

## DESCRIPTION: NATURAL MEDICINE

Survival kit: (20 Dollar per month). Vitamin D3 with vitamin K2, OPC, vitamin C and minerals (Primitive rock flour plants). These are 4 basic natural remedies that everyone should at least take.

### SONNEN-(VITAMIN)-HORMON D3

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The sun is the signal whether we are in life. D3 is the spark of life in our body. There is no life without the sun. Vitamin D3 activates 1000 genes in the body. D3 is responsible for everything. D3 is the blueprint for our bodies. D3 says you have to have eyes like this, this is what the intestines must look like, the breast cells, tissues, bones, everything. Vitamin D3 signals the formation of cartilage.

Refueled: Vital, able to work, courage to work, corners of the mouth go up, nobody is depressed, fat metabolism is high; High digestion, high heartbeat. New intestinal cells emerge; The whole mood of the person actually depends on the D3 level; Your body wakes up to reality again, do a handstand, start

The worst factor for humans is lack of sun; Our body does not regenerate due to a lack of sun; No new cells are created; The sun is our body's plan; If we don't have a plan, some areas of the body are undefined; "Man, a Sun Being"; I am a sun being from the plan, from the divine plan, from the cosmic plan. Give this sun more space in me; No plants grow without sunlight. No animals, no people live without sunlight. Without D3, the body crumbles like a house of cards. D3 is more important than grape seed exactly OPC because we cannot live without the sun. With a D3 deficiency, you may develop shyzo-free babies, small babies. All body functions are shut down. Eyes, digestion, fat metabolism are minimized, the fat is kept, metabolism. Responsible for 67 diseases: With a low D3 level you are in hibernation and on standby. With a low D3 level you are half dead. Sun stomach leads to heart problems, lung problems, intestinal problems, skin problems. Obesity, asthma, reuma, arthritis, fatigue, fatigue, high need for sleep, allergies, diabetes, MS multi sclerosis, arthrosis, no mood; listless; Dejection, inner restlessness, fatigue, bone pain, muscle pain. Tremble; People can hardly move, have walking problems, debilitating muscles; Powerless, depressed; Nervous system, nerve disorders, sleep disorders, circulatory and circulatory disorders, cold hands, cold feet, skeletal damage, osteoporosis, nothing will be repaired; No bones, no skin; Cartilage breaks, bones break. Organs are not replicated; at some point there is even heart failure; Children: constantly shaky, tired, not in the mood for school, and much more Mikro-Nährstoff-Zufuhr und Therapien ohne Vitamin-D3 im Blut bedeutungslos:

If you are in hibernation, you can put a suppository in the bear's ass, nothing happens at all. The brain says whether you take minerals, vitamins, trace elements etc. the body says this joint is retired. The doctors do not measure the level and therapy. The therapies are of no use.

We can eat so many things, with a low D3 level we don't benefit from it; As long as the D3 level is low, there is standstill; Every person who comes to the hospital should be checked straight away: Does he have a high D3 level? If the D3 level is low, the whole therapy is of no use. A body that is in hibernation due to D3 deficiency will not accept nutrients for the joints; it will not accept nutrients for the intestine; Is the medication simply thrown out the window; I can just throw things in the toilet, flush them, and save false hopes and money.

**Cancer and Vitamin D3:**

In these latitudes where we live, we all have too little sun, which is why cancer develops.

Vitamin D3 is important for cancer prophylaxis, i.e. cancer protection. There is no cancer in Africa; No cell can proliferate through exposure to sunlight.

No cancer center measures its patients' D3 levels. The most important thing about cancer therapy is that I have a healthy signal with D3;

D3 prevents the cells from degenerating; D3 prevents the tissue that tumors spread, D3 deprives them of the substance, the tumors cannot pull blood vessels or threads;

## **Vitamin K2 (must be taken together with sun vitamin D3 from 10,000 D3 per day)**

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Must also be taken with high D3 doses (over 10,000 units of D3 per day).

Vitamin K2. Calcium then goes into the bones. Take for osteoporosis.

