



Das Jugendgeheimnis: Jung bleiben - jung aussehen - Das biologische Anti-Aging-Programm - (German Edition)

Roxy Dillon

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Älter werden, aber jünger aussehen – wer möchte das nicht! Roxy Dillon hat die Lösung. Ihr wissenschaftlich fundierter Ansatz stoppt zwei grundlegende Faktoren des Älterwerdens: hormonelles Altern und Zellalterung. Die gute Nachricht: Diese beiden Faktoren können Sie durch die richtige Ernährung beeinflussen. Denn laut neuester Forschungserkenntnisse führen zahlreiche Pflanzenstoffe, die sich in unserer Nahrung finden, zu jugendlichem Aussehen und Wohlbefinden. Entdecken Sie das Jugendgeheimnis!

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