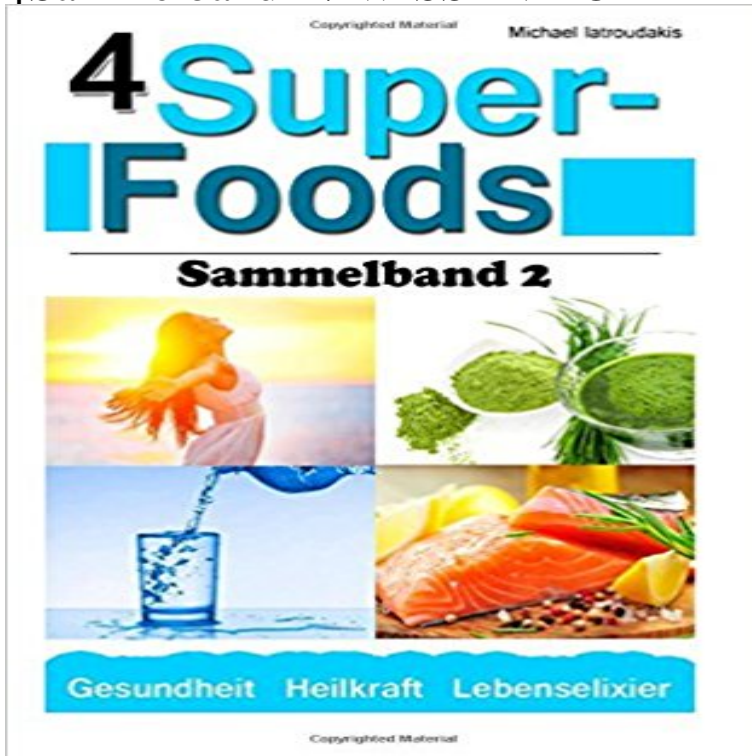


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Superfoods sind Lebensmittel, die über einen hohen und konzentrierten Anteil an wertvollen Nährstoffen verfügen. Jeder Kultur entspringt eine Pflanze, welche einen besonders hohen Gehalt an Inhaltsstoffen aufweist. Bei den Japanern ist es z.B. der Matcha Tee, bei den Afrikanern der Moringa Baum usw. In diesem Buch geht es um Superfoods anderer Kulturen, die man mit einfachen Mitteln in sein persönliches Essverhalten integrieren kann. Sie können in der Regel ohne Probleme gelagert werden und sind, dank Internet, jederzeit verfügbar.

HINWEIS: Dieses Buch 4 Superfoods beinhaltet vier eBooks, welche auch einzeln erhältlich sind. Diese sind: Buch I: Vitamin D: Das Superhormon gegen Herz-Kreislaufkrankungen, Krebs, Depressionen, Grippe und mehr... Buch II: Der Gerstengrassaft: Ganzheitlicher Power-Drink für Gesundheit, Anti-Aging und Lebensenergie Buch III: Omega 3: Die wiederentdeckte Fettsäure gegen Herz-Kreislaufkrankungen, Alzheimer, Depressionen, Arthrose, ADHS und Entzündungen Buch IV: Wasser: Das Lebenselixier für Gesundheit, Vitalität und Wohlbefinden Lebensfreude leben, vital sein

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