



Weizenwampe: Warum Weizen dick und krank macht (German Edition)

Dr. med. William Davis

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Weizen gefährdet Ihre Gesundheit

Brot, Gebäck, Pizza, Pasta – Weizen ist in unserer Nahrung allgegenwärtig. Doch kaum jemand weiß, was für ein gesundheitsschädigender Dickmacher das goldgelbe Korn ist. Denn in der zweiten Hälfte des 20. Jahrhunderts wurde das Getreide genetisch so verändert, dass es mit dem »Urweizen« nicht mehr viel gemein hat. Der »neue Weizen« macht dick, fördert Diabetes sowie den Alterungsprozess, schädigt Herz und Hirn und ist schlecht für die Haut. Dr. med. William Davis zeigt glutenfreie Ernährungsalternativen auf, und wie man gesund und schlank ohne Weizen leben kann.

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