

Health Journey

Fabio Arcucci





Nährstoffe, Schlüsselwerte und Krankwerte

Nährstoffmängel ausgleichen

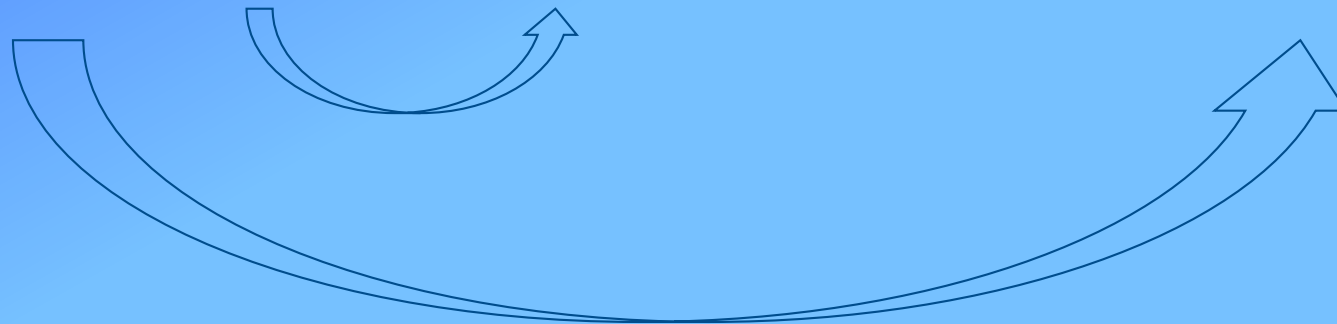
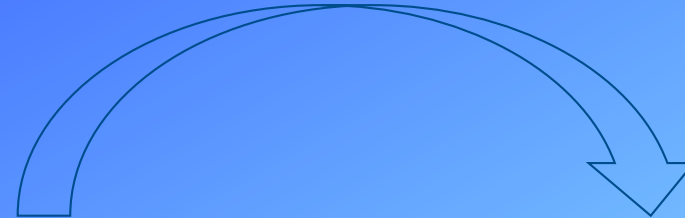
Calcium, Magnesium
Bor, Vitamin K
Vitamin C, Vitamin A
B-Vitamine, Zink, Selen, Eisen
Chrom, Molybdän, Q10, Jod
Mangan, Aminosäuren
Omega-3, Vitamin D

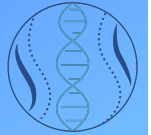
Schlüsselwerte platzieren

Calcium im Serum und VB,
Calcitriol, Cortisol, Insulin,
Östron, T3, PTH, Kalium im
VB

Krankwerte senken

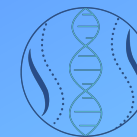
CRP, Kreatinin, Cystatin C,
oxLDL, MDA-LDL, Harnsäure,
HbA1c, HOMA-Index, gGT,
GPT, Beta-Crosslaps, TRap5b,
ucOsteocalcin, Lp-PLA2,
FGF23, Homocystein



