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Reviews

Extremely helpful for all class of people. It is probably the most incredible ebook i actually have go through. I discovered this publication from my dad and i recommended this ebook to discover.

(Victoria Hickie PhD)

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Trias Jan 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Fasten ohne Hungern - Basenfasten macht's möglich! Körper und Seele etwas Gutes tun, entgiften und dabei bis zu vier Kilo in einer Woche verlieren: eine richtig tolle Vorstellung! Wäre da nur nicht dieses Hungergefühl als Fasten-Begleiter. Ganz anders ist's beim Basenfasten! Hier gibt's mehrmals am Tag leckere, rein vegetarische Gerichte auf den Teller. Und alle positiven Effekte des Fastens noch dazu! Säuren raus, Basen rein! Das Geheimnis: die richtige Auswahl der Nahrungsmittel. Wenn Sie ganz auf basische Produkte wie Obst, Gemüse, Kräuter & Co. setzen, wird Entsäuern zum Kinderspiel. Sabine Wackers Erfolgsmethode ist 100 % alltagstauglich, abwechslungsreich und genussvoll. Übergewicht, Kopfschmerzen, Energiemangel und andere Begleiterscheinungen einer Übersäuerung gehören mit dem Gesundheitserlebnis Basenfasten schnell der Vergangenheit an. Dieses Buch liefert Ihnen alle wichtigen Infos zur Methode und 80 köstliche Basen-Rezepte - legen Sie noch heute los! 148 pp. Deutsch.

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