



Cómo cura el té verde (MANUALES INTEGRAL) (Spanish Edition)

Laura Álvarez

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Los beneficios de un poderoso y exquisito antioxidante

El té verde es uno de los alimentos con mayor poder antioxidante que existen.

Su proceso de elaboración conserva intactos todos los componentes curativos de las hojas frescas de planta y, en especial, las vitaminas y las asombrosas catequinas, las sustancias que actúan contra los procesos de oxidación corporal. El té verde previene las enfermedades cardiovasculares, ayuda a controlar la diabetes, protege de determinadas bacterias y virus y fortalece el sistema inmunitario. Se ha demostrado su efectividad en la prevención oncológica, y es parte fundamental de todas las dietas anticáncer. El consumo de té verde permite retrasar el envejecimiento, equilibrar los líquidos del cuerpo, perder peso y controlar el estrés. Además de todas estas aplicaciones terapéuticas, este libro ofrece información sobre otros usos comunes del té verde: conservante de alimentos, componente de cremas, bronceadores y mascarillas para piel y aromatizador de perfumes y desodorantes.

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