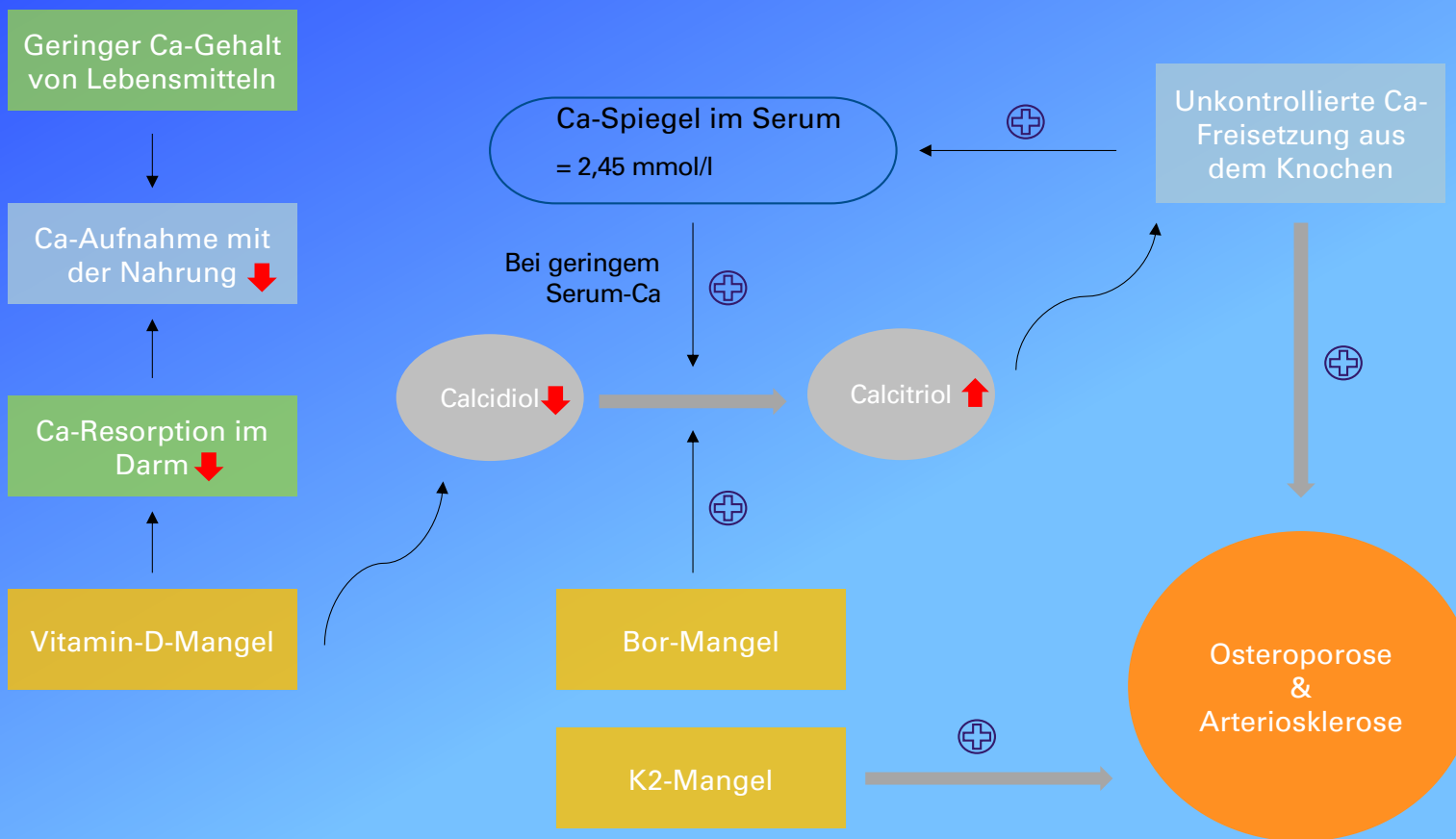


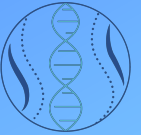
Beeinflussung von Krankheitswerten

1. **Blutdruck-Regulation** → Calcium, Magnesium, Kalium, Arginin, B3
2. **LDL-Regulation** → SD-Funktion, Hormone, Stress, Omega-3, Magnesium
3. **Harnsäure-Regulation** → Molybdän, Vitamin C
4. **Homocystein** → B2, B6, B9, B12
5. **HbA1c** → Magnesium, Chrom, B1, Vitamin D
6. **CRP** → Selen, Zink, Vitamin C, Vitamin E, Q10, Omega-3, D-Ratio
7. **Lp-PLA2** → s. CRP, K2

