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**Descargar libro en línea PDF epub mobi Español Sin trigo, gracias. Libro de recetas William Davis , Disfruta de la revolución de la cocina sin trigo**

Siguiendo la estela de *Sin trigo, gracias*, el libro en el que el prestigioso cardiólogo William Davis explica con datos científicos y estudios recientes las graves consecuencias de tomar trigo en nuestra dieta hoy en día -al margen de padecer o no alergias o intolerancias-, llega *Sin trigo, Gracias. Libro de recetas*, una puesta en práctica de la teoría del doctor.

En este libro encontrarás **150 sabrosas recetas** para todas las ocasiones especialmente pensadas para cuidar tu peso y mejorar tu salud dejando de lado el trigo en tus comidas. Entre estas páginas encontrarás aperitivos, entrantes y platos principales, así como mucha información útil sobre cómo

llevar a cabo una dieta sana sin trigo.

Comer sin trigo te ayuda, entre otras cosas, a:

- \* Perder peso
- \* Mejorar los síntomas de la diabetes tipo 2
- \* Mejorar el colesterol y LDL
- \* Preservar la densidad ósea y evitar la osteoporosis
- \* Mejorar enfermedades de la piel como psoriasis úlceras o alopecia
- \* Aliviar los síntomas de la artritis reumatoide

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