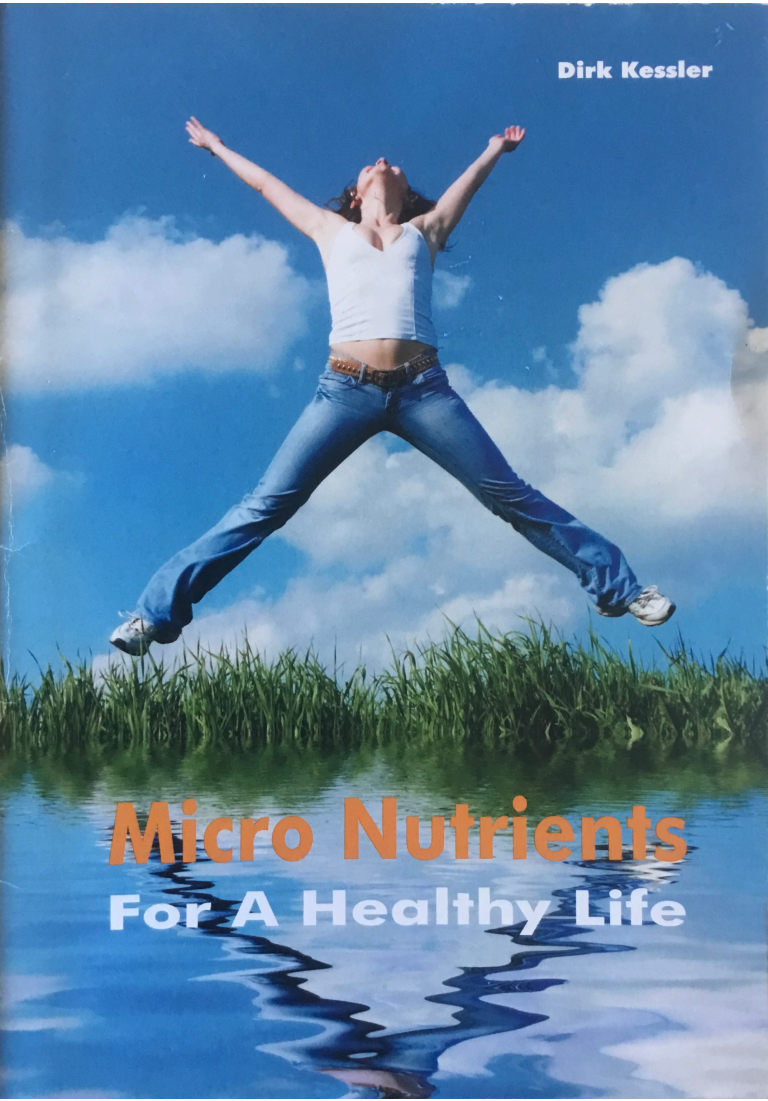
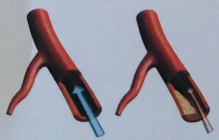
Dirk Kessler



Micro Nutrients

For A Healthy Life

Preface
Let's talk about „health"!



What does it mean to be "healthy"? Is it just the absence of illness or disease, or is there more to it? Let's take an example that's not too far off: death through heart failure, caused by arteriosclerosis. Did you know that you won't feel anything and probably consider yourself completely healthy until about 70% of your blood vessels are already closed up? It's a fact that up to one third of all deaths by heart failure happen to people who are absolutely pain free.

Only a few people know what's really going on inside of them. If they were able to take a peek, most of them would probably feel motivated to get active and do something to preserve their health in order to stay fit for a long time. Shouldn't this be the major object of preventive care?



It's not just about getting as old as possible, but about staying healthy as long as possible. It's not about getting more years into your life, but more life into your years. Not „Anti-Aging", but „Best-Aging"! We all get older. Whether we want to or not. But HOW we grow older, THAT's what makes a difference!

The goal is: fit and healthy - at every age!
...and perhaps looking good on our way.

