

DASH-ERNÄHRUNG

FÜR ANFÄNGER

DIE DASH-ERNÄHRUNG FÜR
EIN GESUNDES HERZ UND LEBEN



NR. 1

DIÄT GEGEN
HERZ- &
KREISLAUF-
ERKRANKUNGEN

DR. ROBERT SCHMIDT

Dash Ernährung F Anfger Gesundes Kreislaueferkrankungen

F Rizvi



Dash Ernährung F Anfänger Gesundes Kreislaufkrankungen:

Dash-ernahrung Für Anfänger Robert Schmidt, 2015-11-26 Die erfolgreichste Diät gegen Herz-Kreislauf-Erkrankungen Schritt für Schritt erklärt Erfahren Sie alles über die Vorzüge der Ernährung nach DASH und probieren Sie all die leckeren und einfachen Rezepte aus Die DASH Ernährung wurde eigentlich entwickelt um Menschen zu helfen die an Bluthochdruck leiden Jedoch ist diese Ernährungsweise mittlerweile aus dem Grunde so populär weil sie nicht nur das kann die Ernährungsweise fördert auch zur Gewichtsabnahme einer Anregung des Stoffwechsels und einer allgemeinen Besserung des Gesundheitszustands Wie wirkt die Diät eigentlich Was darf ich essen wie viele Kalorien darf ich meinem Körper zuführen und wie groß soll eigentlich eine Portion sein Die Antworten auf diese und viele andere Fragen finden Sie im Buch einfach und auf verständliche Weise erklärt sodass Sie noch heute mit Ihrer ganz persönlichen Ernährungsumstellung beginnen können Bekämpfen Sie all die schlechten Auswirkungen die Ihre Ernährungsweise bisher auf Ihren Körper und Ihre Gesundheit hatte und probieren Sie all die leckeren Rezepte aus die Teil der Ernährung nach DASH sind Senken Sie Ihren Blutdruck nehmen Sie auf gesunde Weise ab und stellen Sie fest wie energiegeladener und voller neuer Lebensfreude Sie schon bald sein werden Lernen Sie außerdem was die DASH Ernährung eigentlich ist was Sie alles für den Körper tun kann wie ein typischer Speiseplan aussehen könnte in welche Lebensmittelgruppen DASH eingeteilt ist wie Sie Ihren persönlichen Kalorienbedarf ermitteln wie Sie es schaffen dranzubleiben wie Sie einfach leckere Rezepte nachkochen wie Sie es schaffen Ihre Energie zurückzubekommen und vieles vieles mehr Unternehmen Sie noch heute etwas gegen Ihren Bluthochdruck und Ihr Übergewicht indem Sie sich Ihr Exemplar rechts oben holen

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