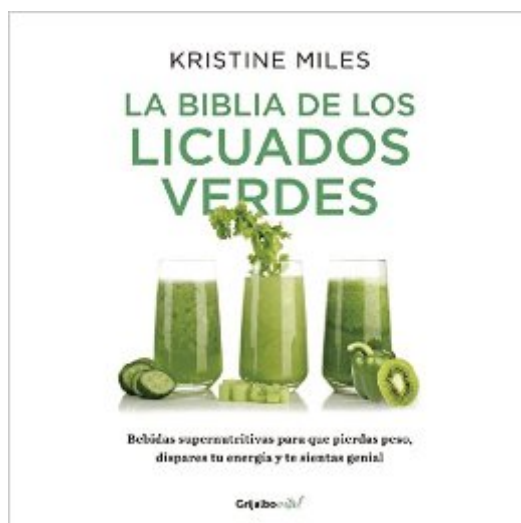


The book was found

La Biblia De Los Licuados Verdes (Spanish Edition)



Synopsis

Los licuados verdes no sÃ lo estÃn de moda: gracias a ellos puedes maximizar tu salud y bienestar Â¿SabÃas que tomar un licuado verde al dÃa, hecho a base de frutas y vegetales, puede incrementar dramÃticamente la cantidad de nutrientes que necesita tu cuerpo para protegerte? Todas las autoridades en el Ãrea de la salud recomiendan de seis raciones de frutas y vegetales al dÃa, pero muy pocos seguimos ese consejo. La prestigiosa fisioterapeuta y chef Kristine Miles pone a tu alcance mÃs de 300 deliciosas y sencillas recetas que ademÃs de activar y mejorar tu digestiÃn, te ayudarÃn a: *Perder peso. *Desintoxicar tu cuerpo. *Incrementar tu energÃa. *Combatir las enfermedades cardÃacas. *Prevenir la diabetes, la depresiÃn y ciertos tipos de cÃncer. *Estimular tu sistema inmunolÃgico. *Mejorar tu cabello y piel. La biblia de los licuados verdes es ideal para aquellas personas que pretenden hacer un cambio radical en su alimentaciÃn y buscan soluciones inmediatas que les ayuden a mantener una buena salud y apariencia, ademÃs de tener una experiencia inolvidable en el paladar. Cada una de estas recetas te muestra cÃmo combinar vegetales verdes y frutas exquisitas para obtener los licuados mÃs nutritivos que jamÃs hayas tomado: desempolva tu licuadora, abraza la salud y siÃ©ntete increÃble.

ENGLISH DESCRIPTION You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in? • Lose Weight • Detoxify the Body • Increase Energy • Fight Heart Disease • Prevent Diabetes, Depression and Certain Cancers • Boost the Immune System • Improve Skin and Hair

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