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Ediciones Obelisco, S.L., 2010. soft. Book Condition: New. ¿Tu alimentación ayuda a tu cuerpo a autoprotegerse? ¿Te gustaría comer más sano y seguir disfrutando de la comida? Estas deliciosas recetas controlan la inflamación y mejoran tu salud. Las investigaciones actuales muestran claramente que nuestra salud depende de los alimentos que consumamos. Las malas costumbres alimentarias y las alergias ocultas pueden provocar inflamaciones en el organismo, que, a su vez, pueden dar lugar a una serie de enfermedades crónicas graves. Con...

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- Authored by Black K., Jessica
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