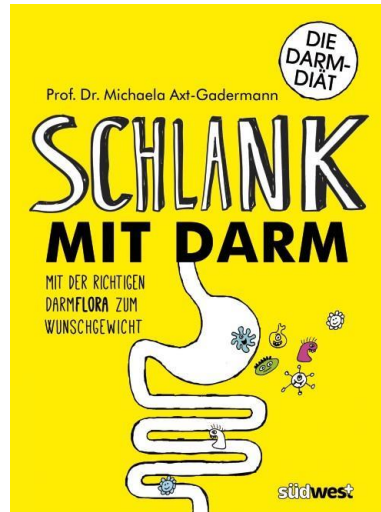


A new approach for dealing with weight problems

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Prof. Dr. Michaela Axt-Gadermann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.



Prof. Dr. med. Michaela Axt-Gadermann
Slimming Down with the Intestinal Diet
[Schlank mit Darm]
How intestinal flora helps with losing weight

Südwest
192 pages
Format 17,2 x 23,5 cm
December 2014
With 70 colour photographs and illustrations

Intestinal bacteria and their multifaceted roles are now a trend topic. Research on this ecosystem inside of us has in the past years made enormous progress. We now know that intestinal flora has a significant impact on body weight. Scientific findings show that it is possible to influence the intestinal bacteria and the digestive tract through nutrition, and thereby one's body weight.

This book comprehensibly presents these connections and offers practical advice and recipes for programming the intestinal flora toward "slim".

- Influencing the intestinal flora for losing or maintaining weight