



# Schlank mit Darm: Das 6-Wochen-Programm. Das Praxisbuch (German Edition)

*Michaela Axt-Gadermann*

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Die Darmdiät - Das Praxisbuch

Manchmal ist das Leben unfair. Warum können manche Menschen essen so viel sie wollen und nehmen trotzdem nicht zu? Andere wiederum schauen ein Stück Schokolade nur an und schwups landet es auf den Hüften.

Es sind unsere Darmbakterien, die darüber entscheiden, ob wir schlank bleiben oder ständig mit den Pfunden zu kämpfen haben. Die schlechte Nachricht: Wer die falschen Bakterien im Darm hat, wird trotz gesunder Ernährung schneller dick. Die gute Nachricht: Welche Darmbakterien das Sagen haben, kann man beeinflussen!

Das 6-Wochen-Programm in diesem Buch hilft dabei, die Darmflora dauerhaft in Richtung "schlank" zu programmieren. Die zahlreichen, köstlichen Rezepte bestehen ausschließlich aus darmfreundlichen Lebensmitteln, basierend auf Dr. Axt-Gadermanns Darmdiät. Garniert wird das ganze durch die neuesten wissenschaftlichen Erkenntnisse aus der Darmfloraforschung. Damit wird man nicht bloß schlank, sondern rundum zufrieden!

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