



# **Energy-Booster: In 7 Tagen frei von chronischer Erschöpfung - Platz 2 der New-York-Times-Bestsellerliste (German Edition)**

*Yuri Elkaim*

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Erschöpfung und Müdigkeit sind Probleme, mit denen sehr viele Menschen zu kämpfen haben. Yuri Elkaim, kanadischer Fitness- und Ernährungsexperte, war jahrelang selbst davon betroffen, bis er die Ursachen wissenschaftlich erforschte. Aus dem Erkenntnisgewinn entwickelte er ein Programm, mit dem man seine Energie innerhalb von einer Woche verdoppeln kann. Zu seinen Empfehlungen gehören eine überwiegend basische Ernährung, basierend auf Paleo, Superfoods und Rohkost sowie der Verzicht auf Weizen, Koffein und Zucker. Abgerundet durch Nahrungsergänzungsmittel gegen Neurostress und Burnout-Prophylaxe mittels Bewegung und Meditation. Mit zahlreichen Rezepten und einem Selbsttest.

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