

DOCTOR ATLAS AND MULTIPLE SCLEROSIS

Nine years ago I was diagnosed with multiple sclerosis, and two years ago I had my atlas realigned at the HumanUP Association. If I hadn't come to the HumanUP Association, I would be in a wheelchair today.

First my husband Sasa and my eleven-year-old daughter Milica went to see Predrag Djordjevic. It was Wednesday, and on Sunday I noticed that Milica's pronounced kyphosis in the cervical-thoracic spine was gone, so I immediately took my sons Dimitrije (21) and Ilija (20) to see Mr Djordjevic.

I am a nurse at the 'Dr Dragisa Misovic' Hospital and I am also a trained physiotherapist so I know the human body very well. Multiple sclerosis is an illness which requires knowledge and discipline and that is why I was ready for the violent and prolonged reactions caused by a realigned atlas.

'Dr Atlas' spent two years fixing me, and it is still not over. It is known that the more serious your illness is, the more painful and longer the reactions are. Regardless, everyone with multiple sclerosis should have their atlas realigned. They will have two or three years of painful body adjustments, but after that their lives will be better and they will lose that tragic perspective.

The most important thing is to understand ‘Dr Atlas’s’ methods correctly and to endure the reactions calmly, trying to avoid medications. Let it hurt, it will pass, forever.

I used to be all broken and in shambles. ‘Dr Atlas’ disassembled me down to my components – in order to reassemble me properly.

I didn’t panic even when occasionally I lost sight in my right eye or hearing in my left ear. I used to go to a shop, use my left eye to check the change, I lived a normal life, I was hoping and waiting. In three weeks I got my sight and hearing back.

I have experienced many fine and wonderful things. My colleagues at work, doctors and nurses, notice great changes for the better, but I haven’t told many people what I did, they wouldn’t believe me, this is like science fiction!

Look at my ID card photo. My face used to look old but know it is firm. I have been rejuvenated, everyone can see that. I lost five or six kilos in the first month alone. ‘Dr Atlas’ has straightened and shrunk me, he has trimmed my body, not like after having given birth, but as if I have never given birth at all. I used to wear triple XL jackets, and now I wear L!

We have all been very lucky. Sasa had problems with his spine and hip, he is doing much better. He is no longer knock -kneed. My younger son and daughter used to be knock-kneed as well, but not anymore, and my older son had crooked legs and a very curved spine. Everything is back to its proper place now. He has been feeling so great that he would go to the HumanUP Association each month.

The five of us have many reasons to love the HumanUP Association.

Zora Milinkovic (46), Belgrade

HEALTH, OPTIMISM AND MEN'S HEALTH ISSUES

Out of all of us who had their atlas realigned four months ago, it was my uncle Milan, a monk at the Monastery of Lelic, who came to the HumanUP Association first. His word means a lot to us, we never question him.

Uncle Milan encouraged us all to do it, and my aunt Rada from Switzerland took many members of our family to the HumanUP Association at her own expense. Predrag Djordjevic realigned the atlas of my grandmother, mother, my aunts, me, my wife, my son, my sister, my brother-in-law. Then over a hundred people from Loznica followed our example.

The number of those who have not seen any improvement is negligible. Actually, they have seen some improvement but they refuse to notice it. As a rule, these people are what you call a jinx. It is obvious they are healthier, but they find it difficult to admit it.

It is easy to get used to something good and I remember my former problems less and less – I had problems with headaches, vertigo, blood pressure, numbness in my legs and arms. I thought I wasn't nervous, but immediately after atlas realignment it became clear that I had been nervous. Now nervousness passes quickly, it doesn't stay in me and doesn't harm me. I am much calmer and more patient, I don't react impetuously, I solve everything in a peaceful manner. My wife Vesna, who is pregnant for the third time, isn't nervous any more. The children make a mess and we laugh. There is no nervousness in the neighbourhood either, we have all had our atlas realigned. Great!

From the day I was 'reset', I haven't had a headache or experienced vertigo. The shaking of my hands and legs stopped immediately.

Neither I nor my family have had any painful reactions, we are only sleepier. I suppose that the lower brain soothes the entire body in order to focus on repairing the damage. It fixes us, gets us to our 'initial state', just like when we reset our phones to factory settings.

I have heard that for some people the period of reactions is more painful, and some people feel pain in places where they have never felt pain before because they had problems they weren't even aware of. However, when this passes, you are left in better health.

I have also felt a surge of energy, like when I speed up during driving. I am braver, I have more strength and will, I am doing jobs that I hated before. I sleep well, I dream of nicer things – finer, subtler, more positive. I laugh with my entire body, from the

scalp to the tips of my toes. I can tolerate alcohol better, I don't get drunk easily and there is no hangover. And that 'man thing' has also improved.

The function of my entire body has improved by thirty to forty percent, there is no medicine which can do that.

You can also talk to my aunt. She is on her way to Switzerland, I am driving her to the airport.

(Rada Devic:) I feel more energetic, I am calmer, I sleep better and I find it easier to get up. The pain in my left hip is slowly decreasing, and so is the pain in my foot. As a woman I can function better. Actually, an amazing thing has happened: my sex drive is stronger, but I can control it better! I used to have good self-control, but it is now easy, spontaneous. My overall health and mood is better. My nephew has an excellent example of a complete transformation.

– I had no idea that a realigned atlas can turn a sombre person into a cheerful one. One of my boring, gloomy friends has become cheerful and talkative, he often tells jokes and laughs all the time. He spent ten years dealing with occasional vertigo, he went to the Military Medical Academy and they couldn't help him. He is now doing fine, healthy and cheerful, just like all of us.

I have to say this as well: if the HumanUP Association were located in some godforsaken place, if people had to queue and if the price were astronomical, it would be everyone's dream to realign the atlas. When something is easy and affordable, everyone starts doubting. This method is so simple that it is a miracle.

Ognjen Kajtaz (36), Loznica

REBORN AFTER A STROKE

I am forty-eight years old and four and a half years ago I had a stroke. Before that I had had headaches for years and I had been clinically dead three times. The last time it happened was ten years ago. My entire life flashed before me and, even though I am attached to this world through my two children, I didn't wish to come back.

After the stroke, I wasn't able to walk for seventeen days. I couldn't speak clearly. I was completely paralysed and I felt numbness on the right side of my head which lasted until my atlas was realigned. The worst thing is: my doctors didn't recognise the stroke and I was diagnosed with multiple sclerosis based on MRI scans. The doctor was surprised how I managed to function after he had seen the scans. I was told that I would need a wheelchair in about six months. I didn't accept the diagnosis. I own a restaurant, I had to work, my two sons were not old enough to work, and even if they had been old enough, it would have been difficult without a woman's touch.

Completely debilitated by the stroke which, at the time, was presented to me as multiple sclerosis, I realised I had to start walking and I did my best to accomplish it. My attempts to stand up were horrific, extremely difficult, walking form chair to chair. My hands shook, I was drenched in sweat from the effort. However hard I tried to walk straight, I would go right, something pulled me to the right.

A month after the stroke which I thought was multiple sclerosis, not wishing to moan and wait until I became powerless, I took my children to the seaside. I wanted to live as if everything was fine, even though I times I didn't have enough strength, the earth was pulling me down.

It was only seven or eight months later that doctors realised I had suffered a stroke. Prior to the stroke I used to have many problems. Since the age of nineteen I suffered from gout. My spine hurt, my hands were shaky, I used to break glasses, my joints hurt, I was in shambles. Six or seven years ago I had a surgery to remove haemorrhoids but they came back two months later. I fixed that using soap I have been making myself for over three decades, following my grandmother's traditional recipe; I make my own soap out of goat's milk. When I suffered a stroke that was proof of the saying 'every cloud has a silver lining'. In my powerlessness I got the idea how to use the milk of Alpine goats to make my soap. My soap is very effective, it helps with different skin problems, it even helps with psoriasis. It can heal eczema, haemorrhoids, genital warts, vaginal discharge, dandruff. It helps with acne, wrinkles, greasy hair, sweaty feet. It can

be used not only for shaving, but for bathing babies.

