



# Gesund und schlank mit Pu-Erh-Tee - Der Rote Tee aus China (German Edition)

*Heike van Braak*

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Wundermittel für eine Figur nach Maß gibt es nicht. Aber zum Glück hält die Natur einige Pflanzen bereit, die ungeheuer wirkungsvoll sind. Die buddhistischen Mönche kennen viele Geheimnisse der Flora und Fauna und eines wird in diesem Buch zumindest teilweise gelüftet: Die positiven Auswirkungen des Pu-Erh-Tees auf den menschlichen Körper!

Die Marketingexperten haben dem Roten Tee aus China längst den reißerischen Titel „Fettkiller“ verpasst, denn Pu-Erh-Tee kurbelt tatsächlich den Fettabbau an. Er wirkt außerdem wie eine echte Essbremse, zudem entgiftet und entschlackt er den Körper auch noch.

Dieses Buch zeigt, wie Sie die wohltuenden und gesundheitsfördernden Effekte des Pu-Erh für sich nutzen können.

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