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LA REVOLUCIÓN DE LOS 22 DÍAS Fortalece tu cuerpo, renueva tus hábitos y transforma vida

By Borges, Marco

DEBOLSILLO, 2017. Condition: Nuevo. Una dieta a base de vegetales puede cambiar tu vida y hacerla más saludable. En este libro Marco Borges nos ofrece las claves para lograr una cintura delgada, un corazón fuerte y un cerebro sano. Consciente de los innumerables beneficios de seguir una dieta vegana -está científicamente comprobado que ayuda a prevenir el cáncer, a bajar los niveles de colesterol, a reducir el riesgo de enfermedades del corazón, e incluso a revertir la diabetes-, Marco Borges, uno de los expertos en salud más solicitados en la actualidad, ha creado un método innovador que ha transformado el cuerpo y la vida de sus clientes, entre los que se cuentan Beyoncé, Jay-Z, Shakira, Jennifer López, Gloria Estefan y Pharrell Williams. Se trata de La revolución de los 22 días, un programa a base de vegetales dirigido a renovar tu salud mental, emocional y física. Este libro ofrece los fundamentos integrales para comenzar una dieta a base de vegetales así como estrategias motivacionales, consejos, más de 65 deliciosas recetas y un detallado plan de alimentación de 22 días que incluye el menú para el desayuno, la comida y la cena. Apúntate a La revolución de los 22 días. ¡Atrévete a vivir mejor!.



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