



Comidas Clean: Más de 200 deliciosas recetas que le devolverán a tu cuerpo su capacidad autocur (Spanish Edition)

Alejandro Junger

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Del autor bestseller de *The New York Times*, Alejandro Junger

Más de 200 deliciosas recetas que le devolverán a tu cuerpo su capacidad autocurativa. Con prácticos tips y recetas para veganos, vegetarianos y carnívoros.

Intégrate a la comunidad Clean, junto a figuras como Gwyneth Paltrow, Kris Carr, Cameron Diaz, Orlando Bloom, Mehmet y Lisa Oz y Mark Hyman.

Este libro está hecho a la medida para aquellos interesados no sólo en recuperar su capacidad autocurativa, sino en limpiar el tracto digestivo y terminar con la inflamación. Ya sea que sufras de problemas digestivos, depresión, ansiedad o kilos de más, los detallados planes de alimentación diaria y la información nutricional ofrecidos por el doctor Junger podrán ayudarte a reconstruir tu salud de adentro hacia afuera.

Encontrarás tres planes de alimentación: un *refresh* de 7 días, una limpieza de 21 días y una limpieza de colon de 21 días, los cuales te mostrarán que comer *clean* es más fácil y delicioso de lo que imaginas.

www.cleanprogram.com

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