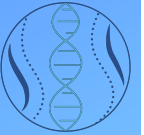


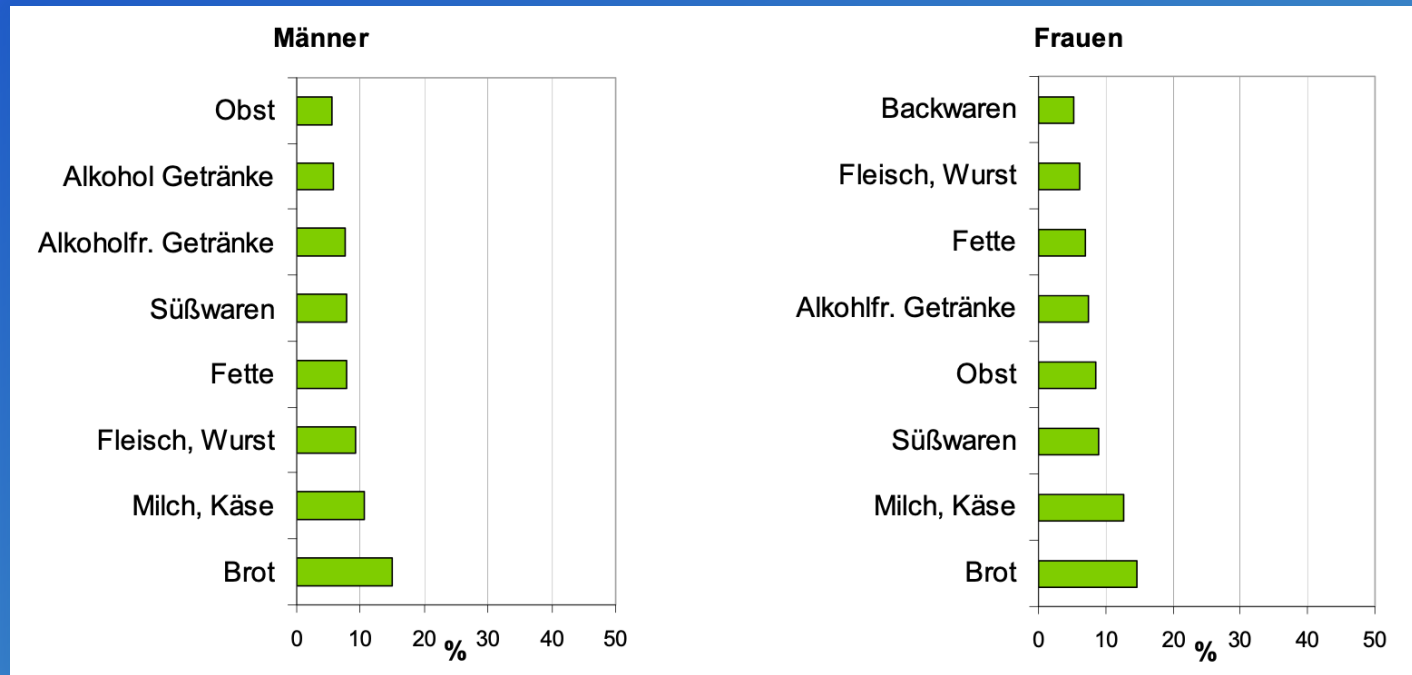
# Health Journey

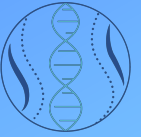
Fabio Arcucci



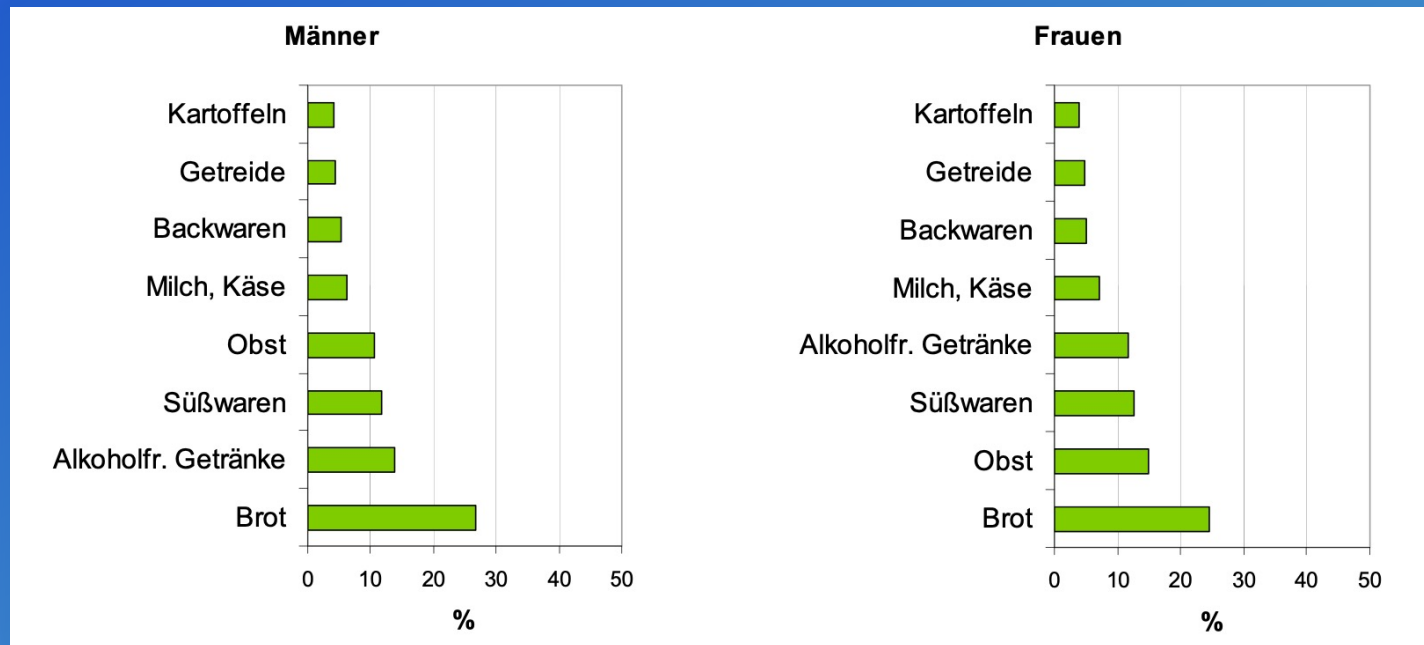


