



Irresistible y Sana (Paperback)

By Ingrid Macher

Grijalbo, 2018. Paperback. Condition: New. Language: Spanish . Brand New Book. Mis mejores remedios, licuados y planes para revitalizarte y no engordar jams #NoMasExcusas Ingrid Macher Quieres lograr una figura atractiva y un cuerpo sano e irresistible? Ingrid Macher lo logr y ahora nos cuenta todos sus secretos: remedios, licuados, recetas, trucos y consejos que te harn lucir fabulosa a la vez que te revitalizan a largo plazo. #NoMasExcusas Autora del bestseller De gordita a mamá, Ingrid nos explica con lujo de detalles sus secretos para estar en forma, divididos en tres partes. En Malestares que le ponen freno a tu p rddida de peso, habla de la hinchazn, la ansiedad, molestias en el colon, problemas hormonales, la grasa, la celulitis, la retencin de l-quido, el estreimiento y otros factores que se interponen entre t y tu figura ideal. En Aliados para perder peso y disfrutar el proceso! Ingrid nos explica cmo sacarle el mayor provecho al agua (el amor de su vida), al bicarbonato, al vinagre de manzana y a otros aliados que te ayudarn a lograr tu meta de bajar de peso y estar saludable. Incluso nos cuenta cules son los 18 superalimentos que debes tener en tu...



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