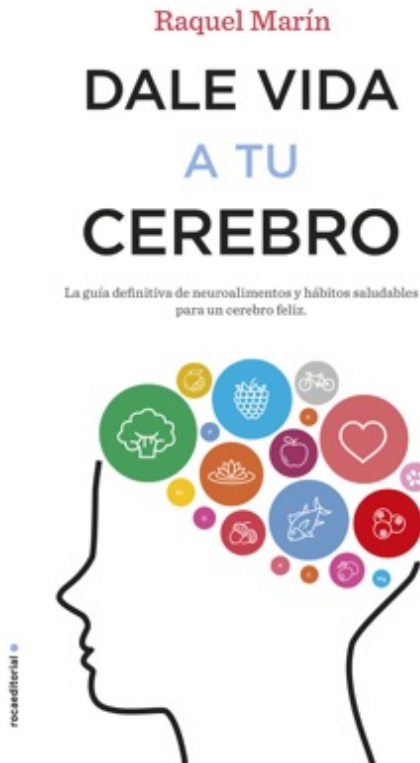


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Raquel Marín también nos cuenta la relación existente entre cerebro e intestino, y cómo este es también culpable de ciertas enfermedades neurodegenerativas.

El libro incluye una lista de alimentos saludables, de dietas especiales y recetas cerebrales -platos de la cocina tradicional adaptados a las necesidades de nuestro cerebro- así como un Cerebrómetro de la eterna juventud.

Una guía práctica de neuroalimentos para fortalecer tu cerebro y para que nunca dejes de ser tú.

Title	:	Dale vida a tu cerebro
Author	:	Raquel Marín
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