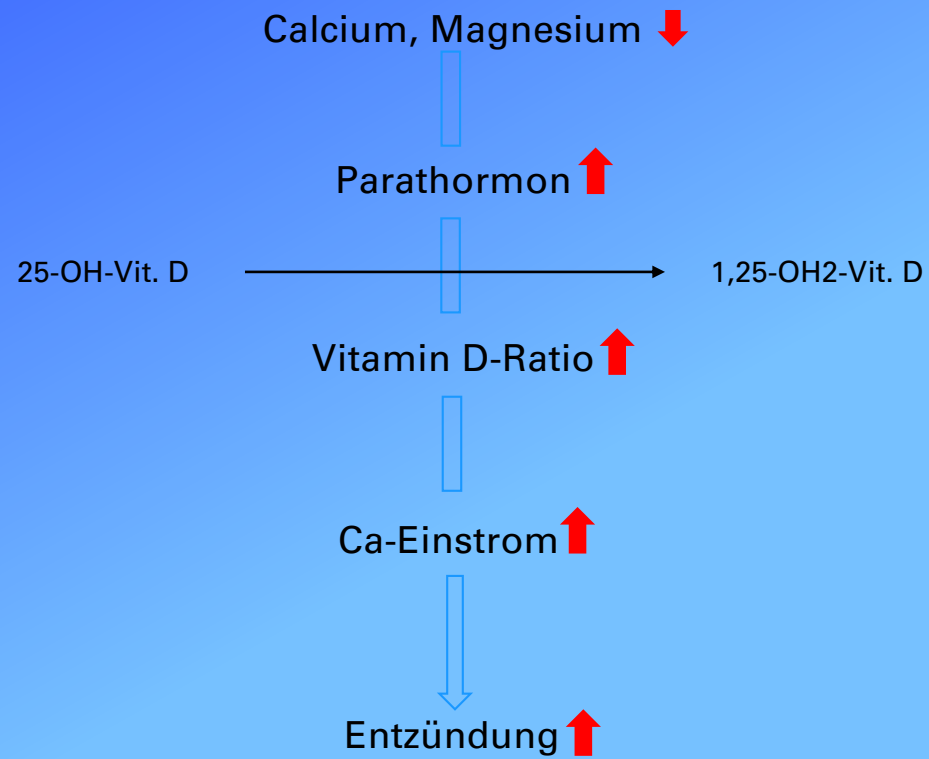


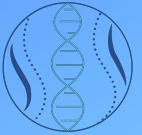
D3-Stoffwechsel



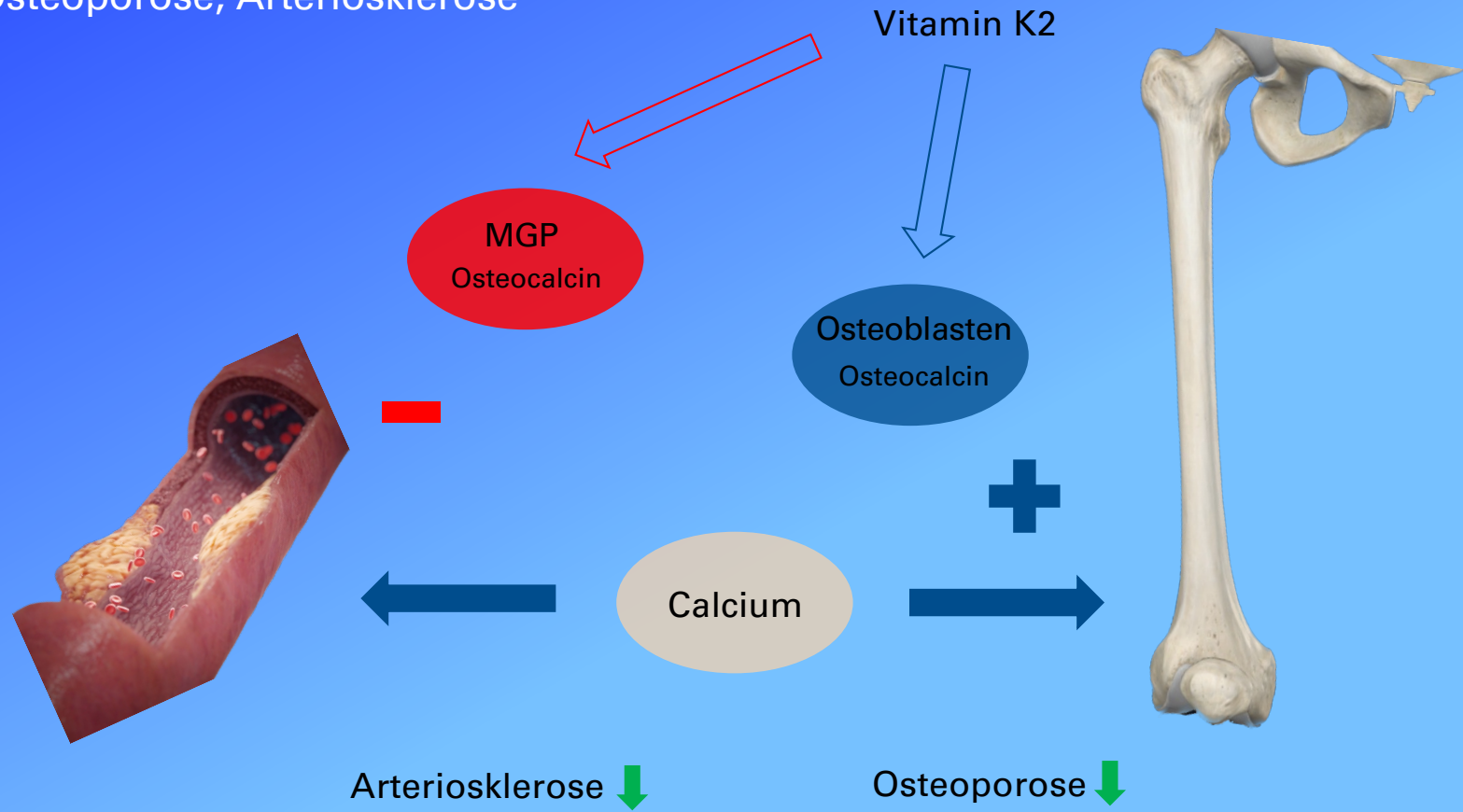


Folgen von Elektrolytmangel

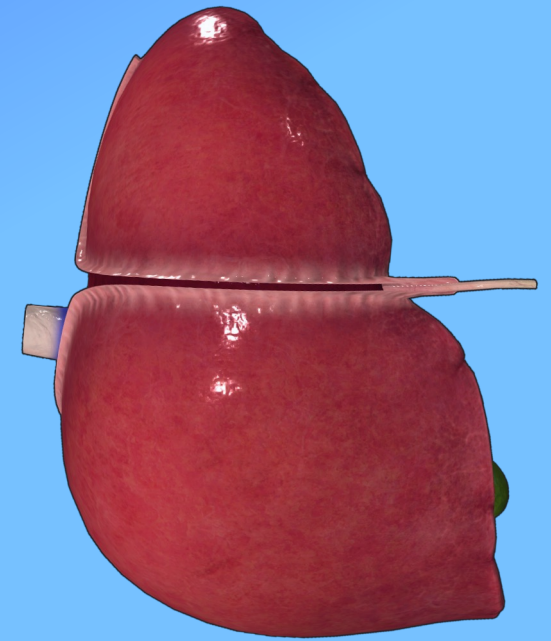
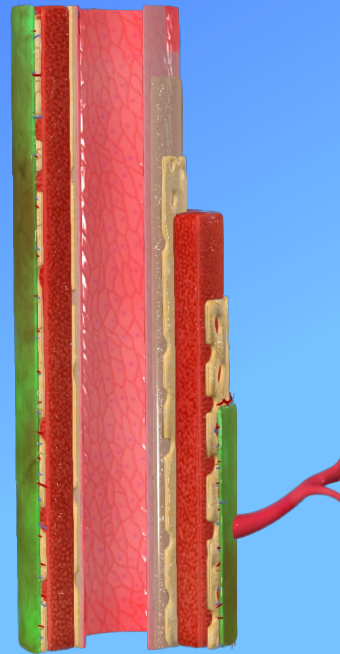
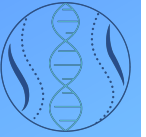


