



Kraftfutter (German Edition)

J.C. W. Borchardt

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Sie glauben also, Sie wüssten wie Sie sich ernähren müssen? Höchste Zeit, diesen Glauben zu überdenken ... Noch nie war das Thema „Ernährung“ so wichtig, wie heute. Überall schreien uns die Titel von Diät-Ratgebern entgegen, die völlig unsinnige Versprechungen machen. In gewohnt eigenwilligem Stil, der es an deutlichen Worten nicht mangeln lässt, äußert sich der Autor zu diversen Ernährungsprogrammen. Vor allem aus Sicht des Sportlers betrachtet, findet er in (fast) allen Diätprogrammen, mindestens, ein Haar in der Suppe. Besonderes Augenmerk richtet sich auf die Ernährung für denjenigen, der seine Leistung steigern und/oder Fett abbauen möchte. Auch auf das Thema Nahrungsergänzungen und Nahrungskonzentrate wird eingegangen. Lernen Sie vom Autor des Buches „Das Training“ alles Nötige zum Thema Ernährung und Diät. Ersparen Sie sich all die Irrwege, die er selbst beschreiten musste. Ernährungsstrategien für Bodybuilder und andere Eisenbieger

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