Even though I had many problems in life, I avoided hospitals and I relied on natural medications. I used to take different herbal preparations, and I tried to avoid chemical products – I only took what I had to, in the smallest possible dosage.

One winter day in the Monastery of Lelic I found out that there is a place of health in Serbia called the HumanUP Association. I immediately decided to go to Belgrade and have my atlas realigned. Abbot Avakum and monk Milan experienced a significant health improvement and that soon became known.

It was crowded when I came to the HumanUP Association and I thought: God, why doesn't someone do this in Valjevo, there are so many ill people! It was as if Predrag Djordjevic could read my mind and he suggested I should go through training to realign the atlas. I wasn't sure if I would be able to do it, but I really wanted to because only ten minutes after atlas realignment, the right side of my head was no longer numb, and it had been numb for four and a half years after the stroke. For the first time I slept through the night and I didn't have to get up to shake my hands and to massage my body because of numbness and pain. In the morning I jumped out of bed, and I used to be on all fours in the morning. Full of joy and enthusiasm, I decided to listen to Predrag Djordjevic's advice and make everyone in the family a thin woollen pillow.

I felt great, as if I was flying. But after the second massage, the reactions started. My hand hurt, lower back, stomach, and after the third one my ovaries as well. All that has passed and when I take everything into consideration, I can say that in these eight months more than 90 percent of my health issues have disappeared.

Predrag Djordjevic used to come often to 'Vajat' and he helped people. I watched him work, I read his books and I slowly understood the practice of atlas realignment. I approached it with anxiety, but Predrag was there to control me. Five months later, I realigned the atlas in a young woman who suffered from epilepsy since the age of fifteen, then in a girl and finally in a child. Predrag followed my work and he was very satisfied. The woman who suffered from epilepsy went to work for the first time the fol-

lowing day, to pick raspberries. Before that she wasn't able to work. She is now doing fine.

Later, a priest from the Monastery of Lelic came to see me, archpriest Jovan Injac. He felt relieved immediately, as if something had fallen off his shoulders. I have realigned the atlas in about ten people so far and all of them are satisfied. Baker Mojic is thrilled: 'What have you done to me when I feel so great?!' Nothing, I say, I have only helped your inner doctor heal you.

Snezana Ilic (48), Valjevo

AUSTRIAN DOCTORS WROTE ME OFF AND THE HUMANUP ASSOCIATION BROUGHT ME BACK TO LIFE

Since the age of twenty-five I have lived in Austria. I am now sixty-five, but when I was in my fifties my health started to deteriorate. I had serious problems, which tormented not only my wife and me, but Austrian doctors as well. I was 80 percent disabled.

My blood pressure used to be extremely high, 290/140, so I was in danger of a heart attack or stroke. At the age of fifty-four I had two stents placed, and later a bypass surgery. Soon my sugar level wasn't good. It was five times the normal level. Doctors struggled to keep my pressure and sugar under control.

Even though I spent more time in infirmaries and hospitals than at home, Austrian doctors weren't able to prevent a stroke which I suffered at the age of fifty-eight. My body started to hurt, so for seven or eight years I used to take a lot of medicines – I took seventeen, sometimes even twenty different types a day. I also used very expensive morphine patches, one cost 500 euros. My medicines and treatments used to cost around 25 thousand euros a year.

At the beginning of May, my wife and I came to spend our holiday in Valjevo and decided to have our atlas realigned as advised by Snezana Ilic, the owner of a nearby restaurant 'Vajat'. She told us about her fantastic results after the procedure, and

she used to have horrific problems. I thought – I have nothing to lose.

Predrag Djordjevic first realigned my wife's atlas. She had cold hands and feet all her life, in summer and in winter. As soon as her atlas was in its position, I had the opportunity to hold her warm hand for the first time after 28 years of marriage! I was very happy and I felt certain that atlas realignment would help me too.

And it did. Soon I stopped taking medicines, because they are not medicines but drugs. I call doctors drug dealers. For three weeks I was beside myself. My brain craved its chemistry, it was my first abstinence crisis. After three weeks I started feeling relieved, and I felt even better after the second massage a month later. It wasn't long before we went back to Austria.

It used to be very difficult for me to get out of the car, and I had to use a walker once I was out. However, my wife and I started walking three kilometres down a forest path every night. Austrian doctors were surprised when they saw me and my findings, and I told them I no longer took any pills and that I was doing fine because I visited 'a doctor without medications' in Serbia.

We are both well now – Vlada's wife Branka adds. – We sleep better, we are rested and full of energy. It was terrible. I have an entire box of Vlada's findings on CDs. He led a painful life and it was painful for me to watch him suffer that much. He would bend down in pain and stare at the floor. He used to say: 'Kill me, I can't live like this!'His mouth stank of medicines. The doctors couldn't do anything. They could only give him more morphine. I was with him 24/7. Each night I would get up four or five times. Vlado couldn't sleep, he was in so much pain. He used morphine for more than ten years, but not now.

We went back to Austria only after the second massage and the neighbours were thrilled. They said – he looked like a new person. He went to Serbia curved and crooked, and he came back straight. Now he can lift one hundred kilos. Our sex life is better too. And it really seemed like Vlado was nearing the end, that he wouldn't last for more than two or three years. Last year he was so eager to go to Serbia, even though I was against it. As if he had known his salvation was in Serbia.

This is a huge change; we no longer go to the doctor. A long time ago, before Vlada's illness, we used to enjoy travelling

and now we continue where we left off. Thanks to Predrag Djordjevic and the HumanUP Association, we are planning interesting trips again. Until then, Vlado helps me around the house, he hangs the laundry, and he wasn't able to do it for years. He is doing different things now, he is drilling, fixing things, the entire house is shaking. He is alive again. My life has completely changed as well. I look like the Duracell rabbit – as soon as I get up in the morning, I am ready for everything. When I open the window, I would like to hug the whole world.

Vlado (65) and Branka (57) Lukac,
Dornbirn, Austria

MY INFERTILITY ISSUES WERE RESOLVED BY THE HUMANUP ASSOCIATION

For a long time, I wanted to get pregnant but it just didn't happen. I had different tests done, and I finally had diagnostic laparoscopy done. During thirty minutes under anaesthesia, using three incisions on my abdomen it was determined with certainty that one fallopian tube was blocked, and the other one was widened with some mucus inside which prevented the uterus from accepting a zygote cell. I was scheduled to have a surgery in order to close the left fallopian tube and to unblock the left one. It was supposed to be a laparoscopic surgery on September 6th.

A month a half before the surgery I had my atlas realigned at the HumanUP Association, without expecting too much. As an engineer, I was sceptical, it didn't seem realistic that the atlas, located under the scull, could help me with my fallopian tubes. I didn't rely on Predrag Djordjevic's information that some women, who had infertility issues, may conceive after atlas realignment. Medicine proved that it was physically impossible for me to get pregnant.

However, when I went to hospital to have my surgery, they scanned my fallopian tubes one more time, just in case, and my doctor was surprised – the scan showed that both my fallopian tubes were unblocked, I didn't need the surgery anymore! It was determined that everything was normal, the fallopian tubes were

unblocked and of good size, and that everything functioned fine. The surgery was cancelled and the doctors said it was a miracle.

Marija Markovic (37), Belgrade

MY BUNION DISAPPEARED IN THREE WEEKS

I searched the Internet for different sites and videos of people who dealt with the atlas, and the HumanUP Association seemed to be the most trustworthy. I came with my sister and mother a month ago, and I borrowed the money for all three of us. It isn't expensive, a perfume costs that much.

At the HumanUP Association I experienced something I hadn't expected. In my case, everything has improved fast. I am full of energy, it is easier for me to wake up, my shoulder and neck pain is gone, even the bunion on the right foot is gone and I wasn't even aware that was possible! It wasn't too big, it appeared a few years ago, but it was a proper bunion. One morning I saw my foot and I was surprised. My sister, who is a doctor, examined my foot carefully and said: 'I can't believe it, it is completely gone!' The interesting thing is, while the one on the right foot was disappearing, the one on the left foot would occasionally hurt a bit. It might disappear as well.