Everyone is responsible for their own health, because everyone can do something for it. It's your decision! Are you ready to make it?

Yours truly,

Dirk Kessler

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The real first world problem?

Let's face it: Our food contains less and less micro nutrients these days. Our body, however, has a constantly increasing need for them.



Hooray for the food industry?

Most people eat a lot of industrially manufactured products. It would wrong to call them „food", because they don't really nourish us - they just fill us up.
And this „stuffings" contain little to no micro nutrients. However, there is a large quantity of sugar, additives and other ingredients which cause more damage to our body than to actually keep it healthy.
Just take a look at the various declarations of ingredients - you will see what I mean.



Our fruits and vegetables

If you buy fruits and vegetables in a super market you should know that these products contain way less micro nutrients than you might think. In exchange you will get some pesticides and perhaps some genetic modifications.

Minus 50% in just two days

If we buy fruits in a super market, they might look nice and also taste good. However, it's almost a certainty that they have been harvested long before they were fully matured. This means: there is no way that they contain the full range of micro nutrients.
One of the problems here is the fact that most products are grown for profit and therefor, it needs to grow fast. The micro nutrients one fruit can contain will only be available at their full range if it is, in fact, fully matured. Piled on a truck or loaded onto a ship, they will continue to further mature in taste and maybe colour – but nothing else. The amount of micro nutrients will even further decrease on the transport.





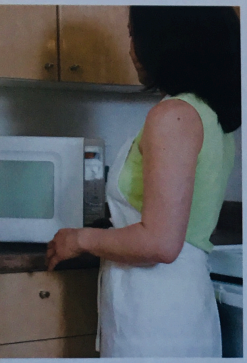
**Fruits and vegetables that are stored for only two days after being harvested contain, for example, just 50% of vitamin C.
After one week, almost all of it is gone.**

What do you think how much time goes by from the moment of harvest to consumption?

Also, it's not like we eat most of our food raw to sustain as many nutrients as possible. No, before we eat them, we treat them with an "extinction-cure" and kill off most of the micro nutrients. Processing, peeling and cooking can destroy up to 80% of the micro nutrients! And those 80% are lost in food that contains very little of them to begin with. So, it is left with almost nothing.



The microwave
Biophysical "silver bullet"



Did you know that after only ten seconds in the microwave, an apple loses all of it's „biophysical information" - it's „vitality"?

When organic compounds become inorganic, our body can't take in the nutrients anymore. Our food will be hot in a heartbeat, but it won't nourish us anymore.

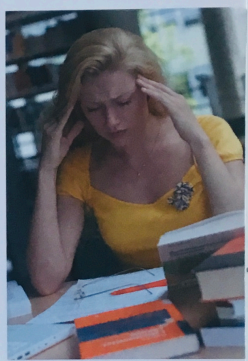
If we take a look at an apple in a strictly chemical way, we will find all of the nutrients in exactly the same concentration. But it's not just chemistry. Biophysically spoken, the apple is „dead" now. And after all, it should give us „vitality" - „life"!

Since the beginning of the "age of the microwave", allergies and eczema have significantly increased by children. Could this be due to formula heated in the microwave?

The importance of biophysical information in our nutrition and it's effect on our genes is discussed vividly within the brochure "informations and epigenetics".

Because of processing, our food today contains definitely way too few micro nutrients.
On top of this, we pile another important factor: our ways of eating and living!

Stress has become "normal"

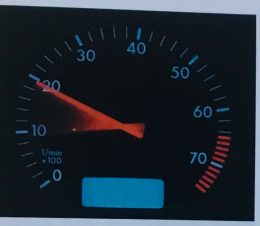


Isn't it peculiar that stress has become something completely normal in most people's everyday life? They rarely can find the time to prepare healthy meals on a regular basis, using fresh ingredients for example from the market. Also, the time to eat in peace doesn't seem to be available. This kind of stress causes us to neglect our need for quality food. Instead, we eat "something" just to "fill up". We're stuffed, but not nourished.
In German, „food" is translated „Lebensmittel", which can be literally translated into „resource of life". That's because it should be, in every sense of the word, a resource of LIFE. Also the term „micro nutrients" has an interesting translation in German: it's „Vitalstoffe", which could be translated into „vital substance".

