

3<sup>rd</sup> World Congress on

# TRADITIONAL AND COMPLEMENTARY MEDICINE

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### The role of aromatic and branched-chain is in acids Well-aging-practical helpful therapies

The role of aromatic (AAA) and branched-chain amino acids (BCAA) in maintaining health in senior years- helpful, practical therapies. Aromatic amino acids as substrate for the fast stress hormone adrenaline (as well for the hormones thyroxin, melanine and insulin) are essential for the memory, thinking, concentration and stress capability, but as well for avoiding diabetes II and cancer as well as maintenance of the immune system. Branched-chain amino acids make up for one third of the muscles, are necessary for all proteins, detoxification of muscles as well as source of energy in the muscles. Some cancers show decreased levels of branched chain amino acids. The uptake of these amino acids can be guaranteed by selected nutrition, defined amino acid supplements and specially designed amino acid infusions.

**Chemikalienausleitung:** Exposure sources should be discovered consistently and e is liminized. Retained chemicals used in the sense of endogenous Disr act uptoren, can be caused by vegetables, especially bitter substances (Ruc cola, cress, Chicory, endive, Brussels sprouts), sweating (Eliminate on over the skin) and amino acid (oral, i.v./s.c.) eliminated w earth.

**Summary:** The aromatic amino acids (AAA) tyrosine and phenylalanine as well the branched-chain amino acids (BCAA) leucine, Isoleucine and valinecan often becomes a scarce commodity in old age. If these Amino acids only insufficient from food upaccepteddeficits in the immune system, the hormonal Level, detoxification, muscle regeneration and dhe vigilance emerge, the risk of cancer and diabetes can be increase. Indication-related formulations are available per os and also infusions to Available; the monitoring is by various Laborpaparameters like that Adrenaline in the second morning urine, amino acids serum levels and hormonal parameters possible. The substitution of the aforementioned Amino acids may possibly be the prescription supprimming forming Spare medicines. The study of the function of amino acids can be beneficial for both patients and therapists

### Biography

Martin Landenberger Specialist in General Medicine and expert in New Ways in Cancer Therapy - Part 1 and Cancer therapy: one-on-one talk with Dr. Ing. Med. Martin Landenberger Specialist in general medicine, naturopathy, homeopathy, chiropractic, sports medicine and spa doctor The goal of my therapy is not the suppression of symptoms (lowering of blood pressure with medication, pain suppression) but the influence of metabolic processes in the form that symptoms can be made to disappear again. This requires an interest in healthy living and active cooperation.

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