



Los Alimentos del Metabolismo Acelerado / Fast Metabolism Food RX: La Medicina Esta En Tu Cocina (Paperback)

By Haylie Pomroy

GRIJALBO VITAL, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. De la autora de los bestsellers internacionales La dieta del metabolismo acelerado y Quemalo. Un enfoque en la línea de todos los libros de Pomroy, que con su estilo único nos ofrece un innovador plan para curar o tratar diversas enfermedades. Sabías que hay ciertos alimentos que pueden hacerte un lifting mejor que un cirujano plástico? Que los pepinos y la curcuma realzan tus pomulos y que el hummus fortalece tu piel? Que el maíz tiene un fitonutriente que puede causar círculos negros y bolsas debajo de tus ojos? Haylie Pomroy sabe todo esto y más, y con este nuevo libro nos revelará como la comida, gracias a su poder metabólico, es el mejor doctor. Prepárate para convertir a los alimentos en medicina y a tu cocina en una farmacia en la que podrás curar desde la gastritis y la fatiga crónica hasta la diabetes y el cáncer. Lo único que tienes que hacer es comer! ENGLISH DESCRIPTION Haylie Pomroy, celebrated nutritionist, and #1 New York Times bestselling author of The Fast Metabolism Diet, shares a food prescription for the 7 most common ways your metabolism misfires and...



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