



**ZEIT FÜR
GESUND
HEIT.** IT'S YOUR LIFE.
START NOW.



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NUTRITION

Il create your individual nutrition plan.

This takes into account foods that require little insulin in metabolism, genetic and epigenetic metabolic imprinting, and personal lifestyle.

There is no master plan for everyone. There is also no diet against diseases. Nutrition is always individual. The food must match the personal metabolism. Nutrition **MUST** be a component in every treatment - the most important component!

VITAMINBAR

- **VITAL AND METABOLIC ANALYSES**
- **VITAMIN VITAL INFUSIONS**
- **NUTRITION**



CORNELIA ELLSAESSER

NATUROPATH

+49 (0) 173 58 44 750

info@zeitfuergesundheit.com

www.zeitfuergesundheit.com

/zeit_fuer_gesundheit



Breitscheidstraße 65 | 4.OG | 70176 Stuttgart-West

VITAL AND METABOLIC

ANALYSES

VITAMIN-VITAL-INFUSIONS

NUTRITION



WELCOME TO TIME FOR HEALTH

Your address for holistic medicine
and well-being.

In my VITAMIN BAR, I offer you the
opportunity to recharge your energy.

**My focus here is on
VITAL AND METABOLIC ANALYSIS
with 70 blood parameters,
VITAMIN-VITAL INFUSIONS, and NUTRITION.**

**IT'S YOUR LIFE.
START NOW.**

Together we can take the first step towards
a healthier life.



LAB PACKAGES

VITAL AND METABOLIC ANALYSIS

BASIC

– 70 parameters

- Complete blood count
- Serum biochemistry
- Metabolism, liver, pancreas, kidneys, muscles
- Carbohydrate metabolism
- Intestinal barrier
- Detoxification capacity
- Thyroid
- Micronutrients in whole blood

VITAL AND METABOLIC ANALYSIS

ADVANCED

– Additional parameters as needed

- Thyroid supplementation
- Hormonal system
- Other individual values such as vitamin D
- Fatty acids
- Oxidized LDL
- Inflammatory parameters

VITAL AND METABOLIC ANALYSIS

AMINOGRAM

VITAMIN-VITAL INFUSIONS

IMMUNPOWER INFUSION

VEGUSVIT FORTE INFUSION

MITO ENERGIE INFUSION

SPORT INFUSION

MANAGER INFUSION

HANGOVER INFUSION

BEAUTY INFUSION

