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*Franziska von Au*

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**Kokosöl: Das kostbare Lebenselixier aus der Natur (German Edition)** Franziska von Au

Kokosöl wirkt wahre Wunder für unsere Gesundheit und Schönheit – und schmeckt auch noch ausgesprochen lecker. Es stärkt das Immunsystem, reguliert den Cholesterinspiegel, lindert Arthritis und schützt sogar vor Herzinfarkt, Alzheimer und Krebs. Es lässt die Haare glänzen, und Feinschmecker lieben sein feines Aroma. Das erste Buch über die vielseitigen Verwendungsmöglichkeiten des beliebten Öls mit zahlreichen Rezepten zum Genießen und Wohlfühlen.

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