

Feel

Fit

Forever

**Achieve a healthier, happier and more fulfilled life.**

**Irene Costa Leite**

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# Foreword

**This book intends to awaken your curiosity, show you how, and what you can do to feel lighter and better.** To show you a new path to be healthy and to possess a strong immune system, without the presence of any inflammatory substances in your body.

I would like to encourage you to adopt a healthier life style, with more energy and happiness. A lifestyle which I could begin thanks to Dr. Ulrich Strunz.

Make an effort to take care of your body, to take responsibility for it, to keep it healthy thanks to powerful muscles, a healthy nutrition and positive thinking.

These are the three most important pillars for a Forever Young concept: **Movement – Nutrition – Thought.** It is the best anti-ageing medicine there is. Learn how to hear the signs your body sends you, and give it what it demands.

Through this anti-ageing concept, we can reach an advanced age with health, energy and happiness. There are no pills that can do this. We must do it ourselves. So, I give you a little incentive and show you how it works.

And when, after some time, you have been through this positive experience, you won't want anything else. You will then discover epigenetics. Your body will simply demand the new lifestyle which you have achieved.

**Good reading and good discovery.**



Irene Costa Leite

# Introduction

**This book arose from the desire to share a secret, which isn't really a secret, with the world: how to have a healthy, happy, energy-filled and rewarding life.**

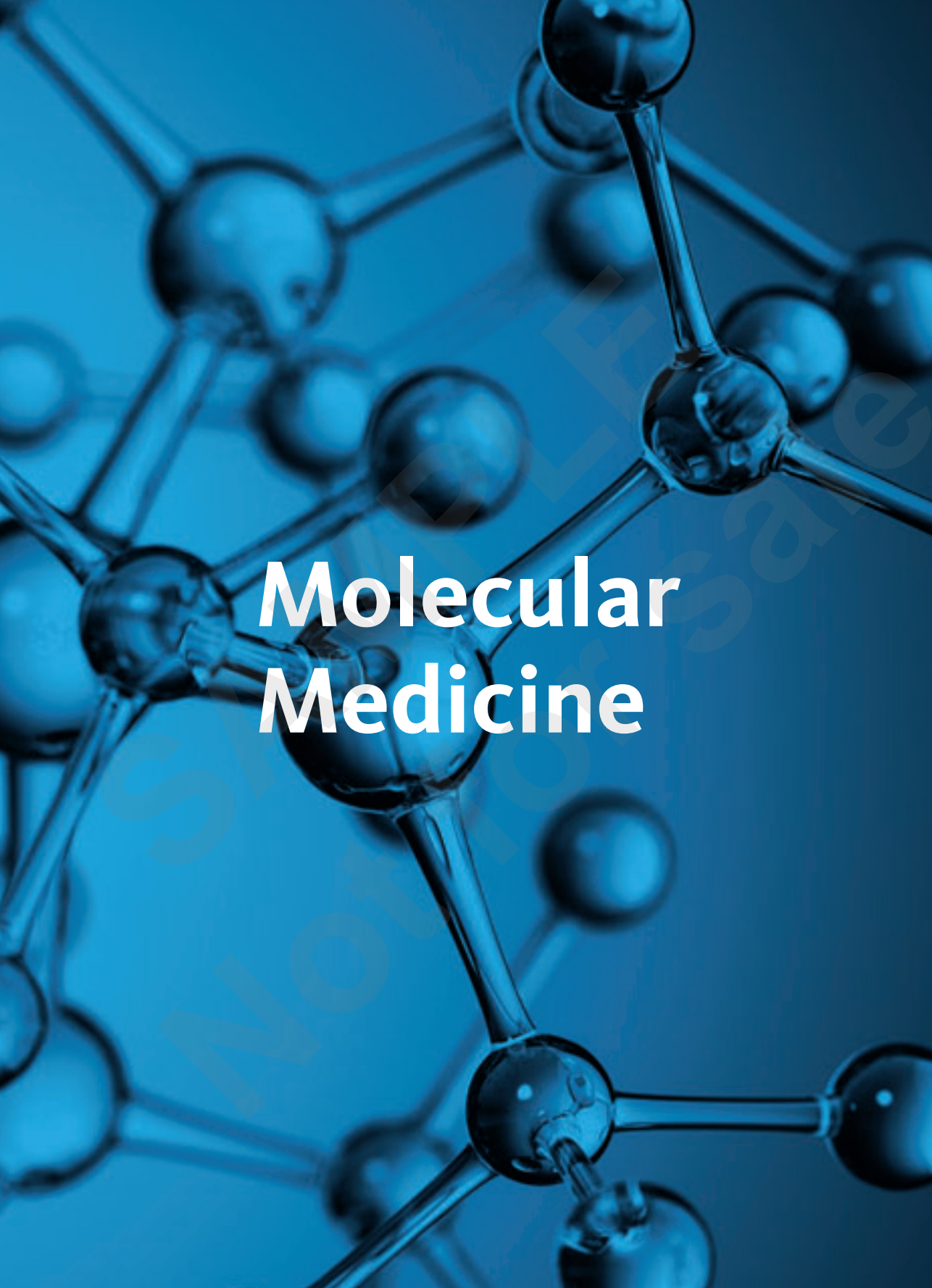
To achieve a healthier, happier and more fulfilled life based on three techniques; physical exercise, healthy nutrition and the mental ability to accept the negative and deal with it. An easily read and understood book.

