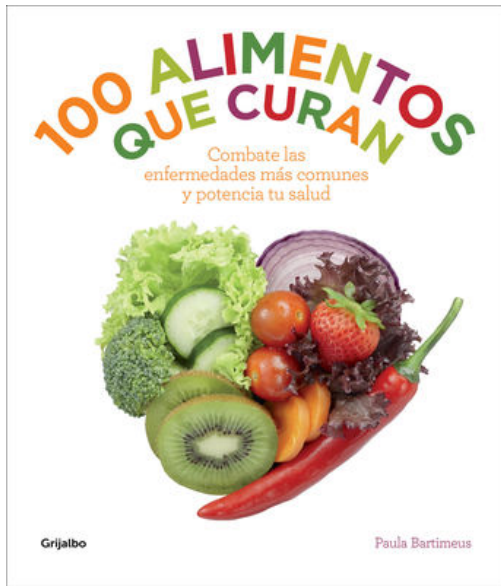


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Potencia tu salud y combate enfermedades con los súper alimentos de este libro.

Nadie duda ya de que una dieta rica en alimentos naturales es clave para mantener una buena salud. Cada vez más, se habla de incompatibilidades alimentarias, de alergias o de intolerancias a según qué tipo de alimentos.

En este libro descubriremos las propiedades de los conocidos como «superalimentos» porque no solo ayudan a prevenir dolencias comunes, sino que también pueden contribuir a protegernos de enfermedades degenerativas crónicas. De cada uno de ellos se destacan sus principales nutrientes, así como sus propiedades curativas, y se nos enseña cómo preparar platos sencillos, ricos y saludables.

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