

Annemarie Colbin

EL PODER CURATIVO DE LOS ALIMENTOS

NUTRICIÓN, AUTOCURACIÓN Y BIENESTAR



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BOOK

Todo lo que hay que saber sobre una
alimentación sana y completa

El Poder Curativo De Los Alimentos Spanish Edition

Boris Chamás



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pueden combinarse para lograr por ejemplo reducir el nivel de colesterol fortalecer las defensas o favorecer la digestio n Se presenta una completa gu a con las ventajas de cada uno de estos alimentos y su aplicacio n para las diferentes necesidades Un libro revelador El objetivo de este libro es brindar informacio n para entender los componentes de una buena educacio n alimentaria transmitir consejos recetas y sugerencias para comer mejor y describir las propiedades curativas y calmantes de muchos alimentos Este libro contiene el desarrollo de los siguientes temas entre otros Las bases de una sana alimentaci nPropiedades curativas y aportes de los alimentosRecetas para emplear alimentos curativosCon este libro aprender sobre los alimentos y su impacto en su bienestar Descargue ya este libro y comience a aprender sobre una nueva forma de alimentarse y conservar su salud TAGS plantas medicinalesalimentaci n saludablenutrici n macronutrientesvegetalesfrutasvegetarianismo

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