Everything I write and recommend in this book is what I practice in my daily life, and is within everybody's reach.

For adults and youngsters of all ages, and especially recommended for those who want to deceive the years. For all of those who are concerned with health and well-being, both their own and their relatives and friends'. For people who have problems related to weight, unbalanced nutrition and lack of exercise. For those who wish to live lightly and without emotional and physical stress.

This book is for people who have decided to change something in their lives, who want to lose weight, who want to eat better, who want a healthier lifestyle.

I want to leave a special thank you to Dr. Strunz, an incredible and fascinating doctor, who I was lucky enough to meet. After consultations and conversations with him, my life underwent a decisive change. Thank you for showing me the way to a new existence and a new life. A life with more energy and more joy. I hope he continues to stimulate and help many more people.

The image features a monochromatic blue background with a complex, three-dimensional molecular structure. The structure consists of numerous spherical atoms connected by thin, transparent rods representing chemical bonds. The atoms are arranged in a non-linear, interconnected pattern, creating a sense of depth and complexity. The lighting is soft, highlighting the reflective surfaces of the spheres and the edges of the rods. Overlaid on this background is the text 'Molecular Medicine' in a clean, white, sans-serif font. The text is centered horizontally and vertically, with 'Molecular' on the top line and 'Medicine' on the bottom line. The overall aesthetic is scientific and modern.

