

HUMAN DESIGN

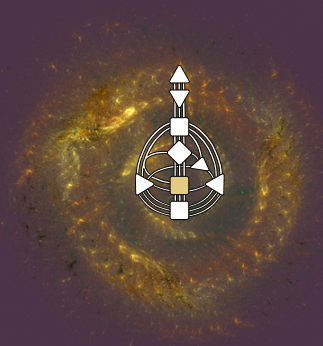
PROTEINE

FETTE

KOHLENHYDRATE



Einteilung der Nahrungsgrundbausteine



Kohlenhydrat-Tore & Kanäle im Human Design:

- 3/60, 2/14, 1/8, 23/43, 24/61, 39/55, 12/22, 28/38, 10/20, 10/34, 10/57, 20/34, 20/57, 34/57

Fett-Tore & Kanäle im Human Design:

- 30/41, 32/54, 42/53, 29, 36

Eiweiß/Protein-Tore & Kanäle im Human Design:

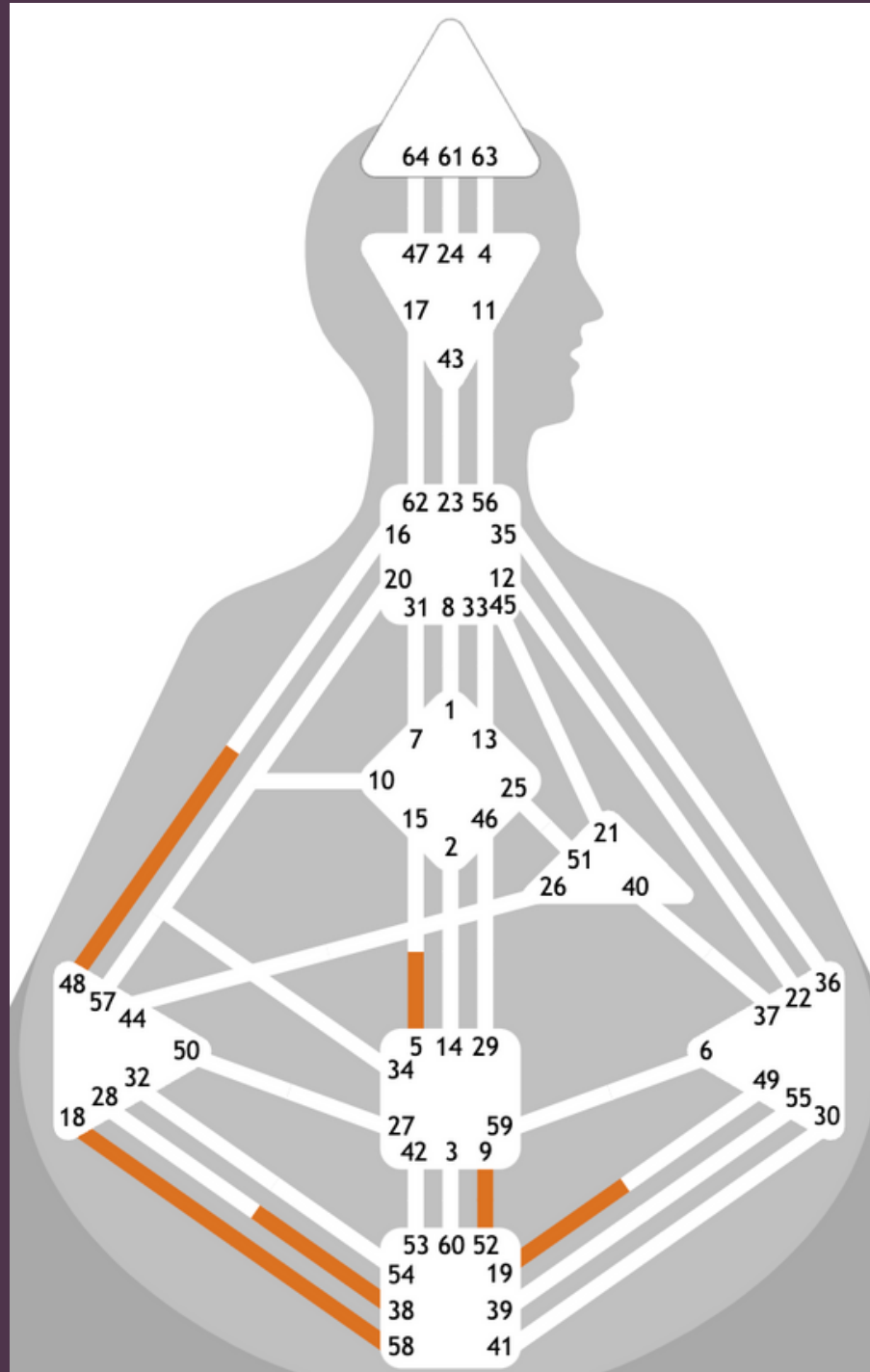
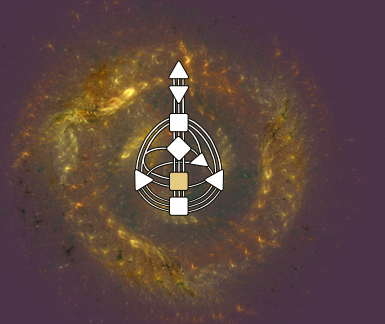
- 9/52, 18/58, 5, 19, 38, 48

