



Cómo curan las algas (MANUALES INTEGRAL) (Spanish Edition)

Rosa Guerrero

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Descubre todas las propiedades nutritivas y terapéuticas de las algas

El mar alberga un verdadero regalo de la naturaleza: las algas. Este libro descubre al lector toda su riqueza nutricional y terapéutica, así como su contenido en vitaminas, proteínas, sales minerales y oligoelementos beneficiosos para la salud. Muestra también cómo se cultivan y recogen las diversas variedades de algas, sus usos industriales y cuáles son las especies comestibles disponibles en el mercado.

Cómo curan las algas explica las numerosas aplicaciones cosméticas y médicas de estas plantas marinas, como por ejemplo su eficacia para depurar el organismo de metales pesados así como para combatir la hipertensión, la obesidad y el tabaquismo. Asimismo, muestra cómo preparar sencillos y sabrosos platos con diferentes tipos de algas.

Rosa Guerrero

Licenciada en Ciencias de la Información, diplomada en Naturopatía, experta en nutrición ortomolecular y postgraduada en Homeopatía. Es terapeuta, tiene editados diversos libros sobre terapias naturales y colabora habitualmente con publicaciones sobre salud natural.

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