

## Eiweissinfarkt Wie Sie Mit Weniger Tierischen Pro

[#protein overload](#) [#excess protein risks](#) [#reduce animal protein](#) [#plant-based diet benefits](#) [#healthy protein intake](#)

Discover the risks of protein overload syndrome ('Eiweissinfarkt') and learn effective strategies to mitigate it by reducing animal protein intake. This guide provides insights into adopting a healthier dietary approach, focusing on balanced nutrition and the benefits of integrating more plant-based alternatives to prevent excess protein accumulation.

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