

KETOGENE *Ernährung*



Fett verbrennen leicht gemacht
mit der ketogenen Diät

PATRICK KÖNIG

Ketogene Ernährung Fettverbrennende Verwandeln Verbrennen Ebook

Philipp Jung



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Ketogene Ernährung Philipp Jung, 2015-09-14 Der schnellste Weg zu Gesundheit Wohlbefinden und einer guten Figur mit der ketogenen Ernährung Gewinnen Sie Ihren Fettverbrennungsmotor zurück und steigern Sie Ihre Energie Ob Sie nun Körpergewicht verlieren Ihre Insulinresistenz verbessern oder generell Ihre Gesundheit positiv beeinflussen möchten Sie werden in diesem Buch entdecken wie die ketogene Ernährung dies alles und noch viel mehr für Sie bewirken kann Der Großteil der heutigen Bevölkerung ernährt sich viel zu viel von Zucker und kohlenhydratreichen Lebensmitteln Wenn das auch nach Ihnen klingt dann ist es wahrscheinlich dass Kohlenhydrate Ihren ständigen Wohnsitz in Ihrer Leber aufgeschlagen haben und diese vergessen hat wie sie fettfressende Ketone produziert Man könnte auch sagen dass Ihr Fettverbrennungsmotor offiziell und bis auf Weiteres abgeschaltet wurde Mit dem Kauf dieses Buches machen Sie einen Schritt in die richtige Richtung und zwar zum gesünderen Lebensstil der zusätzlich zu Gewichtsverlust und natürlicher Fettverbrennung führen wird Wenn Sie den Richtlinien der ketogenen Ernährung so folgen wie sie in diesem Buch dargelegt werden können Sie Ihren Fettverbrennungsmotor neu entfachen und Ihre Gesundheit und Langlebigkeit stark beeinflussen Erfahren Sie in diesem Buch außerdem was Ketone sind was Ketose ist was diese für Ihre Gesundheit tun werden welche Lebensmittel Sie krank machen welche Lebensmittel Sie genießen dürfen wie Sie die ketogene Ernährung problemlos und erfolgreich anwenden Ihre neue Einkaufsliste Ihren neuen Menplan zum direkt Durchstarten viele leckere Rezeptideen zusätzliche gesunde Abnehmtipps und tricks und vieles vieles mehr Unternehmen Sie noch heute erste Schritte um Ihr Fett zu verbrennen und ein energiegeladeneres Leben zu führen indem Sie sich dieses Buch Ketogene Ernährung kaufen

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