



Der dicke Bauch - Raus aus dem Teufelskreis (German Edition)

Dr. Angela Fetzner

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Ein flacher Bauch entspricht dem Schönheitsideal der meisten Frauen und Männer. Ein dicker Bauch dagegen sieht nicht nur unschön aus, er hat auch gefährliche Auswirkungen auf die Gesundheit. Doch warum ist der dicke Bauch eigentlich so verhängnisvoll? Ist dies reine Panikmache oder geht vom Bauchfett wirklich eine immense Gefahr aus? Was sind weiterhin die hauptsächlichen Gründe für die Entstehung des dicken Bauchs – und vor allem: Was kann man dagegen tun? Antworten auf all diese brennenden Fragen werden in diesem Buch ausführlich von Apothekerin Dr. Angela Fetzner aufgezeigt. Die verschiedenen Ursachen für die Entstehung des dicken Bauchs werden erörtert, ferner werden seine negativen Auswirkungen auf den gesamten Körper besprochen. Vor allem aber werden verschiedene Möglichkeiten beschrieben, wie Sie wieder einen schlanken und flachen Bauch zurück gewinnen.

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