N LIBRO DE AUTOAYUDA, COMPLETO Y ACTUALIZADO, QUE LE SERVIRA DE GUÍA PARA BECOBRAR LA SALUD 7 millones de copias vendidas!



CUARTA EDICIÓN

Guía práctica de la A hasta la Z para disfrutar de una buena salud con vitaminas, minerales, hierbas y suplementos alimentarios

PHYLLIS A. BALCH, CNC

Phyllis A. Balch CNC

Recetas Nutritivas Que Curan, 4th Edition: Guia practica de la A hasta la Z para disfrutar de una burna salud convitaminas, minerales, hierbas y ... Healing: (Spanish)) (Spanish Edition)



continue reading

The most recent findings on a possible link between Alzheimer's and coronary disease. Now thoroughly updated, the 4th edition incorporates the most recent information on the advantages of natural supplements and preventive therapies, including: ?Updated dosage recommendations for vitamins, herbs, and various other supplements ? Whether you are looking for relief from a specific ailment or simply desire to maintain optimum health, Recetas Nutritivas Que Curan quickly and easily has an abundance of details to design a complete nutritional program.Probably the most up-to-date research on disorders such as coronary disease, diabetes, and fibromyalgia ?The completely updated and revised Spanish translation of Prescription for Nutritional Healing, which includes sold over 7 million copies worldwide in all editions For a lot more than twenty years, folks have relied on this invaluable reference simply because helpful information to improving health through nutrition and supplementation.New discussions that reflect our evolving understanding of vitamin E and vitamin B12 ?



continue reading