



Anti Aging Food: #EatWhatMakesYouClow (German Edition)

Elna-Margret Zu Bentheim und Steinfurt

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Avocados beugen Hautflecken vor. Heidelbeeren unterstützen den Kollagenaufbau. Mandeln straffen das Gewebe von innen. Das sogenannte Anti Aging Food kann durchaus mit teuren Hightech-Cremes mithalten. Es liefert der Haut wichtige Nährstoffe, die den Alterungsprozess verlangsamen. Diese Methode ist im Gegensatz zur Schönheitsoperation günstig und schmerzfrei. Elna-Margret zu Bentheim und Steinfurt stellt die besten Lebensmittel und ihre Wirkungsweise vor und gibt tolle Rezeptvorschläge. Auch Schleckermäuler kommen hier auf ihre Kosten, denn Süßes muss nicht ungesund sein.

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