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- Conoce sobre la alimentación basada en grupos sanguíneos.
- Aprende sobre los conocimientos básicos de una buena dieta.
- Mejora tu alimentación con las más de 35 recetas, fáciles, económicas y nutritivas que se incluyen. Una buena salud sólo se logrará de una manera completa y adecuada si se atienden estos cuatro campos (biológico, psicológico, sociológico y adaptativo) de forma que nuestro cuerpo mantenga una armonía con nuestra mente y nuestro entorno.

La vida rápida nos ha llevado a olvidar un factor importantísimo, quizás el más relevante y el que puede contribuir en una mayor medida a mejorar nuestra salud e incluso nuestra personalidad: la alimentación.

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