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El ayuno siempre ha estado presente en el ser humano y, debido a su capacidad para desintoxicar el organismo y activar sus mecanismos naturales de curación, se ha utilizado para tratar con éxito disfunciones como alergias, artritis, trastornos digestivos, enfermedades de la piel y cardiovasculares o asma. En este libro, fruto de la experiencia de los autores, descubrirás los grandes beneficios del ayuno y cómo puedes llevarlo a cabo de forma segura y eficaz

Title : El poder del ayuno
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