



Fatburner - So schmilzt das Fett (German Edition)

Dr. Angela Fetzner

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Fatburner sind buchstäblich in aller Munde und aktuell wie nie zuvor. Gut essen und dabei noch Fett verbrennen und abnehmen? Zu schön, um wahr zu sein? Gibt es tatsächlich die vielgerühmten Kilokiller oder Fatburner – also Nahrungsmittel, welche die Fettverbrennung ankurbeln? Was wie ein Märchen klingt, funktioniert tatsächlich. Denn Fatburner kurbeln den Stoffwechsel an und bringen so das Fett zum Schmelzen. Dieser Ratgeber zeigt auf, welche Lebensmittel die besten Fatburner sind. Die Autorin berät und informiert als promovierte Apothekerin seit fast zwei Jahrzehnten zahlreiche Kunden. Dabei hat sie ein ständig wachsendes Interesse ihrer Kunden an Ernährungskonzepten und Diäten festgestellt. Als unabhängige Autorin und Apothekerin fühlt sich die Verfasserin dieses Buchs nur der Gesundheit und dem Wohl der Menschen verpflichtet.

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