



Der Kampf mit dem Krebs (German Edition)

Doreen Kutschke

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Studienarbeit aus dem Jahr 2010 im Fachbereich Ernährungswissenschaft / Ökotrophologie, Note: 1,0, Brandenburgische Technische Universität Cottbus, Sprache: Deutsch, Abstract: Wir kaufen Fleisch, das von Tieren stammt die mit Antibiotika und weiteren Medikamenten behandelt wurden. Verpackte Wurst besteht aus Fleischmix, Konservierungsstoffen, Zucker und künstlichen Aromen.

Obst und Gemüse werden gespritzt oder auf künstlichen, nährwertlosem Untergrund herangezüchtet.

Roggenbrot besteht zu 70% aus ungesundem Weizenmehl, Käse gibt es bereits künstlich hergestellt und 50g Joghurt beinhalten 30g Zucker. Die Nahrungsmittelindustrie verschleiert Inhaltsstoffe und

Verarbeitungswege, nimmt kaum Rücksicht auf das menschliche Wohlbefinden und den eigentlichen Bedarf an Nährstoffen.

Zivilisationskrankheiten sind die Antwort auf eine ungesunde Lebensweise, Stress und Unwissenheit der Einzelnen.

Während meiner Chemotherapie wollte ich mich damit beschäftigen wie ich mir selbst helfen kann wieder gesund zu werden und auch zu bleiben. Hiermit teile ich nun meine Ergebnisse.

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