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# Werde Wieder Mensch (Book)

*Booklet*

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## The Species-Appropriate Bible

The extraordinary health cookbook as a comprehensive guide to a species-appropriate lifestyle.

The physiological mechanisms are explained clearly and complemented by simple yet refined recipes.

- Specialist literature on the species-appropriate lifestyle.
- Over 70 species-appropriate recipes & nutrition tips.
- Scientific background & mechanisms of action.
- Targeted guidance on using food & lifestyle as medicine.
- With over 600 scientific references.

- Content: Book
- EAN: 9783966983075