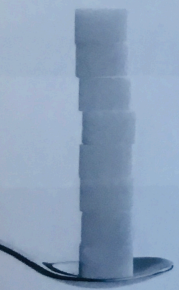
Vita (lat.) = Life
„Vitalstoffe" = Substance of life



Recent statistics have shown that about 60% of all people aren't able to relax anymore and „keep going" internally even after they leave work. This doesn't only affect our mind but also constantly stresses our body to a point where we will produce the stress induced hormone cortisol if we just hear the ringing of a telephone. How often does your phone ring?



Stress causes your „inner motor" to permanently accelerate. Due to that, you need more and more micro nutrients. Let me show you what I mean by comparing our body to a car: Standing still with a running engine, it will run at perhaps 800 rpm. The engine is running steady and quietly. For a lot of people, however, it is running at a metaphorical 1500 to 2000 rpm, which means an increased wear and tear as well as a higher need for gasoline. Just like our body. Only that we don't need gasoline, but micro nutrients.



Sadly, we get way too little micro nutrients with our food - instead we get sugar, flavour enhancers and preservatives. Those, however, are all additives that can harm the body and which further increase the need for micro nutrients.

Are you still wondering why there are so many so-called "diseases of civilization" in industrial countries?

We consume too much processed food!

We overheat our food!

We eat too much sugar, bad salt and fats!

We don't move enough!

We drink lemonades and alcohol, and we smoke!

We are constantly stressed out - mentally as well as physically!

Clean environment

It's not only mental stress that causes an increased need for micro nutrients. Another factor is the constant exposure to pollutants, caused by the ecological damage. The bad news is: we can barely escape it. If you knew what was stacked inside of your clothing, I bet you would faint. Did you know that our skin is our largest organ and that we take in lots and lots of substances over it? You might want to take a look at the ingredients of your body lotion before buying it...



Our body seems to be in a constant state of "defense mode" these days. Sadly, it has very little "ammunition" at hand to fight off the various attacks which causes our immune system to lose balance over time. In a number's game, it would be bound to lose eventually.

One of the many results of this are the increasing numbers of allergies and "diseases of civilization".



Did you know that indigenous people who live far off what we call civilization don't know any of the popular diseases and allergies? And you don't need to go to the jungle to witness this - just take a look at the population of Okinawa, Japan.



Some statistics

43% of all deaths in Germany are caused by cardiovascular diseases. They are cause of death No. 1.

Over ten millions of people suffer of diabetes type 2. That's one in eight and numbers are increasing.

40% of the population in industrial countries suffer of a fatty liver.

One in four Germans has high blood pressure.

One in three people has allergies.



Do you play the lottery?

In Germany, the chance to actually strike in a lottery is 1:140 millions. Just imagine finding a photograph of a German person – any person (Population: ca 82 millions). Now you go to any German city and ring any random doorbell. The chance of the person on your photo opening the door is actually a lot higher than the chance of you winning the lottery.
Still, people think: „it could be me!"

The chance to die of a cardiovascular disease (or any one of the typical diseases of civilization) due to our ways of living are 1:2 - **ONE IN TWO**. That's every second person.
...but people think: „why should it be me?"

The monkey on our backs

Scientists share the opinion that humans and monkeys have so little genetic differences that the apes could actually be called people. The genetic information of human and monkey is congruent up to 98,7%!

What does this have to do with our health?

Monkeys who live in captivity in zoological gardens receive a dosage of vitamins that is 23 times higher than the DGE deems sufficient for humans.
(DGE = German Society for Nutrition)

Why? Research established that our closest relatives need this amount of vitamins and nutrients to sustain their health, protect them from infections and help them to reproduce. Isn't that interesting?

