

Descargar libros Secretos de la gente sana gratis (PDF | ePub | Mobi) Ma. José Mateo & Julio Basulto DG Media



Un libro repleto de ideas prácticas para tomar conciencia de nuestra salud, conservarla y mejorarla.

Hoy en día la salud se confunde con la estética, con estar delgado, con tomar pastillas y ponerse cremas, como si toda la ayuda para mantenerse sano proviniera de la farmacia. En este libro, los autores nos recuerdan que la mayoría de nosotros nacemos llenos de salud. El secreto de las personas sanas consiste en conservar y aumentar la salud adquiriendo sencillos hábitos beneficiosos y evitando aquello que nos resulta dañino.

Con una sólida base científica y nutricional, este libro nos da las claves y los consejos para vivir una vida saludable sin grandes esfuerzos, exigentes dietas o productos farmacéuticos.

Title : Secretos de la gente sana
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