



Das Ölbuch: Pflanzenöle kompakt erklärt (German Edition)

Sabine Pohl

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Hochwertige Pflanzenöle sind unverzichtbar für eine gesunde Ernährung. Warum das so ist, erklärt Ihnen dieser kompakte Ratgeber:

- Wie werden Fette vom Körper aufgespalten und verwertet?
- Wie werden Pflanzenöle hergestellt und welche Qualitätsunterschiede gibt es?
- Worauf muss beim Umgang mit den verschiedenen Ölen geachtet werden?

Außerdem erfahren Sie, wie Sie die verschiedenen Öle am besten anwenden, ob in der Küche, zur Hautpflege oder als Nahrungsergänzungsmittel. Fundiert, mit viel Hintergrundwissen und doch in aller Kürze erklärt die Autorin die wichtigsten Zusammenhänge und nimmt uns mit in die Welt der Pflanzenöle. Die Neuauflage im Stadelmann Verlag wurde vollständig überarbeitet und mit einem Rezeptteil ergänzt.

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