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DER SCHLÜSSEL ZUR TRAUMFIGUR



Riva Verlag Jan 2010, 2010. Taschenbuch. Book Condition: Neu. 24x17x cm. Neuware - Täglich werden wir mit neuen Wunderdiäten bombardiert, die uns das Unmögliche versprechen. Doch solch extreme Hungerkuren schaden der Gesundheit. Es stellen sich jedes Mal dieselben Fragen wie: 'Sind alle Kohlenhydrate schlecht', 'Ist eine Diät mit hohem Eiweißanteil gut für mich' oder: 'Wie viel Fett ist wirklich gesund'. Amerikas bekannteste Ernährungsexpertin, Ann Louise Gittleman, räumt auf mit den gängigen Ernährungsmythen. Sie hat einen visionären Ansatz...

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- Authored by Ann Louise Gittleman
- Released at 2010



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