



Zucker-Detox: Zucker-Entgiftung Fur Anfanger - Zuckersucht Besiegen in 14 Tagen Und Gewicht Verlieren, Energie Steigern Und Sich Wieder Groartig Fuhlen! (Paperback)

By Philipp Jung

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: German . Brand New Book ***** Print on Demand *****. Wie Zucker uns krank macht und was Du dagegen tun kannst Wie Du Deine Gier nach Suem dauerhaft uberwinden wirst Sagst Du oft: Nur ein Stuck Schokolade! - und dann ist doch wieder im Handumdrehen die ganze Tafel weg? Hast Du einen heimlichen Vorrat an Suigkeiten? Wirst Du unruhig, gereizt, vielleicht sogar aggressiv, wenn Du lange Zeit nichts Sues isst? Hast Du nach dem Genuss von Suigkeiten oft ein schlechtes Gewissen, nicht zuletzt, weil der Zeiger der Waage sich immer weiter nach rechts bewegt? Du hast Dich wiedererkannt? Vielleicht sogar in allen Fragen? Hast Du Dich schon einmal gefragt, warum das so ist? Warum ohne Sues einfach nichts mehr zu gehen scheint? Abhangig? Von Zucker? Abhangig wird man doch nur von Alkohol oder anderen schlimmen Drogen, aber doch nicht von dem harmlosen suen Pulver! Oder doch? Fakt ist - Zucker kann wie eine Droge wirken! Wenn Du die Fragen mit Ja beantwortet hast, bist vielleicht auch Du ein Zuckerjunkie. Alles, was zu einer Abhangigkeit fuhren kann, schadet uns auf Dauer. Und hoher Zuckerkonsum zerstort nicht nur die Zahne und...



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