Vitamin K2 manages to feed the arterial deposits into the bones; The biggest problems in Germany are limescale deposits, circulatory disorders, i.e.

cardiovascular diseases, and osteoporosis. Vitamin K2 makes sure that calcium also finds the right way. The body cannot store calcium, most

people try to increase calcium levels with calcium supplements, not knowing that calcium is naturally produced via D3 and magnesium. Many people who

have no sun will not have calcium for the heart; then brain says: Warning, no calcium for the heart, pull your hands and feet together; And if there is too

much calcium in the body, it is deposited in the arteries; Natural K2 stays in the body for 4 days; Artificial K2 only 4 hours; It is also possible to take one

capsule every 4 days.

Study says 3 things: 57% fewer cardiovascular diseases, 52% fewer heart attacks; 52% less calcium deposits, takes all the calcium from the veins and transports it, 26% less overall mortality.

## OPC - grape seed extract

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Thin blood with OPC: 70 percent have blood that is too thick and really tough; where there is no blood there is no supply; Certain therapies are of no use if I cannot reach certain parts of the body because of the thick blood. With OPC blood 3 times thinner than anyone out there; In 24 hours there would be no heart attack, no stroke in Germany; If you have thick blood, the minerals will not come to the joint either. OPC has a huge power, works with 90 diseases; Helps even against atomic radiation; The whole body heals; With OPC, Germany would be the healthiest country in the world, cost a few cents; The brain dies in Alzheimer's and dementia. Don't die because it has no care alone; The brain is no longer well supplied with blood, certain regions begin to ignite; If there is no blood there are toxins; With OPC, the brain remains thin, the brain is constantly supplied; Prevents protein deposits in the brain, you are fully there; When the blood is thin, your body is running. Many people detoxify your body

e.g. with Spirolina. But when people have thick blood, detoxification doesn't work; OPC removes poison; OPC is the means of transport that distributes the vitamin C in our body; every joint that needs care, there are some areas that are so narrow; There must be care between the different organs. With OPC, the body is open. Without OPC, he is closed with thick blood. With OPC, the whole body becomes healthy: eyes become healthy, skin becomes healthy, the whole body. OPC stops 82% of all stomach and intestinal ulcers. On a square centimeter of intestine, you have 1 billion villi. If the intestines are supplied with blood from below, inflammation dissolves. OPC also helps against depression. Prevents calcium synthesis in the head. OPC does not raise the D3 level, making the D3 more useful.

OPC are small particles that separate from the seeds of the grapes in the water.

With OPC I can save 75 percent of Germans; 75 percent of Germans have really viscous blood. (Heart attack, stroke, clots, strikes artery); With vitamin D3 100 percent.

Increases illusion, how do I imagine this world: illusion. How do I feel about my environment, do I have blinders on? I'm more open and all that.

My brain is so well supplied that you see everything differently, you become like a new person; You also feel different about people; Another view. You also become calmer. People don't get upset anymore. You become a completely different person. Why, because your body is properly cared for. Your brain, the neural connections are fully there. Then you are who you are. With OPC, the brain is

always supplied with blood.

For chronic fatigue and exhaustion: OPC can do it all day vitalize. With OPC you have a healthy body;

No organ is rejected by OPC: In organ transplantation, OPC protects new organ and is not rejected.

Further effects of OPC: OPC increases orgasm and erectile function, everything depends on the blood; Best remedy for hair growth. OPC prevents deposits in the brain; Health, detoxification, strength, power; No sunburn with OPC, first make the intestines healthy with OPC, then build up intestinal flora with bacteria. OPC, for great skin, great nails, neurodermatitis. Dandruff, skin. The supply comes from below. Do not spread cortisone on skin. OPC helps for everything, for the eyes. With OPC, the sugar in diabetes gets moving and is broken down. With 1 OPC

Capsule gives your heart 170 percent more blood. Some people have poor blood flow to the heart. Your heart gets power. OPC extends life.

Doubles the resistance of your blood vessels. There can be blood pressure 200 with 100, nothing bursts in the head.

OPC, Vitamin D3, and Minerals: If people took OPC, Vitamin D3, and minerals, that would be the end of the pharmaceutical industry. There are doctors who take OPC, nobody will prescribe it; There are clinics that offer therapies with OPC for cancer; but it is not made public; There are doctors who take OPC and patients who get wires; I find that ethically incorrect;

List of diseases and complaints in which OPC can fully develop its effects.

