



Dein Weg zur Traumfigur EXTRA (German Edition)

Stella Maris

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Sie träumen von einer jugendlich strahlenden Haut ohne Cellulite? Sie möchten endlich schlank werden und Ihr Gewicht dauerhaft halten? Sie möchten von innen heraus strahlen und Ihr gesamtes Erscheinungsbild optimieren? Dann haben Sie genau das richtige Buch in der Hand. In diesem e-book warten unter anderem die folgenden Themen auf Sie:

- Ernährung
- Diäten und deren Vor- und Nachteile
- Entschlackungskur und Fasten
- Darmreinigung und -sanierung
- Fettreduktion an gezielten Stellen - Nahrungsergänzungsmittel und Schlankheitsversprechen
- Übersäuerung, Schlacken und Verschlackung
- Bewegung
- Sauna, Massagen
- Anwendungen für Körper und Seele
- Anti-Aging
- Cellulite-Anwendungen
- Haltungskorrektur
- Schönheitsoperationen

u.v.m.

Des Weiteren werden verschiedene Formeln vorgestellt, die Ihnen bei der Berechnung Ihres Wunschgewichtes helfen werden.

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