



La Dieta de Batidos Verdes: El Programa Para la Salud Natural Extraordinaria

By Robyn Openshaw

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, La Dieta de Batidos Verdes: El Programa Para la Salud Natural Extraordinaria, Robyn Openshaw, Capture los beneficios que ofrecen los superalimentos de la Tierra 'Busca una manera rapida, sabrosa y nutritive de mantenerse joven y saludable? !Batidos verdes proporciona la solucion perfecta! Los batidos verdes son la mejor manera de alimentar su cuerpo y de darle potencia a su salud cada dia, en cuestion de minutos. Estos batidos ultra saludables unen a los vegetales de hoja con deliciosas frutas ricas en antioxidantes, y ofrecen en cada sorbo una deliciosa mezcla llena de nutrientes. Descubra como los batidos verdes pueden ayudarle a: *Perder peso *Desintoxicar el cuerpo *Aumentar la energia *Luchar contra las enfermedades cardiacas y la diabetes *Estimular el sistema inmune *Hacer que la piel y el cabello sevean hermosos The Spanish-language edition of a top selling green smoothie approach to losing weight, detoxing, maximizing energy, and staying healthy Everyone knows that a daily diet rich in fruits and vegetables can prevent obesity, diabetes, heart disease, and even some types of cancer. But most people don't eat anywhere near the recommended amount. The step-by-step plan in this book shows you how to...



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