



Mein Körper in Balance: Die sieben Stufen zum Gleich-Gewicht (German Edition)

Babak Bahadori, Iris Pestemer-Lach

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Übergewicht ist kein reines Ernährungsproblem und daher mit Diäten allein auch nicht nachhaltig in den Griff zu bekommen.

Mehrere hundert erfolgreiche Behandlungen sprechen für den Erfolg des speziell entwickelten und hier vorgestellten Sieben-Stufen-Konzepts von Dr. med. Babak Bahadori, das ganz ohne Wundermittel und Medikamente auskommt.

Ein ganzheitlicher Ansatz mit den Elementen Biorhythmus, Bewegung, Stoffwechsel, Ernährung, Wasser, Alltagsoptimierung und Entspannung sowie Selbstfindung reduziert erfolgreich und nachhaltig das Körpergewicht und fördert gleichzeitig Genuss und Lebensqualität.

Jede Stufe wird Schritt für Schritt ausführlich erklärt und alle Übungen können anhand vieler aussagekräftiger Bilder leicht nachvollzogen werden.

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