If we take into account that, on top of this, monkeys are fed a lot healthier than most humans, it becomes even more interesting...





Over 75% of all diseases are caused by malnourishment. A chronicle lack of micro nutrients is deemed the main cause for various widespread diseases.

Free radicals





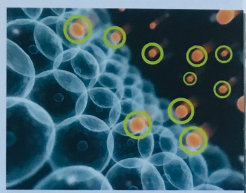
The term „free radicals" is coming up repeatedly in combination with diseases and micro nutrients. But what does it mean?

Free radicals are formed by the reaction of oxygen – that's why they are called „oxidants". Those „rogue" molecules start „shelling" healthy ones and cause damage to them. Each one of our body cells is experiencing approximately 10'000 attacks per day. Free radicals occur due to the Sun's UV-radiation, everywhere in the metabolic system, due to toxins, diseases, stress, smoking, alcohol and malnourishment. One single cigarette will cause about 10^15 (10'000'000'000'000'000'000) free radicals. This is why smokers have an increased need for anti-oxidants.

Free radicals cause illness and increase the speed of aging of our body cells. Cancer, Cardiovascular diseases, Alzheimer's and Parkinson's disease are possible results. Rheumatism, allergies and asthma can get worse. Lots of doctors share the opinion that free radicals are the worst enemy the human body can possibly have.

It's impossible to escape free radicals. But we can help our body to fight them and to protect itself from free radicals. For this, we need antioxidants: micro nutrients!

The solution: AntiOxidants



AntiOxidants are substances which can render free radicals (oxidants) harmless and carry them out of the body before they can attack our cells.
If we lack antioxidants, free radicals can cause serious damage to our cells and, through that, provoke diseases.

Plants, for example, do have a lot of antioxidants since they have to fight oxygen as well as UV-rays from the sun. If you cut an apple in two, the pulp in the cut will turn brown within a few minutes. This is because the cells at the surface of the cut were "attacked" by oxygen. If you take one half of the apple and rub it with a bit of vitamin C, it will protect the surface of the cut from free radicals.
This is also a good indicator to see if a fruit still contains vitamin C. If the cut apple, for example, turns brown within a few minutes, it has very likely been harvested long before it was actually matured.

The very same process is happening in our body. Meanwhile, this is the very reason why vitamin C is often used as a preservative – to protect the food from decay. If we want to protect ourselves from "going bad" as well, it is necessary to take in enough vitamin C and other antioxidants (micro nutrients).

„Official" recommendations





The DGE recommends a certain amount of micro nutrients to avoid diseases caused by deficiency. This is, however, by far not the actual amount our body needs to stay healthy – it's a mere lower limit. Not in one case is this fit to individual living conditions. It does make a crucial difference if we smoke, drink alcohol, how old we are, our weight, our height, if we do a lot of sports, have a lot of stress or if we eat only fast food.

This is a fact also well-known to the DGE and because of that, there is an official statement about those reference values. It says: "The reference values for the intake of nutrients are serving the evaluation of the situation of supply for various sections of the population. (...) They apply to healthy people. Reference values for the intake of nutrients can't assess the supply with vitamins of a single person. Important risk factors for an insufficient supply with vitamins – mostly, several vitamins – have been identified. These include: low food intake in general, one-sided dietary habits, high consumption of luxury food, digestive malfunction, increased loss of micro nutrients due to storage and bad preparation of the food, alternative diet forms, medications..."

This is, of course, a very literal translation. But the statement is pretty simple: The reference values for the minimum dosage of vitamins only apply to healthy people. How much vitamins a person actually needs depends on his or her way of living.

Where do you live?



It's safe to say: These reference values are for people who live on a deserted island, without any environmental influences or stress – at all. Who have a personal chef who serves them varied, freshly prepared food on a daily basis. Who don't consume too much sugar and alcohol and who are in top-shape and healthy.

If you recognize yourself in this description, you might be fine with those reference values. Maybe.

If not – welcome to one of the risk groups. It's official: you definitely need more than those reference values.



