**Translation of Krebs Kung Fu excerpt**

*See image legend to see where each numbered text appears in German on the original image.*

#1 (beginning with “mir selbst”)

I came to the bleak realization that our intentions can only change our attitude to events, not the events themselves

#2  I want to be healthy

#3 the course of the world

#4 pollution

#5 unhealthy way of life, genes, inherited traits

#6 nuclear power plants and disasters (like Fukushima 2011)

#7 cancer cells attacking an innocent organ

#8 misfortune, stress

German-to-English translation graciously provided by Katharina Heyer, University of Hawaii