

slatco sterzenbach

der perfekte tag

Die richtige Energie
zum richtigen Zeitpunkt

Der
individuelle
Tagesplaner
für Power
rund um die Uhr



HEYNE

Perfekte Tag Richtigen Individuelle Tagesplaner

Elise Museles



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Der perfekte Tag Slatco Sterzenbach, 2015-07 **Food Story** Elise Museles, 2022-08-19 Der Ern hrungsratgeber der unsere Beziehung zum Essen von Grund auf ver ndert von der bekannten Ern hrungspsychologin Elise Museles Jeder Mensch hat seine individuelle Essgeschichte Diese umfasst die pers nliche Einstellung zu bestimmten Lebensmitteln und Gerichten Essrituale oder Glaubenss tze gegen ber der eigenen Ern hrung Mit ihrer innovativen Food Story Methode ruft die Ern hrungspsychologin und Lebensmittelexpertin Elise Museles dazu auf damit einhergehende negative Denkmuster im Sinne einer Food Story zu verstehen die umgeschrieben werden kann Dieser Ern hrungs Ratgeber geht der Frage auf den Grund wie unsere Food Story entsteht welche Nahrungsmittel bestimmte Emotionen ausl sen und was wir gegen falsche Glaubenss tze tun k nnen Museles bietet daf r Reflexionsfragen Journaling bungen und Anregungen die uns sowohl am Herd als auch im Innern zur Ruhe kommen lassen Ausgew hlte Rezepte mit speziell ausgew hlten Zutaten helfen gl cklich fokussiert oder ruhig zu sein Praxisbuch mit Fotos Rezepten Selbstreflexionen und viel Platz f r Notizen **Der Antikrebs-Plan** Lorenzo Cohen, Alison Jefferies, 2018-12-10 Das neue Standardwerk zur Pr vention und Therapie von Krebs Bereits seit einiger Zeit ist bekannt dass die Entstehung von Krebs in einem nicht geringen Ausma mit unserer ungesunden Lebensweise zusammenh ngt die Kombination aus Stress ungesunder Ern hrung und wenig Bewegung Die gute Nachricht Durch eine nderung unserer Gewohnheiten k nnen wir das Krebsrisiko signifikant reduzieren und sogar die Heilungschancen deutlich verbessern indem wir die konventionelle schulmedizinische Behandlung durch eine gesunde Lebensweise erg nzen Basierend auf langj hrigen Studien etablieren Lorenzo Cohen und seine Frau Alison Jefferies in diesem Buch die sechs S ulen der Gesundheit darunter gesunde Ern hrung ausreichend Schlaf Stressmanagement und die Vermeidung von Umweltgiften Sie zeigen f r diese verschiedenen Lebensbereiche auf was jeder ganz konkret tun kann um Krebs vorzubeugen und um das Immunsystem wirksam und dauerhaft zu st rken Der Antikrebs Plan ist die praxisbezogene Fortf hrung des Antikrebs Buchs von David Servan Schreiber der mit seinem ganzheitlich integrativen Ansatz die Krebstherapie revolutioniert hat Der Antikrebs Plan ist auch ohne Vorwissen f r jeden verst ndlich und basiert auf den neuesten wissenschaftlichen Erkenntnissen *Atmen - bewegen - schlafen* Konstanze Wortmann, Dorothe Schabsky, 2020-08-18 Das beste Schlafmittel ist der K rper Das Sounder Sleep System ist ein ausgekl geltes System von bungen das im K rper genau den physiologischen Zustand erzeugt der gebraucht wird um einschlafen zu k nnen Die Methode beruht auf der Entdeckung dass sanfte kleine Bewegungen in Verbindung mit dem nat rlichen Atemfluss in eine tiefe und genussvolle geistige Ruhe f hren Einmal in diesem Wohlgef hl angelangt schlafen wir ganz von selbst ein Rund um den Globus haben schon viele Menschen vom Sounder Sleep System profitiert Wenn du das Sounder Sleep System praktizierst dann wirst du dich in deine Atmung verlieben Und wenn du dich in jemanden verliebst dann willst du m glichst viel Zeit mit ihm verbringen Michael Krugman Begr nder des Sounder Sleep Systems **Darmgesund im Sport** Christina Steinbach, Georg Abel, 2023-04-03 Viele Sporttreibenden haben mit Magen

Darmproblemen zu kämpfen Zwar gibt es bereits einige Titel auf dem Markt aber den Fokus auf den Sportbereich haben nur vereinzelt Bücher gelegt Zu Beginn wird die Bedeutung des Darms hinsichtlich Gesundheit Wohlbefinden und Leistungsfähigkeit dargestellt Dann werden praktische Handlungsempfehlungen für die verschiedenen Sporttypen gegeben Abschließend werden Ursachen und Handlungsmöglichkeiten zur Vermeidung von Magen Darm Problemen aufgezeigt Kinder- und Jugendzahnheilkunde Hans Jörg Staehle,1996 Börsenblatt für den deutschen Buchhandel ,2006

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