



La Dieta De Batidos Verdes: El Programa para la Salud Natural Extraordinaria (Spanish Edition)

Robyn Openshaw

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¿Busca una manera rápida, sabrosa y nutritiva de mantenerse joven y saludable? ¡Batidos verdes proporciona la solución perfecta!

Los batidos verdes son la mejor manera de alimentar su cuerpo y de darle potencia a su salud cada día, en cuestión de minutos.

Estos batidos ultra saludables unen a los vegetales de hoja con deliciosas frutas ricas en antioxidantes, y ofrecen en cada sorbo una deliciosa mezcla llena de nutrientes.

Descubra cómo los batidos verdes pueden ayudarle a:

- **Perder peso**
- **Desintoxicar el cuerpo**
- **Aumentar la energía**
- **Luchar contra las enfermedades cardíacas y la diabetes**
- **Estimular el sistema inmune**
- **Hacer que la piel y el cabello se vean hermosos**

The Spanish-language edition of a top selling green smoothie approach to losing weight, detoxing, maximizing energy, and staying healthy

Everyone knows that a daily diet rich in fruits and vegetables can prevent obesity, diabetes, heart disease, and even some types of cancer. But most people don't eat anywhere near the recommended amount. The step-by-step plan in this book shows you how to transform your health and avoid an array of preventable diseases by tapping the supernutrition found in leafy greens and vitamin-rich fruits.

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