



El método Superthon (Plus Vitae) (Spanish Edition)

Antonio Mangas

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Una nueva manera de comer que eliminará tus kilos de más para siempre y te ayudará a gozar de una buena salud. Las dietas no funcionan. Por eso, lo que este libro propone no es una dieta estricta, sino unos principios de actuación, una cultura alimenticia, unos hábitos nutricionales nuevos. Con este sencillo programa, compuesto por 16 leyes, aprenderás a comer correctamente para cuidar y mejorar tu cuerpo y tu salud por ti mismo, de una manera natural y a cualquier edad. Superthon es un método práctico y muy fácil de seguir, diseñado para gente normal con vidas reales: horarios que cumplir, trabajos, niños, viajes y comidas fuera de casa. Sean cuales sean tus circunstancias, ten por seguro que podrás aplicar lo que aquí se cuenta y conseguir tus objetivos: adelgazar de forma duradera, tener más energía y mejorar tu salud. Juan (Madrid), 61 años. Perdió 7 kg en un mes. “Empecé este programa porque me sentía muy cansado y sin energía. Para mí adelgazar era secundario. Al cabo de un mes había perdido 7 kilos y tenía más energía que nunca. Además, mejoré de mi diabetes tipo 2 y reduje la necesidad de medicarme.” Carmen (Sevilla), 34 años y dos hijos. Perdió 6 kg y 5 cm de cintura en un mes. “No tengo sensación ninguna de estar haciendo régimen porque no estoy haciendo régimen. No paso hambre en ningún momento. Tengo unos hábitos nuevos, y la comida la elijo yo. Nadie me dice qué debo comer. Como según mis apetencias.” Arturo (Madrid), 35 años. Redujo su grasa corporal de un 21 a un 15% en tres meses. “Quería perder grasa y estaba harto de seguir dietas que no me funcionaban y que me dejaban sin energía para entrenar y hacer deporte. Con este método he encontrado lo que buscaba. Por fin veo mis abdominales y tengo más energía que nunca.”

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