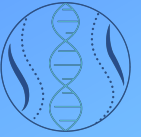


K2, Osteoporose, Arteriosklerose

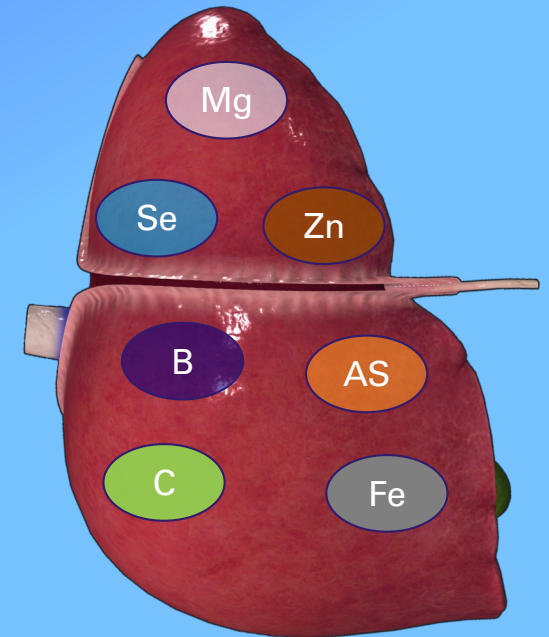
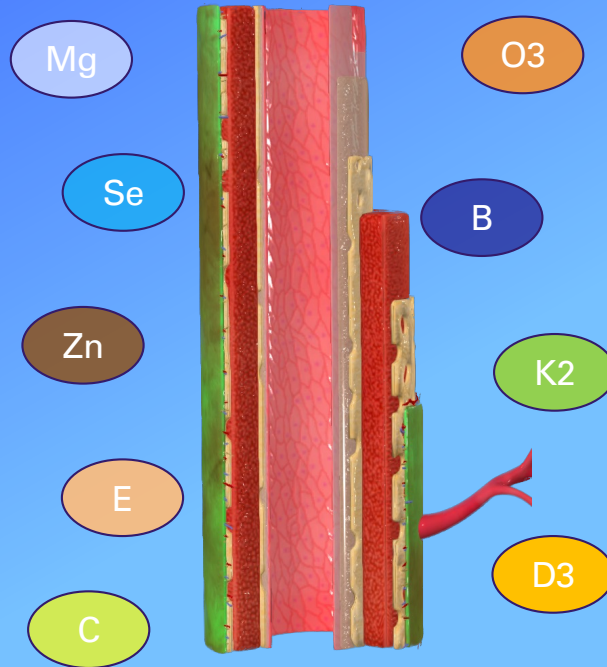
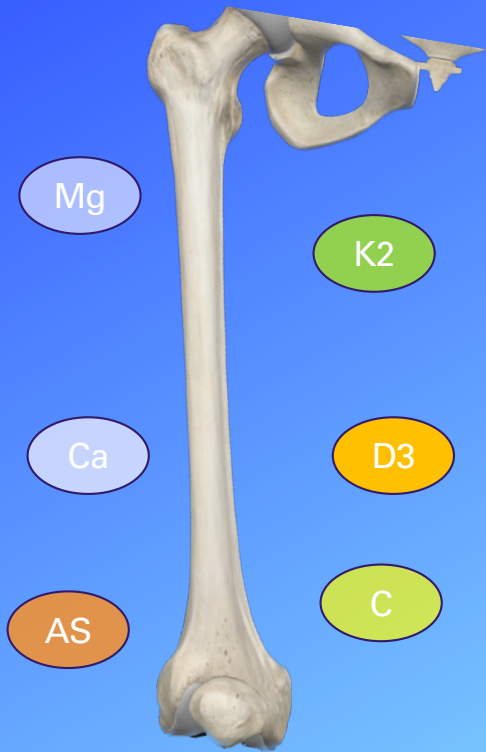


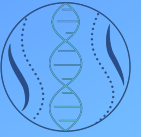
Knochenschutz, Gefäßschutz, Organschutz



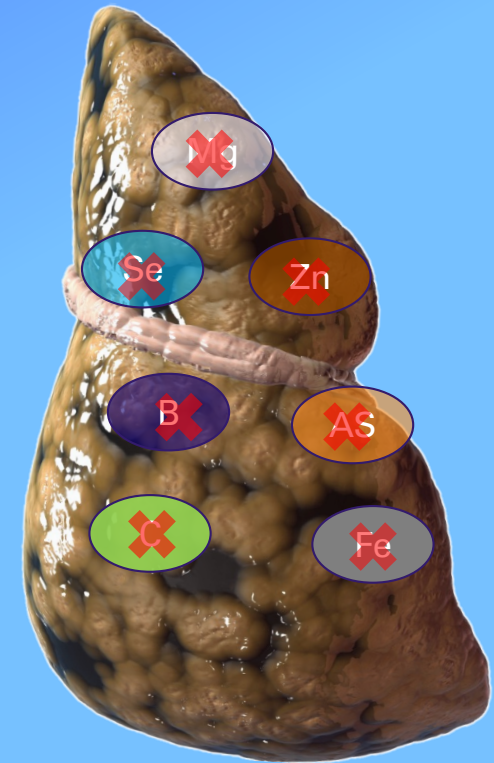
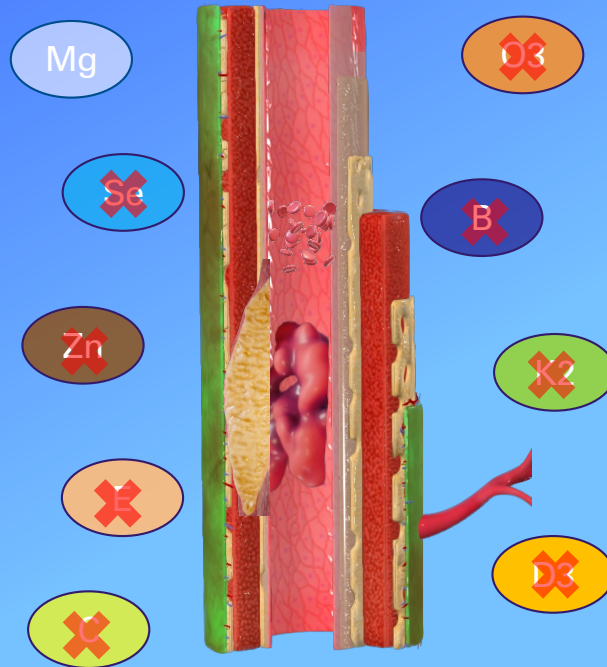
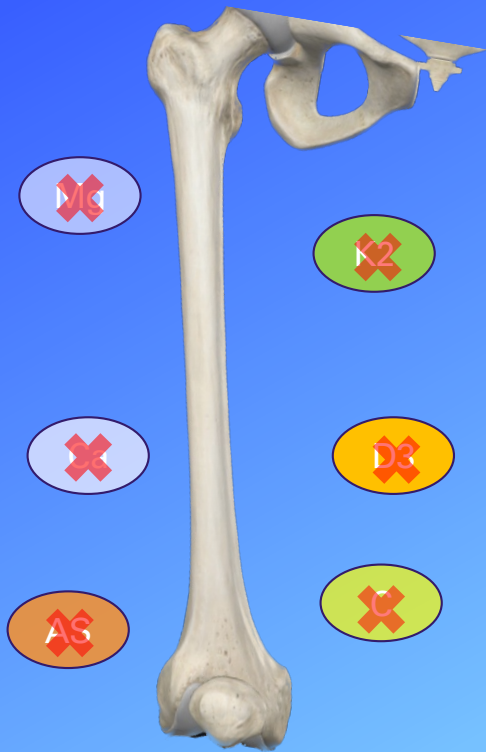


