

Descargar Libro En Línea PDF Epub Mobi Español Come Limpio - Carla Zaplana



Descargar libro en línea PDF epub mobi Español Come limpio Carla Zaplana , La alimentación «come limpio» nos ayuda a depurar el cuerpo, ganar salud y recuperar vitalidad. Carla Zaplana, nutricionista y coach de salud, es un referente en alimentación saludable, vitalista y nutritiva. Después de sus éxitos “Zumos verdes”, “Batidos verdes” y “Superfoods”, llega la esperada nueva obra de la autora. Carla Zaplana te invita a embarcarte en un viaje hacia el cambio profundo de tus hábitos alimenticios. En este libro, la autora comparte su filosofía «come limpio» y te propone tomar las riendas de tu salud mediante un reto que pasa por tres fases: la dieta omnívora, la vegetariana y la raw (alimentos crudos). En este proceso irás suprimiendo progresivamente las sustancias que cargan el organismo y le restan vitalidad. Dejarás atrás los ingredientes de origen animal hasta habituarte a una alimentación plenamente vegetariana, para terminar dando el salto, si te atreves, a la dieta crudívora, que depurará a fondo tu cuerpo. La filosofía «come limpio» busca que te sientas

bien, te llenes de energía y encuentres la mejor versión de ti mismo. ¿Empezamos?

AUTOR Carla Zaplana es dietista-nutricionista, mentora de salud y autora de best sellers como “Zumos verdes” o “Superfoods”. Auténtica foodie donde las haya, Carla reparte su tiempo entre la escritura y el aprendizaje en alimentación saludable; además, comparte sus conocimientos y su filosofía de vida COME LIMPIO en sus consultas y programas on-line con pacientes de todo el mundo. También destina un espacio a la elaboración y cata de nuevas recetas, a clases de yoga, a meditar, y a sus viajes a distintos países en busca de respuestas y nuevas experiencias.

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