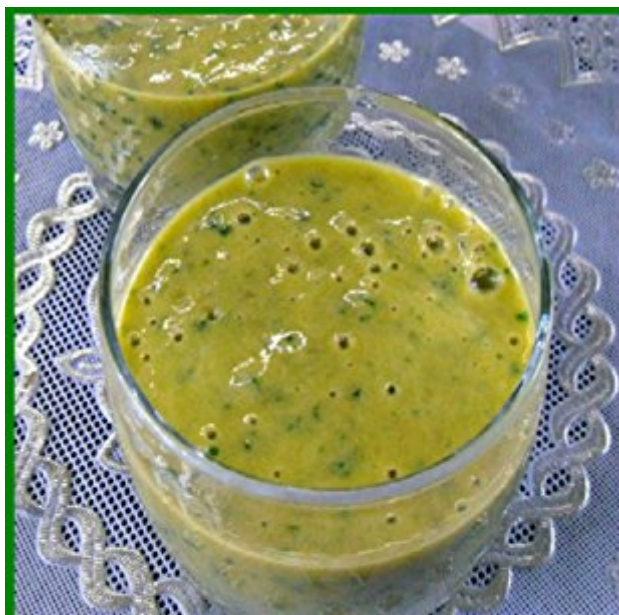


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Recetas Smoothie Saludable Para La Artritis, 2ª Edición (Spanish Edition)



*Recetas Smoothie Saludable
para la
Artritis*

Dr. Elizabeth Wan



Synopsis

Recetas smoothie saludable para la artritis, 2nd Edition le enseña a desarrollar recetas para batidos naturales para el tratamiento de la artritis. Este libro de recetas para batidos le ayudará a aprender cómo hacer batidos de proteína verde, licuados de frutas, batidos, smoothies y vegana batidos de hierbas para tratar la artritis naturalmente. Recetas smoothie saludable para la artritis, 2nd Edition también enseña a que las vitaminas, minerales y otros nutrientes que se encuentran en varias frutas, verduras, nueces y semillas, de modo que usted puede elegir los mejores ingredientes para su propio artritis deliciosos batidos.

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