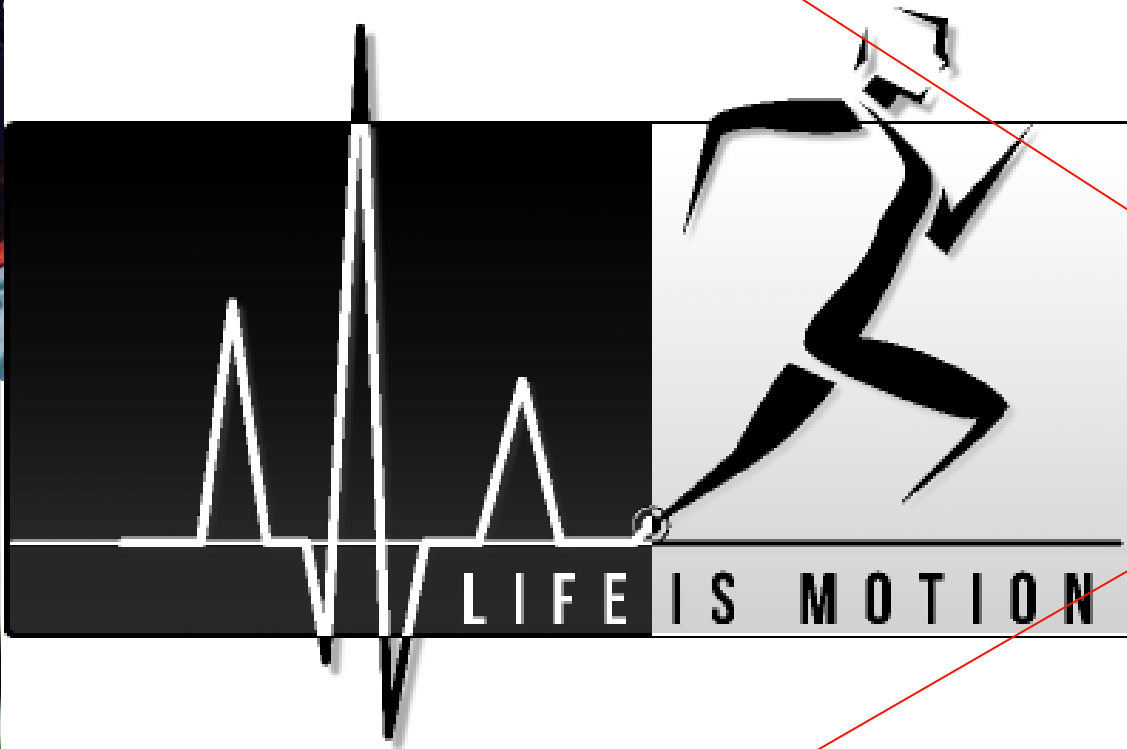


What health promotion may learn from high performance Sport

Working strategy of Life is Motion in high performance sports and health
promotion



HIGH PERFORMANCE SPORT



HEALTH PROMOTION



MEETS



A large red speech bubble graphic with a white outline, containing the text 'TEAM OF EXPERTS'. The bubble has a tail pointing downwards and to the right.

TEAM OF EXPERTS

- Mitochondrial Medicine & Metabolic experts:
 - Prof Heinrich Bergmüller
 - Gerald Linshalm
- Physiotherapy and Training diagnostics
 - Mag Vincent Vermeulen (Vermeulen Therapy & Training)
- Radiology
 - Dr. Stephan Gentsch
- Mitochondrial Medicine & Nutrition screening
 - Dr Henning Sartor
- Training & Conditioning, Planning
 - MSc Philipp Wessely

If your bucket is full...

WE NEED A BIGGER BUCKET!!!

MALUS METAPHA



IDEE: ROLF SCHÜTTEMAKER UND DIKKE EGMOND

The background features several concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble is centered on the page, containing the main text.

MODERN TIMES NEED MODERN SOLUTIONS

Which methods do we use.....

