

stoffwechsel anregen w hrend der wechseljahre - *alter und der hormonspiegel sind neben der veranlagung zwei faktoren die einen gro en einfluss auf die stoffwechselrate eines menschen haben die menopause vereint gro e ver nderungen beider dieser faktoren es verwundert somit nicht dass viele frauen merken wie sich ihr stoffwechsel sp rbar verlangsamt*

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