



**Clean Eating: Natürlich und gesund genießen - Mit
den Lieblingsrezepten von Orlando Bloom,
Gwyneth Paltrow & Cameron Diaz (German
Edition)**

Alejandro Junger

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Eat Clean, Feel Great!

Unter Hollywoodstars wie Cameron Diaz, Gwyneth Paltrow, Orlando Bloom und Josh Radnor ist es schon lange kein Geheimnis mehr: Das Clean Eating nach Dr. Alejandro Junger ist ein Jungbrunnen für Körper und Geist, es versorgt den Organismus ebenso wie die Seele mit allen lebenswichtigen Nährstoffen, es reinigt den Darm und heilt gleichsam von innen heraus. Kurz gesagt: Clean Eating macht strahlend schön und auf genussvolle Art fit und gesund. Denn das Beste ist: Clean Eating hat nichts mit Verzicht zu tun – Dr. Jungers Rezepte sind neben clean auch superlecker!

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