

A Business Plan For A Healthy Life

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Short Communication

ABSTRACT

Do not tell around. We have only one life. It's ours. Not that one of commerce, industry and politics. How to be a part of nature again in the best way? Mostly healthy and save. We are chemically and physically a part of nature. Every single biological function is based on (bio)chemistry and (bio) physics. This is influenced by the chemistry and physics around a human being - the environment.

The last five decades at least are characterized by air pollution, contamination of water and soil. Meanwhile there is no space anywhere, not a single one around the world, which is not charged with chemicals, microplastics, and toxins of technical products. No wonder that more and more parts like microplastics and metabolites are incorporated in mostly every human body. And an end is not to see. If this is not stopped or remarkably reduced as soon as possible, the human body biologically will be destroyed and this will have a crucial effect on the psychology and the life of societies.

Biography

Bernhard J. Dringenberg, earned his Ph.D. at the Max-Planck-Institute of Biophysical Chemistry in Göttingen. During this time he was a visiting scientist at MIT, Chemical Engineering & Materials Science. He spent several years studying the physical chemistry of raw materials in cosmetic products (L'Oréal, Paris and Faber Castell Cosmetics, Nürnberg). His main interests are the physical chemistry of nanoparticles and macromolecules meant for application in pharmaceuticals, biomaterials, and their influence on the environment as well as on the human body. The combination of his scientific experiences leads to the question „How much of technical products is OK for healthy life?“ He is a scientific consultant for laboratory- and R&D-management of his own company BJD~analytics.

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