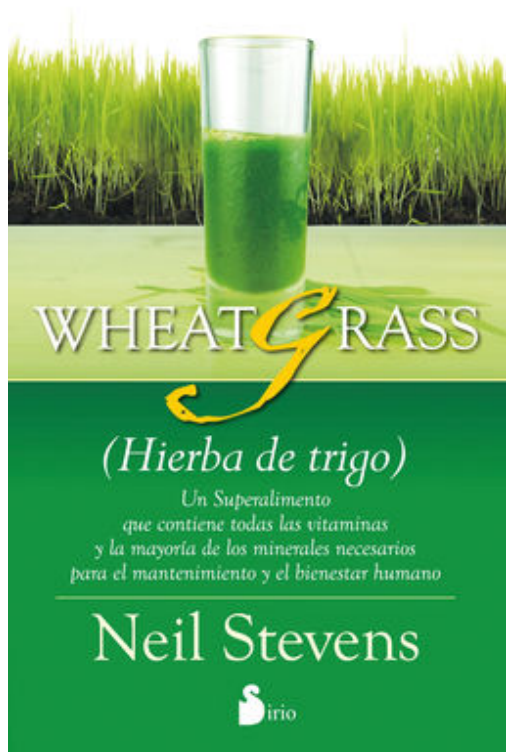


Descargar libros gratis Wheatgrass - Neil Stevens DBSBOOK



Neil Stevens no solo expone en este librito las asombrosas cualidades de uno de los alimentos más ricos y concentrados de la Naturaleza, sino que además muestra al lector cómo cultivarlo en su propia casa de una manera fácil y divertida.

La clorofila de la hierba de trigo contiene once veces más calcio que la leche, cinco veces más hierro que las espinacas, cinco veces más magnesio que los plátanos, sesenta veces más vitamina C que la naranja, un 45% más proteína que la carne y más de veinte aminoácidos importantes para el correcto mantenimiento corporal.

Las sorprendentes cualidades de este extraordinario alimento lo convierten en un verdadero elixir de la salud y la vida.

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