



Scheißschlau: Wie eine gesunde Darmflora unser Hirn fit hält (German Edition)

David Perlmutter

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Hinter jedem fitten Geist steht ein starker Darm

Hirntraining mal anders: Der Neurologe und Bestsellerautor Dr. David Perlmutter zeigt anhand neuester wissenschaftlicher Erkenntnisse, dass eine gesunde Darmflora uns vor Konzentrationsproblemen und Allergien und sogar vor schweren neurologischen Erkrankungen wie Alzheimer schützen kann. Schon mit wenigen einfachen Maßnahmen können Sie Ihre Aussicht auf geistige Gesundheit und ein langes, erfülltes Leben deutlich verbessern.

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