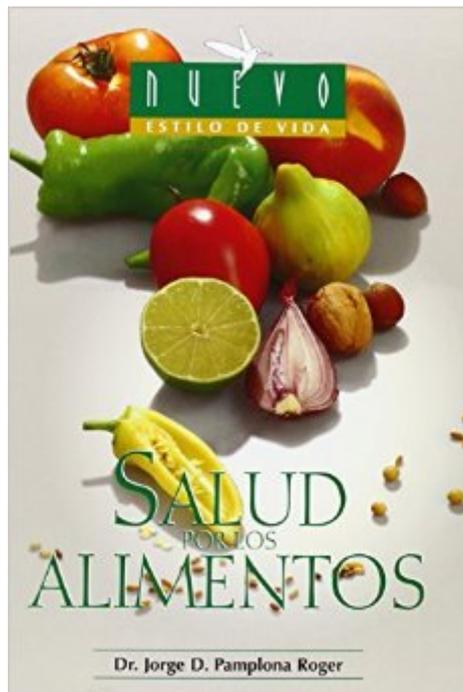


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Salud Por Los Alimentos / Healthy Foods (Nuevo Estilo De Vida / New Lifestyle) (Spanish Edition)



Synopsis

Un libro conciso y preciso sobre los beneficios para la salud que proveen una variedad de alimentos.

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Customer Reviews

I can't find other word other than "Fantastic" to call this book. I was looking for a guide that let me know the content of proteins, minerals and other elements of almost anything eatable and natural, well this book has arrived as the rings for the marriage. This book is a superguide just beaten only by the Bible, yes, The Holy Bible. This book is the userguide for the food you are about to know and eat, the Bible is the userguide of ourselves. This book is your guide of what is out there, in the nature, yes almost all around the globe and what is going to be beneficial for you and for the different parts of your entire body. With a wide list of illness and a super detailed guide of different foods that are good for rebuild, maintain and improve the different parts of your body, this book is a grand slam. Now you are going to be able to choose the most beneficial food for your body thanks to this book, and yes because your body need different foods for its different parts, this book contains that information, doesn't sound like good to u?. Do you love your body?, then buy this book, you will turn yourself in to your own chef of your customized foods from now on, I promise. I highly recommend this "Fantastic" book, easy to read, understand, and with the golden goose information included. You need to buy it immediately, if you really want to know the real details of almost all the natural food out there, not that what you see in the supermarkets today, that is practically poisoning you day by day, all those high fructose corn syrup, preservatives, colorants, hidden chemicals that you are not

aware of in almost everything you eat, got a be killing me!, well yes it does!! Take care of your health by reading it, learning it and keeping it close to you as much as you can, also do some exercise, you will start feeling and seeing the difference. The best of the life for you always, Ricardo F.

Este libro tiene una documentación muy detallada. El método de enseñanza de este autor es extraordinario. Puedo encontrar términos generales hasta los conceptos más puntuales o específicos de forma ordenada.

Compre el libro para mis padres. Ellos dicen que es un libro fabuloso. Tiene mucha información muy buena sobre todos los alimentos

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