



PREVENTION BEGINS IN THE HEAD, THROUGH YOUR ENERGY!
„What do computers and muscles have in common? Both remember“

The power station of your cells

WHAT IS THE SIGNIFICANCE OF CYTOCHROME & Tribulus.ENERGY® FOR YOU AND YOUR BODY?

Tiny but incredibly effective.

Aerobic metabolic processes, which involve the complete oxidation of carbohydrates and fats, take place inside the muscle cell. The cell is the smallest unit in the body where metabolic processes take place and that can therefore be described as 'living'. Cells consist of the cell membrane and the cytoplasm on the inside. The individual functional units (cell organelles) are in the cytoplasm, like organs in the human body. One cell organ is the mitochondrion, a kind of "cellular power station".



Cytochrome is part of the mitochondrion and contributes to the provision of energy in the cell. Cell energy is what powers the organism. If there is plenty of energy on supply, the body functions efficiently.

Discover the power source of your body cells!

Physical efficiency and mental agility depend on the potential of the body's cells for producing energy. The best way to enhance personal efficiency is to provide the body with an optimum supply of energy. By exercising to increase endurance, we are training our body to assimilate more oxygen and the body's cells to produce more energy. If too little oxygen is processed, which means that not enough energy is being produced, we are not able to perform certain physical and mental activities effectively.

Cytochrome contributes to the provision of energy, which means it has a positive effect on the energy metabolism. Physical exercise stimulates the production of cytochrome and increases the amount of blood reaching the body's cells. The cells can only make optimum use of the extra oxygen that they receive from the increased blood flow if their cytochrome content also increases.

Endurance training is the most important stimulus for cytochrome production. An increase in the cytochrome level is an indication of positive changes taking place in the body as a result of exercise. The higher the cytochrome level, the more efficiently the cells can function and the more energy they can produce. Cytochrome measurements can be used to track the level of endurance in an exercise programme.

At the same time the cellular cytochrome content indirectly indicates the mental efficiency of a human being, because the endurance training positively influences mental functions, as concentration, absorbing capacity and the ability to respond.

endurance good = cytochrome high

What is endurance?

Living life to the full and never being short of breath. Endurance is defined as the ability to perform physical activity for a significant length of time without showing signs of fatigue. General endurance is understood as the endurance of a muscle mass that accounts for less than one sixth of the body's muscle structure. This is important in activities such as walking, jogging and cycling. The positive effects of higher general endurance are an increase in the strength of the muscles being used and the improvement of the cardio-vascular system, which enhances overall health and wellbeing. Cytochrome measurements can be used to track the level of endurance in an exercise programme.

Cytochrome

The cytochrome content reflects the vitality and thus the functioning of different body cells. The increase of cytochrome signals a positive condition of different body functions- as, e.g., an improved blood transport of the heart within the circulatory system. The increased cytochrome content likewise indicates a better capillary action – that is, more small blood vessels, that transport oxygen into the tissue. Muscles, sinews and ligaments will be better developed by the increased training.

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Tribulus.ENERGY® will support your motivation and mental efficiency.

Endurance sports: increase the body's power of resistance and boost the immune system improve the condition of the cardiovascular system endurance and cytochrome - Feel better with a higher cytochrome level. A high concentration of cytochrome exists when the body's endurance capacity is in good form. It can therefore be seen as an indicator of the body's energy level as a result of endurance sport. A regular, personalised endurance training programme improves the efficiency of the aerobic metabolic processes.

This increases the quantity of mitochondria in the cell and also the cytochrome level, i.e. the cell creates a higher quantity of this enzyme. The cytochrome level measured by pH8KIDS® is therefore directly related to a person's endurance capacity. However, an endurance programme has to be of a certain intensity and duration before the number of mitochondria increases. A rise in the cytochrome level takes place before the number of mitochondria in the cell increases.

If a person stops exercising, their cell cytochrome level and physical fitness will decrease.

Once again, physical fitness decreases at a faster rate than the capacity of the mitochondria.

Learn about your body and monitor your physical condition with pH8KIDS®. It will help you to be more aware about your body's needs so that you can respond to them directly. As a result, your vitality will increase, you will enjoy life more and your body will be more resistant to disease and obesity.

Men with lower testosterone die earlier (04.2010)

Men with a low concentration of the sex hormone testosterone die earlier. This proves a recent analysis of the Study of Health in Pomerania (SHIP) under the auspices of the Institute of Clinical Chemistry and Laboratory Medicine, University of Greifswald. The scientists observed in the study population in Western Pomerania over seven years, 1954 men aged between 20 and 79 years, of whom 195 had died at the end of the period, said the endocrinologist Henri Wallaschofski on Tuesday.

Nutrition

Eat as little acid-forming foods (alcohol, coffee, cola, other sweet drinks, animal protein, white flour, white sugar, etc.) as possible. Increase the proportion of "antioxidants". From 20:00 clock only raw vegetables or crisp bread. Please do not diet, because of the yo-yo effect!

**What do computers and muscles have in common? Both remember!
I was not ill for 26 years and you can too!**

Muscles remember one-time glory!

This memory is stored in the DNA of the cell nuclei, which divide when a muscle is trained. Contrary to previous opinion, these nuclei are not lost when a muscle is atrophied; The researchers showed on August 16 in the journal Proceedings of the National Academy of Sciences. These additional nuclei form a kind of muscle memory that allows the muscle to rebuild quickly after an untrained phase.

The results suggest that training at young age frailties

Or as with me, build up such a strong immune system, without future allergies and medical visits! Except dentist for dental prophylaxis.

"Muscle cells are huge," says Willi Ehrlich. Because they are so large, more than one cell nucleus is needed to provide the "DNA copy template" so that the large amounts of protein can be formed that give the muscle its power. Earlier research has shown that muscle cells become larger by training because they are joined together by stem cells (the so-called satellite cells), which are inserted between the muscle cells.

So far, researchers have thought that the additional nuclei are killed in muscle atrophy by a cell disruption

program called apoptosis. In the new study, a team simulated the effects of a workout by allowing the muscle, which lifts the toes in mice, to work harder. This increased the number of cell nuclei from the sixth day. About a Time period of 21 days, the number of nuclei in each fiber increased by about 54%. From the ninth day, the muscles were also thicker and increased in volume by 35%.

As the additional nuclei do not disappear, they could offer a way to rebuild muscle protein and thereby create a kind of muscle memory, he said. "This is fascinating and the article also provides good evidence," says Willi Ehrlich after a year of "strength and endurance training." "It is really something new and helps to explain the research results, which show that muscles are very fast A new start of training. "

"If you have cores that stay in your muscles forever, you could always have an advantage," says Willi Ehrlich. However, the new study suggests that muscle reduction may be mitigated by pumping muscles at a young age with cores.

"This could be an argument for mandatory physical training at schools," says Willi Ehrlich. Because my 100 lying supports within two minutes prove this.



In push-ups, almost every muscle in the body is strengthened. At the same time you strengthen pectorals, shoulders, back, triceps. Biceps, trunk, delta, even the gluteal muscles. In addition, you train the sense of balance, the ability to coordinate and agility

