



Weizen- und Zucker-Fasten: Für mehr Lebensfreude und Gesundheit (German Edition)

Marion Grillparzer

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Müde, energielos, heißhungrig, schlecht drauf? Oft sitzt das Übel im Darm. Wer mal 'ne Zeit lang Zucker und Weizen weglässt, wird Candida & Co los - und siedelt glücklich machende Bakterien an. Das weckt. Das macht fröhlich. Das macht schlank. Das macht gesund. Allerdings muss Dr. Proper schon erst ein wenig arbeiten ...

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