



Lecker und gesund: Meine besten Rezepte mit den 50 gesündesten Lebensmitteln (German Edition)

Hademar Bankhofer

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Gesundheit kann man essen!

Die richtigen Lebensmittel helfen, Krankheiten vorzubeugen und zu heilen, sie steuern unsere Lebensenergie und beeinflussen unser Aussehen. Professor Hademar Bankhofer, der Papst der Gesundheitsratgeber, beschreibt die Wirkung der 50 gesündesten Lebensmittel und nennt für jedes vier Rezepte – für alle Mahlzeiten des Tages. Ein Gericht ist fürs Mitnehmen an den Arbeitsplatz gedacht, damit Sie sich auch dort wohlfühlen und fit sind. Die Gerichte sind einfach zuzubereiten und schmecken hervorragend –damit ist das anschließende Wohlfühl schon garantiert.

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