



El ABC para rejuvenecer (Spanish Edition)

Lupita Jones

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"La mayoría de las enfermedades crónico-degenerativas que nos afectan hoy en día se pueden prevenir. Este ABC para rejuvenecer te ayudará a lograrlo y te asistirá en cómo mantenerte joven sin importar la edad."

Dra. Christiane Northrup, ginecólogo obstetra, autora de los bestsellers "Cuerpo de mujer sabiduría de mujer", "La sabiduría de la menopausia" y "Madres e hijas".

"La mayor sorpresa para el hombre: El envejecer." La vejez, nos llegará a todos como la muerte y, el paradigma a enfrentar, es cómo vivimos nuestros años. ¿Con salud y juventud o con enfermedad y deterioro?

Después de los veintitantos años de edad nuestra salud comienza a declinar y nuestro cuerpo y sus aptitudes se ven dañados por el paso de los años, y un sin fin de factores más. Merma de energía, bajo impulso sexual, problemas digestivos, baja memoria, aparición de arrugas, flacidez de la piel, pérdida de músculo, sobrepeso, enfermedades cardíacas y diabetes, son algunas de las manifestaciones que nos preocupan y nos activan una señal de alarma que dice: "estoy envejeciendo".

Lupita Jones y Diego Di Marco, tras el éxito de su bestseller "Detén el tiempo", traen para ti este ABC que te ofrece prácticas y potentes herramientas para manejar el paso del tiempo, enfocadas a eliminar las causas de las enfermedades para lograr tu bienestar. No importa que tengas 40, 60, 70 o más años tú puedes lograr verte y sentirte ¡10 años más joven!

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Henry Robinson:

Reading a book tends to be new life style on this era globalization. With looking at you can get a lot of information that can give you benefit in your life. With book everyone in this world can easily share their idea. Guides can also inspire a lot of people. Lots of author can inspire all their reader with their story or their experience. Not only the story that share in the books. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors nowadays always try to improve their expertise in writing, they also doing some study before they write to the book. One of them is this El ABC para rejuvenecer (Spanish Edition).

Diana Ham:

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled El ABC para rejuvenecer (Spanish Edition) can be fine book to read. May be it may be best activity to you.

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Brandon Gentry:

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