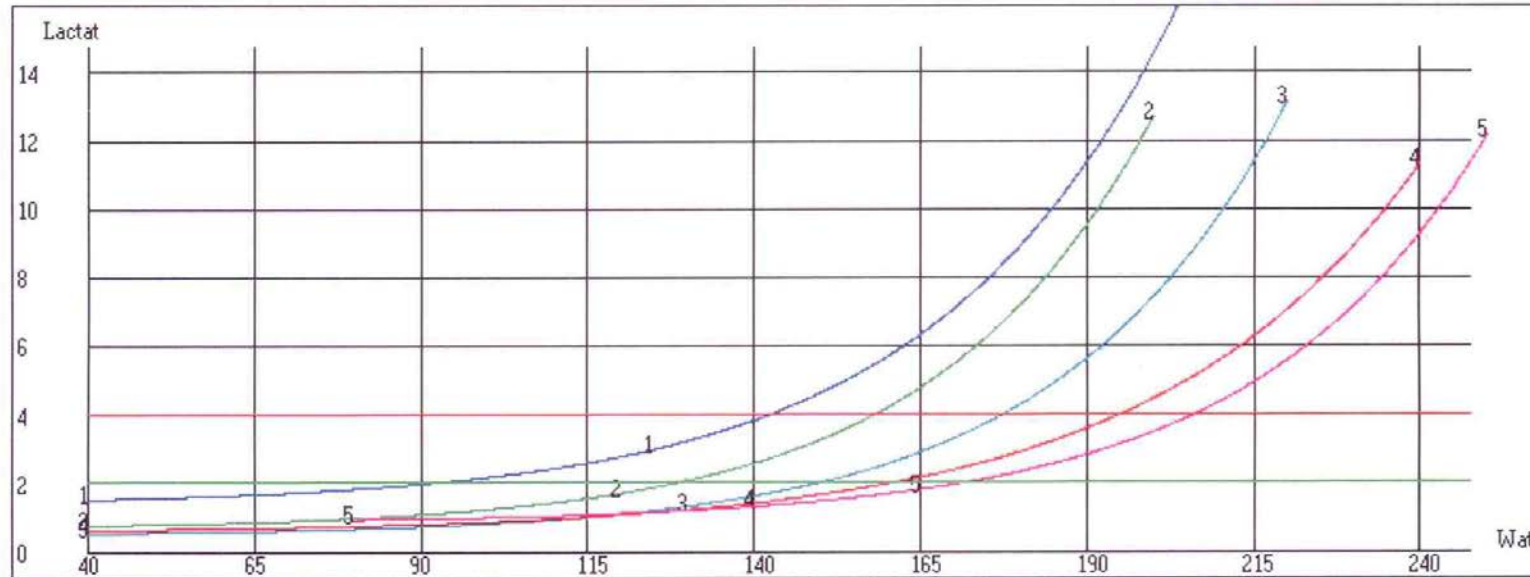
How to get out of a health crises in 100 days

Performance development of a „Burn Out“ patient

By Prof. Heinrich Bergmüller



Mitochondrial medicine Prof.
Bergmüller



Date	Lactate concentration in mmol/l per Watt						
	40	80	120	160	200	240	280
05.11.2008	1,4	2,7	4,8	7,0	10,3	11,5	
17.12.2008	0,7	1,2	2,7	4,7	7,6		
21.01.2009	0,5	0,6	1,9	4,0	6,2	8,4	
06.03.2009	0,7	0,6	1,4	3,0	5,0	8,5	
16.06.2010	0,9	0,9	1,2	2,8	4,4	6,9	8,7

Datum	Prognoses of lactate per watts/kg						
	1.0	1.5	2.0	3.0	4.0	5.0	6.0
05.11.2008	0,0	0,3	0,5	0,8	1,0	1,2	1,3
17.12.2008	0,6	0,8	1,0	1,2	1,4	1,5	1,6
21.01.2009	0,8	1,0	1,2	1,4	1,6	1,7	1,8
06.03.2009	0,9	1,2	1,3	1,5	1,7	1,8	1,9
16.06.2010	0,9	1,2	1,3	1,6	1,8	2,0	2,1

Profile:

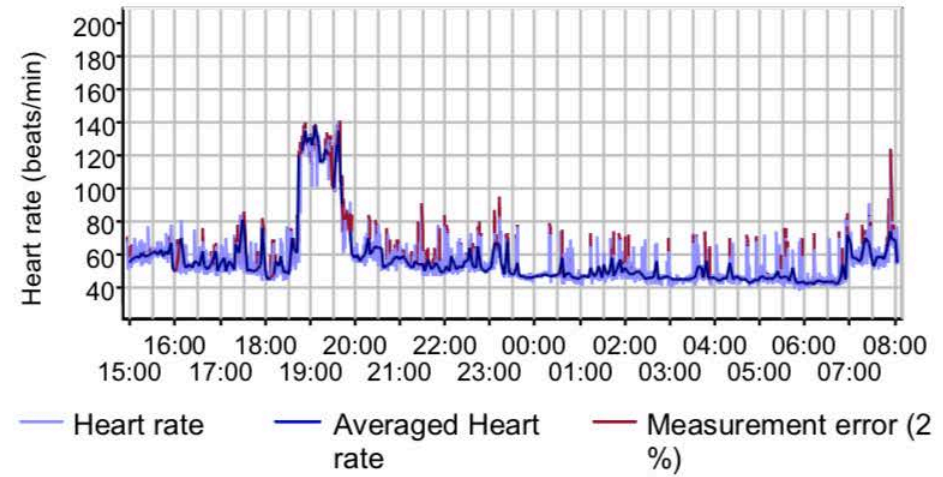


Date:

