



Die neue Diät: Fit und schlank durch Metabolic Power (German Edition)

Ulrich Strunz

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Für immer schlank und fit – lassen Sie die Enzyme für sich arbeiten

Schlank werden heißt Fett verbrennen. Das ist anstrengend und dauert. Jetzt geht es viel leichter und schneller. Dank der Hilfe von Enzymen, welche die Fettverbrennung tatkräftig unterstützen und mächtig beschleunigen. Damit dieser Prozess in Gang kommt und bleibt, müssen die Enzyme im Körper geweckt, aktiviert, vermehrt und auch trainiert werden. Wie das gelingt, zeigt Bestsellerautor Dr. Ulrich Strunz: durch angepasste Ernährung, spezielles Ausdauer-Krafttraining und ein abgestimmtes Mentalprogramm.

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