My headaches became milder and stopped, I have only had two headaches. I have noticed that I can see better, my head is clearer. I used to have problems when the weather was changing, and when recently this warm breeze appeared, I was supposed to feel dizzy, unstable, but I was actually fine.

As far as my eighty-one-year-old mother is concerned she started being afraid of walking alone since a fall a year ago, so one of us had to be with her constantly, form morning till evening. She is more confident now, she walks more spontaneously, she has straightened, when we walk down the street, she walks without her cane and I only hold her hand lightly. For the last couple of decades she had a 'spot' in front of her eye, which constantly flickered, it too has disappeared.

I have to admit that after the initial improvement it seemed to us that we were all getting worse, but it was explained to us that there would be reactions and that healing was a process. My mother understood it and wasn't worried. To sum up, she sleeps better, she is in a better mood, her overall condition is much better. She had a lipoma the size of a plum next to the spine which was bulging, in only three weeks it is gone, it looks like the surrounding tissue and it is being reabsorbed. When I saw it, I couldn't believe it!

My sister, who is a dentist, used to have terrible migraines, pain in her shoulders, arms and neck, morning stiffness, her wrists used to be painful and swollen, but she is already doing much better.

Eight days ago we took my nephew too. He had a problem with his sinuses since his childhood. We have noticed that he sleeps with his mouth closed and he breathes more easily. It is a huge thing that he no longer snores.

A friend who came with us to the HumanUP Association a month ago has been feeling much better, she has more energy. Her neck and shoulders no longer hurt. She was terrified because her hands used to go numb, but since her atlas was realigned the numbness has got milder, it is sometimes imperceptible.

If I had more money, I would bring everyone I love, my family and friends, to have their atlas realigned. It is wonderful of you not to charge for the follow-ups. I found that out yesterday. Well done. I wish an army of people would come to the HumanUP Association, because you are all truly amazing, form the first to the last. A big thank you.

Marina Stevanovic (51), Belgrade

AFTER THE HUMANUP MASSAGE I AM TWO CENTIMETRES TALLER

I had my atlas realigned two years ago, to my great satisfaction, at the HumanUP Association, but I have to say that that wasn't my first atlas realignment. Three years ago, full of trust, I

went to Novi Beograd, to see Dr Dinic. He hit the bone behind my ear with a device and I felt not pain, but a slight shock. For seven days after that I had excruciating pain in my neck and I couldn't turn my head left or right, nor could I move it backwards. I had been warned not to move a lot anyway. I had been told to change my habits completely, to be careful how I slept, to be careful when I got in and out of bed, to use a special pillow. I was worried because I had to be afraid of everything, to live in fear. Dr Dinic even suggested that I should forget about yoga, because yoga was the worst thing for the spine.

I didn't think that I shouldn't live my life just because I had my atlas realigned. Soon after, after a night out dancing with my friends to Cuban music, I woke up in the morning and felt numbness and painful spasms in my left arm. My old problems had come back. I decided to phone Dr Dinic's office and ask what was happening to me, and the secretary snapped at me and said that I shouldn't have danced or performed any sudden movements and that everything was my fault and responsibility. If I wanted to have another follow-up, I would have to pay again. I didn't have any money and I gave up.

I was disturbed by the fact that I had no one to turn to for help. For a year I lived in a state of uncertainty and anxiety. I didn't trust anyone anymore. I knew that these methods were not a part of modern medicine, so I had nowhere to go.

Then, one day, during a book fair at Dom Sindikata I met Predrag Djordjevic, who wanted to present the visitors HumanUP, his own method of atlas realignment, on which he had written a book.

I just waved his suggestion aside, saying that I no longer believed in these things. I told him what had happened to me a year before, and he was certain he could help me. He mentioned that if someone had once before paid to have their atlas realigned somewhere, he didn't charge for the service again. Also, all follow-ups at the HumanUP Association were free of charge for the rest of your life.

Immediately upon having real atlas realignment, when I raised my head, I noticed that I could see better. Soon the pain in my left arm disappeared, which was the reason I had gone to the wrong doctor three years before.

Everything slowly settled. I no longer have menstrual pains. My neck, which became crooked at the age of eighteen due to a fall off a bike, has straightened nicely. I really wanted to see what it looked like after atlas realignment at the HumanUP Association so I went to have it x-rayed. On the x-ray you could see it was completely straight. The most interesting thing is that, after some time, it seemed to me that I had grown. I measured myself and realised that I really had grown, two centimetres – at the age of thirty-three!

When I tell this story, people who are short want to have their atlas realigned just in order to grow, not realising what good it can bring them.

Irena Atlija (34), Belgrade

MENOPAUSE WITHOUT ANXIETY

Predrag Djordjevic seemed like to me like a truly devout and good man, so I had my atlas realigned with a lot of trust and hope. Going back home for the HumanUP Association I felt joy, I wanted to hug the world. It seemed to me I could see better and that it wasn't only my vision, but the way I saw the world around me. Trees especially looked different, much greener and bigger, as if I could see through the eyes of a child. Colours were all brighter, more intensive, prettier.

I have been breathing differently since that day. I am under the impression that my airways are wider and that I am inhaling more air. On the first night, I felt that a pillow, even a very thin one, bothered me.

My main problem was headache, which tortured me for thirty-five years, since the age of eighteen. At the age of nineteen I went to see a doctor because headaches used to wake me up. They couldn't find anything. I took pills my entire life. It happened that in December last year I was taking three pills a day, and I had constant headaches. I knew how harmful the pills were, so I changed the type, basically harming my entire body that way.

In these nine months since atlas realignment, I have only had one headache and several hints, several, let's say, headaches that changed their mind.

Something has been happening to my right hip for fifteen years, and I felt it lately in the groin and all the way down my leg to my toes, but I am not afraid of it anymore. It is now 85 percent better. I was anxious because of the hip, I felt it when I woke up. I thought about what might happen one day. I heard that an MMA (Military Medical Academy) professor once said to someone: 'Remember, your worst hip is still better than our best one.' My mother-in-law had her hip operated on, she had actually felt better and been more mobile before the surgery. Her artificial hip somehow sticks out, it is cumbersome, as if it is larger than the natural one.

The problem with my veins was soon resolved. I used to feel heaviness in my legs four or five times a month when I went to bed and that made me nervous. The heaviness is gone now.

I was also bothered by urinary incontinence when I sneezed or coughed. I had to use panty liners, but not anymore.

I feel rested. After atlas realignment I started sleeping eight hours a day instead of six.

I am not sure when a lipoma from my back disappeared, but I am very happy about it. I am feeling fine, I am full of energy, I have more will and strength to work, I do not get angry at people as I used to.

My daughter entered the High Medical College of Professional Studies, she got the whole scholarship and she asked how I would reward her success. I told her I would take her to the HumanUP Association to have her atlas realigned. That was exactly what she wished for because she noticed how I was 'perkier around the house, happier, livelier'. Even though I am in my menopause, I am no longer nervous. I have been having hot flashes but I endure them calmly.

I tell people about atlas realignment, but I do not convince them. There are boring people who can't read their own reactions, and they panic and bother you. It seems that atlas realignment is not for everyone.

Ljiljana Cvetkovic (52), Belgrade

A WAY OUT OF MISERY

My problems started about two years ago. My centre of balance was disturbed and I used to fall on my left side as if hit. My left leg was constantly weak, I had violent tremors in the left hand even when I leaned it against something. The left side of my face was paralysed, as if I had suffered a stroke. It was stiff, numb and it hurt when you poked it with a fingernail. Nystagmus prevented me from seeing anything but silhouettes and light. My hearing was so damaged that I lost 75 percent of hearing in my left ear and 25 percent in the right. My blood pressure was high, blood sugar level as well, to sum up – I was in a miserable condition. I had difficulty speaking because the left side of my tongue was numb and stiffened. I vomited for a month and a half, even when I drank water.

