



Naturdoping: Fit ohne fiese Tricks. Praktische Tipps aus der Natur (German Edition)

Hademar Bankhofer, Peter Großmann

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Eine Möhre am Morgen, eine Treppe am Abend. Kann Gesundheit so einfach und Sport so beiläufig sein? Ja, sagen die beiden Ernährungs- und Gesundheitsexperten. Sie zeigen, wie Sie sich im Alltag fit halten ohne zu schwitzen, und wie sich jeder gesund ernähren kann, ohne seine Geschmacksnerven zu beleidigen. Dazu müssen Sie keinen theoretischen Kurs absolvieren, keine neuen Rezepte auswendig lernen, sondern nur ein paar Tipps beherzigen, die sich leicht in den Tagesablauf einfügen lassen. Natürlich Sport, natürlich gesund - ganz ohne Fitnessclub, Elektrolytgetränke und komplizierte Trainingspläne.



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