

Natur leben und beobachten



*Daniel Flühler, Crystalswiss
Coach & Naturmensch*

Lose 100 pounds with Resveratrol like Grammy-winner Adele!

Dear friends of Crystalswiss
Grüezi from Switzerland!

At the moment, the news of the entertainment media and yellow press are overflowing with the enormous weight loss of the British singer and Grammy-award winner Adele. She has lost about 100 pounds and is hardly recognizable in her latest photos. After all, it weighed around 270 pound ...

According to her own statements, 90% of the time she did it through a complete change in diet, a method called "Sirtfood". In particular, certain of the body's own molecules are fueled, the Sirtuins. These are primarily used to build muscle, even with little physical exertion, which e.g. is life-sustaining and important for the health of astronauts during a long stay in space. .

In addition to the omission of certain foods and the addition of other foods, certain secondary plant substances that have been pharmacologically processed are required to boost the metabolism.

Resveratrol is one of the most important activators of the Sirtuins and also has the greatest health significance. It is considered a powerful antioxidant and attracted a lot of attention when it was discovered as an ingredient in red wine.

Resveratrol succeeded in explaining the so-called "French paradox": because, despite the high consumption of white bread, fatty foods, cheese and nicotine, many French people have a significantly lower risk of developing cardiovascular diseases than people in other industrialized countries. The red wine, which contains resveratrol and a not insignificant amount of health-promoting polyphenols, is said to be responsible for this.

However, the resveratrol content in red wine of five to six milligrams per liter is not enough to boost the metabolism, you would have to drink at least 12 bottles a day and that cannot be healthy.

All the better that we can bring this valuable phyto-substance into a real solution and administer it in the Crystal A + B Concept with an extremely high bioavailability.

By the way, Adele is not the first to lose so much through resveratrol! There are several clinical studies that have shown that it helps to burn fat, especially for obese people with very high weight.

There are also various studies showing the safety that using resveratrol for sports performance and better success.



<https://www.youtube.com/watch?v=3cIVdPOY1xM>

Resveratrol is made from grapes and Japanese knotweed.

Resveratrol improves blood vessel flexibility and can help lower blood pressure. Again, this can be very helpful for people with heart problems.

A very exciting and new study from the Institute for Exercise Science, Nutrition and

Metabolism at the University of Georgia in Athens, GA, USA discovered that resveratrol has a very positive effect on physical exercise by increasing mitochondrial performance.

Sources:

Blaak, E., et al., "The effects of 30 days resveratrol supplementation on adipose tissue morphology and gene expression patterns in obese men", International Journal of Obesity, Epub published ahead of print.

About Sirtfood

<https://www.healthline.com/nutrition/sirtfood-diet>

[Resveratrol flüssig im Zweikomponenten-System \(A+B Concept\).](#)

Der flüssige Phytoextrakt lässt sich in der neuen Formulierung noch einfacher und besser in eine echte Lösung bringen.

(25 ml Aktivator ins Glas und dann 20 Tropfen Resveratrol reintröpfeln, mit Teelöffel umrühren und fertig).

Über Ihre Fragen, Anregungen und [Bestellungen](#) freuen wir uns!

Wir unterstützen Sie dabei gerne.

Herzlichst!

Daniel Flühler, Crystalswiss AG

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Impressum:

Crystalswiss AG

Daniel Flühler

Lindenstrasse 16

6341 Baar / ZG

Schweiz

WEB: www.kurkuma.bio

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