

POWER OR "SOUR"

HEALTHY, SUCCESSFUL SPORT WITHIN THE ACID-ALKALINE BALANCE

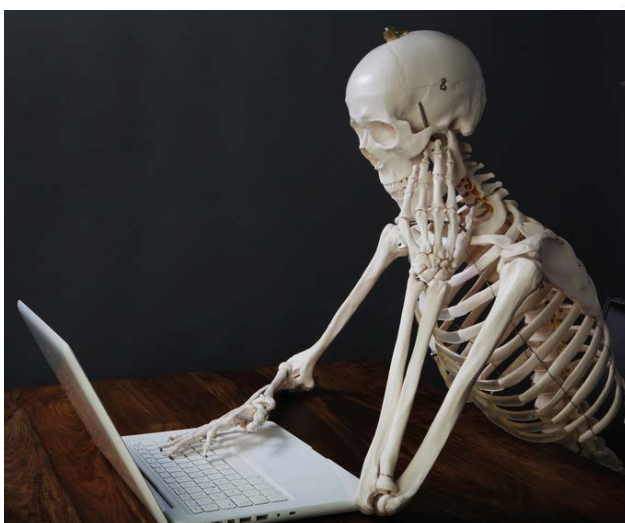


Sport is considered a panacea. Yet more and more recreational and professional athletes are left with orthopedic problems, injured and worn out. This is because more and more people are undersupplied with alkaline-forming vital substances due to today's "typical" dietary and living conditions and are instead **chronically latently over-acidified**.

In the long run, acids in the body act like "sand in the gears", so that even well-intentioned exercise as a counterweight to everyday sitting and to the little sins of everyday life only promotes wear and tear! Intensive exercise, especially high-performance sport, can quickly lead to the end of all sporting activities if you are chronically over-acidified. It starts with pain and inflammation. Next comes increasing muscle soreness and decreasing regeneration. It ends with torn muscles and tendons, disc and joint problems, cartilage damage and fatigue fractures.

However, not exercising at all is not an option either. Because if you do not exercise, you can lose your strength, the stability of your tendons, ligaments, discs, joints, bones and thus your quality of life as quickly as you would with a leg in a plaster cast or as astronauts do as a result of the weightlessness they experience.

"SITTING IS THE NEW SMOKING"



Sitting for hours on end causes our blood and lymphatic fluid to flow too slowly and to literally pool in our legs. As a result, body tissues receive an inadequate supply of oxygen and regenerative nutrients. Carbon dioxide, lactic acid, uric acid and other acidic metabolic waste products are transported away insufficiently,

P. Jentschura®

ROLAND JENTSCHURA
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« I AM HAPPY FOR ANYONE WHO DISCOVERS AND CULTIVATES EXERCISE AS A PILLAR OF HEALTH FOR THEMSELVES.

TRAINING IS IMPORTANT, BUT REGENERATION IS CRUCIAL! »

burdening and over-acidifying the tissues. This is why sitting for long periods of time is as harmful to health as smoking. This is also and especially true for athletes.

Tip: The longer you have been sitting before your workout, the more undersupplied and over-acidified your legs are in particular and the longer you should warm up!

"USE IT OR LOSE IT"

Our joints, cartilage and discs are not supplied with blood. If we do not move them and do not put weight on them repeated throughout the day, the necessary exchange of substances for deacidification and regeneration in the affected joints is not possible.

With a lack of exercise in everyday life and due to today's typical "Western diet", uric acid, among other things, accumulates in our joint fluids. In higher concentrations, at low pH values and low temperatures, it crystallizes and those affected accumulate "rust" in the joints or "sand in the gears" in the form of gout, pain, inflammation, arthritis, arthrosis or even arteriosclerosis and other so-called accumulations of impurities.

Tip: "You could get a lot further if you did a lot more walking!" My grandmother, the herbalist Margarete Jentschura, lived to be 104 years old with this motto. For each of us, 10,000 steps a day, spread over the course of the day, are the health basis for successful exercise.



ANDREAS KLOSE
ATHLETE,
TRAINER & LECTURER
WWU MUNSTER

USE IT...? OR LOSE IT!

Unlike machines, which wear out under stress, we humans can regenerate. We can "grow from resistance". We are genetically programmed to have the ability to improve and increase our endurance, strength and resilience when triggered by stress (= training).

The forces acting on the cells in our muscles, tendons, ligaments, discs, cartilage, bones, etc. during intensive training and the abundant acids produced, such as carbon dioxide, lactic acid, uric acid, "activated acetic acid", etc. provide us with the necessary "stimuli" for regeneration as well as for improving our performance. If these stimuli are absent, we can say goodbye to our strength and our endurance, to stable tendons, ligaments, discs, joints, bones and thus to our quality of life as quickly as we can observe it happening to a leg in a cast.

