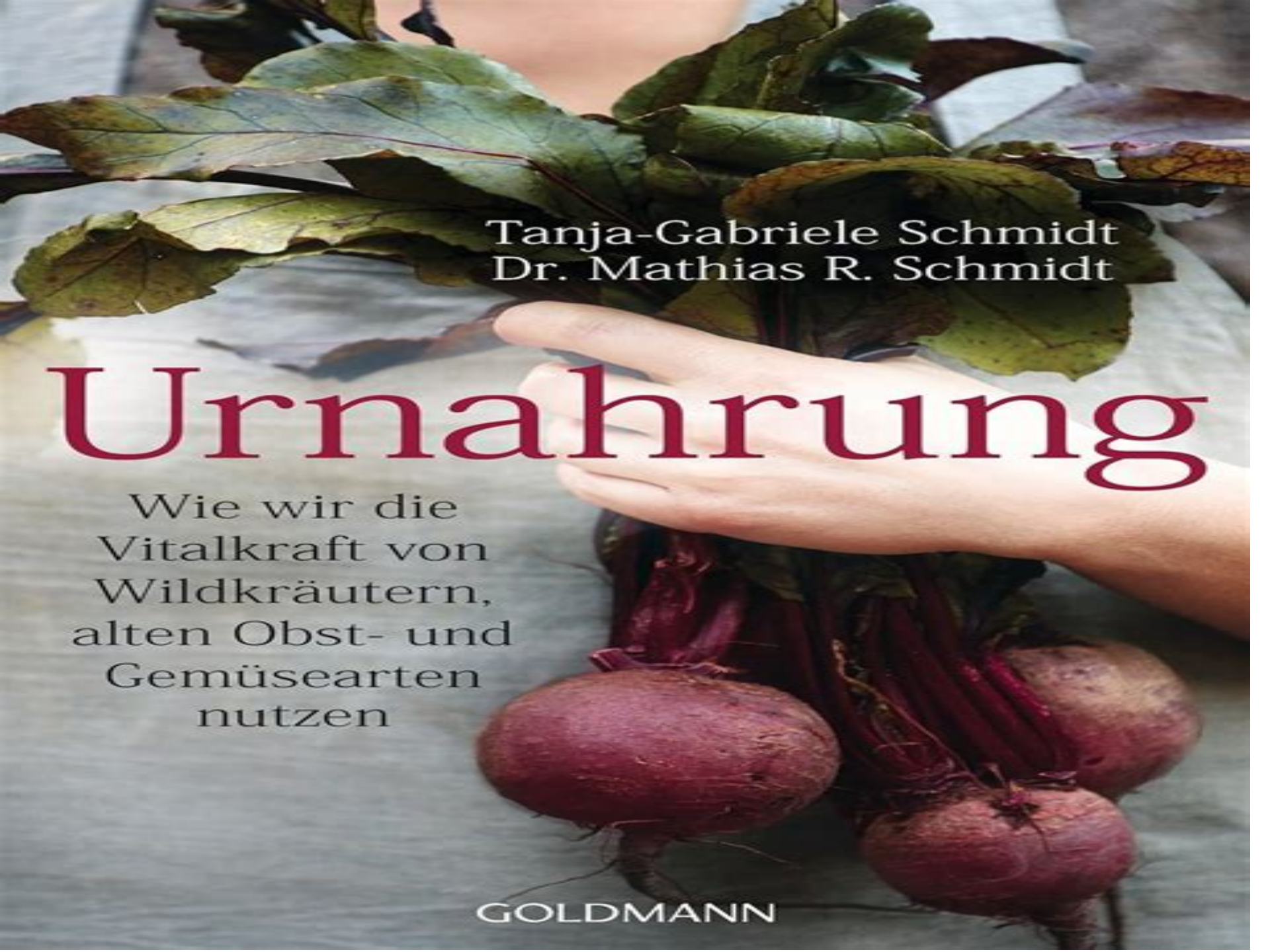


A close-up photograph of a hand holding a bunch of leafy greens, likely chard, with large green and reddish leaves. Below the greens are several round, reddish-purple beets with their roots visible. The background is a light, textured surface.

Tanja-Gabriele Schmidt
Dr. Mathias R. Schmidt

Urnahrung

Wie wir die
Vitalkraft von
Wildkräutern,
alten Obst- und
Gemüsearten
nutzen

GOLDMANN

Urnahrung Vitalkraft Wildkr Utern Gem Searten Nutzen

**Mathias R. Schmidt, Tanja-Gabriele
Schmidt**



Ernährung Vitalkraft Wildkräuter Gemüsesorten Nutzen:

Ernährung Mathias R. Schmidt, Tanja-Gabriele Schmidt, 2015-05-18 Altbewährtes hochaktuell Immer mehr Verbraucher schauen sich genauer an was bei ihnen auf den Tisch kommt Sie haben genug von den genormten Obst und Gemüsesorten von fader mit Rückständen belasteter Treibhausware Geflüglerem Geschmack zuliebe wurden zum Beispiel Farb- und Bitterstoffe weggezeichnet Dabei blieb aber häufig auch die Heilwirkung auf der Strecke Heute sehnen sich die Menschen wieder nach ursprünglichen Nahrungsmitteln mit aromatischem Geschmack und vitalisierendem Inhalt Die gibt es reichlich allen voran die Wildkräuter Sie bilden die naturbelassenste Nahrungsquelle überhaupt und sind wahre Kraftpakete aus Vitaminen Mineralien und anderen bioaktiven Substanzen Gefolgt von den alten heimischen Obst und Gemüsesorten die seit einigen Jahren eine Renaissance erleben und immer neue Freunde finden Mit praktischen Tipps und Zubereitungsvorschlägen und zahlreichen Abbildungen in liebevoller Vierfarbgestaltung

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