(Extract from the book by R.F. "Crucify me! But give all OPC!") OPC has a beneficial effect, it prevents, slows down harmful processes and accelerates healing processes for the following diseases and illnesses:

Helps with over 90 diseases. There is a study for every illness. For example, Google

"OPC heart attack".

Vascular problems (blood, lymphatic vessels)

- vein problems
- Heavy and aching legs
- Open legs
- swollen legs (especially in the evening)
- Circulatory disorders in the hands and feet (cold, tingling)
- lymphatic

- thrombosis (prevents platelet aggregation)
- edema
- hemorrhoids

#### Cardiovascular system

- normalization of cholesterol levels
- Improve peripheral blood flow
- regulation of blood pressure
- Prevention of heart attack and stroke (one of the most important properties of OPC)

#### blood

- regulation of blood lipids (LDL cholesterol and HDL cholesterol)

#### diabetes

- Improves the metabolism of sugar
- Improves blood circulation in the hands and feet
- Stabilizes diabetic retinopathy

#### eye diseases

- Cataract
- Age-related poor eyesight
- Macular Degeneration
- night blindness
- Conjunctivitis
- Dry eyes
- glaucoma (lowering of internal eye pressure)
- sensitivity to light

#### allergies

- asthma
- hay fever (various allergies to grass, pollen from shrubs and trees)
- Allergic reactions to animal hair, house dust, chemicals, food, mold, insects, sun allergy, contact allergy, allergy to nickel and silver jewelry

#### Skin connective tissue collagen

- Premature skin wrinkling
- eczema
- acne
- eczema
- psoriasis
- stretch marks cellulite
- Protection against sunburn
- Collagen Repair
- Dry skin
- Accelerated healing of desires
- scarring
- Foot and fingernails elasticity

#### Injuries and sports injuries

- Broken bones, strains, tendons and muscle injuries

- wounds (usually heal in half the time)

Degenerative aging processes triggered by free radicals:

- Multiple sclerosis
- Parkinson
- Alzheimer's
- Dementia, senility
- amnesia
- Anti Aging Vitamin

respiratory tract

- rhinitis
- bronchitis
- asthma
- cold and flu

Mood

- depression
- PMS (premenstrual syndrome)
- Vitalization for tiredness and exhaustion
- Hyperactivity in children ADD
- learning and concentration difficulties
- Age-related responsiveness

Strengthening the immune system in:

- influenza
- Cold
- Enhance the effects of vitamins (C and E)
- pregnancy and baby resistance

kidney

- strengthening the capillary resistance and improved filter function)
- proteinuria (protein in the urine)

Damage from alcoholism

- Cirrhosis
- liver detoxification
- Anti-rebound effect (aggregation thickening and clumping of the blood after alcohol consumption)

gynecological problems

- Period regularity
- menstrual cramps
- premenstrual syndrome (PMS)

Libido strengthening:

- Erektionsfähigkeit
- ability to achieve orgasm
- Illusion ability

osteoporosis

- Collagen lattice strengthening, improved calcium synthesis

Inflammation of the body

- arthritis (inflammation of the joints)
- gastritis (inflammation of the stomach)
- hepatitis (inflammation of the liver)
- meningitis (meningitis)
- sinusitis (inflammation of the sinuses)Paradentitis (Zahnfleischentzündung)

Beschwerden bei Flug-Bahn und Busreisen

- Durch Hemmung der Thrombozytenaggregation vorbeugend gegen Lungenembolie
- Minderung der Schwellungen an den Beinen „Kennen Sie noch so ein Naturheilmittel das den menschlichen Körper so viel Gutes tut ohne Nebenwirkungen? Dass ungefähr über 90 Krankheiten in ihrem Verlauf vorgebeugt, verlangsamt, gestoppt oder sogar vollständig geheilt werden? Dieses OPC ist einzigartig, es besteht aus reiner Natur, das kennt der menschliche Körper am besten.“ (Auszug aus dem Buch von R.F.)

## Vitamin C

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Buy vitamin C. 95% of all processes in my body run with vitamin C. At least 5000 to 6000 mg of vitamin C per day, like a small dog that also produces 5000 mg per day and weighs 20 kilos. Dogs and animals produce their own vitamin C. Goat has 12,000 mg. There is no upper limit. Helps with constipation, 200 to 300 mg of vitamin C and he has good bowel movements.