Tip: Regular, intensive training is the power button for regeneration and a pillar of our health, but it is the beginning of the end if we train "in an acidic way".

EXERCISE IN AN ACIDIC WAY ...? AND LOSE IT, TOO!

No matter how we exercise, if the joint fluids have low pH values, the chondrocytes in the cartilage stop their regenerative work, resulting in softening and fraying of the cartilage and the appearance of cracks and small holes. Our immune system reacts to uric acid crystals in the joints the same way it reacts to pathogenic germs - with inflammatory processes, which also attack the healthy cartilage. In addition, uric acid crystals act like "sand in the gears". At this point, exercise only promotes wear and tear, arthritis and arthrosis instead of regeneration.

In addition, the tissue cells shut down their regenerative function at low pH values. The connective tissues become weaker, and muscle soreness, torn muscle fibres and tendons, etc. occur

« HIGH PERFORMANCE SPORT IS NOT HEALTHY IN THE LONG RUN. BUT IF YOU PAY ATTENTION TO A FEW ESSENTIAL HEALTH FACTORS, YOU CAN DO IT SUCCESSFULLY FOR A LONG TIME. »

more and more frequently. In bone metabolism, too, the bone-building osteoblasts stop their regenerative processes. Instead, the bone-degrading osteoclasts are activated and release alkaline minerals and acid-buffering phosphate - to protect the vital acid-alkaline balance. Our blood in particular must always remain slightly alkaline between pH 7.35 to 7.45 for it to flow and function properly. Otherwise, the saying that "sport will kill you!" might come true. Even though this does not do justice to the benefits of sport at all, unfortunately far too many of those who are chronically latently over-acidified "push themselves over the edge" by exercising incorrectly.

Tip: Novices or those returning to exercising should get their metabolism going slowly at the start of training and first of all "get the sand out of the gears". Comparable to an "oil change", this works excellently with the "3 steps program of purification and regeneration" first researched by Dr. h. c. Peter Jentschura in the form of a cure. The vital substances in plants, minerals, vitamins and secondary plant compounds serve to deacidify and act on the metabolism and the approx. 50,000 enzymes involved in it like "oil for the engine".

As with a car, a complete "oil change" is generally recommended after a certain "mileage" or period of time. A deacidification, purification and regeneration treatment after intensive training and competition phases is just as sensible for all those who want to enjoy their sport for a long time and enjoy a high quality of life.

BOOK RECOMMENDATION

POWER OR "SAUER" – IT'S ALL DETERMINED BY OUR ACID-ALKALINE BALANCE

Exercise provides us with the necessary "stimuli" for regeneration and starts our body's own regeneration programs for increased performance and supercompensation.

But few people realize that off the top, intensive, strenuous training - and without effort it was not training! - is harmful:

Training does indeed have the desired effect of burning calories. But valuable vital substances such as minerals, vitamins and secondary plant compounds such as antioxidants are also consumed and excreted through sweating. Tissue and structures are destroyed. Inflammatory processes are promoted. The body overacidifies. The immune system is weakened. etc.

In the first part of my new book "Power statt sauer" (Power or sour), I briefly and concisely address these thoroughly negative "side effects" of training. These are indeed sensible and intended as necessary "stimuli" for regeneration. However, together with other, avoidable factors, they can lead to chronic latent over-acidification.

