



Mach Das!: Die ultimative Physik des Abnehmens (German Edition)

Martin Apolin

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Was haben eigentlich ein Mensch und ein Donut gemeinsam?

Wie weit muss man laufen, um den Nährwert eines Biers abzuarbeiten?

Und warum bloß schützt unser Körper seine Fettreserven so vehement?

Martin Apolin hat nicht nur auf diese Fragen eine schlüssige Antwort parat. Er stellt darüber hinaus klar: Es gibt im Prinzip nur eine Regel, die man beachten muss, um abzunehmen. Und die ist verdammt einfach.

Soviel sei verraten: Vergessen Sie Diäten! Um Gewicht zu verlieren, müssen Sie nicht tagelang Kohlsuppe löffeln, brauchen abends nicht mit knurrendem Magen ins Bett zu gehen und auch nicht auf Ihre geliebten Kohlenhydrate verzichten.

Humorvoll, unterhaltsam und fundiert erklärt Apolin, wie sich mit den Erkenntnissen aus Physik und Medizin viele Ernährungslügen wissenschaftlich widerlegen lassen – und wie Sie wirklich dauerhaft und unkompliziert abnehmen.

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Martin Apolin

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Andrew Martin:

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