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SIMPLEMENTE SANO

Más de 100 recetas estacionales inspiradas en la medicina tradicional china

SILVIA RIOLOBOS

En este completísimo libro, Silvia Riobos nos acerca los secretos de esta medicina milenaria a través de la alimentación, con remedios tradicionales y recetas deliciosas basadas en los ingredientes que la tierra nos brinda cada temporada. Estructurado por estaciones, este libro nos invita a reconectar con los ciclos de la naturaleza de manera sencilla, con claves adaptadas a cada época de año que nos permiten integrar nuevos hábitos saludables en el día a día.

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