



Meine ganz persönlichen Gesundheitstipps (German Edition)

Hademar Bankhofer, Claudia Lenz

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Gesundheit! Das große Lexikon von Professor Bankhofer

Hier bekommen Bankhofer-Fans eine umfangreiche Zusammenstellung seiner ganz persönlichen bzw. besten Tipps. Auf 400 Seiten und in zahlreichen Fotos zeigt und erklärt der Gesundheitspapst, wie man ein gesundes Leben führen kann ohne sich zu kasteien. Einfach muss es sein und Spaß muss es machen – das ist seine erfolgreiche Devise.

Prof. Hademar Bankhofer, international anerkannter Medizinjournalist auf dem Sektor Naturheilweisen, ist durch seine zahlreichen TV-Auftritte, Kolumnen und seine Bücher (z.B. "Der kleine Bankhofer", Südwest Verlag) einem großen Publikum bekannt. Schwierige medizinische Probleme kann er wunderbar erklären. Dank seiner engen Zusammenarbeit mit medizinischen Koryphäen ist er stets auf dem aktuellen Stand der Wissenschaft und genießt so Anerkennung nicht nur bei einem breiten Publikum, sondern auch in ärztlichen Fachkreisen.

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