

TV-Host, Expert on nutrition, health, life without industrial sugar

Leandra Fili

Leandra Fili is a German/Italian TV presenter, keynote speaker, radio reporter and speaker, and actress. In the #1 podcast for your sugar free life, "Sugar-free starts in the head - get out of the sugar matrix", Leandra Fili shows how industrial sugar affects the body and health. But above all, how the consumption of industrial sugar befuddles our concentration, emotional stability, mental clarity and access to our intuition, as well as our energy levels. She shares this knowledge as a keynote speaker in talks for companies, executives and businesses at congresses and events. "Sharing knowledge, investigating and inspiring: These are...

Topics

Health / Nutrition · Online Speakers · Presenter / Talkmaster · Rhetoric / Communication · Society

Languages

German · Italian

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