



# **Blut - Die Geheimnisse unseres »flüssigen Organs«: Schlüssel zur Heilung (German Edition)**

*Ulrich Strunz*

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Gesundheit oder Krankheit – wir haben die Antwort im Blut

»Ich zeige, welche Spitzenleistungen das Blut in unserem Körper vollbringt – wenn man ihm die richtigen Bausteine gönnt. Ich erzähle Geschichten aus meiner Praxis, die sich anhören wie Wunderheilungen, tatsächlich aber nichts anderes als das Ergebnis gesunder Blutwerte sind. Und ich erkläre, wie sich gesunde Blutwerte erreichen lassen – durch einfaches »Bluttuning« mit Mikronährstoffen.« Ulrich Strunz

Der Molekularmediziner verrät:

- Was das Blut alles kann – von der Regelung des Körperklimas bis zur Abwehr von Krankheitserregern.
- Was uns die Blutwerte verraten – von Informationen über Risiken (Entzündungen, Stoffwechselerkrankungen, Tumormarker etc.) bis zur Stimmungslage.
- Wie sich Blutwerte aktiv verbessern lassen – und eine Vielzahl von Beschwerden und Krankheiten positiv beeinflusst oder gar geheilt werden kann.

Alles Wissenswerte über den »ganz besonderen Saft« – gut recherchiert, gut lesbar, unterhaltsam und nützlich.

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