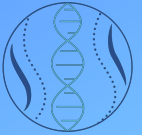
Knochenschutz, Gefäßschutz, Organschut



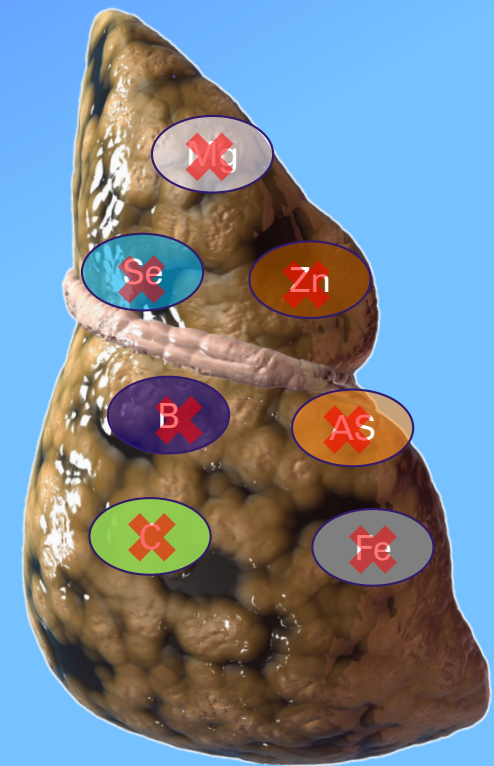
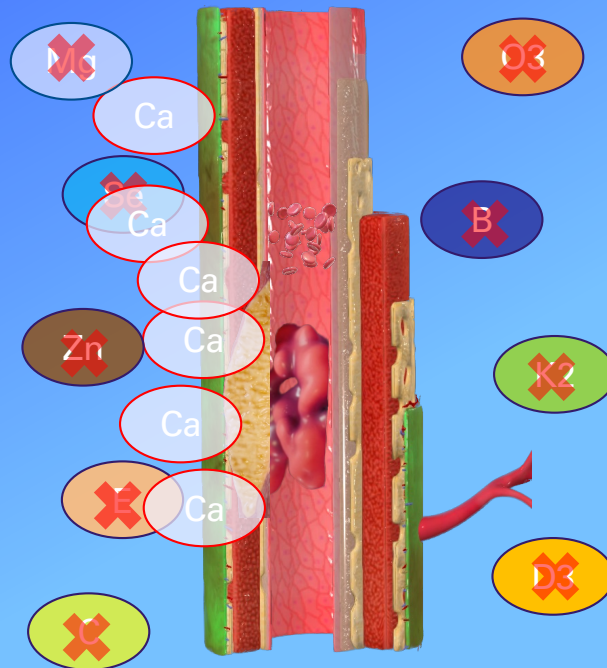
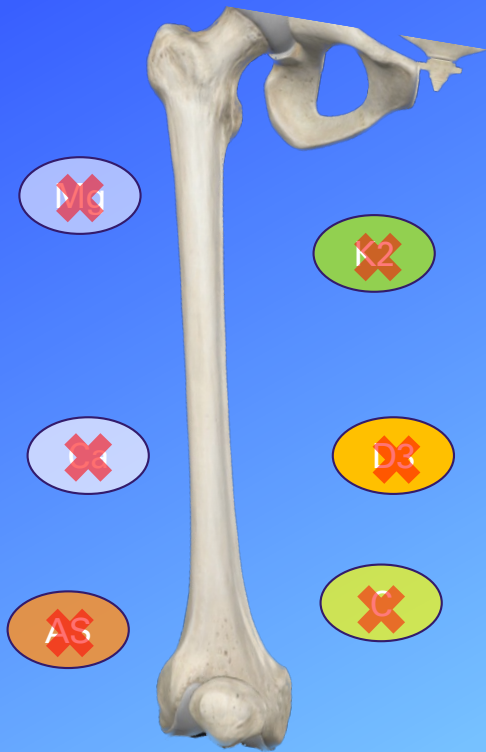


