



Das Lebensenergie-Kochbuch: Vegan und glutenfrei (German Edition)

Ruediger Dahlke

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Gesünder geht's nicht!

Ruediger Dahlke schrieb mit »Das Geheimnis der Lebensenergie in unserer Nahrung« ein neues Grundlagenwerk zu einer Ernährung, die uns wirklich nährt. Mit einem versierten Team an Köchen entwickelte er daraus herrlich leckere und maximal gesunde Rezepte: pflanzlich-vollwertig, vegan und glutenfrei. Wer sich so ernährt, wird die eigene Lebensenergie deutlich spürbar steigern. Vitale und frische Nahrung führt schließlich nicht nur zu mehr Genuss, sondern auch zu einer unvergleichlich besseren Ausstrahlung. Besonders gekennzeichnet sind zwei Arten von Gerichten: solche mit hohem Proteingehalt – zur Krebs- und Demenzprävention. Und solche mit hohem Kohlenhydratanteil – sie sind gut für Herz und Gehirn. Mehr als 70 hochwertige und originelle Rezepte machen Lust auf eine Ernährung, die kraftvoll und heilsam wirkt.

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