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## DIGIUNO INTERMITTENTE PER LE DONNE: DIMAGRIRE IN MODO SEMPLICE, VELOCE E SENZA RINUNCE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: Italian. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mai prima nella storia de ll umanita la offerta di cibo comprendeva una gamma cosi vasta come oggi. Nonostante viviamo in un mondo del continuo progresso tecnologico e non solo, dal punto di vista biologico siamo tuttora ne andertaler. Diggiunare regolarmente offre una sana alternativa alla continua consumazione di cibo. Il diggiuno intermitte nte o intermitte nt fasting e un tipo di dieta, grazie...

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- Authored by Valerie Prager
- Released at 2017



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