# Molecular Medicine



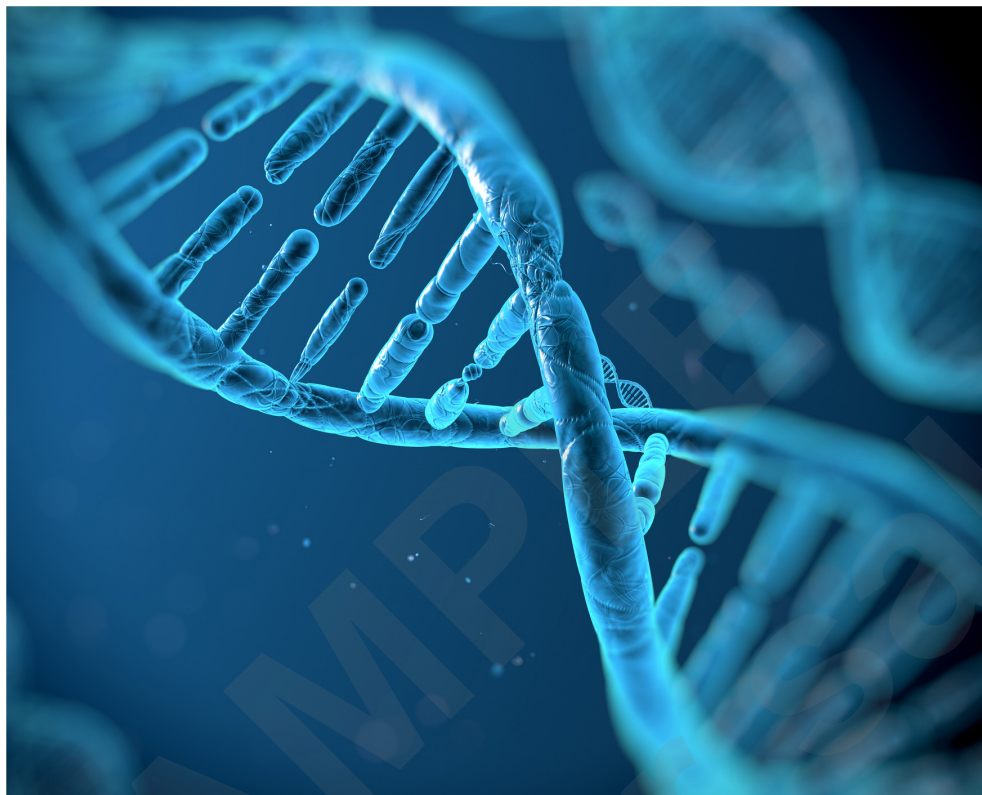
# Molecular Medicine

**For me, it was the greatest and most revolutionary discovery that I could have made.** The subject so fascinated me that I still continue today, daily, to research in order to reach more and more updated information.

When I first saw Dr. Ulrich Strunz in a television interview, at breakfast, the contents of his speech so fascinated me that I even jumped out of my chair. I didn't give up until I met him in person, on 25th November 2000, during a seminar.

At that time we were presented with not only a program for the maximization of physical and mental performance, but also the learning of mental techniques and the way to achieve all of it through metabolic processes. This program encompassed light jogging training with pulse control, orthomolecular diet and meditation.

So began my enthusiasm for molecular medicine and the inception of a new stage in life. I began by turning my life inside out. After a few weeks, I again met with Dr. Strunz, in his office. He was the first doctor who gave me a blood "tune-up", that tested it as it pertained to vitamins, micronutrients, minerals, omega 3 and essential amino acids, and who presented me with a detailed report, having identified my deficits. No other doctor had ever done this for me before. It was my first step towards learning to take responsibility for myself.



## What is understood as molecular medicine

Orthomolecular medicine, or simply molecular medicine, is the preservation of health and the treatment of disease through changing the concentration of substances in the human body which are, normally, present in the body and are necessary for health.

Molecular medicine researches the relationships between molecules and health, that is, between the science of Nature and medicine. There are around 70 billion somatic cells that must be fed by vitamins, mineral nutrients, micronutrients, secondary vegetable substances, amino acids, and fatty acids. There are 47 known so-called essential substances, each of them absolutely necessary for the body. If they exist in small amounts, we survive

but we are not healthy. So, we either, we go through life with “the hand brake on” and we become vulnerable to disease.

All of this is a basic knowledge in the study of medicine worldwide, but it's rare for this knowledge to be applied. Few doctors think and act in accordance with it, and few are willing to deal with the subject intensively and to research it deeply. But we can observe that there are more and more professionals taking an interest.

Molecular medicine has a significant advance in relation to conventional medicine, around 10 to 20 years. This is simply due to the fact that 80% of doctors in Germany and other countries are on the outer edges of global knowledge. For most of them it isn't possible, due to time constraints, to study publications written in English and so perfect their training.

## History

The basis of molecular medicine goes back to Linus Pauling, an American chemist, a two time Nobel prize winner. He discovered, in the mid 1950s, that people in the USA suffered from a deficiency in natural vitamins, micronutrients and omega fatty acids. Pauling designated the discovery of vitamins and the knowledge related to their action as the most important discovery ever reached in the field of medicine. Essential substances such as vitamins, minerals, micronutrients, amino acids and omega 3 are decisive for life.

