

Descargar libros La comida saludable gratis (PDF | ePub | Mobi) Rafael Ansón DG Media



Con el rigor médico en la búsqueda de la salud a través de la alimentación nace este libro, de la mano de los mejores especialistas médicos del Hospital Universitario Ramón y Cajal de Madrid y de los más reconocidos chefs españoles, para explicar cómo disfrutar de la comida y cuidar la salud a través de la misma. No se trata de un libro más en el que se cuentan las virtudes de los alimentos sino de combinar la excelencia en el conocimiento de las enfermedades más habituales con saber lo que podemos hacer para prevenirla o tratarla mediante la comida.

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