

Dipl. oec. troph. Anne Iburg



die Ernährungs-Spezialistin

# Die HAFERKUR

## Gesund abnehmen

Insulinspiegel regulieren, Heißhunger stoppen,  
Gewicht dauerhaft reduzieren

Über 80 Rezepte mit Haferflocken & Co.



TRIAS

# Gro E Ratgeber Zum Abnehmen Vielen Ebook

**Sophia Thiel**



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