



La Dieta contra la inflamación de la Dama de los Jugos: 28 días para restaurar su cuerpo y sentirse genial (Spanish Edition)

Cherie Calbom

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¡Baje de peso, aumente su energía, y siéntase más joven en sólo veintiocho días!

Si usted está experimentando dolor en las articulaciones, fatiga o dificultad para perder peso, es posible que tenga una inflamación crónica que viene de una mala alimentación. La buena noticia es que sólo cambiando su tipo de alimentación podrá traer un alivio inmediato y de forma natural.

Pero, ¿cómo la gente ocupada reciben suficiente producto para hacer una diferencia en su salud? La Dama de los Jugos y el Chef Abby le mostrarán cómo con sus deliciosos programas de veintiocho días podrá sanar y restaurar su cuerpo. Descubra qué alimentos comer, cuáles evitar, y aprenda a prepararlos en deliciosas comidas que usted y su familia le encantará.

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