

Orientation in the nutrition jungle at last



Dr. med. Petra Bracht,
Prof. Dr. Claus Leitzmann
Nutrition Clarity
[Klartext Ernährung]
Answers to all the important
questions about nutrition

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Roland Liebscher-Bracht and **Dr. med. Petra Bracht** jointly developed the effective Pain Therapy according to Liebscher & Bracht, with a network of over 4,000 therapists in the German-speaking world. With the goal of pain prophylaxis and treatment, Dr. med. Bracht, a specialist in nutrition and detoxification medicine, and her husband, who studied engineering and is a passionate combat sportsman and movement energetics practitioner, collaborated in developing a new revolutionary form of the fascia yoga.

The right diet for a healthy body – many people have this goal. But there is hardly an issue about which experts argue more passionately than what is good for the body. The leading nutrition specialists Dr. med. Petra Bracht and Prof. Dr. Claus Leitzmann combine their expertise from many decades of research and practice to finally shed light on the subject.

Based on the latest scientific findings, the authors clearly explain how good nutrition can be achieved and how it can promote self-healing. They deconstruct trendy diets and the so-called healthy products sold to us every day and explain how we can avoid food intolerances and other disorders, such as allergies, osteoporosis, cancer, dementia, and many others.

The comprehensive book on nutrition and an appeal for a vegetarian and sustainable diet.

- Becoming fit with the proper nutrition, living well, alleviating disorders
- Everything about food, nutrition types, and interval fasting
- Healthy nutrition clearly explained from A to Z

Press

"This advice book combines scientific knowledge with personal experiences, revealing how plant-based nutrition functions in prevention and healing. Comprehensive and

informative." *Brigitte*

"In spite of its extensive page count, this popular science book is understandable and highly interesting." *Frankfurter Neue Presse*