Laxative destroys the whole intestinal flora. Vitamin C deficiency creates deposits on the veins, so there is high blood pressure. OPC increases the effect of vitamin C by a factor of 10. So only take 0.5 grams of vitamin C, and you have 5 grams of vitamin C. If you take vitamin C, the sugar is broken down, otherwise it stores sugar in the eyes and arteries. Vitamin C is our body's building material, builds collagen; Eyes, tissues consist of vitamin C. The molecules of vitamin C and sugar are almost the same; Our bodies are flooded with sugar from the sugar industry; We suffer from acute vitamin C deficiency. Without Vitamin C: poor vascular condition, tears in the artery. With vitamin C: building material for cracks in the artery is there, the cracks are closed. And OPC protects it, otherwise it would still crumble out a bit. If the brain notices that the vein is healthy, it will break down deposits

Over 80% of people have no vitamin C. Vitamin C in high doses cures cancer.

Else Bolig took vitamin C and turned 107; Linus Pauling, who received

the Nobel Prize for vitamin C, has turned 93 years old; And Sen Jörg, is 95 years old. Everyone took vitamin C; Vitamin C leads to biblical age.

### **Minerals (primary rock flour)**

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We are 35% mineral and 65% water. We are water, dirt, mud. Minerals are very vital for you; The earth's crust consists of minerals; Minerals are found in animals and plants; Minerals have to be natural; Why we have to eat minerals; We humans have been eating stones since the Stone Age; The many people in the Caucasus grow very old because of their diet, not because of the water, but simply because of the minerals they absorb; therefore, man is a steeper; Minerals detoxifies the body; In America there are people who have a real desire to eat earth; But the fineness of the minerals must be guaranteed; There are tribes in the Amazon that eat earth; Food supplement industry charge 50 to 60 euros for a kilo of minerals - stones, really overpriced; Our blood has a pH of 7.374. With every deviation of 0.2 we are dead. Minerals give the body a basic raw material.

Primitive rock flour: I am interested in how the stone is ground. From 0 to 0.02 it goes into the blood. 0.02 to 0.09 colon cleansing.

Minerals from R.F. Powder, primary rock flour; It makes no difference whether I take mineral for animals or if I take mineral for plants; Take a quarter to half a teaspoon in water, dissolve; these minerals take up my blood and detoxify my body; Minerals detoxify mold poisons, detoxify heavy metals, minerals are perfect for bowel detoxification, then build up intestinal flora with probiotics; Minerals are good for detoxification. Lack of minerals leads to obesity.

At a Christian funeral it is said that people become Earth again. Minerals cancel out the atomic radiation; The human body is intended for 100 to 120 years; Minerals prolong life.

Minerals are being replaced on the farmland by a fertilizer industry; Minerals are more important to our bodies than vitamins.

Life-sustaining minerals and trace elements in the form of naturally ground rock flour.

Otherwise buy Schindler's minerals.

### **Vitamin B12**

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Renewed blood content (platelets, leucocytes, etc.) Whole blood count changes. B12 for the genesis. With B12 intake you get big red blood cells.

Diseases: pigment disorders on the skin. Accelerated aging. Long-term health decay, premature aging, constantly tired (B12 is involved in the conversion of energy in the cells). Mental disorders. Forgetfulness, mental disorders, up to dementia, senility, can no longer think, can no longer think logically, managers have unclear and wrong decisions. All your senses are

taken away, affects neurodegenerative diseases.

Nerves are not renewed, you can no longer walk. Body stops you.

Numbness in arms and legs. The nerves are not renewed. You can no longer walk, sluggish gait. Insensitivity in the arms and legs. Optic nerve begins to disturb until blindness. Comes to infertility in women and men.

Child malformations, brain malformations.

Balance disorders. Many people with Parkinson's actually have B12 deficiency. B12 deficiency can also lead to depression. You can no longer think logically. You no longer make the right decisions. You get tired. With B12 deficiency you become demented and blind. Deficiency similar to D3.

Persistent weakness, lack of drive, muscle weakness, permanent fatigue.

