



DETOX SMOOTHIES: Gesund leben mit Rohkost und Superfoods (German Edition)

Eliq Maranik

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Der Weg zu einer besseren Gesundheit und einem erhöhten Wohlbefinden war noch nie so einfach! Die köstlichen Smoothies und Säfte, die in Detox Smoothies vorgestellt werden, helfen, den Körper von Schad- und Giftstoffen zu befreien, regen den Stoffwechsel an und lassen ganz nebenbei die Pfunde purzeln. Smoothies-Expertin Eliq Maranik verwendet nur das Beste aus der Natur und vereint es zu unschlagbaren Power-Getränken, die schnell und einfach zubereitet werden können.

Wer mehr über die gesundheitsfördernde Wirkung der Zutaten und die beste Art der Zubereitung erfahren möchte, erhält zudem zahlreiche Hinweise und Anregungen.

Das ideale Buch für alle, die ihrem Körper etwas Gutes tun möchten!

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