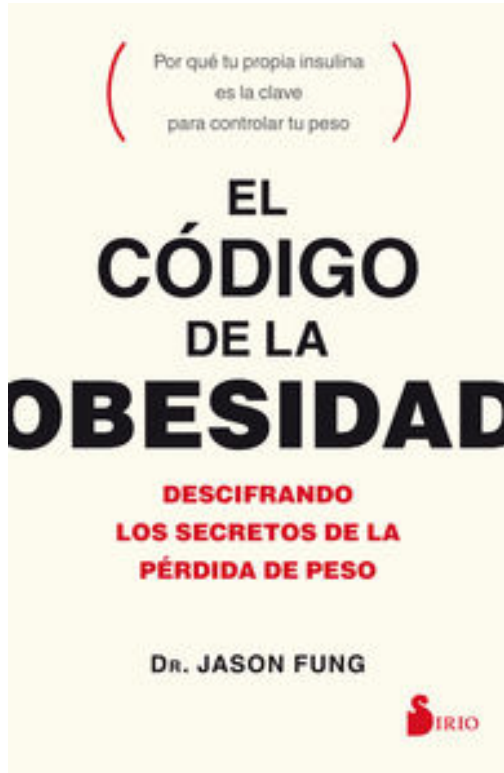


# Descargar Libro En Línea PDF Epub Mobi Español El Código De La Obesidad - Jason Fung



**Descargar libro en línea PDF epub mobi Español El código de la obesidad Jason Fung** , En este libro ameno y provocativo, el doctor Jason Fung establece una teoría novedosa y sólida sobre la obesidad. Además de numerosos hábitos para mejorar tu salud y controlar tus niveles de insulina, con *El código de la obesidad* aprenderás a usar el ayuno intermitente para romper el ciclo de la resistencia a la insulina y alcanzar un peso saludable. El doctor Jason Fung es nefrólogo y fundador del Programa de Gestión Intensiva de la Dieta, que aplica un tratamiento único para la diabetes tipo 2 y la obesidad.

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