Pale skin, insomnia, sleep disorders, skin pigmentation. Anemia, increased thrombosis, irritability, excitability, loss of self-control, forgetfulness, memory loss, unclear, diffuse thinking, confusion, weakening of mental capacity, dementia, depression, depression, delusions, schizophrenia, many older people, with a B12 deficiency, the nerves are all gone broken, no longer see, managers neglect their whole health due to their complete stress. Anemia, anemia, B12 causes many diseases that are misinterpreted and treated incorrectly. Optic nerve begins to be disturbed until complete blindness. B12 is also involved in protecting the nerves.

### **Chromium picolinate**

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Chromium is good for losing weight. Chromium breaks down fat. Important for a diabetic. You can also get a wash belly because your body produces fat. A diabetic has no insulin receptors. Chromium increases the number of insulin receptors. Keeps insulin levels constant, no roller coaster ride.

Chromium prevents signs of aging. Sugar cannot be broken down without chromium. Chromium helps the fat to drain from the cell. You can lose weight with chromium picolinate.

Chromium Picolinate protects against sugar, against heart attacks, makes you really slim, prevents signs of aging

With chromium. I have no appetite for sweets.

Chromium prevents tumor formation; Chromium prevents heart attack;

Chromium prevents the prostate from enlarging in men; Chromium is the

only means where the fat cell can empty its fat; Study: Men between 55 and 60 years lost about 3.8 kilos with chromium within 2 months; And the placebo group, which did not get any chromium, only about 0.5 kilos ("about" because from a pound to a kilo).

## Linseed oil OMEGA 3

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Best source for OMEGA-3. Linseed oil contains lignans. There is also linseed oil that is filtered. Lignane is anti-cancer. Linseed oil makes you happy and is an antidepressant. Linseed oil prevents depression, prevents mood swings.

Fish oil capsules contain only 3-4 percent OMEGA-3, is made from fish heads and fish skeletons.

OMEGA-3 fatty acid is a key substance for the brain so that one can think better; Key substance for the nervous system to make you feel good. Used in depressed patients;

Linseed oil contains 60 percent OMEGA 3

R.F. is 7 tablespoons of linseed oil a day. His girlfriend 2 tablespoons. Store linseed oil in the refrigerator. Not at the door (warm, cold, warm, cold).

Linseed oil lasts 3-4 months.

Why do people need oil? Oils are part of the human being; e.g. Brain substance consists of pure fat, from fatty acids; DHA. An important ratio of OMEGA 3 to unsaturated fatty acids is 4 to 1.

The pharmaceutical industry and the food supplement industry make OMEGA 3 from fish oil, fish heads, fish skeletons contain only 3% OMEGA 3; The fish oil contains only 3 percent OMEGA 3; Linseed oil 60%; Then it comes in a capsule, as if I were encapsulating something in concrete, it also oxidizes, by swallowing the capsules you can no longer feel the taste, you are ingesting an inferior product; Rapeseed oil also has only 9% OMEGA-3; That's why I use linseed oil, but not normal linseed oil, but my linseed oil also contains legnane, you see if you hold the bottle to the light, these are black, vegetable substances. These legnane are very effective for breast cancer and prostate cancer; Preventive of cancer; With OMEGA-3 you do the covering of nerves; OMEGA-3 is hypotensive, anti-inflammatory, also good for diabetes

Child takes OMEGA-3 from mother at birth. Women with 4-5 children tapped low IQ, stuttered,

The most important reason why toxins stay in our body, we have viscous blood, when a thin blood gets into the tissues, toxins come along automatically;

## Alpha lipoic acid

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For the brain. Lets injured, broken nerves sprout again. Networks new nerves. Where nerves have died and are injured, the nerves sprout again, the feeling comes back. Prevents the nerves from being destroyed. The nerves have no function due to diabetes or an accident, but I can activate this process with this alpha lipoic acid. The feeling comes back.

Protects the brain. Protects the genes.

