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**Peipei Pang**



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weniger kalorien zu essen eine effektive gewichtsabnahme beinhaltet auch strategien zur beschleunigung des stoffwechsels  
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und beim abnehmen helfen auch grüner tee oder kaffee können effektiv den metabolismus ankurbeln essen sie außerdem  
viele proteine der körper benötigt mehr energie um proteine zu verarbeiten als diese selbst

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tabletten auf das sättigungsgefühl ein und hemmen den appetit so werden der transport und die umwandlung von  
nährstoffen gewährleistet und gleichzeitig weniger kalorien aufgenommen

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drei effektivsten möglichkeiten um kalorien zu verbrennen fazit was ist der stoffwechsel es ist nicht ungewöhnlich dass viele  
menschen ihre gewichtszunahme auf einen langsamen stoffwechsel zurückführen

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sein oder die quelle hartnäckigen Übergewichts du möchtest ohne gym fett loswerden dieser cleverer trainings und  
ernährungsplan zum abnehmen eignet sich speziell für anfänger

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stoffwechsel anregen der stoffwechsel kann durch regelmäßige sportliche betätigung eine ausreichende flüssigkeitszufuhr  
stressreduktion sowie bestimmte lebensmittel angeregt werden

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web der stoffwechsel auch metabolismus genannt umfasst alle vorgänge bei denen stoffe in unseren zellen neu aufgebaut abgebaut oder recycelt werden das ganze dient dazu unseren körper in schuss zu halten man unterscheidet dabei grob zwei stoffwechselabteilungen den baustoffwechsel und den energiestoffwechsel

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