

Licuados Para Regenerar El Cartlago

Gloria Garcia R.

Cámbiate a los Jugos Para Mejorar Tu Salud Knowledge Treasure Collection, Los jugos se están volviendo bastante populares en la sociedad en estos días. Hay muchos beneficios que pueden obtenerse desde el comienzo del jugo. Hay muchas personas que le dirán que los jugos los hace lucir y sentirse bien. Por otro lado, hay personas que piensan que los jugos no son saludables y esto se debe a que han sido mal informados al respecto.

Jugos y licuados Para prevenir y combatir enfermedades / Juices and smoothies to prevent and fight disease Gloria Garcia R., 2014-03-18 Los jugos y licuados hechos por frutas y vegetales es la medicina natural para mantener al cuerpo en condiciones muy saludables. Tomando jugos naturales, nuestros cuerpos tendrán una apariencia más joven, ya que nuestras células están recibiendo una buena nutrición y nuestro organismo se va limpiando de las toxinas que provocan enfermedades a nuestro cuerpo. Como dijo Hipócrates considerado el padre de la medicina “que tu alimento sea tu medicina y tu medicina sea tu alimento”. Este libro contiene más de 100 recetas para preparar jugos y licuados que le ayudaran a mejorar su salud, combatiendo las enfermedades, por ejemplo: jugos y licuados para combatir el cancer, problemas con el hígado, vista, riñones, diabetes, dolor de cabeza, fiebre, colitis, mala circulación, anemia, artritis, vesícula, próstata, gripe, tiroides, migraña, estreñimiento virus, asma, garganta, tos, presión baja, alta y muchos más.

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