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**FOREVER YOUNG – THE
SECRET OF PROTEIN**
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Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroenterologist, and a prophet in the area of nutrition research. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life. His books on dieting and fitness are all bestsellers.

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A wonder drug that can make you healthy, beautiful, and happy? Indeed it exists: protein! Among its many uses, proteins can aid in reducing weight, lowering blood fat levels, stimulating the immune system, strengthening the ability to concentrate, and maintaining beautiful skin, hair, and nails. Doctor Ulrich Strunz presents the latest medical findings on this magical substance and shows how you can put it to use in a specific, goal-oriented way for your physical, mental, and spiritual well-being.