Alphaliponic acid ensures that other antioxidants such as vitamin C or OPC

have a long-lasting effect in the cells. It protects the brain from deposits. This is why it is used when people have neural problems, I recommend alpha lipoic acid to diabetics. Diabetics have the problem that the amount of sugar in the body causes nerve damage. Alphaliponic acid is an opponent of skin aging. Because you reached every skin cell, to the surface. Protects smokers, Protects against radiation, important: Improved memory because it takes poison out of the brain, Is important for lowering cholesterol, for diabetes-related sensations and numbness on the skin,

## **L-arginine**

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Natural amino acid: for high blood pressure. (Alternative to potentiating beta blockers). Helps with male and female erectile dysfunction, OPC and arginine together, and 92 percent of men have better erections, do not need Viagra. Also good for intestines and hair growth.

1998 Arginine Nobel Prize. Over 2000 studies on arginine.

Sex is no fun when sick; Because the disease is rampant and sex is second, Arginine manages to completely reduce blood pressure within 1-2 days;

Lack of sun causes the arteries to contract; Arginine creates nitrogen in the arteries and the arteries open;

Woman had veins that were 99% closed. Arginine produces nitrogen, the arteries are constantly open. No clots get stuck. And then take vitamin C and OPC.

Control of memory function. Lowering bad cholesterol. Improved blood flow through relaxation of the vessel wall. Regulation of enzymes. Protection factor of the blood vessels. Regulation of bowel movement.

Sick monoxide: prevents platelets from clumping together (low risk of thrombosis); Dilated blood vessels; Low permeability of the vessel wall to cholesterol; Low immigration of inflammatory waves in the artery wall. And most importantly: relaxing effect on blood vessels.

## **L-carnitine**

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A strong heart, a healthy liver, an excellent immune system, and a fountain of youth for the brain and nerves. Pep up the whole immune system. If you have liver problems, take carnitine. If you have a weak heart, take carnitine (and OPC and Q10).

You have 100 times more carnitine in your heart than anywhere else.

You may gain weight with carnitine; You may lose weight without carnitine. (With cancer).

Although carnitine is in some botanicals, there is no point in substituting (replacing) it. You would have to eat far too much of it.

Therefore buy carnitine as a natural remedy, where the carnitine is already extracted from the plants.

With high stress and stress, we consume 1200 mg L-carnitine per day, then the 20 to 25 gram stock that we have in the body is quickly used up.

L-carnitine is a substance that is essential for the normal life processes of the organism.

All tissues that cover their energy needs from fats are rich in carnitine. On muscle, heart, liver, and kidney, i.e. fat-burning organs account for 99.5% of the body's own carnitine.

Carnitine is vital in energy metabolism and for the production of large amounts of energy in every phase of life. Very important for serious illnesses, for bedriddenness, in old age. In addition, for the production of 1 g of L-carnitine, 30 grams of muscle mass are broken down, which does not happen when we supply L-carnitine to the body (very important in old age).

Even the inner mitochondria, the power plants of the cells, cannot convert the fatty acids if there is no carnitine. The fuel can then not be burned, even though it is sufficiently available.

L-carnitine is the mouth of every heart, carnitine is the mouth of every cell, without carnitine the cell cannot eat; People eat the best things, but with carnitine deficiency the food doesn't reach the cells. Like having a straw in my mouth and having to eat through that straw for a few months; Through this straw you have to breathe, detoxify, feed (at most soup). You can't eat without carnitine.

Each of us has 20 grams of carnitine in our bodies; If you have stress at work, which most people have, the supply will be exhausted in 20 days; What will remain: fatigue, exhaustion, no power.

Heart: increases cardiac output, heart strength; lowers heart rate under stress; Reduces symptoms of heart failure; Increases resilience of the heart; Reduces heart attack intensity; Is power for the heart.

Immune system: supplies the immune cells with energy; Increases the activity of the immune cells under stress;

Liver: Improves liver function; Accelerates liver tissue renewal; reduces fatty liver problems; Increases protein synthesis and fat burning in the liver; Reduces liver damage from alcohol

Brain and nerves: slows brain aging (dementia; Alzheimer's); Improves cognitive skills such as concentration, memory and

learning ability; Reduces the loss of receptors; Accelerates tissue renewal;

Muscle: increases strength and endurance; Relieves physical and mental fatigue; Reduces muscle injury, sore muscles, side stitches; Promotes muscle mass maintenance and regeneration; Accelerates regeneration;

etc.: e.g. helps with heart diseases, diabetes, slows aging; increases quality of life; relieves physical and mental fatigue.

