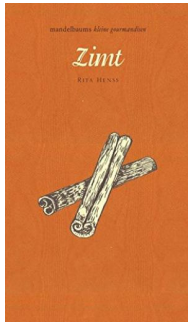


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ZIMT



Mandelbaum Verlag Sep 2016, 2016. Buch. Condition: Neu. Neuware - In China wird Zimt seit mindestens 4400 Jahren verwendet, die Ägypter kannten und verwendeten Zimt seit 1600 v.Chr. als Gewürz und Heilmittel und balsamierten damit ihre Mumien ein. Heute weiß man, dass Zimt in der allerersten Liga der Naturheilmittel mitspielt. Längst haben wissenschaftliche Studien die antimikrobielle Wirkung des Zimts bestätigt, außerdem senkt er die Blutzuckerwerte und den Cholesterinspiegel. Als wärmendes Gewürz kurbelt er den Stoffwechsel an, was auch hilfreich sein...

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- Authored by Rita Henss
- Released at 2016



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