Also, new reference values are utopic!

For quite some time, experts have demanded to alter those values. But if this were to happen, another fact would appear all the clearer: the catastrophic deficiency!

Do you still think you get enough?

There is a small chance that you are part of about roughly 20% of the people who can do with those minimum recommendations. However, if that is the case, you should know that those aren't actually enough for your optimum health. But that's not what they have been set up for, anyway!

If you feel full of energy and want to stay healthy on a long-term basis, you need more – much more – than those minimal recommendations.
And the next time you're reading a declaration which says that a certain nutrient covers your daily requirement by a 100%, keep in mind that those 100% are in relation to the absolute minimum recommended!

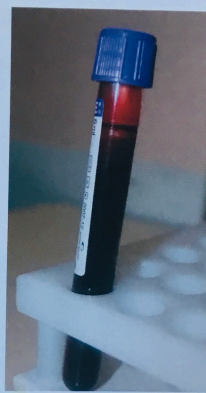


What's the "flight of your life"?

Imagine taking a trip to New York and that you can chose between two different airplanes with two different pilots. One pilot tells you that he thinks that 70.000 litres of fuel should be enough to get there. The other one says that he likes to play it safe and that he will fuel up with 90.000 litres just in case. Which plane would you prefer boarding?

Why not play it safe with your own body?

About blood values



Another subject which makes us feel safe is the incorrect interpretation of blood values. "Normal" blood values are deceptive!

Did you know how those reference tables for our blood levels are created?

Let's take a look at who consults a doctor and gets their blood checked out. Exactly: people who are sick or of a certain age. From these values collected over ages, those charts and tables are created. Wouldn't it be more interesting to take a look at the values of healthy, young people? That is what we should use for orientation.

Remember when back in the day you came home from school and tried to explain your bad grades to your parents with the argument that more than half of the other students had gotten bad grades, too? We never took into account that there were excellent grades as well... Do we really want to refer to "insufficient"?

Also, the blood values often aren't crucial at all. There is a strong possibility of the blood levels being completely normal while inside of our cells there has been an insufficiency for quite some time. For our body, the adequate supply of our blood comes always first. So it takes the micro nutrients from somewhere else to compensate for a deficiency in the blood.

Why are micro nutrients so important?



Micro nutrients – vitamins, minerals, fibres, amino acids – are the "food" of our cells. And since we are made only from cells (around 80 trillions), our body needs those micro nutrients for a healthy life.

We are a biochemical factory and in every second, there occur billions of reactions. And everything is connected. If one single vitamin is lacking, there can be a veritable chain reaction.
Even our emotions depend on enough micro nutrients, because our body needs them to produce "chemical messengers" (hormones). Serotonin, for example, is a natural "anti-depressant" and is needed for our "inner peace". If we lack B-vitamins, we will also lack serotonin which can lead to depression. If we are stressed out, our body needs a lot of those. Remember the chapter about stress?

A lack of magnesium can lead to high blood pressure and too little of vitamin C can lead to exhaustion and increase the risk of infections and allergies.

These are just a few examples. The important thing is to keep in mind that **EVERYTHING** in our body has to do with micro nutrients.

There are even doctors who use micro nutrients as a form of therapy. This is called orthomolecular medicine.

The solution: additional micro nutrients

A healthy and balanced nutrition is the first step. As far as this is possible. Of course, you can always allow yourself to "commit a sin" every once in a while. However, your nutritional habits shouldn't be dominated by them.



And as a second, very important step:

Help yourself to additional micro nutrients on a regular basis!

There are people who claim that we don't need additional micro nutrients. And there are those who state that we need them by any means!
Who is right? I don't want to take part in this discussion. That's a decision everyone has to make for themselves.



All I can say is: I really can recommend it to everyone. You can only gain from it: a healthier life and healthy ageing.

Prevention is a vital point in our life!

Note:

There are already more than 12.000 studies about the significance of micro nutrients. Also in the German Central Library in Cologna, which is Europe's largest medical library.