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Las 100 mejores recetas de zumos para estimular el cuerpo y la mente.

¿Sabías que algo tan sencillo como tomarse un zumo recién exprimido o prepararse un batido energético es suficiente para obtener todas las vitaminas, minerales, antioxidantes y nutrientes esenciales que necesitamos para sentirnos bien y tener un aspecto fantástico?

Este libro nos propone un centenar de recetas de zumos naturales, de preparación sencilla y rápida, que son especialmente apropiados para potenciar nuestro sistema inmunitario, aportarnos energía, combatir el envejecimiento y paliar algunas de las dolencias más comunes como las alergias, la anemia, el estrés o el insomnio. Los ingredientes frescos y sabrosos nos ayudarán a comer mejor hoy para disfrutar de un mañana más sano.

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