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Grijalbo. Paperback. Condition: New. 248 pages. Spanish Description Los licuados verdes no slo estn de moda: gracias a ellos puedes maximizar tu salud y bienestar Sabas que tomar un licuado verde al da, hecho a base de frutas y vegetales, puede incrementar dramticamente la cantidad de nutrientes que necesita tu cuerpo para protegerte Todas las autoridades en el rea de la salud recomiendan de seis a ocho porciones de frutas y vegetales al da, pero muy pocos seguimos ese consejo. La prestigiosa fisioterapeuta y chef Kristine Miles pone a tu alcance ms de 300 deliciosas y sencillas recetas que adems de activar y mejorar tu digestin, te ayudarn a: Perder peso. Desintoxicar tu cuerpo. English Description SUPERFOODS IN EVERY SIP 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 More than 300 inviting recipes in The Green Smoothie Bible show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable leaving you healthy and feeling amazing inside and out. Incrementar tu energa. Combatir las enfermedades cardiacas. Prevenir la diabetes, la depresin y ciertos tipos de cncer. Estimular tu sistema inmunolgico. Mejorar tu cabello y piel. La biblia de los licuados verdes es ideal para aquellas personas que pretenden hacer un cambio radical en su alimentacin y buscan soluciones inmediatas que les ayuden a mantener una buena salud y apariencia, adems de tener una experiencia inolvidable en el paladar. Cada una de estas recetas te muestra cmo combinar vegetales verdes y frutas exquisitas...

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