



Vitalquelle Aminosäuren: Antistress, Abnehmen, Sport (German Edition)

Ingrid Spona, Jürgen Spona

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Defizite im Körper ausgleichen.

Viele Befindlichkeitsstörungen, Antriebslosigkeit, aber auch Erkrankungen werden durch einen Mangel an Nahrungsbestandteilen verursacht. Vor allem den Aminosäuren kommt dabei eine wesentliche Bedeutung zu.

In diesem Buch erfahren Sie, was Aminosäuren sind, welche Aufgaben sie in unserem Körper übernehmen und wie man sie beispielsweise beim Abnehmen, beim Sport, gegen Stress und in vielen anderen Bereichen durch sinnvolle Zuführung nachhaltig einsetzen kann.



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