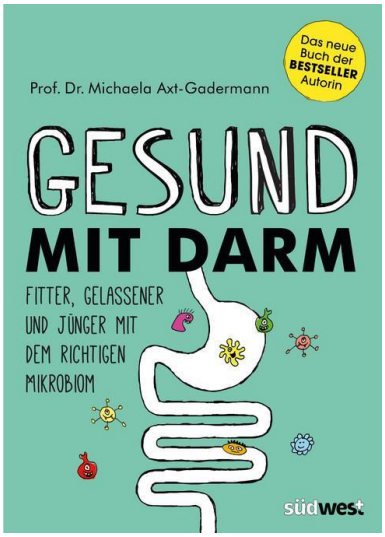
Health & Alternative Healing

The intestines as the key to a long and healthy life



Prof. Dr. med. Michaela Axt-Gadermann

Staying Healthy with the Intestinal Diet

[Gesund mit Darm. Fitter, gelassener und jünger mit dem richtigen Mikrobiom]

Maintaining health and vitality with the proper microflora

Südwest
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Prof. Dr. Michaela Axt-Gadermann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.

To feel young and vital at any age, the digestive tract cannot be ignored, as its microflora plays a crucial role in our overall health. A healthy intestinal flora lowers blood pressure, keeps the blood vessels resilient, and ensures that medications have an optimal effect. Beneficial bacteria can measurably increase the performance of athletes and help protect seniors from infirmities of old age. This microflora regulates our metabolism, strengthens the immune system, and reduces the chance of developing diabetes, obesity, or high cholesterol levels. The nervous system also benefits from intestinal bacteria, which can be an important element in the treatment of Parkinson's, Alzheimer's, multiple sclerosis, and depression.

Prof. Dr. Michaela Axt-Gadermann explains everything we need to know about the connection between intestinal health and a long, healthy life. She presents here a broad overview of an intestines-healthy diet, appropriate probiotic bacteria, and when laboratory tests might be necessary.

- Everything about the influence of intestinal flora on diabetes, cancer, Parkinson's, and other diseases
- How a healthy microflora can counteract geriatric conditions and maintain a robust immune system