



Basenfasten fürs Wochenende: Schonend entsäuern in zwei Tagen (German Edition)

Margot Hellmiß

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Entsäuern für Vielbeschäftigte

Ein Basen-Wochenende kann Wunder wirken: Wellness in den eigenen vier Wänden bringt neue Energie und ganz nebenbei bis zu zwei Kilo weniger auf der Waage, ohne dass man dabei hungern muss. Gemüse, Salat, Früchte und viele andere leckere Zutaten sorgen dafür, dass weniger aggressive Säuren im Organismus gebildet werden. Sportliche Aktivitäten, Sauna und Entspannungsübungen unterstützen den Entsäuerungsprozess. Auch die Gedankenwelt und das Gefühlsleben werden spürbar erleichtert, denn Übersäuerungen können die Stimmung richtig vergiften. Und wer innen nicht mehr sauer ist, der ist es auch nach außen nicht mehr. Das Buch stellt für jede der vier Jahreszeiten ein passendes basisches Wochenendprogramm vor. Dabei wird Wert auf saisonale Obst- und Gemüsesorten gelegt.

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