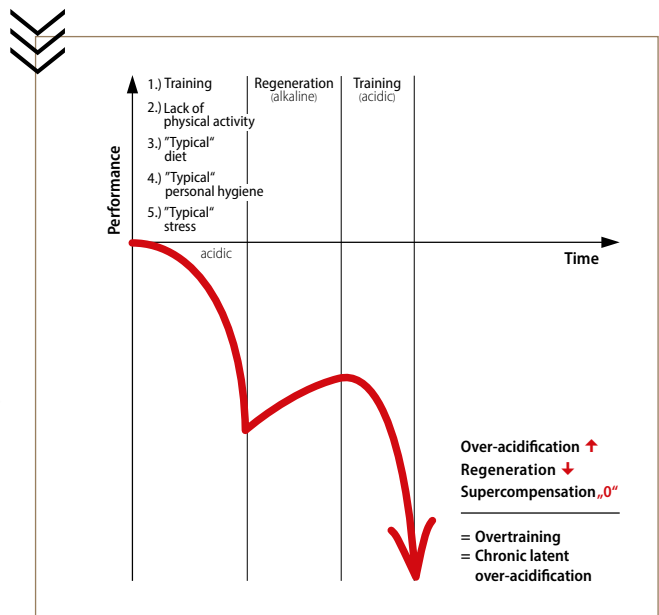
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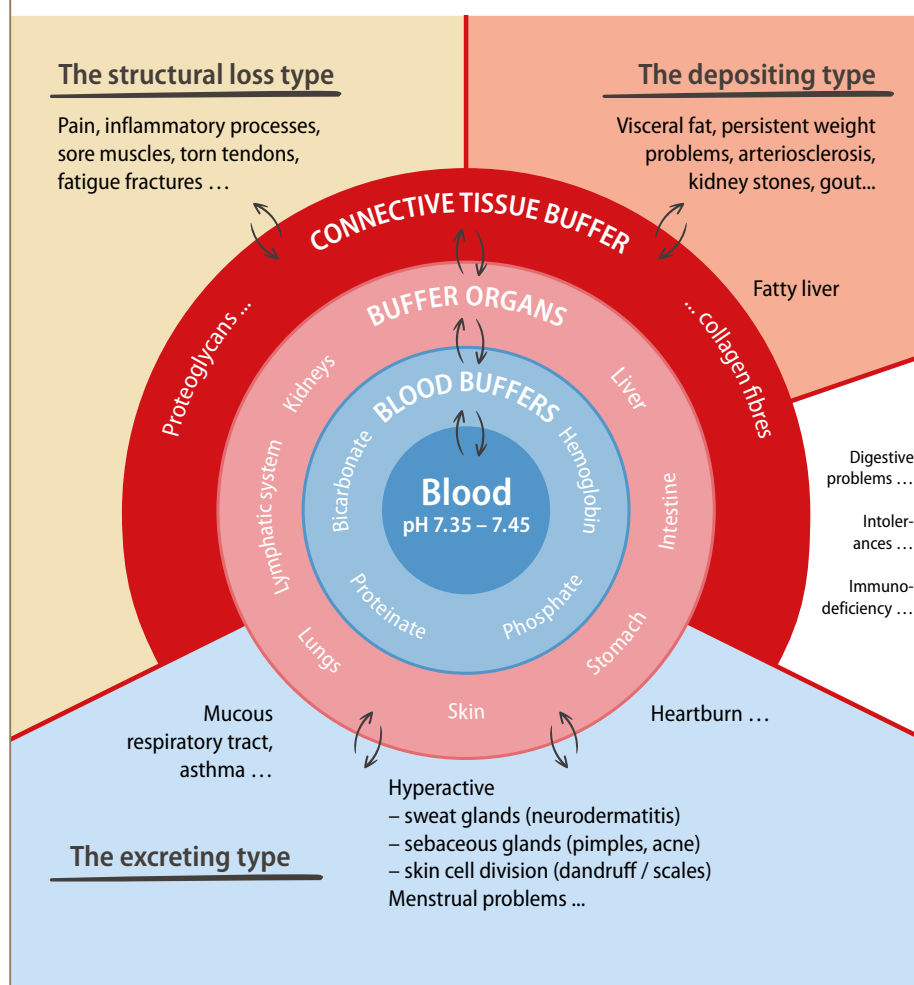
You can get an insight into my understanding of acids and bases in my YouTube-film:

The five (avoidable) main causes of chronic latent over-acidification:

You Tube youtube.com/pjentschura



The equally avoidable consequences of chronic latent over-acidification have been summarized in the book and described in detail in the graphic below:



With its energy and vital substances, the 80:20 success diet offers us the long-term basis for optimal regeneration and personal best performances.

2. Alkaline deacidification after exercising!

In order to reach an alkaline-regenerative metabolic state as soon as possible after acidic exercise, alkaline body care has a long track record of effectiveness.

3. Regenerate continuously!

It is impressive what the human body is capable of, thanks to its ability to regenerate! But: "Mastery takes time!" Successful regeneration and performance improvement needs not only plenty of material from an alkaline-forming diet and an alkaline body environment, but also time! It should also be noted that the different tissues need different amounts of time in order to be able to respond to the training stimulus or to be able to train again at all after an injury.

The **second part of my book** deals with the alkaline framework conditions for acidic exercise. The aim is to avoid chronic latent over-acidification and instead to implement the acidic training stimulus in an alkaline way until performance is improved and supercompensation is achieved.

The basic prerequisite for this is good blood circulation and also a good lymph flow via plenty of exercise, plenty of fluids and other metabolism-promoting measures. Almost all athletes urgently need to optimize their diet. At this point the book leads on to the

Numerous ambitious hobby athletes and top athletes alike underscore the central importance of the acid-alkaline balance for successful exercise and a healthy, active and self-determined life.

With sporty regards,

Roland Jentschura

THREE GUIDELINES FOR HEALTHY, SUCCESSFUL EXERCISE:

1. Alkaline mineralization before exercising!

Today's "typical" diet, which is low in alkaline foods, vital substances, minerals and fibre, but high in calories, acids, foreign substances and pollutants, sends us into chronic latent over-acidification.

For any further question on the subject of "Exercising in the acid-alkaline balance", please do not hesitate to contact us via E-Mail at info@p-jentschura.com.