



Desintoxicar seu corpo naturalmente: Portuguese Edition (Portuguese Edition)

Dr Julia James

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A ciência médica moderna provou que, ao fornecer nosso corpo com alimentos e nutrição específicos, que são basicamente fortalecer o nosso corpo para deitar fora todos os agentes patogênicos que já estão prosperando no corpo. Esta é a maneira mais natural de desintoxicar nosso corpo. Estes alimentos têm o maior potencial para fornecer suporte para os sistemas do corpo e ajudando o corpo a ser auto-suficiente o suficiente para combater a sua própria batalha com bastante sucesso. Este livro fornece os detalhes de todos esses alimentos e nutrição em grandes frutos detail.Fresh, vegetais e outras bebidas combinado com estilo de vida saudável são os nutrientes essenciais que são importantes em todo o processo de desintoxicação. O processo de desintoxicação é a parte mais importante de nossa sobrevivência no nosso dia-a-dia moderno. Este livro fornece-lhe as necessidades básicas da desintoxicação e sua importância em se livrar de todos os tipos de doenças.

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