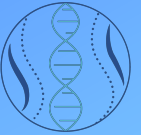
## Hauptenergiequellen



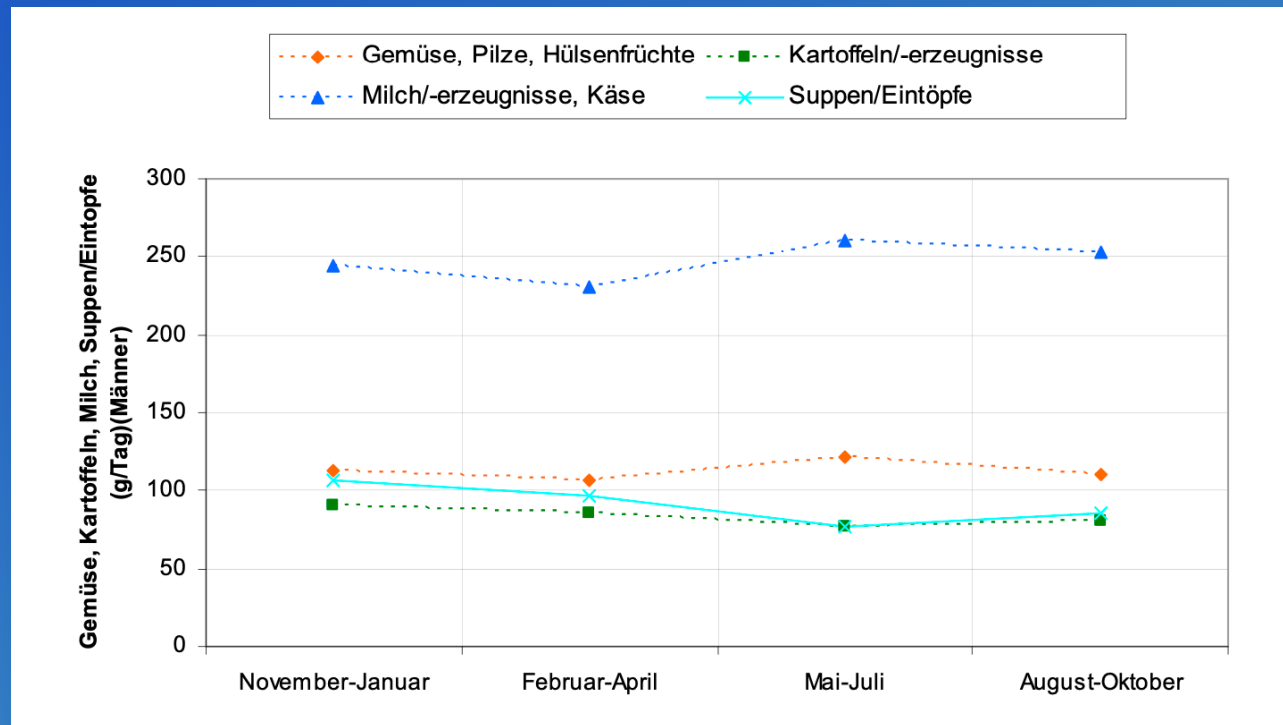


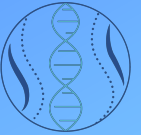