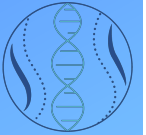
Knochenschutz, Gefäßschutz, Organschütz



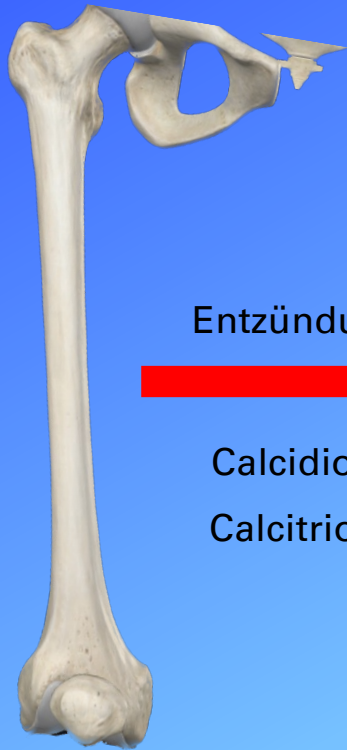


Knochenschutz, Gefäßschutz, Organschut





Knochenschutz, Gefäßschutz, Organschutz

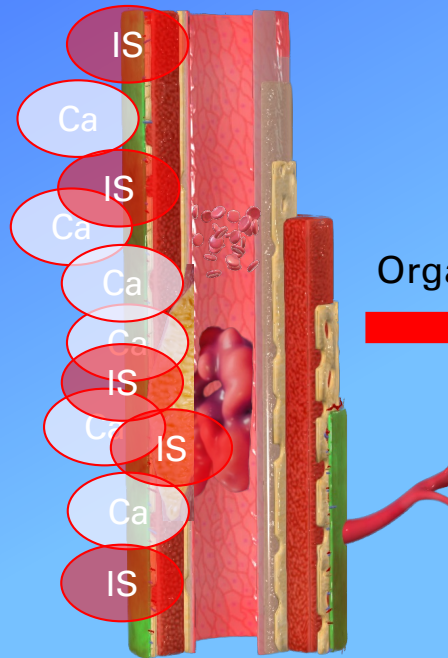


Entzündung



Calcidiol ↓

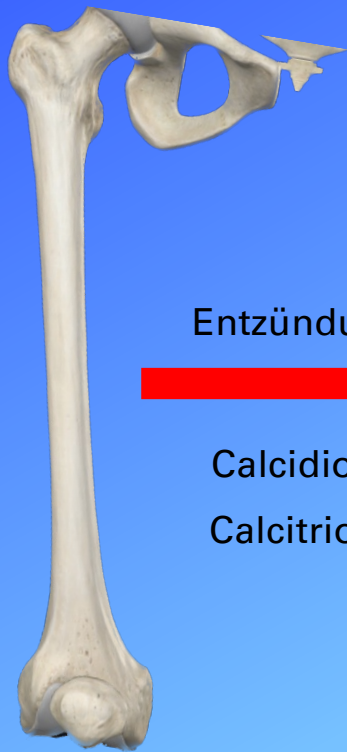
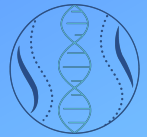
Calcitriol ↑