Two neurologists from a very respectable medical institution told me that my blood vessels were broken, only it couldn't be seen during scans because the vessels were tiny. Claiming that it would pass, they sent me home to heal. As I wasn't getting any better over the following three months, I decide to make an appointment with the third neurologist whom I knew. That doctor changed my initial diagnosis: there were no broken blood vessels, it was actually spondylosis of cervical vertebrae which then led to nerve entrapment syndrome in that area and that was why I was experiencing all the difficulties and why I had trigeminal neuralgia, which caused my face to look paralysed.

It turned out that for three months I had been living with the incorrect diagnosis which I had been given by the two neurologists from one of our most eminent medical institutions! I had been using wrong medicines throughout that period!

I realised that modern medicine couldn't help me. I begged one of my sons (I have four sons) for a long time to get me a laptop, because the doctors' advice had been to remove everything from my room, even phones – to have as much rest as possible and not to let anyone disturb me. He researched online according to my instructions and we found a solution for my 'classic nerve entrapment'. We found different stories about the atlas and I had

only to decide using my poor ears who sounded the best (I could not rely on my vision).

With his unpretentious tone of voice and a story which made sense, I was impressed by Predrag Djordjevic and I made the decision.

My family was sceptical and anxious when I went to the HumanUP Association (exactly 22 months ago), had my atlas re-aligned and was soon reborn, in a full sense of the word. In five days my face was so much better that I was able to drink water without a straw and towel. I spoke more clearly. My pupils were calmer, each day I could see a bit better. My hearing improved as well.

Later it seemed that my improvement slowed down, though my doctor of hyperbaric medicine claims that she has never seen anyone improve so fast in cases such as mine, and that I am special because the improvement some people experience is negligible.

Two years after the unfortunate event, I consider myself a healthy person, but I still have to work on my fitness, which has been impaired by physical inactivity. I work again, I function normally, and alongside everything I do as a housewife, I also knit, crochet, I type on my keyboard.

I have to say that I also tried other things to speed up my recovery, but I realised that nothing would have worked had the mechanical obstacle under my skull not been removed and my atlas returned into its anatomical position.

From the bottom of my heart I feel great respect towards Predrag Djordjevic's character and work. I think it is an honour that he was the one who helped me find a way out of my life crisis.

Vida Jocic (57), Belgrade

THE FIRST STEPS OF A THREE-YEAR-OLD CHILD

When we brought her to the HumanUP Association to have her atlas realigned, our daughter Anastasija was three years old

and she was still unable to walk. She was treated in Belgrade, in Sokobanjska, in the Special Hospital for Cerebral Palsy and Developmental Neurology.

We first went to Sokobanjska when Anastasija was 18 months old. We stayed there for three months. We spent nine months in hospital altogether, three times for three months.

We, my family and I, always hoped that Anastasija would walk one day. In Sokobanjska, with a lot of effort on the doctors' part, there was some improvement, but she couldn't walk.

My roommate at the hospital told me one day that we should go to the HumanUP Association. She was convinced significant improvement could be made and we had nothing to lose.

At the end of our third hospital stay, my husband Stevan and I took Anastasija to have her atlas realigned at the HumanUP Association. When we came back home, she immediately made several steps! The first steps of a three-year-old child made us the happiest people on earth, we cried for joy!

Two months later Anastasija started walking without anyone's help. We are overjoyed. Nothing in the world is important when she is doing well.

Dragana Ravin (32), Bavaniste

THE HUMANUP ASSOCIATION DID WHAT THE MILITARY MEDICAL ACADEMY COULD NOT

As far as my health is concerned, I lived a relatively peaceful life, until the middle of last year, when, lying in bed, I raised my head slightly. I felt something snap. It was as if my body statics had moved to the left. I realised there was nothing I could do; I couldn't push it back. I was at my brother's house in Doboj so I decided to wait until I got back to Belgrade.

Thinking it would pass, I put some of the best lotions on my neck and left shoulder, but as time went by, it turned out that my condition was deteriorating and the pain was more intense.

Being a retired military officer, I called the Centre for Emergency Medicine of the MMA. They made an x-ray, said it was nothing and gave me some painkillers.

I was getting worse and worse so I finally went to see a neurosurgeon, who stressed that there was nothing he could do without an MRI scan. At the time I was doing physiotherapy and kinesiotherapy, but to no avail.

One physiotherapist took me to see another doctor, who could see that my condition was serious, I could barely stand. She prescribed me cocktail injections saying: 'This is strong, too strong, but I have to.' In ten days I had ten of these injections, but I still barely managed to get out of bed and that was only to go to the toilet. I used to spend every day lying on the right side.

That difficult condition lasted for three and a half months. I had a total of 55 different therapies at the MMA, but my pain persisted and it spread from the neck, through the left shoulder, along the arm.

The neurosurgeon finally told me that the only solution was surgery. I agreed and I even bought a cervical collar. However, to my next question – whether I would be able to live normally – he didn't respond. I soon went to the seaside for ten days, hoping that the water and sun might help, but the pain didn't stop. I was told I could only swim on my back. And really, if I turned around, the pain would intensify.

On the recommendation of my doctor, I went to a chiropractor who had a private practice and who had once worked at the MMA. He told me that after five to ten traction treatments (stretching of the cervical spine), my problem would be solved. On the tenth day I reached the weight of 18 kilos, which was very difficult, but it didn't help.

Searching for my salvation, I found the HumanUP Association online and I decided to have my atlas realigned there. Predrag Djordjevic was in Canada at the time and his son Filip realigned my atlas. I trusted him, Schumperli himself claimed that Filip Djordjevic was his best student in the world.

As soon as the atlas was realigned, I was able to turn my head left-right more. Soon all my problems disappeared. I couldn't believe it! I waited for another couple of days not telling anyone anything and thinking that my improvement was only temporary. Nevertheless, the pain didn't come back. It has been three months and everything is fine. While I had problems, I couldn't carry more than two kilos and now I can carry ten.

When my doctor saw me at the follow-up, knowing how hopeless I had looked after 55 therapies at the MMA, he noticed that I was a different man! She asked me what had happened and how I had changed so much. I told her and she was interested in the HumanUP Association. She wants not only to have her atlas realigned, but to learn and apply Predrag Djordjevic's method. I told everyone in the waiting room, and there were more than twenty people there, to go to the HumanUP Association because they would find their salvation there.

Dragoljub Petrovic (59), Belgrade

IT ISN'T EASY TO BELIEVE IT, YOU HAVE TO EXPERIENCE IT

My grandfather Slavoljub Markovic was the first one to hear about 'HumanUP'. He brought home several books and booklets and he was amazed, but the rest of our family were very suspicious. We couldn't believe that a realigned atlas had such powers, it seemed like science fiction to us.

My mother, Tatjana Mirkovic, met Predrag Djordjevic and decided to have her atlas realigned. After some time, she noticed that her long-term spinal pain (caused by cervical and lumbar herniated discs) was almost gone. She became much more cheerful. Looking at some photos, I have also noticed that her posture is much better.

When she experienced a lot of positive changes, a month after meeting Predrag Djordjevic, my mother wanted me to have my atlas realigned, because I hunched my back often and I used to have problems with the thyroid. I believe everything is fine now, because after atlas realignment I developed a healthy appetite but I haven't gained any weight.

At first we experienced some reactions. We felt somewhat broken. We still have pains occasionally, but it is easy to endure them because they are a sign of healing.

A week or two before the January examination period I had a splitting headache, and then the pain stopped. I haven't had a headache since. My head seems clearer now. I used to have

problems with my sinuses, but not anymore, which is very important to me because parallel to studying Spanish at university, I also attend music school and study singing, opera. As a soprano, I could sing to C3. Sometimes I could reach a note higher, D3, but it was very difficult: I sang and I sweated. After atlas realignment, my throat works better – I can sing easily to F3, which is something only professional sopranos can do! My voice is two and a half tones higher. This is a lot, because we are talking about extreme heights. If I hadn't had my atlas realigned, something like this could only happen if I practised hard for five to seven years. This miracle happened in only two weeks, without any special practice. I felt I could sing more easily each day, as if someone removed something that had been choking me and all of a sudden I sang effortlessly, I produced tones easily.

