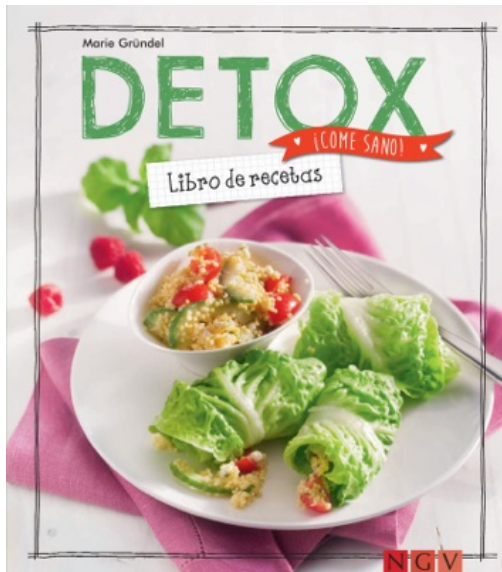


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¡Detoxifíquese con nosotros!

Todo el mundo habla de la detoxificación. Y no es de extrañar, pues depurarse y desintoxicarse de forma natural es una manera de mimar el cuerpo y el alma. Al detoxificarse se impulsa el metabolismo, se proporciona al cuerpo nutrientes valiosos y se apoya de un modo placentero los procesos de desintoxicación diarios.

El suave programa de detoxificación que le ofrece este libro consiste en una dieta a base de comidas completas repletas de sustancias vitales y superalimentos. De entrada, puede usarlo para dar bienestar a su cuerpo desintoxicándolo durante un fin de semana o una semana entera. Y si le gusta, puede cambiar su dieta de forma permanente sin problemas basándose en nuestro programa. Decida lo que decida,

detoxificar le beneficiará, y con nuestras fantásticas recetas para el día a día, de fácil preparación, obtendrá platos sorprendentemente deliciosos.

Title	:	Detox
Author	:	Marie Gründel
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