



100 jugos para mejorar tu vida (Salud y bienestar) (Spanish Edition)

Esther Vernón

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Gozar de buena salud y mantener la buena calidad de vida son propósitos que la mayoría de las personas deseamos cumplir. La Organización Mundial de la Salud (OMS) sugiere el consumo de frutas, verduras y hortalizas ricos en nutrientes para el buen funcionamiento del organismo. En 100 jugos para mejorar tu vida, Esther Vernón ofrece un plan de ingesta diaria de cinco porciones de jugos y licuados vegetales. El procesamiento en crudo de estos alimentos garantiza una verdadera nutrición de los órganos y sistemas del cuerpo, ya que aportan vitaminas, minerales, fibra y agua. Este libro reúne cien recetas para preparar jugos antienvjecimiento, para nutrir la piel, las uñas y el cabello, jugos desintoxicantes, adelgazantes, revitalizadores, antibióticos y virales, entre otros. Como un complemento de la alimentación, con el consumo de estos jugos y licuados vegetales mejorarás tu condición física, psicológica y emocional.

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