



Con la micronutrición adelgazo de verdad (Vivebien) (Spanish Edition)

Laurence Benedetti, Didier Chos

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Si engorda o le cuesta mucho adelgazar no es porque coma demasiado, sino porque no le está aportando a su cuerpo los nutrientes que necesita. Sus problemas de peso están ligados a carencias de micronutrientes que son indispensables para su equilibrio. Gracias a este libro, basado en los últimos descubrimientos científicos europeos, podrá disfrutar de las ventajas de la micronutrición para recuperar la línea. Descubra cuál es su perfil y siga un programa de adelgazamiento personalizado. Con consejos prácticos para cocinar light y 64 recetas exprés de brochetas, sopas, papillotes... del entrante al postre: disfrute al estilo de la micronutrición.

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