I have also noticed this: I had exams and I didn't study a lot, because there was no need. A lesson becomes etched on my memory, as if I have scanned it. Without much effort, I have passed six exams, and I have the results for four of them – four tens! I really haven't been studying that hard. I was hoping for sevens.

I have to say that I used to drink a lot of milk and I had a huge problem with pimples, my face used to look like a chocolate bar with hazelnuts! When I got rid of milk and dairy products, my face became cleaner. To sum up, I feel great, even if I only sleep three hours a night I am still full of enthusiasm.

Maybe the most interesting case in our family is my aunt Valentina Markovic who is 51. She has suffered from cerebral palsy since she was born, a midwife dropped her when she was a baby. My aunt had her atlas realigned a month after me and that was really lucky because she started being very depressed lately.

Since she had her atlas realigned, my aunt has been a different person, she is happy, she smiles, as if she has changed the way of looking at the world. She suffered from pronounced strabismus which disappeared almost completely ten minutes after her atlas had been realigned. I watched as her eyes aligned normally and I was shocked. Later, an ophthalmologist determined that her strabismus was gone.

Her balance is now much better, she can walk more easily, speak clearly, she is much more relaxed. Both my mum and my aunt no longer suffer from the pains that used to bother them for years. My aunt's right hand used to twitch but now these uncontrolled movements have become rare.

Today my dad and my grandparents had their atlas realigned, so we will all heal and rejuvenate together in the future.

Nikolina Miljevic (19), Belgrade

MY GALLBLADDER STONE HAS BECOME SMALLER

I year ago I found out that I had a gallbladder stone. It was quite big and it continued growing. Doctors suggested surgery, but I didn't want it, I was interested in alternative solutions. I searched for them persistently. When you type 'gallbladder stone' on the Internet, there is not a single method that I haven't tried – from squeezing black radishes, strict fasting, to crystals. I spent a lot of money on this, but I wasn't able to prevent the stone from growing. The growth was followed by the alarmingly high level of bilirubin, the sclera became yellow.

I came across Predrag Djordjevic's books and I decided to have my atlas realigned. His theory seemed logical, I was convinced it would help me…

Only twenty days after atlas realignment, Dr Nada Celebic performed an ultrasound and determined that the stone was four millimetres smaller. She was very surprised. She told me that she had never seen anything like it in her career.

Everything improved fast. My bilirubin levels also became normal.

It seems that a realigned atlas does not only solve the main problems. I used to have a red rash on my skin, but only five days after meeting Predrag Djordjevic it disappeared. My body posture is better, my vision clearer. I am thrilled! I tell everyone about the atlas.

Radovan Pavlovic (28), Feketic

THE MYSTERIOUS SWELLING IS GONE

Filip Djordjevic realigned my atlas at the HumanUP Association three and a half months ago, while Predrag Djordjevic was in Toronto and Montreal. I have experienced great changes. I was hoping I would get rid of my headaches and problems with the sinuses, but I also got rid of herpes and haemorrhoids! There is no trace of chronic fatigue syndrome.

I also had a huge problem with my legs. For four or five years I wasn't able to wear heels, I had to walk in trainers. A part of the foot and toes were constantly numb. It is gone now and I can finally wear more feminine footwear.

My shoulders used to hurt and my arms were numb, but I have noticed that these issues are gone as well. I can now put my arms and hands in any position without any pain and I can reach objects by standing on the tip of my toes and stretching my arm.

A lump under the left coastal margin has also disappeared. My doctor told me once that it was probably a swollen spleen and that I should have it x-rayed. Since I don't really like examinations, x-rays or medicines, I didn't listen to him.

That lump could be seen if I wore a tight T-shirt, but it didn't bother me except that it hurt when I touched it. It doesn't hurt anymore and it isn't noticeable anymore. It is gone.

My husband Jovan has also seen positive changes since he went to the HumanUP Association. He solved his problem with extremely high blood pressure. It once reached 250! His prostate is also fine now. He used to get up two or three times each night, and he now sleeps peacefully. His temper was explosive; he has become calmer. He is more energetic, just like me. What can we say – we have been reborn.

Blazenka Jerosimic (71),
Bijeljina

MY UTERINE TUMOURS LITERALLY FELL OUT OF MY BODY

I have had seven surgeries in my life and terrible problems with the spine (disc herniations, ossification of the vertebrae), polyps, fibroids, vertigo, a shorter leg. When I bent down, my scalp used to hurt, as if someone stabbed me with an arrow, and when I straightened I would feel insufferable vertigo.

I was recently diagnosed with uterine tumours, not one but three. They performed a biopsy and we waited for the results.

In the meantime, I decided to have my atlas realigned, thinking that if it didn't help, it certainly couldn't harm me. The day after atlas realignment I went to the toilet and felt something fall out. I was terribly scared and I couldn't bring myself to take a look, but I went to have a shower. I only saw a lot of blood.

Four weeks later my results were in and the doctor told me a surgery was inevitable. He wanted to start preparations immediately and he performed an ultrasound. He had the old one where you could clearly see the tumours. He performed an ultrasound and was surprised – there was nothing!

He repeated the procedure and said: 'I can't believe it! There is nothing there! I'll have to repeat the ultrasound…'

After the third one the doctor was certain the tumours had disappeared. He was shocked and surprised and gave up on the surgery. I didn't tell him then that I had my atlas realigned in the meantime, and that something fell out of my body with a lot of blood. I would tell him everything during a follow-up.

It is interesting that, several months after atlas realignment, the leg which was two centimetres shorter is now only a centimetre shorter! The pelvis is straightening and the length of my legs is becoming even.

I no longer have a frequent need to urinate. My digestion is improving. The upper part of the spine is straighter, and I used to be curved like a question mark.

I constantly tell people about the atlas, but people are suspicious. I often go to exhibitions and literary evenings, I tell them – you know me, you see me all the time, you know what I used to

look like. I have a friend, a physiotherapist, and she is amazed. She claims that my face is brighter now, I glow.

My entire life is more cheerful. I believe that even the core of my pencil has been reborn.

Biserka Gajic (48), Pacir

THERE IS NO CURE FOR SLEEPWALKING, EXCEPT AT THE HUMANUP ASSOCIATION

Five years ago I started sleepwalking. My doctors' recommendation to my parents was not to wake me up but to take me back to bed every time, because there was no cure for it.

My parents became worried and we had an alarm system installed on our windows. I used to sleepwalk every two or three nights and it lasted for years.

I train football in 'Vojvodina' from Novi Sad and during preparation period while we were away, my trainer had to sleep with me to keep me safe. Now there is no need for that, because of atlas realignment six months ago.

I sleepwalk very rarely and it has become so mild that I go back to bed without anyone's help.

The alarms don't go off anymore; we all sleep peacefully in the house.

Luka Grubic, (15), Sabac

PILLS IN A SCHOOL BAG

My first childbirth (17 years ago) brought me, together with the happiness of becoming a mother, insomnia and migraines, which were very persistent.

Three-four days of migraine, three -four days of break – that was how I lived.

I took many pills, I used to take seven or eight pills a day, but they only alleviated the pain and insomnia. I suffered in bed, I used to toss and turn until the morning and then get up sleepy and tired.

During my second pregnancy, ten years after the first one, I stopped taking sleeping pills since they weren't helping anyway. It wasn't ideal without the pills, I slept even less, but I was healthier because during the day I didn't feel woozy, my head was clear.

For at least ten years I had another problem – digestion problems due to strong, spicy food, the only food I like. Flatulence, pain and nausea were all prevented by taking two types of medicines.

I have told you about three great problems, but there was another one: for about five years my left carotid artery pulsated and it 'gurgled' like water in a tap, and that really bothered me. I had a Doppler test done, but they found nothing.

A friend from Toronto, who met Predrag Djordjevic there, encouraged me to find him in Belgrade and try get rid of at least some of my problems by realigning the atlas.

I didn't expect much. Actually, I hoped I would get rid of my migraines, and the rest I would endure like I did that far.

On the very day of atlas realignment, I had a terrible migraine, which stopped as soon as the realignment was performed! I was afraid to believe that my migraines were gone for good, so as not to be disappointed later.

