



Hilfe, was darf ich noch essen: Der Kampf um die richtige Ernährung (German Edition)

Anne-Marie Butzek

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Gegessen wird, was auf den Tisch kommt

In punkto "richtiger" Ernährung scheiden sich die Geister. Entweder man findet, Fleisch und Tierprodukte sind Inbegriffe des Bösen, während Soja und Co. wahre Heilsbringer sind. Oder umgekehrt: Soja ist Teufelszeug und Fleisch der heilige Gral. Anne-Marie Butzek überprüft die verbreitetsten Meinungen und Argumente und fordert: Schluss mit der Essensschlacht.



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