



# Beauty Detox Power: Die ultimative Nahrung für Leib und Seele (German Edition)

*Kimberly Snyder*

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**Beauty Detox Power: Die ultimative Nahrung für Leib und Seele (German Edition)** Kimberly Snyder  
Der dritte Titel der Bestseller-Autorin ist bereits jetzt in den USA ein großer Erfolg. Mit diesem Buch geht sie weit über den Bereich klassischer Ernährungsratgeber hinaus und zeigt, was für sie noch alles zu einem ganzheitlichen Gesundheitskonzept dazugehört: genaues Wissen, warum wir was eigentlich essen, wie wir auch mental in Balance kommen, um unseren Körper und seine Bedürfnisse besser zu verstehen und wie wir mit Yoga, Meditation und Chakra-Arbeit zu mehr Ausgeglichenheit finden. Natürlich gibt es auch in diesem Buch wieder zahlreiche neue Rezepte für eine gesunde Power-Ernährung.

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