Beachten:

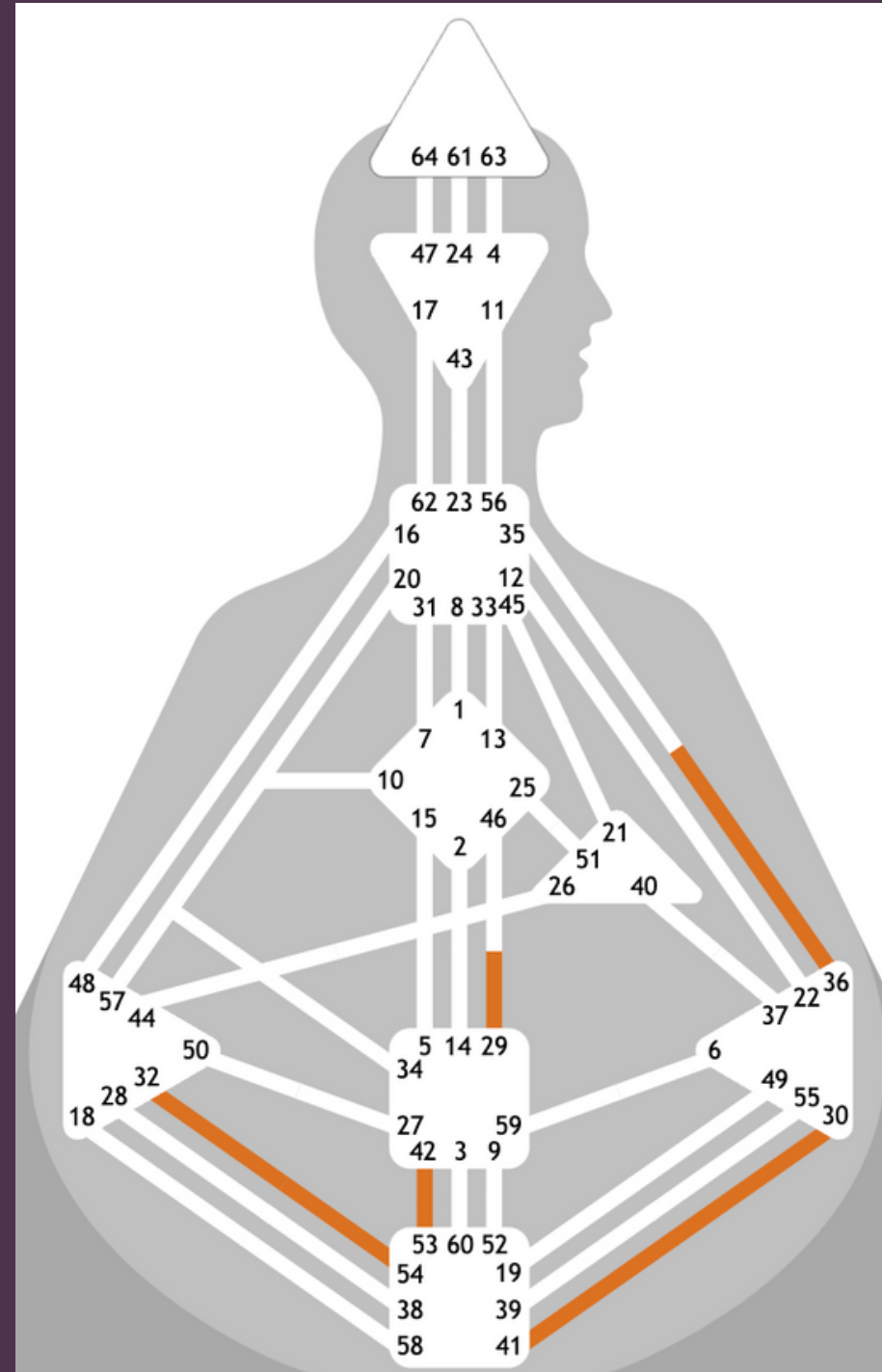
Inkarnationskreuz,

Mars & def./undef. Zentren

