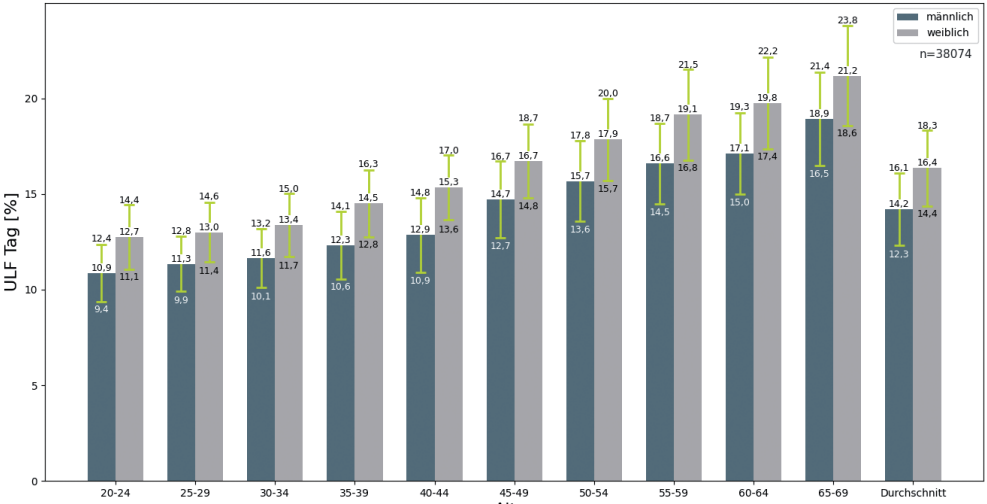

Abb. 4.21 % ULF Tag Männer und Frauen (Quelle: Autonom Health®, 2021).