## Research

Worldwide research in the last few years has increased the knowledge of molecular medicine and showed that these substances develop their action in many points of the metabolism. Dietetic measures alone can no longer fully cover the need for vitamins, antioxidants, mineral substances, fatty salts, amino acids and enzymes.

On the other hand, we can take for certain that an accentuated deficit, as well as a slight lack of these substances, foster the appearance of chronic diseases. If any of them is lacking, problems will arise. The preservation of a healthy state which corresponds to the most accessible norms has become possible through the daily ingestion of high doses of vitamins and minerals.

### Did you know that\_

We must consume essential substances! The body doesn't make them by itself! Essential substances are the raw materials for muscles, bones, hormones, everything!

*“Anyone who wishes to become familiar with orthomolecular medicine may do so by simply beginning with a whole-foods, sugar free diet and a few vitamins”*

– Abraham Hoffer

Canadian biochemist, physician, and psychiatrist

## Essential nutrients

For a maximum performance and creativity, we need essential nutrients which must be ingested daily. If just one substance is lacking, life is impossible. And what are these nutrients composed of?

- essential amino acids
- essential fatty acids
- essential minerals
- essential vitamins

These biological components for maximum performance and creativity are not, as a norm, measured in our blood, not even once in our lifetime. We just hope that they exist in sufficient numbers.

## What to test?

We should have our blood tested beyond the usual parameters, as it pertains:

### Essential amino acids, such as:

Leucine, isoleucine, valine, methionine, lysine, phenylalanine, tryptophan, threonine and arginine.

### Minerals and micronutrients, such as:

Sodium, potassium, calcium and magnesium, selenium, zinc, chromium, molybdenum and many others.

We included a reference list and tables at the end of this book.



## The doctor

Choose a doctor who has the levels in the blood tested as it concerns vitamins, micronutrients, minerals, exposure to heavy metals and obviously, essential amino acids: a doctor who, after the tests are done, can evaluate the results correctly. Only then will we finally have the exact details and a clear testimony about the state of our body.

The ideal is a doctor with knowledge of molecular medicine who studies the blood tests and recommends what's missing.

**For example: To have the level of vitamin D at 40 nanograms/ng is to have it at the minimum possible level. But if it's at this level, any doctor would say that all is well. However, in case of illness, the 40 nanograms/ng won't be any good.**

## Personal Experience

At the seminar with Dr. Strunz, all the participants had their blood tested. His team woke us up at 6 AM and we all went running. The team ran with us for half an hour, while they explained to us the correct way of doing it: the right shoes, the right clothes, the right pulse... Then, they conducted the blood tests, which were followed by breakfast and then a lecture. People were amazed with the amount of new, and in certain cases, disruptive, information. My mood, when I returned to Portugal, was that I had found the right path.

Afterwards, I set an appointment with him and changed my whole life gradually.

**Take a walk,  
not a pill.**  
The side  
effects are  
much prettier.



# Nutrition

# Nutrition

**The nutrition that human beings had in ancient times, before the human species became sedentary and adopted farming culture, was as simple as possible.** Man ate the meat he hunted and the fruit and roots he found in the fields and in the forest. Our ancestors' nutrition was solely composed of protein and fat from meat and fish, as well as wild fruit. There were no carbohydrates. All the cereal that we eat now, since we became a sedentary species, has nothing to do with what our genes ask of us.

Today especially, with cereal which is so genetically modified, this nutrition doesn't give us what we need. It's necessary to eat in the simplest way possible. However, all that is industrially prepared is processed and "contaminated" with all sorts of chemicals. Food such as carbohydrates, that is flour, sugar, starch, like that contained in potatoes, rice, all types of pasta, is not essential for our nutrition. Our body doesn't need it.