Increases sperm count, increases sperm quality, and sperm motility; Carnitine made the man fertile again, useful in cancer therapy; the cells then go from sugar back to oxygen;

### **MSM super substance from nature (pain reliever - body interior)**

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MSM. Unbeatable sulfur against pain. Natural pain reliever. To build up cartilage. Sulfuric acid, super substance.

Everyone has 150 grams of sulfur in their bodies. Muscle, ligaments, tendons. If you are in pain, 60% sulfur is missing. If the sulfur is in there, you have no pain. Even with chronic cystitis. Anti-inflammatory, improves blood circulation. In terms of safety, as toxic as a glass of water.

Women who had osteoporosis, bone on bone, there is no pain; We need MSM to build the body and as a body's own pain reliever; Improves blood circulation, improves intestinal mucosa,

MSM is found in the daily diet of tea, vegetables, cereals, etc. This sulfur is destroyed by processing.

Sulfur is very important for our body. MSM is found in more than half of the muscles, skin and bones. MSM formation in collagen; Part of cartilage and connective tissue; helps in the formation of muscle, hair, nails, skin, even age-related skin folds go away; Anti aging; Building healthy cells; Stimulates healing of damaged skin; Makes the cell walls more flexible; Increase in energy; Reduces pain and inflammation. Pain just not as fast as other pain relievers, maintains intestinal flora;

Most efficient pain reliever where there is no risk of 17,000 kidneys, as with artificial pain reliever.

Artrose: A joint is not built up by a means that you add. A joint is built up by the sun. Vitamin D3 is the signal for cartilage to build up. (No healthy signal gives all kinds of bone things).

MSM gets into almost all tissues within 24 hours after ingestion. MSM that is not metabolized is excreted within 96 hours.

Failure to take the pain does not come back as quickly because the body holds the MSM for a while. Most often after 6-7 days the pain begins to go away. It took a woman 2 months to keep pain away.

Vitamin C increases the efficiency of sulfur.

In general, MSM will improve the supply and removal of many substrates to and from the body cells, which optimizes the entire constitution of the organism.

In addition, MSM has also detoxifying, draining, but also anabolic or restorative effects.

MSM can: prevent pain impulses along the nerve fibers; Weaken inflammation; Increase blood supply; Reduce muscle spasms; Helps relieve and heal scar tissue;

For muscles, joints and bones: fights joint pain and improves joint function; Combats muscle pain; Helps with gout problems; Strengthens inflammation resistance; Strengthens connective tissue by improving the sulfur content; Combats osteoarthritis and rheumatoid arthritis by strengthening connective tissue and joints; Accelerates fracture healing; Combats tendonitis and problems like "tennis elbow";

Digestive system: promotes bowel activity; strengthens the intestines and protects against the penetration of the antigens into the bloodstream.

Metabolism and Metabolism: Promotes the body's own insulin synthesis and fights insulin resistance; Reduces lactate accumulation due to physical exertion and promotes faster regeneration.

Immune system: Strengthens ability to fight cancer; Increases ability to mitigate allergies (including food allergies); lowers the body's autoimmune response; strengthens inflammation resistance of the body tissue; strengthens resistance to cold;

For the nervous system: Seems to fight migraine problems; fights nerve pain (by modulating nerve stimuli); Improves alertness and concentration; Combats negative effects caused by increased stress; In advanced artrose, where bone rubbed against bone, the pain stopped for four weeks.

For skin, hair, nails: combats age-related skin folds; fights acne and dry skin; Improves condition and ensures growth of hair and nails; Improves skin elasticity and appearance; Accelerates healing of small wounds;

MSM deficiency: MSM levels decrease with age. Leads to symptoms such as fatigue, tissue and organ disorders, great susceptibility to diseases, inflammation, pain.

## **Co-enzyme Q10**

Ist die Nahrung der Zellen. Herzzellen essen gerne Q10. Ist ein Mittel für Herzschwäche, Herzerweiterung, Herzklappenfehler.

Stoppt Krebstumor; Q10 reduziert den Tumor; Q10 erhöht Lebenserwartung