

The formula for ageing healthily – Proteins keep our cells young!



Dr. med. Ulrich Strunz
The Amino Revolution
[Die Amino-Revolution]
The key to the ageing code –
Forever young with protein,
the foundation of life

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Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroen-terologist, 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.
www.strunz.com

A revolution is coming in research into the ageing process. How old we are (and can still become) and whether we experience our older years as healthy or not – these are not determined by our genes, but rather by our metabolism. An extensive study with more than 44,000 subjects showed that 14 essential values, each an indicator of our current quality of life and our further life expectancy, are crucial for staying young and healthy. In addition to blood fats and blood sugar, these values mainly concern amino acids, which clearly play a crucial role in 5 of the 14 values. In other words, focussing so much on whole grains has been a mistake. Since the human body is made up mostly of protein, it primarily needs protein.

In his new book, Dr. Strunz, making use of a wealth of current medical studies and many case from his practice, shows how we can not only activate our self-healing powers and performance with amino acids, but also achieve much more quality of life.

- Ageing, health, and illness are not predetermined: It is not our genes, but lifestyle that is decisive
- The latest studies prove the crucial role of our immune system, which is composed entirely out of amino acids
- Slowing down the ageing process and staying fit and healthier longer

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