



GLOBAL WELLNESS
SUMMIT **MEXICO**
CITY 2015

Health unto death

Nils Behrens // Lanserhof Group

The gut is the hearth of our health



Gold-rush mood at the Microbiome research



What is healthy food?



Healthy! Really?



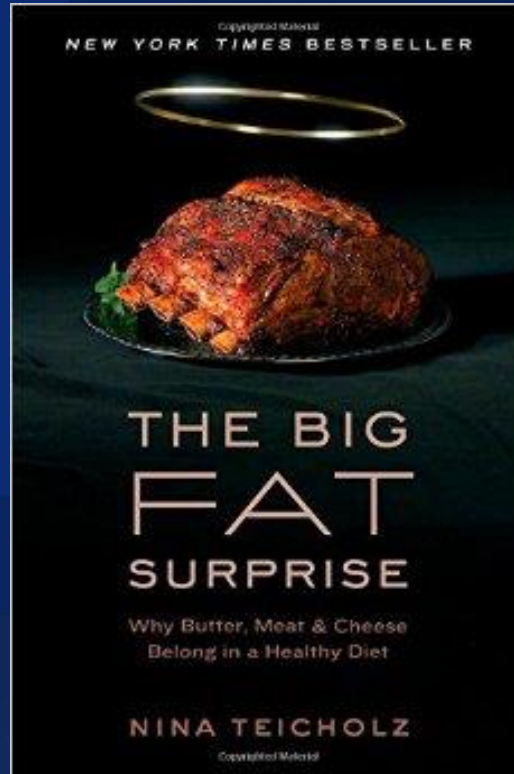
Digesting starts behind your lips



27% of the Germans have a
non-alcohol fatty liver disease



Butter is rehabilitated



I'm still confused,
but on a higher level



Don't panic!



It's less important
what you eat
than how you eat
and when you eat!



And:
The dose makes it toxic



Thank you for listening