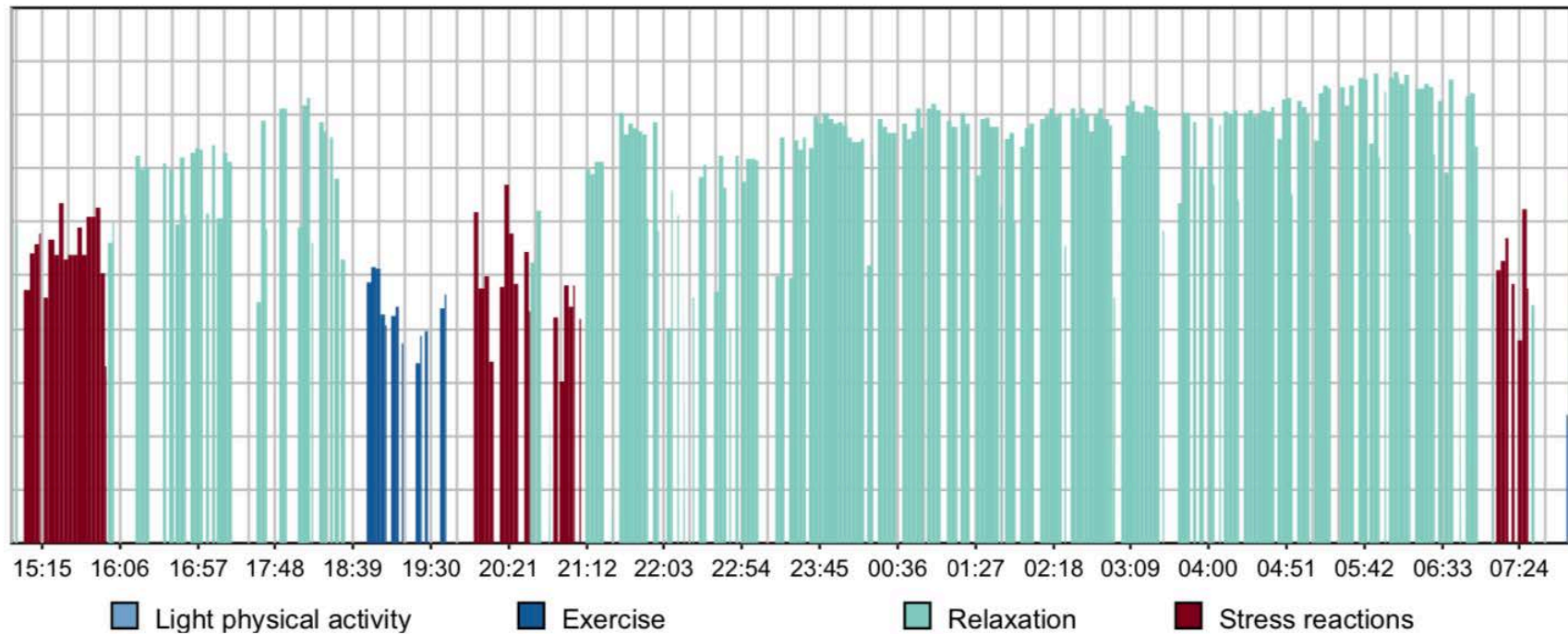
06.10.2016

Profile information

		Period of time data	
Age	19	Period of time length	17:10:43
Height (cm)	188	Period of time	14:55:02 - 08:05:45
Weight (kg)	73	Lowest heart rate	40
Resting heart rate	40	Highest heart rate	141
Maximum heart rate	198	Average heart rate	57



Physiological state overview



Stool Diagnostics









Gluten-sensitive enteropathy / celiac disease

Anti-Gliadin antibodies in stool	33,31	U/l	< 100		160,97	Fe
Anti-Transglutaminase antibodies in stool	<50	U/l	< 100		<50	Fe

Orthomolecular and Mitochondrial Medicine

Whole-blood mineral analysis

Whole-blood mineral analysis parameters

Sodium	1873	mg/l	1900 - 2000		1924	HE ICP
Potassium	1717	mg/l	1750 - 1850		1724	HE ICP
Calcium	53,8	mg/l	59,0 - 61,0		53,2	HE ICP
Magnesium	30,5	mg/l	34,0 - 36,0		32,1	HE ICP
Copper	0,94	mg/l	1,10 - 1,20		0,95	HE ICP
Iron	455	mg/l	440 - 480		468	HE ICP
Zinc	6,4	mg/l	7,30 - 7,70		6,3	HE ICP
Selenium	134,00	µg/l	100 - 140		110,00	HE ICP



What health promotion may can
learn from high performance Sport

We need to
improve

RECOVERY



We need to
increase

PERFORMANCE





THANK YOU FOR YOUR
ATTENTION