



Pasos sencillos hacia una salud total (SALUD Y VIDA NATURAL) (Spanish Edition)

John Hornecker, Andreas Moritz

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Por naturaleza, nuestro organismo está diseñado para tener salud y vitalidad durante toda la vida. Sin embargo, los hábitos alimentarios y los estilos de vida poco saludables conducen a numerosos problemas de salud que nos impiden disfrutar de la vida al máximo.

En este libro, los autores sacan a la luz la causa más común de la enfermedad: la acumulación de toxinas y residuos de alimentos mal digeridos en los distintos órganos, aparatos y sistemas del cuerpo, lo que les impide funcionar con normalidad. Esta guía para la salud total te ofrece unos consejos sencillos pero sumamente eficaces en lo referente a la limpieza interna, la hidratación, la nutrición y los hábitos de vida.

Entre otras cosas en ella aprenderás cuáles son los alimentos, los hábitos dietéticos y las influencias que con más frecuencia causan las enfermedades y las hacen crónicas.

Esta obra es imprescindible para todo aquel que esté interesado en un enfoque natural para recobrar la salud por completo sin hacer uso de medicamentos.

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