

Jabones 12

Cómo comer sano en un mundo tóxico Carlos de Prada

Cómo comer sano en un mundo tóxico *Carlos de Prada*

Quiere saber qué tóxicos hay o puede haber en los alimentos y cómo evitarlos o reducirlos en este libro se aporta valiosa información que puede ayudar a hacer en la medida que se pueda una desintoxicación alimentaria preventiva porque una alimentación baja en tóxicos hipotóxica puede tener que ver como muestra la evidencia científica con reducir el riesgo de padecer muchos problemas de salud en un mundo cada vez más contaminado y con unos procesos de producción de alimentos crecientemente desnaturalizados es importante estar al tanto de ello si queremos que como dijese hipócrates nuestro alimento sea realmente nuestra medicina

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