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Prof. Dr. med. Jörg Spitz is a specialist in nuclear medicine, preventive medicine, nutritional medicine and founder of the "Academy for Human Medicine".

For 20 years, based on his understanding of molecular relationships, particularly in chronic diseases such as cancer, he has increasingly focused his interest on developing practical, holistic concepts of health prevention. Spitzer: "Our healthcare system is designed to suppress disease rather than promote health. I have made it my life's work to change this."

In the interview, he speaks with Dr. Manuel Burzler, metabolic expert and president of the German Society for Natural Substance Medicine, Functional Medicine and Epigenetics. (Epigenetics: The study of how our environment, our lifestyle and our life experiences influence our genes.)

Dr. Burzler answers critical questions about the purity of tap water using the example of Munich's water, which is praised by public authorities.

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