

This article may be reprinted free of charge provided 1) that there is clear attribution to the Orthomolecular Medicine News Service, and 2) that both the OMNS free subscription link <http://orthomolecular.org/subscribe.html> and also the OMNS archive link <http://orthomolecular.org/resources/omns/index.shtml> are included.

FOR IMMEDIATE RELEASE

Orthomolecular Medicine News Service, July 1, 2026



In Memory of Dr. Ulrich Strunz (1943-2026)

A Visionary Physician and Pioneer of Orthomolecular Medicine

By Hans W. Diel



The Orthomolecular Medicine community has lost one of its most influential pioneers.

German physician **Dr. Ulrich Strunz** passed away on **June 7, 2026**, at the age of 82. For decades, he inspired millions of readers and patients with his unwavering belief that optimal nutrition, exercise, and lifestyle could prevent-and in many cases reverse-chronic disease.

His son, **Dr. Ulrich G. Strunz**, wrote in his obituary:

"There are messages for which no one can truly prepare. Last Sunday, on June 7, my father, Dr. med. Ulrich Strunz, passed away at the age of 82.

To countless people he was a guiding light and a pioneer in orthomolecular medicine-to me, he was first and foremost my father.

The many expressions of sympathy and condolence that have already reached us mean a great deal to my family and me. They reflect the deep impact he made on so many lives through his passionate advocacy for optimal nutrition, high-dose vitamins, and a truly root-cause approach to health.

What remains are his words. For many years he wrote daily-direct, honest, sometimes provocative, but always placing the human being and the power of proper nutrition at the center.

In loving memory and deepest gratitude to my father."

A Personal Reflection

I had the privilege of knowing Dr. Ulrich Strunz personally-not only as an internationally respected physician, but also as my own doctor.

After suffering my first heart attack, I sought his care. Looking back, it was one of the best decisions of my life. Dr. Strunz introduced me to orthomolecular medicine and fundamentally changed the way I understood health and disease. His guidance was instrumental in my recovery and, I firmly believe, has contributed to my being alive today to write these words.

Dr. Strunz was the first physician who thoroughly evaluated whether my body had adequate levels of essential nutrients-including vitamins, minerals, and other vital substances. He was also the first to measure my lipoprotein(a), recognizing its importance long before it became widely appreciated in cardiovascular medicine. More importantly, he showed me practical, evidence-informed nutritional strategies to reduce cardiovascular risk through natural means.

From my experiences as his patient, and through his books and countless articles, I learned not merely about disease, but about the remarkable capacity of the human body to heal when provided with the proper biological environment.

Following his philosophy of "**Measure - Optimize - Control**," I consistently supplied my body with the nutrients it required in appropriate amounts. I remain convinced that this approach played a major role in saving my life.

Like countless others whose lives he touched, I owe Dr. Strunz an immense debt of gratitude. His wisdom, compassion, and relentless commitment to empowering patients will continue to inspire future generations.

His Legacy

Dr. Ulrich Strunz was an internist, endurance athlete, bestselling author, and one of Europe's best-known advocates of orthomolecular medicine.

His internationally recognized **Forever Young** program emphasized three simple but powerful pillars:

- Nutrition
- Exercise
- Positive thinking

Long before lifestyle medicine became mainstream, Dr. Strunz promoted a systems-oriented approach that integrated nutrition, physical fitness, laboratory assessment, and personal responsibility for health. He consistently encouraged physicians and patients alike to seek the underlying causes of illness rather than merely treating symptoms.

A successful ultratriathlete himself, he embodied the principles he taught throughout his life.

Dr. Strunz authored more than **70 books**, many of which became bestsellers and were translated into **17 languages**. His daily online articles reached hundreds of thousands of readers, challenging conventional thinking while encouraging individuals to take charge of their own health through science-based lifestyle medicine.

His influence extends far beyond Germany. He helped introduce generations of physicians and patients to the principles of orthomolecular medicine, inspiring many to embrace prevention, nutritional optimization, and root-cause medicine.

A Lasting Inspiration

Dr. Ulrich Strunz's passing marks the end of an extraordinary career, but not the end of his influence.

His writings, his patients, and the many healthcare professionals inspired by his work ensure that his legacy will continue to shape orthomolecular medicine for years to come.

The Orthomolecular Medicine News Service extends its deepest condolences to Dr. Strunz's family, friends, colleagues, and the countless individuals whose lives he transformed through his dedication to health, science, and human potential.

Rest in peace, Dr. Ulrich Strunz. Your life's work will continue to inspire physicians and patients around the world.

Editor's Note: This remembrance is based on the personal reflections of Hans W. Diel, a member of the German OMNS team, who credits Dr. Strunz's care and teachings with profoundly influencing both his health and his understanding of orthomolecular medicine.

Reader Discussion and Questions

OMNS welcomes comments, questions, ideas, experiences, and respectful dialogue from readers, patients, healthcare professionals, researchers, and students worldwide.

We encourage participation on OMNS Interactive, where the exchange of knowledge and perspectives helps advance understanding and foster meaningful discussion.

Join the conversation:

<https://omns.substack.com>

About OMNS Interactive

OMNS Interactive is the discussion and commentary platform of the Orthomolecular Medicine News Service (OMNS).

The original OMNS website remains the official archive of OMNS publications.

Subscribe to OMNS Interactive for future articles, commentary, and discussions:

<https://omns.substack.com>

Content is provided for educational purposes only and does not constitute medical advice.

Follow OMNS Interactive

