



Crudivorismo (INTEGRAL) (Spanish Edition)

Leslie Kenton, Susannah Kenton

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Alimentación para despertar el poder autocurativo del organismo y ganar energía.

Los alimentos crudos son una poderosa fuente de salud. Las investigaciones de los usos clínicos de las dietas crudívoras no dejan lugar a dudas: aumentan la resistencia frente a la enfermedad y el envejecimiento, y son fundamentales para mantenerse vital y con buen ánimo. ¿Por qué? Las características bioquímicas de estos alimentos se mantienen intactas, mientras que los alimentos cocinados pierden o ven modificado su contenido en vitaminas y minerales así como su fuerza vital. El resultado es un desequilibrio bioquímico que bloquea los mecanismos de autorregulación del organismo y acaba enfermándonos.

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