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Ernährungstherapie in der Naturheilpraxis Uta Fernkäse

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ernährung als therapeutikum verstehen und einsetzen ernährungslehre und physiologie sind spannend denn ernährung lässt sich mit anderen behandlungsmethoden zu einem sinnvollen gesamtkonzept kombinieren mit diesem buch holen sie sich die nötigen grundlagen sie erfahren warum nahrung wann und in welcher art als therapeutikum eingesetzt werden kann erklären sie ihren patientinnen und patienten die physiologischen zusammenhänge bringen sie ihnen die bedeutung der ernährung für die behandlung nahe so fördern sie ganz automatisch die compliance dabei unterstützen sie ernährungsempfehlungen zu über 50 häufigen indikationen bzw besonderen lebenssituationen wie alter wechseljahre stress etc zeigen sie ihren patientinnen und patienten wie einfach gesund kochen sein kann passend zu den ernährungsempfehlungen gibt es online ein booklet mit rezepten für dips fleisch und fischgerichte etc einfach auswählen ausdrucken und mitgeben uta fernkäse ist diplom trophologin und zertifizierte ernährungsberaterin nach tcm in ihrer eigenen praxis in jena bietet sie einzelberatungen seminare und kochworkshops an außerdem schreibt sie regelmäßig in der dhz deutschen heilpraktiker zeitschrift und in der zeitschrift heilpflanzen

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