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La meva vida va fer un gir de cent vuitanta graus després de conèixer el psiconeuroimmunòleg Xevi Verdaguer, gràcies als canvis que vaig introduir en la meva alimentació. Ingredients nous, coccions diferents, menús inèdits, més vambes que talons...

Tot un repte, però amb humor, alegria i molt d'amor he aconseguit cuidar-me molt millor a mi i a la meva família. Em fa molta il·lusió compartir les receptes que formen part del meu dia a dia, i gràcies al nutricionista Marc Vergés coneixeràs tots els beneficis que poden aportar a la teva salut.

M'hi acompanyes? Som-hi!

Amb la col.laboració de la Generalitat de Catalunya, Departament de Cultura.

Title	:	Com a mi m'agrada
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