



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

By MD Mark Hyman

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...



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