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Lire des ebooks Ein leerer Magen macht gesund Yoshinori Nagumo PDF, ePub, mobi, Ein revolutionärer Gesundheitsansatz

Hunger muss heute in unseren Breiten niemand mehr leiden, und das ist sicherlich ein Segen. Nur ist der menschliche Körper eigentlich nicht darauf eingerichtet, in einem Dauerzustand der Sättigung zu gedeihen. Denn unser Körper verfügt über das lebenswichtige Gen Sirtuin, das nur aktiviert wird, wenn wir einen leeren Magen haben. Der japanische Arzt Yoshinori Nagumo erklärt, dass „eine Mahlzeit am Tag“ die optimale Lebensweise für den Menschen ist. Allein durch Umstellung auf eine Mahlzeit am Tag profitiert der Körper in vielerlei Hinsicht, kranke Körperteile werden regeneriert, gesundes Gewicht stellt sich ein und die Haut wird verjüngt.

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