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Menús conscientes Suzanne Powell, 2014-07-28 Como una continuación a su anterior libro Alimentación consciente Suzanne Powell ofrece en estas páginas una guía para ayudar al lector a alimentarse de una manera fácil y divertida simplificando al máximo la preparación de los alimentos. Con su alegría y su entusiasmo habitual Suzanne aporta ideas y estimula nuestra imaginación con numerosos ejemplos de menús sencillos y fáciles de preparar siempre siguiendo las reglas básicas de la dieta disociada. No debemos olvidar que la correcta combinación de los alimentos no solo nos mantiene en el peso ideal sino que además al desintoxicar los riñones y el hígado ayuda a reforzar el sistema inmunológico potenciando la salud y evitando el dolor, la inflamación y las enfermedades degenerativas. Este libro será de gran valor para todos aquellos que se están iniciando en la alimentación consciente. MAS VIDEOS DE SUZANNE POWELL

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