



Darm gesund - alles gesund: Ganzheitlich entgiften und revitalisieren (German Edition)

Franz Milz

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Dieser praktische Ratgeber zeigt, was uns bzw. unseren Darm krank macht, und warum gerade er für unsere Vitalität so wichtig ist. Schritt für Schritt erfahren wir, wie wir selbst aktiv werden können, um den Darm zu entgiften und dabei Selbstheilungsprozesse im ganzen Körper anstoßen. Der so entgiftete Körper kann auf natürliche Art neue Energie tanken. Das stärkt gleichzeitig auch den Geist und die Seele.

Mit wirksamen Tipps für die praktische Entgiftung und Revitalisierung.

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