

Descargar Libro En Línea PDF Epub Mobi Español Mis Recetas Anticáncer - Odile Fernández



Descargar libro en línea PDF epub mobi Español Mis recetas anticáncer Odile Fernández , . ¿Qué puede hacer el paciente de cáncer para contribuir a su curación? Odile Fernández, una médico de familia que en 2010 superó un cáncer de ovario con metástasis, responde a esa pregunta en un libro nacido de su propia experiencia. ¿Qué es el cáncer? ¿Por qué se produce? ¿Cómo se previene? ¿Es posible revertir el proceso? ¿Cómo influye la dieta? Dada la estrecha relación que existe entre el cáncer y la alimentación, la doctora Fernández dedica buena parte del libro a explicar por qué algunos alimentos favorecen la proliferación de células malignas, como el azúcar, y cuáles en cambio pueden prevenir e incluso revertir el proceso de la enfermedad, como la cebolla o los cítricos. Pero también aborda otros los aspectos que guardan relación con la enfermedad, desde los utensilios apropiados para cocinar hasta la eficacia de las terapias alternativas o las increíbles posibilidades que nos brindan las plantas. El resultado es una obra tan accesible como rigurosa, muy cercana al lector español, imprescindible en una época

en la que, por desgracia, el cáncer alcanza las proporciones de epidemia.

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