However, it has been two months since then and I have only had one very mild and short migraine. It seems I no longer suffer from them.

As far as insomnia is concerned, that night after atlas realignment, for the first time in almost twenty years, I was sound asleep and I didn't wake up for nine and a half hours!

The next day I got up rested and with a smile, my house was all lit up. I remembered what healthy, invigorating sleep was, and what its purpose was.

Predrag Djordjevic told me that my stomach would get better and advised me to stop taking pills. Soon I made an experiment with cevapi (kebabs) spiced with pepper and hot peppers. I ate them – and I couldn't believe it! I kept looking for my pills, but I didn't take them, I didn't need them.

Ten days later I noticed that I didn't have to hold my stomach after a meal, and I had been doing that for ten years after

every meal. There is no more flatulence, pains, nausea. When your stomach hurts, your entire life hurts.

The gurgling sound in my carotid artery diminished after a month, and after two months it stopped completely (except before my periods, but I hope that will stop too).

My daughter Jovana (17) also got rid of the headaches which she had been having since the age of three. I took her everywhere to be tested. They said everything was fine, that was it, a hereditary headache and she would have to endure. When she went to preschool we had to give her painkillers so that she could function, and when she started school her headache got worse, so we gave her more pills. Since she started high school, three years ago, she took two pills each morning and she would pack two more in her school bag. Even so, once or twice every week she would come home earlier because she couldn't take the pain. When she had her atlas realigned (soon after me), her headache disappeared immediately, but she is traumatised and she still takes pills to school, even though she brings them back every day.

My sister Rada Maric (47) had her atlas realigned at the same time as Jovana. She had serious problems. For ten years she didn't have any feeling in the upper part of her head, not even if I scratched her with my nails, but she explained that something always hurt and poked form the inside. She spent fifteen days at the department of neurology and came back without diagnosis. They suspected a tumour. They finally gave her some antidepressants, which caused irritability and moodiness, so she had to stop taking them.

For an entire decade Rada had an arrhythmia, then numbness in first one then her other hand, and in the morning when she got up she would have to start walking on her heel in order to put her foot down eventually, because she didn't feel her foot. Continuous pains in her hips travelled down to her knees which would then swell.

She had her atlas realigned with an apparent headache which immediately stopped and she never had it again. As soon as the atlas was in its position, she started feeling the upper part of her head. Many things have improved. She sleeps better and more peacefully, she is no longer tortured by the pounding of her

heart, her arrhythmia is gone. Two weeks later she felt that she could carry heavier bags in her hands and her fingers didn't go numb. When she kneels down to vacuum, she no longer puts a pillow under her knees, she doesn't need it. In those first days she noticed that her nose was runny, especially in the morning, but she told me that after she blew her nose she felt clean and reborn.

My maid-of-honour Vesna Gajic had her atlas realigned at the same time as Rada. She had frequent headaches and insomnia which lasted for a decade. I didn't want to tell her to expect better and more peaceful sleep, but I was hoping she would call me in the morning to tell me such news. The following day she phoned me felling vivacious and told me that sleep had literary swept her off her feet. Her headaches have diminished by at least two thirds. She has a very hard, stressful job. She is on a cruiser right now, she is changing climates and nothing bothers her, she is feeling much better.

Is it strange that I wanted to work at the HumanUp Association after all of this?

Nada Bogojevic (48), Novi Sad

I PRAYED TO GOD NOT TO WAKE UP

I am, let's put it this way, ill in many ways – I have multiple sclerosis, damaged salivary glands, problems with the thyroid, there is no cartilage in my left shoulder joint. When I was a small child I fell and suffered a concussion. My skull was fractured, I was in a coma for three days, and that must have left some consequences.

For five years I suffered from serious depression, which became intolerable in the last six months: I used to cry in the morning when I woke up, in the evening when I got to bed and I prayed to God not to wake up. The more antidepressants I took, the worse I felt.

When Predrag Djordjevic realigned my atlas a month ago, it hurt, it was difficult to endure, I wasn't able to move for thirty seconds. They gave me a glass of water and – I started laughing

heartedly! I felt a wave of happiness and I was smiling on the way home.

I have been a different woman since that day. No more depression! I have noticed that I walk faster. In the morning, when I get up, I used to stamp my feet a bit in order to start walking, but now I don't have to, I just walk.

Predrag told everything else would improve in time. Judging by what has already happened, it will. Atlas realignment has been like a magic wand for me.

Danica Djuricic (58), Novi Sad

A PHARMACIST WHO COULDN'T FIND HELP AT THE PHARMACY

My main problem, and the reason I searched for my salvation, was a splitting headache of mysterious cause. I suffered horrific pains for twenty-two years and they wouldn't let up even when I slept. During a month, I would suffer pain for about twenty days.

Painkillers didn't help. I am a pharmacist, I work at a pharmacy and every painkiller is accessible, but they didn't work for me.

I tried many different things, I tried therapies, but I never had any serious result. I would only feel a temporary, short-term relief. It happened several times that after I had had ten days of physiotherapy and electrotherapy, I would have a splitting headache the following day again.

I felt persistent debilitating nausea, with the pain which would lead to blurry vision and dizziness. In order to feel some relief, I had to make myself vomit every time. For years I never drank or ate after half past five in the afternoon, because it helped me survive my headaches.

When Predrag Djordjevic realigned my atlas, I couldn't believe what happened! I thought I was dreaming, hallucinating – for days I was waiting for a headache which was gone!

This new life lasted for forty days and then, on the day of my follow-up, I had a headache but in a different place. Predrag

Djordjevic explained that my sinuses were clearing and that it would pass.

He tried to find out what had triggered my horrific headaches. He asked me if I had experienced a fall after the age of thirty. I said there had been no fall. No, definitely not.

'Something must have happened', Predrag insisted. I thought hard and it dawned on me: I did fall twenty years ago and was pretty beaten up!

He realised what had happened and explained everything to me. Predrag is a true expert and authority, missionary and visionary. This is obvious when you meet him and when you read his books.

I am so happy that I no longer suffer from headaches that I have forgotten to mention other health improvements which occurred after atlas realignment. First of all, my posture is better: when I sit down, my body simply demands not to hunch but to sit up straight. Chronic fatigue is gone. I need less sleep and I wake up feeling rested. I used to have problems with my vision, I have been wearing glasses since the age of 18, and after atlas realignment I almost don't need them at all. My foot deformities are also being corrected slowly – bunion and crossed toes. It has been relaxing, unclenching, straightening.

I have started telling people who come to the pharmacy that they should try and help themselves by realigning the atlas. Now I can say that, because I am sure how effective it is, it can change your life.

Nada Milenkovic (55), Belgrade

MY GRANDDAUGHTER STARTED SPEAKING !

I first came to the HumanUP Association two and a half months ago with my daughter and granddaughter. Our problem was very serious.

Namely, my granddaughter Aleksandra started speaking very early, when she was only nine months old. She was able to pronounce around fifteen words fluently, and then one day, she

fell out of her crib and became mute! She stopped speaking altogether! She did not give up on speaking, she would stand on the tip of her toes and she would try to say something, but words did not come out of her mouth.

This worrying state lasted for more than two years. Finally, my daughter took her to the Speech-Language Pathology Institute, and from there she was referred to a speech therapist.

However, I had a better idea – I suggested that we take the girl to the HumanUP Association to have her atlas realigned. I hoped we would find our salvation there, but I have to admit that I was extremely surprised when my little granddaughter started speaking only three weeks later!

She did not only repeat our words but she immediately started putting whole sentences together!

I was shocked. It was as if the little girl was in a hurry to make it up for everything she had not said during the previous two years. She is now able to pronounce all consonants, she can even pronounce R, she can call her sister Isidora.

I have to say something about my daughter Nadezda as well. She is forty years old and she also had her atlas realigned at the HumanUP Association together with Aleksandra. She was five months pregnant at the time and she was not worried about her baby, and neither was I. Predrag Djordjevic constantly emphasises that atlas realignment cannot cause a miscarriage, just the opposite – it strengthens pregnant women and significantly reduces the risk of miscarriages. In case it does happen, then it is not because of the atlas.

