

# Descargar Libro En Línea PDF Epub Mobi Español La Dieta Depurativa - JJ Virgin



Descargar libro en línea PDF epub mobi Español La dieta depurativa JJ Virgin , Si has intentado perder peso con todas las dietas imaginables y no lo has conseguido, lo más probable es que estés lidiando con la gran causa oculta del sobrepeso: las intolerancias alimentarias. Este método revolucionario elimina siete alimentos básicos, y aparentemente saludables, de tus comidas diarias (gluten, huevos, lácteos, maíz, soja, cacahuetes y azúcar y edulcorantes artificiales) durante veintiún días, para que tu cuerpo se purifique de esos productos que lo están dañando y puedas, incluso, volver a reintroducirlos en tu dieta más adelante. No se trata sólo de contar calorías, sino de entender cómo funciona tu cuerpo.

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