Organschaden



Knochenschutz, Gefäßschutz, Organschutz

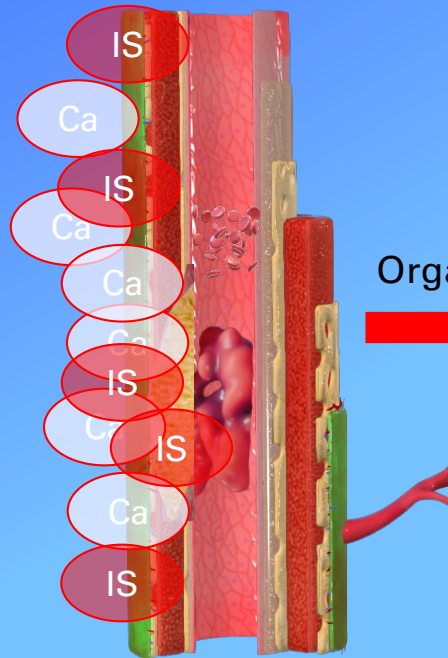


Entzündung

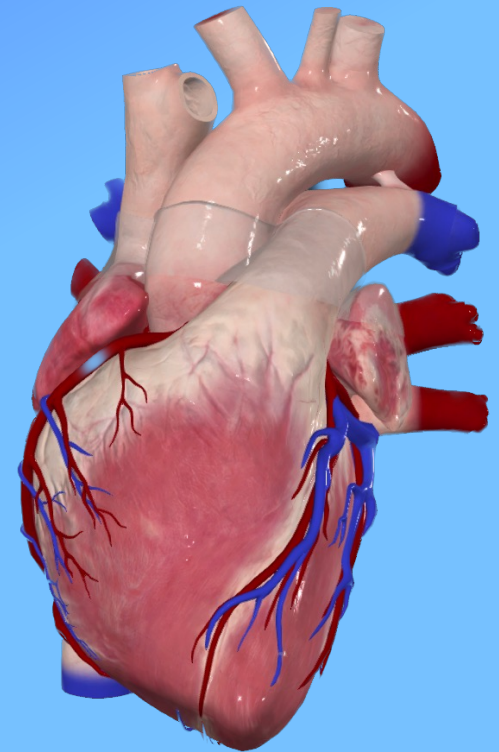


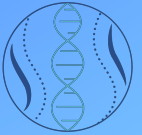
Calcidiol ↓

Calcitriol ↑

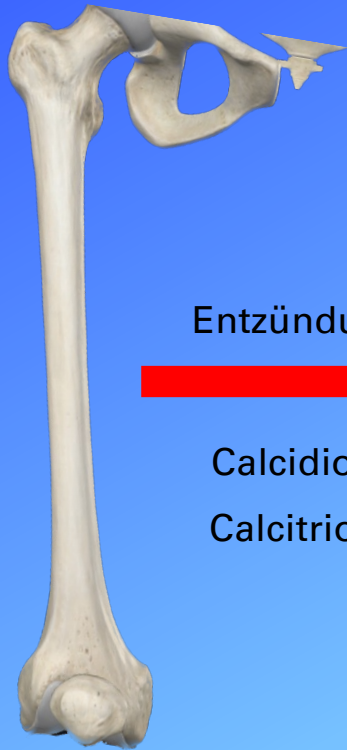


Organschaden





Knochenschutz, Gefäßschutz, Organschutz

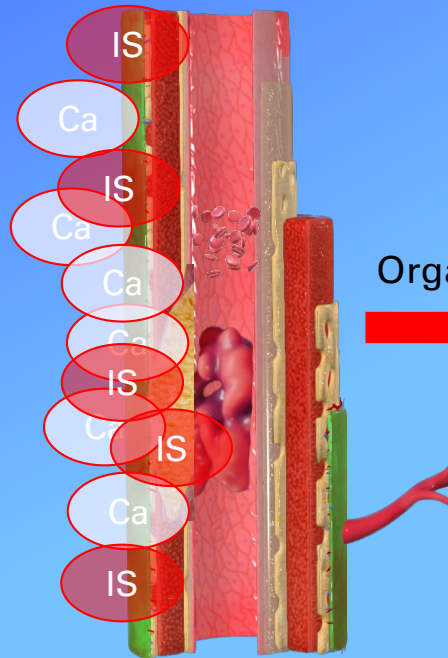


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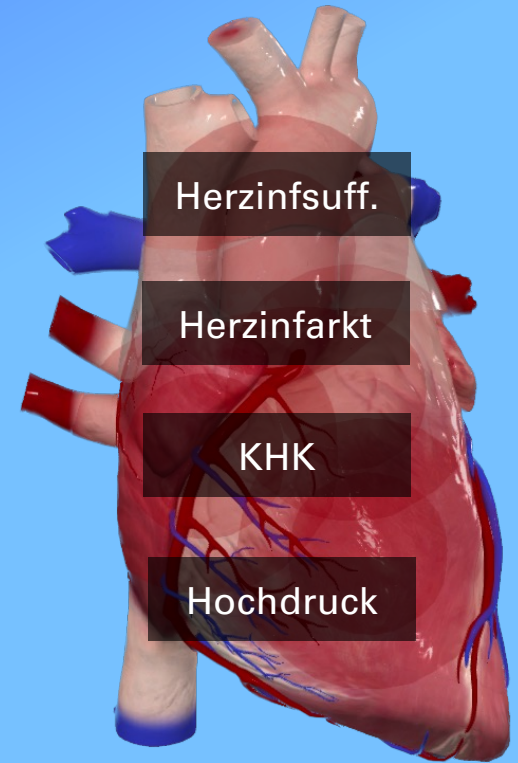


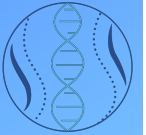
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Calcitriol ↑

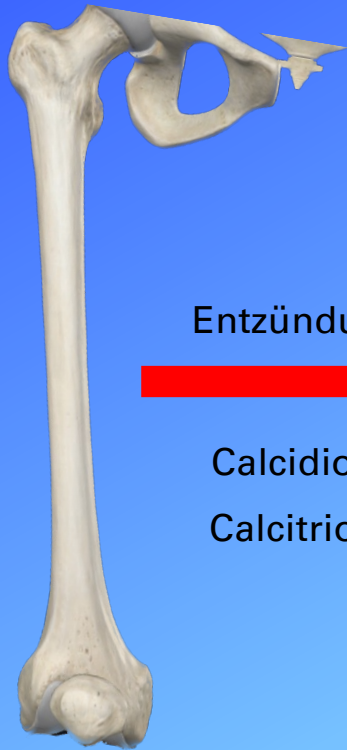


Organschaden





Knochenschutz, Gefäßschutz, Organschutz

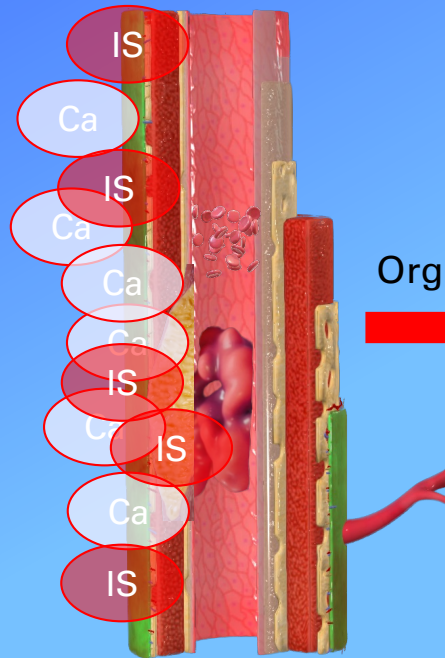


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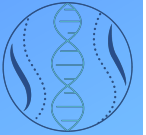
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Calcitriol ↑

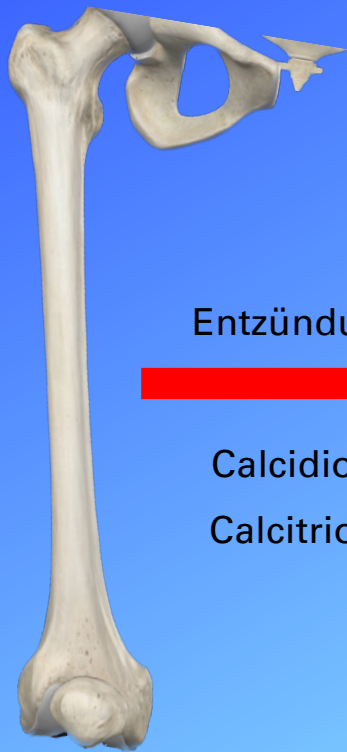


Organschaden





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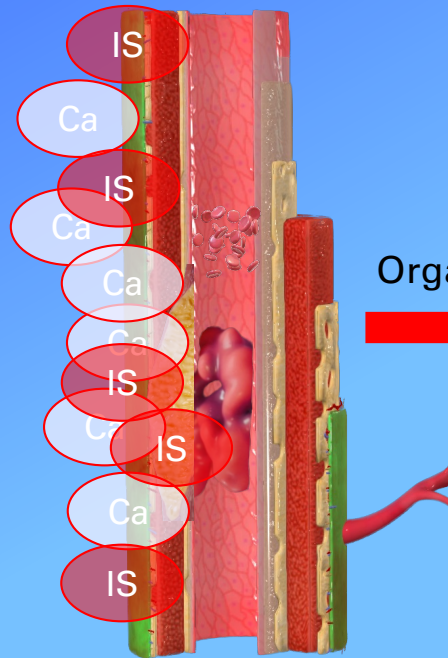


