



Die vollständige Literaturliste für Interessierte

Einleitung

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Kapitel: Kühe machen muhhh und wir machen muhhh

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Kapitel: Milch macht schlank – das sagt die Wissenschaft!

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Kapitel: Die Milchdiät braucht weniger Kohlenhydrate

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Kapitel: Milchdiät = Low-Carb mit der Extraportion Milch

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