



Las Herramientas del Cuerpo (Spanish Edition)

Luz Maria Briseno, Luz Marai Briseano

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En este libro encontraras las herramientas que necesitas para que tu propio cuerpo sane. Las herramientas del cuerpo: agua, ejercicio, vitaminas y minerales, proteína de calidad, carbohidratos complejos densos (arroz integral, panes y cereales integrales) carbohidratos complejos (vegetales y frutas), grasas buenas (ácidos grasos), descanso y técnicas para reducir el estrés.

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