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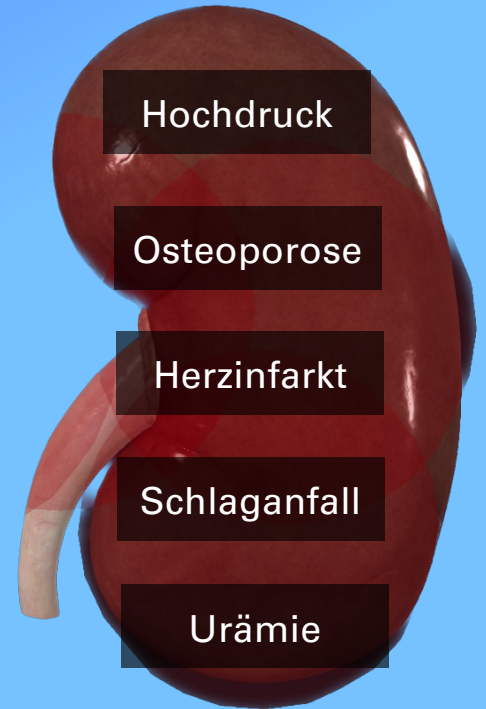


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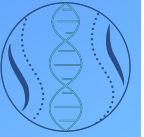
Hochdruck

Osteoporose

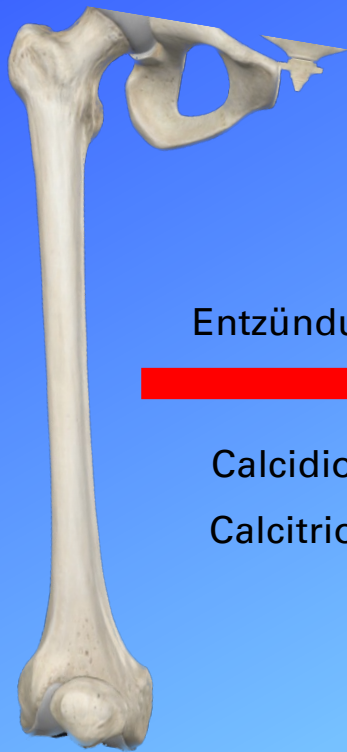
Herzinfarkt

Schlaganfall

Urämie



Knochenschutz, Gefäßschutz, Organschutz

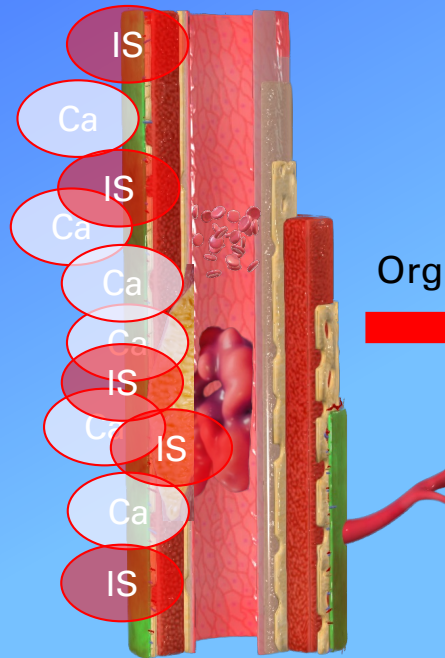


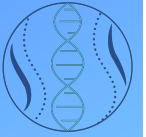
Entzündung



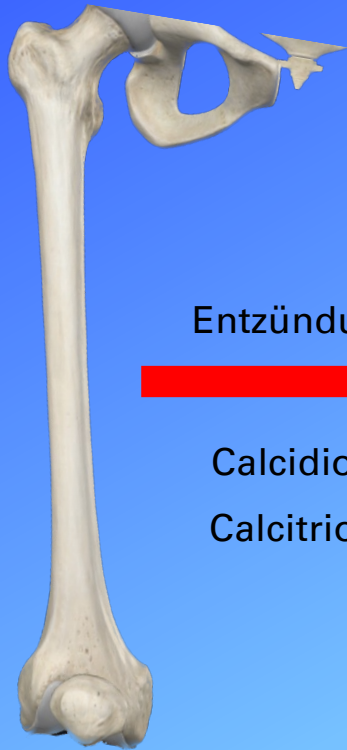
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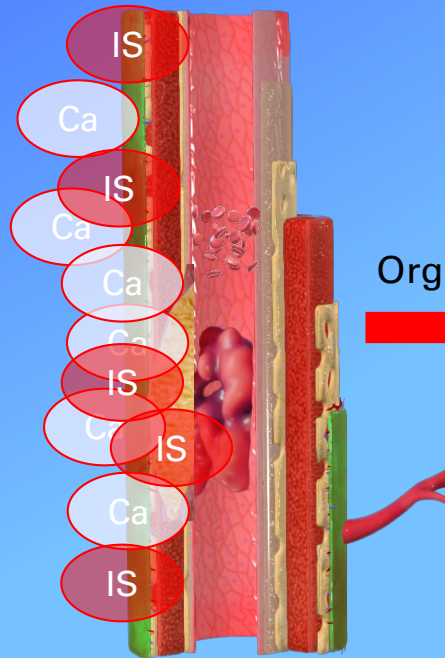


Entzündung



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Organschaden

