

Un Año Sin Azucar: Insomnio, Cansancio, Dolor de Cabeza, Sobrepeso? Bajale Al Consumo de la Maldita Azucar! (Paperback)



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Reviews




Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Nikita Herzog)

UN AÑO SIN AZUCAR: INSOMNIO, CANSANCIO, DOLOR DE CABEZA, SOBREPESO? BAJALE AL CONSUMO DE LA MALDITA AZUCAR! (PAPERBACK)



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Selector, S.A. de C.V., 2015. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****. Amaaaaamos el azucar! No puedes negarlo. Mas te vale conocer este DULCE VENENO. Gracias a una conferencia que vio en YouTube, Eve O. Schaub reto a su esposo y a sus dos hijas a realizar un desafio poco comun: no consumir azucar anadida durante un ano entero. Esta divertida y a momentos delirante cronica del ano en que Eve descubrio el verdadero costo de la comida estadounidense -cargada de azucar-: la diabetes, la obesidad, asi como su incidencia en el incremento de problemas de salud como el cancer y las enfermedades del corazon. UN AÑO SIN AZUCAR arroja una nueva luz a las cuestionables recomendaciones nutricionales que hemos seguido durante anos y demuestra que es posible comer platillos sin azucar anadida en un restaurante o conseguir esos mismos productos en el supermercado. Despues de leer UN AÑO SIN AZUCAR te vas a pensar dos veces comer ese delicioso postre, beberte ese gaseoso refresco, echarle catsup a casi todo. Descubriras que se puede llevar un estilo de vida saludable con consumo moderado de azucar sin ningun problema.

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