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*David Ludwig*

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Neueste Forschungsergebnisse zeigen: Reines Kalorienzählen führt nicht zu Gewichtsverlust. Unsere Fettzellen sind für Hungerattacken und Gewichtszunahme verantwortlich. Wenn wir die falschen Nahrungsmittel zu uns nehmen, speichern diese Zellen zu viel Fett. Das führt zu einem Teufelskreis aus erhöhtem Hunger und langsamer Verdauung. Die Lösung: die richtigen Fette essen! Damit revolutioniert Dr. David Ludwig unser Verständnis von Diät. Er zeigt, wie man Fettzellen neu programmiert, Hunger zähmt, die Verdauung ankurbelt und Gewicht verliert – und zwar dauerhaft.

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