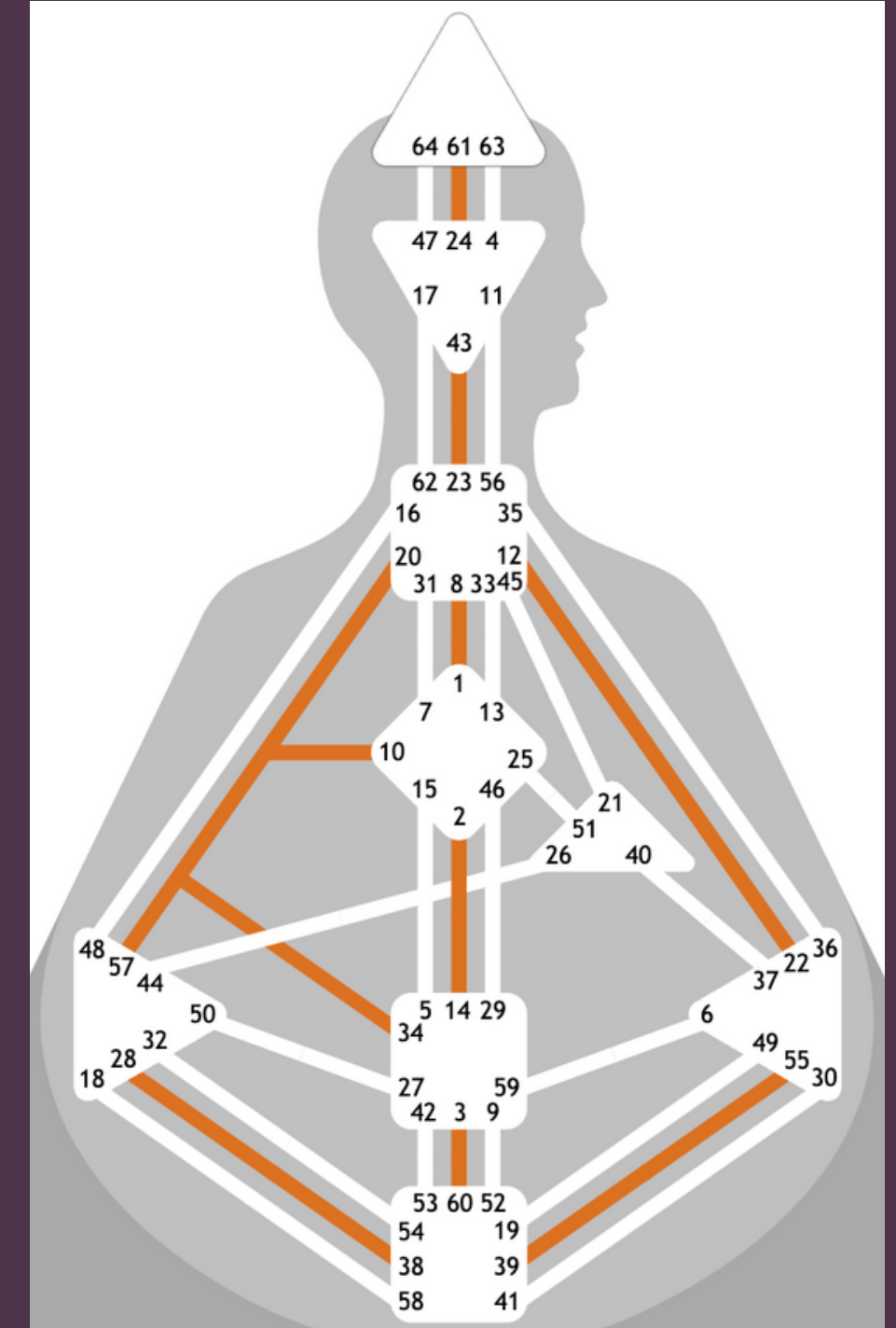
Übersicht die Tore & Kanäle der Ernährung



Proteine/Eiweiße



Fette



Kohlenhydrate