



Rezepte (nicht nur) für Allergiker (German Edition)

Brigitte Teufl-Heimhilcher

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Genussvolles, abwechslungsreiches Essen ist nicht nur Teil unserer Lebensqualität, sondern Teil unserer Gesundheit - aber für Allergiker oft ein Problem.

Fantasie und der Mut, altbekannte Rezepte abzuwandeln, sind ebenso gefragt, wie eine wirksame Methode zur Bekämpfung der Unverträglichkeiten. In ihrem Buch: "Genießen statt verzichten - frei von Allergien und Lebensmittelunverträglichkeiten mit NAET" hat die Autorin bereits eine Methode vorgestellt.

Mit diesem Kochbuch bietet sie zahlreiche Rezepte an und möchte Ihre Fantasie anregen, eigene Abwandlungen zu versuchen.

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Bradley Printz:

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