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Siegfried Baumschlager, 2017-11-24 5 Elemente Ernährung Die 5 Elemente Küche und Ernährung nach TCM Kochen nach den 5 Elementen Du bist interessiert an der 5 Elemente Ernährung und auf der Suche nach einem geeigneten Rezeptbuch Dann ist dieses Buch hier genau das Richtige für Dich Die gesunde Lebensweise des fernen Ostens spiegelt sich in der Ernährungsweise der 5 Elemente wider Dieses nützliche Rezeptbuch wird dir dabei helfen dich nach dieser interessanten Lebensansicht zu ernähren Hol dir einen guten Einblick Das Buch wird Deine Ernährung auf ein neues Level bringen Dieses Buch zeigt Dir ausserdem viele Tipps rund um gesundes Essen Holz Feuer Erde Metall und Wasser sind die 5 Elemente die sich in der Ernährung auf deinen Körper positiv auswirken Das findest Du im Buch Die fünf Elemente Yin und Yang Die thermische Wirkung Yin Rezepte Yang Rezepte Spezielle Frühstückszereale Die schnelle 5 Elemente Küche Ausgewogene Mahlzeiten Und noch vieles mehr Hol Dir also am besten JETZT gleich dieses Buch und lass Weihnachten zu einem unvergesslichen Keks Erlebnis werden **Vorlesungen über Pflanzenphysiologie** Ludwig Jost, 1908 *Ernährung - TCM - Dickdarm - äussere Kälte befällt den Dickdarm* Josef Miligui, 2016-10-31 EBNS Ernährungsberatung nach Syndromen Rezepte und Lebensmittellisten für die Ernährungstherapie der Traditionellen Chinesischen Medizin TCM bei unserer Kälte befallt den Dickdarm Kälte vertreiben Qi bewegen wärmen Die Rezepte sollen das betroffene Syndrom unterstützen und durch guten Geschmack motivieren Die Lebensmittel werden in Kategorien Empfehlenswert Ja Weniger und Nein angezeigt und helfen bei der Orientierung wenn eigene Rezepte gekocht werden sollen **Ernährung - TCM - Leber - Gallenblase Qi-Leere** Josef Miligui, 2018-10-23 EBNS Ernährungsberatung nach Syndromen Rezepte und Lebensmittellisten für die Ernährungstherapie der Traditionellen Chinesischen Medizin TCM bei Leber Gallenblase Qi Leere Gallenblase stärken und wärmen Die Rezepte sollen das betroffene Syndrom unterstützen und durch guten Geschmack motivieren Die Lebensmittel werden in Kategorien empfehlenswert ja weniger und nein angezeigt und helfen bei der Orientierung wenn eigene Rezepte gekocht werden sollen **Feuchte Hitze im Dickdarm** Josef Miligui, 2016-04-19 EBNS Ernährungsberatung nach Syndromen Rezepte und Lebensmittellisten für die Ernährungstherapie der Traditionellen Chinesischen Medizin TCM bei feuchter Hitze im Dickdarm Die Rezepte sollen das betroffene Syndrom unterstützen und durch guten Geschmack motivieren Die Rezepte werden mit deren Wirkungen und der Kochanleitung angezeigt **Ernährung -TCM - Herz-Feuer** Josef Miligui, 2016-05-02 EBNS Ernährungsberatung nach Syndromen Rezepte und Lebensmittellisten für die Ernährungstherapie der Traditionellen Chinesischen Medizin TCM bei Herz Feuer Hitze kühlen und ausleiten Geist beruhigen Herz und Nieren Yin nähren ev kühlen hei NEIN warm wenig bis NEIN alles andere JA Vermeiden Bitter austrocknendes konsequent scharfheit und warme Gewürze sehr salziges konsequent gegrilltes frittiertes geröstetes Yogurt Kakao Schokolade Hektik Stress Bildschirm sport schlafen gehen Die Rezepte sollen das betroffene Syndrom unterstützen und durch guten Geschmack

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