



Die OMG-Diät: "Oh My God!" In sechs Wochen schlank - New York Times Bestseller (German Edition)

Venice A. Fulton

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Frech, unkonventionell und wahnsinnig effektiv!

Es ist höchste Zeit, alte Diät-Vorstellungen abzulegen und einige Fakten anzuerkennen:

1 Frühstück weglassen kann gesund sein. 2 Kalte Bäder machen schlank. 3 Bestimmte Früchte blockieren die Fettverbrennung. 4 Kleine häufige Mahlzeiten sind kontraproduktiv. 5 Säfte und Smoothies verleiten zum Überessen. 6 Die Kohlenhydrate in Brokkoli können gefährlicher sein als die in Cola.

Das klingt schräg? Der Sportwissenschaftler und Personaltrainer Venice A. Fulton überzeugt vom Gegenteil. Er hat basierend auf fundierten wissenschaftlichen Erkenntnissen und zehnjähriger Berufserfahrung einen Sechswochenplan entwickelt, mit dem man bis zu neun Kilogramm Fett abnehmen kann. Denn so viel ist klar, sagt Venice A. Fulton: Niemand kommt übergewichtig zur Welt oder muss mit Zellulite herumlaufen, und jeder – wirklich jeder – kann schlank werden.

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Mark Smith:

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