

# Descargar Libro En Línea PDF Epub Mobi Español La Dieta Inteligente - Juana María Gonzalez



**Descargar libro en línea PDF epub mobi Español La dieta inteligente Juana María Gonzalez , Con prólogo de J.J. Caballero. ¿Deseas bajar de peso comiendo de forma adecuada, sin poner en peligro tu salud y tu bienestar? Por fin tienes entre tus manos la herramienta que necesitas.** Las «dietas milagro» con las que nos vemos bombardeados ofrecen una rápida pérdida de peso, sin preocuparse de las graves consecuencias que puedan causar en la salud (cetosis, problemas de riñón, fatiga...), ni de qué pasará con el peso una vez que se deja la dieta (el «efecto rebote»). Esta obra te ayudará a cambiar el «chip» y a que consigas adelgazar con una actitud positiva, buscando aprender y cambiar tus hábitos. Con las explicaciones y los menús que se facilitan, conseguirás bajar de peso de una forma racional y mejorar tu salud al mismo tiempo. El objetivo: que te encuentres mejor y te sientas más fuerte. No olvides que la alimentación puede ser causa de enfermedad o la mejor píldora para mantener la salud. ¡Adelgaza con inteligencia!

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