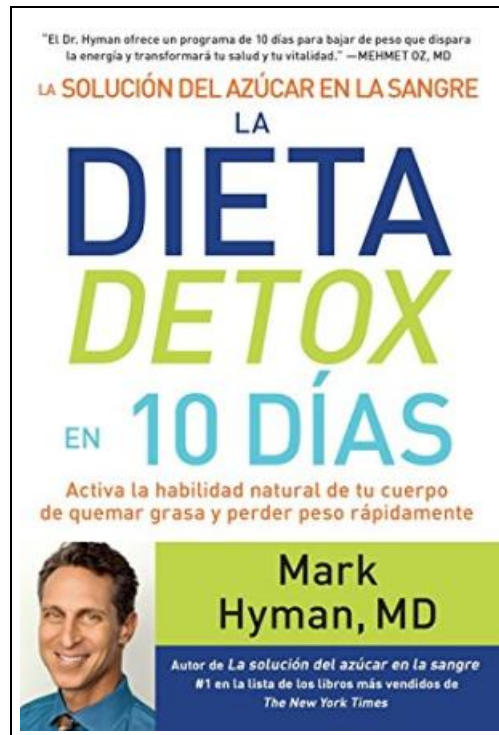


La Solucion del Azacar En La Sangre. La Dieta Detox En 10 Daas (Paperback)



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Reviews

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LA SOLUCIAN DEL AZACAR EN LA SANGRE. LA DIETA DETOX EN 10 DAAS (PAPERBACK)



AGUILAR, 2014. Paperback. Condition: New. Language: Spanish . Brand New Book. Busca el nuevo libro de Dr. Hyman: Come grasa y adelgaza, disponible a partir de octubre. Sabias que las bacterias de tus intestinos equivalen a casi dos kilos de tu peso corporal? Sabias que puedes eliminarlas a base de una dieta sana? La solucion del azucar en la sangre es un libro impactante, practico y revelador. El programa super sano para perder peso, combatir las enfermedades y sentirse genial, ahora! El Dr. Hyman revela que la solucion secreta para perder peso y prevenir, no solo la diabetes, tambien problemas cardiacos, demencia y cancer, es mantener los niveles de insulina balanceados. El Dr. Hyman describe las claves para lograr una buena nutricion en un programa de solo seis semanas: Estimular la nutricion Balancear hormonas. Prevenir la inflamacion. Mejorar la digestion. Desintoxicar el cuerpo. Aumentar la energia metabolica. Relajar la mente. La a oediabesidada ?, un termino que describe el espectro completo de la disfuncion metabolica, que comienza con niveles elevados de azucar en la sangre y una resistencia debil a la insulina. Con el tiempo crece progresivamente hasta que se convierte en diabetes. Pero tu puedes ganar la batalla contra la diabetes, no importa si has intentado luchar contra problemas de peso y azucar toda tu vida, si ya has probado todas las dietas y no has tenido exito, incluso si ya tomas medicinas para la diabetes, la presion alta, el colesterol, el azucar alto, la depresion. En solo seis semanas puedes balancear tus niveles de azucar y disfrutar de una salud que nunca creiste posible. Gracias al metodo creado por el Dr. Hyman puedes sanarte siguiendo cada paso de la guia que este libro pone en tus manos. ENGLISH DESCRIPTION The key to losing weight and keeping it off...



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