## Food pyramid

**Who doesn't want to be more in shape during the day, age more slowly, and live longer? What kind of diet makes us sick, and what kind of diet keeps us healthy?**

Before, the traditional food pyramid had the following recommendations: lots of carbohydrates (bread, potatoes, rice, pasta), if possible low amounts of fat and protein. But that doesn't allow you to live healthily, or a long time. This outdated food pyramid was based on results from the 1970s, when there wasn't sufficient data.

Harvard university researched this issues in the long run, in one of the biggest worldwide studies, where 167.000 men and women have been taking part for over 14 years. Taking into account the research developed, new conclusions were reached:

- Massive consumption of carbohydrates

doesn't work because nowadays one in two people is obese, there are 40% more diabetics and cardiovascular disease has not decreased. - The simplified message "fat isn't healthy" is quite simply deceiving. Nowadays there are good fats which reduce the risk of diabetes and cardiovascular disease.

### What's new?

Innovative recommendations have been made in terms of diet, and a new food pyramid has been developed, and I present it here. More protein keeps you slim, is healthy and reduces the risk of cardiovascular disease.

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**Live better and longer with  
the new Harvard  
food pyramid.**

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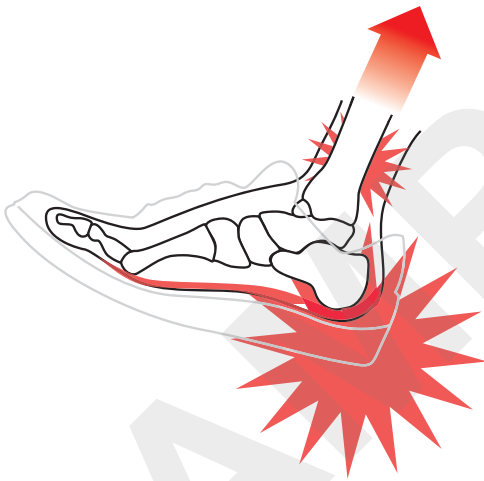
# **Movement and Mind**



## You need to know how to run

When I started, I learned jogging from a professional team that taught me how to run with the correct heart rate and the right movements. I don't support my heel, to avoid impact, but the metatarsal/front of the foot, to protect the knees and joints

**Don't support the heel, to avoid impact, but the metatarsal/front of the foot, to protect the knees and joints**



## The correct footwear

For this, we can't wear a hard shoe, but one with a flexible sole instead. It's very easy to understand this when you observe a child. Little children run on their tiptoes, and many animals also do it. It's important to protect the joints, to have a shoe with a flexible sole, and to support our feet correctly.



One small  
**positive**  
**thought** in the  
morning can  
change your  
**whole day.**

# Daily Exercises

I have always enjoyed sports, but now I do them in a more guided way, because I know what I do and why I do it. Before, I would do it out of habit, to go to the trendy gym, out of a certain social convention. Now, I do it on the street and at home. I no longer go to the gym. There are so many exercises that you can do at home, for example, yoga for relaxation, jumping on the trampoline. Doing exercises with your own body weight, exercises for the spine, etc.

## Daily Exercises

Here are a few examples of exercises I do regularly.

### Strengthening upper body muscles

Flex the arms, with knee support.

Position  
1.



Position  
2.





**Irene Costa Leite**

Born in Germany in 1958. Living in Portugal since 1984, where she married and had 2 children. In the past few years she has been dedicated to the research and writing of Feel Fit Forever.

**“It’s never too late, whatever your age!”**

# Feel Fit Forever

This book emerged from the desire to share with the world a secret that in fact isn't one. To achieve a healthier, happier, and more fulfilled life, based on three techniques: physical exercise, healthy nutrition and mental ability.

**For adults and youngsters of any age, especially recommended for anyone who wants to cheat the years.**

**For all of those who worry about health and well-being, both their own and their relatives and friends'.**

**For people who have problems related to weight, unbalanced nutrition and lack of exercise.**

**For those who wish to live lightly and without emotional and physical stress.**

A book which is easy to read and understand for people who have decided to change something in their lives, who want to lose weight, who want to eat better, who desire a healthier lifestyle.