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Patric Heizmann

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Richtige Ernährung wäre eigentlich ganz einfach: Mund auf, Essen rein, kauen, schlucken, den Rest erledigt der Körper vollautomatisch. Das können alle Lebewesen schon seit Ewigkeiten, ohne darüber nachzudenken – der Mensch aber nicht. Dabei bräuchten wir nur auf die Signale des Körpers zu achten, denn der Körper weiß, wie gesundes Essen geht. Leider sagt er das nicht so genau, deshalb muss man verstehen lernen, was er will und was er nicht will. Entscheidend ist dabei ein ewiges Duell: Kopf gegen Bauch. Und wer von beiden hat recht? Das erzählt Patric Heizmann – unterhaltsam, einleuchtend, mit viel Witz.

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