CONTENTS

Prologue by Prof. Dr. Elmar Wienecke						
Pr	Preface by Andreas Hefel					
St	Statement by Dr. Kurt Mosetter					
1	The fu	ndamentals of ailments and micronutrients	24			
	1.1	The vicious cycle: Circulus vitiosus	24			
	1.2	Typical disorders	27			
	1.3	Micronutrients: What is it?	28			
	1.4	Energy status principles	29			
2	Innovations regarding micronutrient requirement		32			
	2.1	How high is the micronutrient requirement?	32			
	2.2	Wellbeing is measurable	37			
	2.2.1	24- or 48-hour heart rate variability analysis (HRV)	37			
	2.2.2	Stress hormones in everyday life	41			
	2.3	Differentiated energy and micronutrient diagnostics				
		are the Alpha and Omega	46			
	2.3.1	Micronutrient deficiencies often go undetected	49			
	2.3.2	Paradigm shift in laboratory diagnostics via a				
		globally unique database	54			
3	Endogenous regulatory systems		58			
	3.1	The thyroid – regulates our "sense of wellbeing"	58			
	3.1.1	Standard thyroid hormone values	60			
	3.1.2	Thyroid hormones and the vegetative nervous system	63			
	3.1.3	Dysregulation of thyroid hormones forces malaise,				
		anxiety, and depressive mood	66			
	3.2	"The gut – the other brain"	68			

	3.3	The effects of "electrosmog" on our "sense of wellbeing"	
		and the vegetative nervous system	70
	3.4	Exercise promotes endogenous regulation	77
	3.4.1	Our real treasure chest – achieving mental strength	
		and joy of living through "mindful movement"	77
	3.4.2	The best brain exercise ("Life Kinetik"):	
		Continuously new movement patterns	80
	3.4.3	Measuring exertion – your pulse rate	81
4	Nutrit	ional medicine	86
	4.1	The brain is what we eat	86
	4.2	Fairytales and myths in nutritional medicine	91
	4.3	An engine cannot run without fuel	92
	4.4	For many people a "healthy diet" is an	
		unachievable optimum	93
	4.5	Biochemical individuality:	
		Nutrient requirement is an individual variable	97
	4.6	Causes of increasing deficiencies	99
	4.7	The modified Glycoplan as per Dr. Mosetter	102
	4.7.1	The Glycoplan traffic light system	103
	4.7.2	Summary of nutritional aspects	105
5		le of individual micronutrients:	
	How n	nicronutrients really help	110
	5.1	Amino acids: Life's building blocks	110
	5.1.1	Essential and nonessential amino acids	112
	5.1.2	The tasks and functions of some amino acids	112
	5.1.3	The effects of amino acids on pain symptoms	
		and general wellness	123
	5.2	The importance of Omega-3 fatty acids	127
	5.3	Magnesium: The multi-talent among minerals	132
	5.4	The significance of Vitamin-D	136

6	Milesto	nes in health care medicine	140
	6.1	The Hydro Cell Key System	140
	6.2	Energy on prescription	142
	6.2.1	The basis for a customized micronutrient	
		recommendation and formulation	143
	6.2.1.1	Brief description of individual blood, urine, and	
		saliva analyses	145
	6.2.1.2	Sample analysis of a test subject	149
	6.2.1.3	TAP self-test: An alternative to intravenous	
		blood sampling	159
	6.3	Customized micronutrient formulations:	
		What do they look like in practice?	164
	6.3.1	Attention deficit-/hyperactivity disorder (ADHD)	166
	6.3.1.1	ADHD – retrospective evaluation of micronutrient	
		diagnostics and therapy	166
	6.3.1.2	Case study of a 5-year-old boy	176
	6.3.1.3	Micronutrients and ADHD	182
	6.3.2	Chronic pain	185
	6.3.2.1	Case study of a 76-year-old male	189
	6.3.3	The unfulfilled wish to have children	194
	6.3.4	Skin conditions (psoriasis, neurodermatitis, acne)	200
	6.3.4.1	Early detection and correction of micronutrient	
		deficiencies improve the complexion	204
	6.3.5	Chronic fatigue syndrome, prevailing depressive mood	209
	6.3.5.1	Case study of a 42-year-old female	213
	6.3.6	Menopausal symptoms in women	219
	6.3.6.1	Case study of a 46-year-old woman	223
	6.3.7	Sleep disorders	231
	6.3.8	Competitive and elite sports	235
	6.3.8.1	The effect of an optimal diet and customized	
		micronutrient supply on competitive and elite athletes	239

	6.3	.8.2 Marathon runners during preparation	244				
	6.3	.8.3 Pro soccer players	257				
Appendix							
	1	Tables	268				
	2	Bibliography	284				
	3	Information online (also for download)	288				
	4	Acknowledgments	290				
	5	About SALUTO	291				
	6	About the Foundation for Micronutrients –					
		Prevention, Health, Quality of Life	292				
	7	About Energy for Health	294				
	8	Credits	295				