## Kohlenhydrat- und Ballaststoffquellen



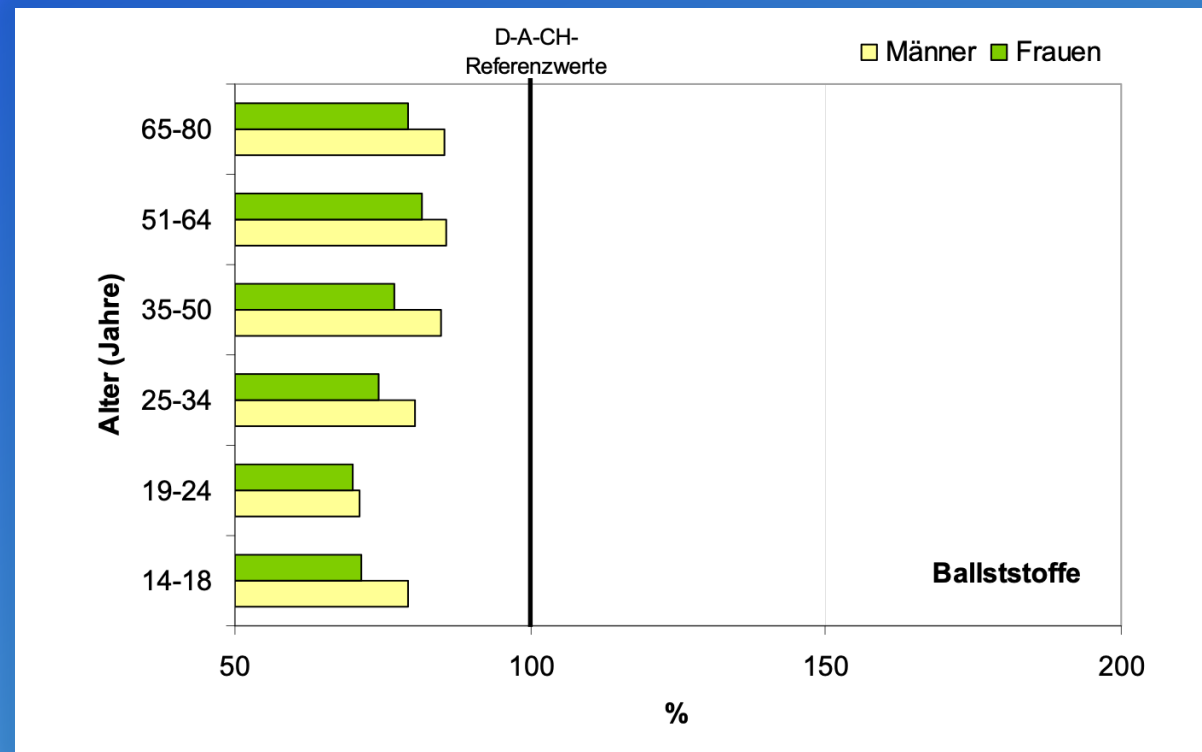


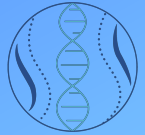
## Gemüsekonsum pro Tag





## Gemüsekonsum pro Tag





## Ballaststoffe und Mikrobiom

