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La Dieta Cetogenica Del Coco (Spanish Edition)



Synopsis

Este es un programa que ayuda para perder peso y para restablecer la salud. Las dietas bajas en grasas no funcionan, no son naturales, ni tampoco saludables y, a largo plazo, hacen que se gane peso, en vez de que se pierda. Este libro expone muchos mitos y conceptos erróneos acerca de las grasas y la pérdida de peso. El aceite de coco incrementa la energía y mejora el metabolismo, lo que hace que el cuerpo queme calorías de una manera mas rápida. / There is a better solution to the obesity epidemic, and that solution is The Coconut Ketogenic Diet. This book exposes many common myths and misconceptions about fats and weight loss and explains why low-fat diets don't work. It also reveals new, cutting-edge research on one of the worlds most exciting weight loss aids- coconut oil- and how you can use it to power up your metabolism.

Book Information

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Customer Reviews

Bought the book for spanish speaking friends, he suffers from diabetes, his wife wants to cook for my best buddy, its the best way to help.

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