



La Revolucion de 22 Dias: El Programa a Base de Plantas Que Transforma Tu Cuerpo, Reajusta Tu Habitos y CA Mbía Tu Vida

By Marco Borges, Dr Dean Ornish

Celebra, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: Spanish . Brand New Book. Un programa innovador para crear un estilo de vida basado en plantas, diseñado para transformar tu salud mental, emocional y fisica en tan solo 22 dias Si quieres perder peso, si quieres estar mas en forma y mas fuerte que nunca, La revolucion de 22 dias es la respuesta! Basada en el principio de que tardamos 21 dias en formar o en romper un habito, despues de 22 dias, ya has encontrado el camino, como senala Jay-Z: La revolucion de los 22 dias es un plan accesible para quienes buscan un estilo de vida mas saludable, bajar de peso, o para revertir problemas serios de salud. Los beneficios de una dieta vegana no pueden ser subestimados, ya que se ha demostrado que ayuda a prevenir el cancer, a bajar los niveles de colesterol, a reducir el riesgo de enfermedades del corazon, a disminuir la presion arterial, e incluso a revertir la diabetes. Como uno de los expertos en salud mas solicitados de la actualidad, el fisiologo del ejercicio Marco Borges ha pasado varios anos ayudando a su exclusiva lista de clientes de...



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