



Vitality and Health

Benefits of these blood tests:

- predicts the general health condition (blood, metabolism, liver, kidney)
- analyses your vitamin and mineral balance
- predicts blood related disturbances (allergy, nutrigenic stress)
- shows how to reduce: cardiovascular risk, oxidative stress, environmental load

What symptoms will be adressed?

- A general view in how you feel (prevention for women und men over age 45)
- itching / burning, eczema, asthma, clogged nose
- headache, migraine, muscle / -joint pain, tiredness, weakness, burnout

What questions will be answered?

- Am I healthy?
- What should I do to stay healthy?
- Am I sick?
- What should I do to get healthy?
- How can I lower or eliminate the pain?
- What should I eat? What should I have to avoid?
- How do I become stronger again?

What treatments will be suggested?

- individual rotation-elimination-diet-plan
- changing of lifestyle (better nutrition, reduced stress, controlled exercise)
- supplementation of vitamins and minerals
- reducing the dependency on chemicals and drugs
- how to use detox
- how to use natural remedies



Preventive Medicine (Anti-Aging)

Benefits of these blood tests:

- predicts general health condition (blood, metabolism, liver, kidney)
- determines how “old” your body is (your biological age)
- identifies those hormones that speed the aging process

What symptoms will be adressed?

- being “older” than you really are
- being less “healthy” then you want to be
- not being able to take full advantage of the “fruits of your labour”

What questions will be answered?

- what happens inside your body as you age ?
- what is the difference between “normal” and “abnormal” ageing ?

What treatment will be suggested?

- changing of lifestyle (better nutrition, reduced stress, controlled exercise)
- supplementation of vitamins and minerals
- reducing the dependency on chemicals and drugs
 - how to use detox
 - how to use natural hormones



Gut Sanitation

Benefits of these stool tests:

- provides information about the impact of what you're eating and digesting on your general health
- identifies “good” and “bad” bacteria, yeasts and parasites in your intestine
- describes the impact of chronic diseases such as Morbus Crohn, Colitis ulcerosa, Irritable Bowel, Gastritis / Heartburn , Helicobacter pylori, Constipation, Diarrhea and Gas

What Symptoms will be adressed?

- Gas (Excessive)
- Diarrhea and Constipation
- Abdominal pain

What questions will be answered?

- Do I eat right?
- How is my digestion?
- Do I suffer from “intolerance”?
- Do I suffer from “allergy”? (what may I eat, what harms me)
- What can I do against “constipation / diarrhea”?

What treatment will be suggested?

- Lower the fat intake
- Substitute natural food for canned / bagged / frozen food
- Stimulate more your bile to cope with the fat you're digesting
- Introduce pancreatic enzymes in your diet
- Reduce inflammation in your intestine and through this reduce diarrhea
- Use Probiotics for strenghtening and improving the intestinal ecology
- Use Colon-Hydro-Therapy