



Ayudas naturales para el corazón (MANUALES INTEGRAL) (Spanish Edition)

Patrick Holford

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Superalimentos, dieta y estilo de vida cardiosaludable

Las enfermedades cardiovasculares son una de las primeras causas de mortalidad entre la población de los países desarrollados. Y prácticamente todas estas enfermedades se pueden prevenir utilizando la medicina más poderosa: la alimentación.

Este libro publica el resultado de investigaciones científicas que demuestran que introducir unos pequeños cambios en la dieta y tomar algunos suplementos a base de plantas pueden prevenir, evitar y controlar los problemas de corazón.

- **Cómo disminuir el nivel de colesterol y la hipertensión sin fármacos.**
- **Acelerar y optimizar la recuperación después de un infarto.**
- **Cómo cambiar a un estilo de vida saludable consumiendo productos totalmente naturales.**

Patrick Holford

Nutricionista y terapeuta británico. Con más de 34 títulos publicados y traducidos a 24 idiomas, su labor comunicadora abarca también la televisión, la radio y la docencia universitaria. Está especializado en el control de peso y en la prevención de enfermedades como el cáncer, la diabetes y las dolencias cardiovasculares. Sus teorías se asientan sobre la base de que una dieta equilibrada con los suplementos fitoterapéuticos apropiados son mejores tratamientos que las terapias a base de fármacos.

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