Nadezda's blood count during her pregnancy was really bad, and two months after atlas realignment her blood count is excellent. She also used to have serious problems with her spine since her childhood. Her spine used to hurt if she stood for a while during her pregnancy, but she also felt pain in her shoulders, hips and legs. However, ten days after she had her atlas realigned, she felt pain in only two spots under the shoulder blade and two spots in the lumbar area. That lasted for a short period of time, and now the pain has gone. This pregnancy is much easier for her, she gave birth to her first child by a caesarean section.

I am glad that I was the first one to receive the miracle of atlas realignment, and then I took both my daughter and granddaughter to the HumanUP Association. I was always ill ever since my childhood, and after atlas realignment I feel as if I am thirty. Everything has improved, even my teeth are getting better and my upper jaw used to be gangrenous.

We have all experienced a significant improvement. This is a true miracle. I have inspired everyone in my family to come to the HumanUP Association. I have read Predrag Djordjevic's books and I now I talk about atlas whatever chance I get.

Veradinka Markovic (68), Belgrade

ULTRAMARATHON RUNNER ATTAINS EXCELLENT HEALTH THROUGH ATLAS REALIGNMENT

Ugljesa Nikolic (34), a famous Serbian mountain runner, marathon and ultramarathon runner, would not be able to achieve top results and win medals if his health weren't good. Nikolic is able to run for 120 kilometres at once, which means that he is able to run nonstop for more than twelve hours. He is the leader of Serbia's national ultrmarathon team and he possesses a rare quality – he is a universal runner which means he can run on any surface and any terrain.

Ugljesa Nikolic is a current (triple) champion of Serbia in ultramarathon which is run for six hours on a flat asphalt surface, but he is also a four time winner of the legendary Fruska Gora marathon, the oldest mountain ultramarathon in Europe. According to the criteria of the International Association of Ultrarunners, he is the best mountain ultrarunner Serbia has had in the past ten years.

The question here is – why would someone like him need atlas realignment? Isn't the health of the best mountain runner perfect? However, Ugljesa Nikolic, a national team member in the hardest event, had a wish to meet Predrag Djordjevic four months ago in the HumanUP Association in Novi Sad.

It is easy to see that I too had health problems when you take a look at my results after atlas realignment, says the champion. I have won every single marathon since Predrag Djordjevic realigned my atlas and I have even broken my personal records. I finally managed to do what I had dreamed of for five long years, but could never hope – I broke my own record from 2011 in a classic marathon. Even though this is not my main event, I am an ultrarunner, I managed to get to the top and I won a bronze medal, breaking my personal record in the process. It took me three minutes less to run 42 kilometres and 195 meters compared to 2011, when it took me two hours, 54 minutes and 48 seconds, which is a huge improvement for this even.

I have to say that during my first therapy in July, Predrag Djordjevic basically foresaw that I would be even faster and more powerful after atlas realignment, and that I would definitely break my personal records. I didn't take it seriously because I thought that Djordjevic didn't really know much about athletics. However, it soon turned out that I exceeded even the most optimistic expectations. Not only did I break my personal record, but the people at the finish line were shocked at the way I ran that state championship. When you watch TV, you can see that people are, unfortunately, exhausted, and some even die during races. When I reached the finish line, I was told: 'Ugljesa, you look like you haven't been running at all. As if you were lying down. Your breathing is as if you were fishing.' Many in the audience, among them some of our greatest marathon experts, were impressed by my 'unusual' performance. They were impressed that my vital functions were unimpaired at the finish line and that I was in a good mental and physical condition.

Before I had my atlas realigned I used to feel pain in my neck and hear buzzing in my left ear, but this has gone. It is interesting that I am no longer oversensitive to bad weather conditions. A race at 35 degrees Celsius, with humidity of 80 %, used to be extremely exhausting for me. It was known that I didn't do well in such races. However, since I had my atlas realigned, I have been able to endure bad conditions much better and it has become my new quality. It seems like I want weather conditions to be bad because I have an advantage over my opponents who have hard time enduring them.

I also used to feel slightly dizzy and I felt pain in my neck when I turned my head left or right, but this too has gone. The greatest surprise is the shape of my spine. Despite doing sports, the shape of my spine was such that doctors were desperate and used to tell me I had kyphosis or scoliosis. Three months after atlas realignment, my sports doctor was really surprised and he couldn't understand what had happened. It was the first time anyone had ever spoken about my spine in a good way.

My realigned atlas gives me a healthy starting point to improve further. My trainings are now more intensive and more courageous because I have no limitations.

I inspire people to have their atlas realigned, but not many people believe that serious problems can be solved in only a few minutes.

Ugljesa Nikolic (34), Novi Sad

DOCTOR FROM CANADA IS BLOWN AWAY BY THE HUMANUP ASSOCIATION

A homeopath and neuropath from Toronto, whose job is to treat Canadian stars for different illnesses, even AIDS, Doctor Marina Radonjic is fascinated by Predrag Djordjevic and the HumanUP Association:

This has been a fantastic experience. Everyone needs atlas realignment. It is a very powerful method of achieving balance between the spiritual world and physical body. I remember my first night after atlas realignment, I slept like a baby. My vision improved, as well as my mood, circulation, everything was somehow magical, as if the hand of God had touched Canada. It was a wonderful feeling, both physically and spiritually.

My recommendation is for everyone to have their atlas realigned using Predrag's HumanUp method. He is known in Toronto and Montreal where he has already promoted not only his method of atlas realignment several times but also his books based on many years of research and finds.

We all remember the case of Gabrieal Feher from Toronto, whose hands had been almost paralysed, she couldn't even bring a glass of water to her mouth, but immediately after

her atlas was realigned, she raised her hands above her head, hugged Predrag Djordjevic tightly and burst into tears.

We all hug him when we see him, he is our brother who brings us good health form our motherland.

RED FERRARI

I came to the HumanUP Association looking like
a beetle (Like a destroyed Volkswagen beetle,
total loss, 100 euro, for scrap). I joined the HumanUP
Association with 100 euro (the worth of a destroyed car)
and I came out of the HumanUP Association
after my atlas realignment looking like
a brand new red Ferrari.

Thank you Saint Peter,
Thank you Saviour,
Thank you God.

Dragan Jankovic (1961), Belgrade, Kumodraz

THE FIRST ACADEMIC TO REALIZE IT ALL

Doctor of Medical Science Svetomir Stozinic, (1932), a cardiologist, a professor at the School of Medicine, University of Belgrade and Pristina, an academician (a regular foreign member of the Russian Academy of Medical Sciences, the National Academy of Bulgaria, regular member of the Academy of Medical Sciences of the Serbian Medical Society, regular member and lifelong honorary president of the Serbian Royal Academy of Innovations) and an honorary professor of the School of Medicine Faculty of Postgraduate Studies at the Moscow Research Centre, decided to have his atlas realigned at the HumanUP Association.

We are honoured that someone who has written so many scientific papers which have influenced medicine both here and abroad decided to trust us. Among many awards he has won for his scientific work, he also received the National Order of the President of France Giscard d'Estaing, which was awarded to Stozinic back in 1977. and which he returned in 1999. in protest of French involvement in the bombing of Serbia.

Before he had his atlas realigned, academician Stozinic had read Predrag Djordjevic's new book, and *Testimonials of the Reborn*.

He was fully convinced that the HumanUP method would be effective and he not only trusted 'the master of the atlas', but he even said that Predrag Djordjevic deserved to become an academician.

I will help him become an academician because that is what he deserves and it will be easier for him to fulfil his mission, says doctor Stozinic convincingly.

Mirjana Bulatovic

INSTEAD OF AN AFTERWORD

ILLNESS AS AN IDENTITY

After the atlas has been realigned, the oldest, lower brain, can serve billions of cells in our body freely for the first time, but sometimes it lacks the support of the higher brain, the cerebrum, which is more stupid and therefore likes to pretend to be smart. While the higher brain sleeps, the lower brain fixes the damage which we have inflicted on our body due to ignorance or carelessness. This primordial sage worked hard each night even before atlas realignment, but it has been more effective since the obstacle under the skull was removed.

