



Como cura el te verde

By Álvarez, Laura

RBA Practica, 2012. soft. Book Condition: New. Encuadernación: Rústica Colección: Manuales integral El té verde es uno de los alimentos con mayor poder antioxidante que existen. Su proceso de elaboración conserva intactos todos los componentes curativos de las hojas frescas de la planta y, en especial, las vitaminas y las asombrosas catequinas, las sustancias que actúan contra los procesos de oxidación corporal. El té verde previene las enfermedades cardiovasculares, ayuda a controlar la diabetes, protege de determinadas bacterias y virus y fortalece el sistema inmunitario. Se ha demostrado su efectividad en la prevención de ciertos tipos de cáncer, siendo parte fundamental de todas las dietas anticáncer. Mediante la ingestión de té verde es posible retrasar el envejecimiento, equilibrar los líquidos del cuerpo, perder peso y controlar el estrés.



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