The cerebrum which is owned by an elderly lady, whom I have known for a long time, refuses to admit that the lady does not suffer from a heart condition as she used to before atlas realignment. For many years the lady and her cerebrum have been building their identity on a diagnosis of ARRHYTHMIA. I have arrhythmia. Arrhythmia, that is me. If you realign my atlas, you won't be taking my arrhythmia away from me, will you!? Who am I without arrhythmia?

You are a healthy woman, I tell her. The lower brain has given you health, help the higher brain believe it. Man lives more by faith than by truth. And when you combine faith and truth, you get a miracle. Do not diminish the miracle that took place, beat your absurd nostalgia for a diagnosis. Medicine can do without you, and you can do without it as well IF YOU WANT TO.

A SCEPTIC AND HEALTH

I have met many sceptics in my life and they, as a rule, doubt everything except their own doubts. Their faith in scepticism is unwavering.

Doubting when it benefits you – is a smart thing, but doubting when it harms you – well that is stupid.

'I am a sceptic.' When a man says so that means: 'I am clever, you can't trick me!'

Just continue being clever and ill.

If you are really clever, you will see that there are people in this book who are easy to find. For example, Zora Milinkovic works in the 'Dragisa Misovic' Hospital. That hospital has a phone: dial the number and talk to Zora. Ask her if everything the book says is true. When she tells you yes, read her story again and pay attention to different health improvements that the five members of the Milinkovic family have experienced since atlas realignment two years ago.

Even though all the stories are true, one is enough to a smart person.

I wish I knew why even the greatest sceptic does not doubt a white coat. (And many white coats stayed in hospitals while their owners rushed to the HumanUP Association.) Why doesn't a sceptic doubt a pill on their palm, and they don't know what is in it?

If a sceptic doubts that not everyone with a realigned atlas has been reborn, it must be said that is correct. Not all surgeries are successful in hospitals, there are many incorrect diagnoses, and the number of prolonged, unsuccessful treatments is huge.

This book is about positive examples because there is only a small number of negative ones. If we were to express it in proportion, there would be one book of negative experiences on fifty books with positive experiences. Those who aren't doing better or have had complications, sometimes mix the passing reactions of their body for health deterioration, and realise later that atlas realignment has helped them too.

A realigned atlas cannot turn an old lady into a girl, but it can turn a sluggish and ill old lady into a healthy and resilient one.

Some people seem to think that a realigned atlas will do everything instead of them. They don't care what they ingest and for how long they don't move. A person whose atlas is in a perfect position should not drink poison, and even birds know that the human body is programmed to move.

Is humankind really the cleverest one in nature if it is known that it is the only one that doesn't live to its full age? This is where a sceptic could really come in handy.

THE THEATRE OF LIFE

The HumanUP Association is a real small theatre of life and we usually know immediately who will get the most out of atlas realignment and who won't.

Predrag Djorjdevic often says that you don't need to trust his method – because gravity, which curved us, modelling our curved atlas without us knowing about it, will straighten us gradually after atlas realignment, whether we believe in it or not.

A great friend of the HumanUP Association, whose wife Predrag Djordjevic brought back to life from the brink of death, soon brought his father whom people recognised by his extremely curved spine. He was bent down. When his atlas was realigned, he straightened immediately, and his amazed son asked: 'Can you feel any changes?' 'Nothing special', said the father to his shocked son.

Predrag Djordjevic is used to a lack of conscience about health improvement in a certain number of people and he can come to terms with it easily.

I can't. I feel sorry if everyone cannot see what they have gained by realigning the atlas and they do not enjoy in the perspective of good health. I feel especially sorry for those who give up at the first (and only) obstacle – the reactions.

Uncertainties about the reactions confuse people and they are scared, they don't trust us anymore, they think their health is

deteriorating because something moved and the atlas is not in its place, but it isn't so at all. Reactions are not symptoms. They are unpleasant, but positive signs leading to healing and it is possible that they come in waves.

On the first day, people usually feel well. They are elated, they feel relieved and believe that it will be like that forever. But, alas!

Just like some rare, divine moments on earth are called a 'foretaste of heaven', this first, short period after atlas realignment could be called the 'foretaste of health'.

Health will, just like the sun, rise slowly behind the illness which disappears because the lower brain works unimpeded. It is as if it first visits and strokes old wounds, so the scars turn red. Many people feel sleepy, because the wise lower brain stuns the cerebrum a bit in order to heal our body more easily. That doctor of all doctors first tackles the greatest problem, and then, one by one, the smaller ones. Some people take a month to heal, some three, some a year, and for Zora, who suffered from multiple sclerosis, it took two years. Zora is a hero showing how you endure the reactions in a brave and wise way, and her award is Health. Read her story, and all the other stories which these good people have told us so they can serve as a stimulus and inspiration.

Make sure you read Predrag Djordjevic's books which he wrote for you for many years and he is now giving them to you from the heart – they are encyclopaedias of health. Djordjevic is an unusual, rare author, who wishes you all the best from the bottom of his heart.

CELEBRITIES WHO ADJUSTED ATLAS BY HUMANUP METHOD

The very famous actress Svetlana Bojkovic with Predrag Đorđević

The angel-voice singer Bilja Krstić

The great serbian writer Ljubivoje Ršumović

Our very popular pop and rock musicians
Aleksa and Dragi Jelić

The President of The Republic Of Srpska Milorad Dodik with his wife

Our distinguished academic Svetomir Stožinić

Our very popular TV anchor Aleksandar Filipović

Atlas adjustment done on a baby

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● **HOW I BECAME AN ATLASOLOGIST**
Predrag Djordjevic's experience
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● **MEDICINE AND THE ATLAS**
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(spinal injury, tick bite, yeast infection, psoriasis)……7

● **FROM SEVERE DEPRESSION TO A LIFE FULL OF JOY**
Slavica Milosavljevic, Tabanovac
(depression, temporary loss of vision)……9

● **THE THYROID NO LONGER BOTHERS ME WHEN I SING**
Elena Stanisavljevic, Belgrade
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● **I STOPPED LIMPING**
Sava Petkovic, Belgrade
(spinal and pelvic pain, numbness in legs and feet, sciatica)……10

● **MY OVERLAPPING TOES ARE NOW NORMAL**
Vukica Milanovic, Belgrade
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● **I THREW OUT MY MY WALKER AND LOST TEN KILOGRAMS**
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● **MY DECADES LONG MENTAL HEALTH ISSUES DISAPPEARED**
Zivka N., Belgrade
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● **I CAN EASILY SING AGAIN**
Bilja Krstic, 'Bistrik'
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● **I NO LONGER FEEL THE CONSEQUENCES OF MY CAR ACCIDENT**
Dr Aleksandar Ristic, Uzice
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Marija Djordjevic, Belgrade
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Milica Kostadinovic, Belgrade
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N. Rnic, Belgrade
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● **DR LEVINE'S MAGNETS HAVE BECOME UNNECESSARY**
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● **I NO LONGER HAVE A 'NERVOUS THROAT'**
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● **I NO LONGER HAVE INFLAMMATORY PROCESSES ON MY FACE**
Milica Ratkovic, Belgrade
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Zorka Petrovic Dimic, Belgrade
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Hashimoto's disease)……27

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AND MY HIP IS BACK IN ITS SOCKET
Slobodan Radulovic, Belgrade
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three and a half decades of tinnitus)……28

● **AFTER A CERVICAL LEISON HAD DISAPPEARED, MY GYNECOLOGIST HAD HIS ATLAS REALIGNED**
Gordana Mustafic, Belgrade
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● **I COULDN'T SLEEP FOR YEARS DUE TO PAIN**
Rahila Babac, Belgrade
(cervical spine spondylosis, lumbar spine kyphosis and scoliosis, one leg three centimetres shorter, damaged hips, knee joints ossification, rheumatism, insomnia due to pain, anxiety, breathing difficulties)……30

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● IT ISN'T EASY TO BELIEVE IT, YOU HAVE TO EXPERIENCE IT
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