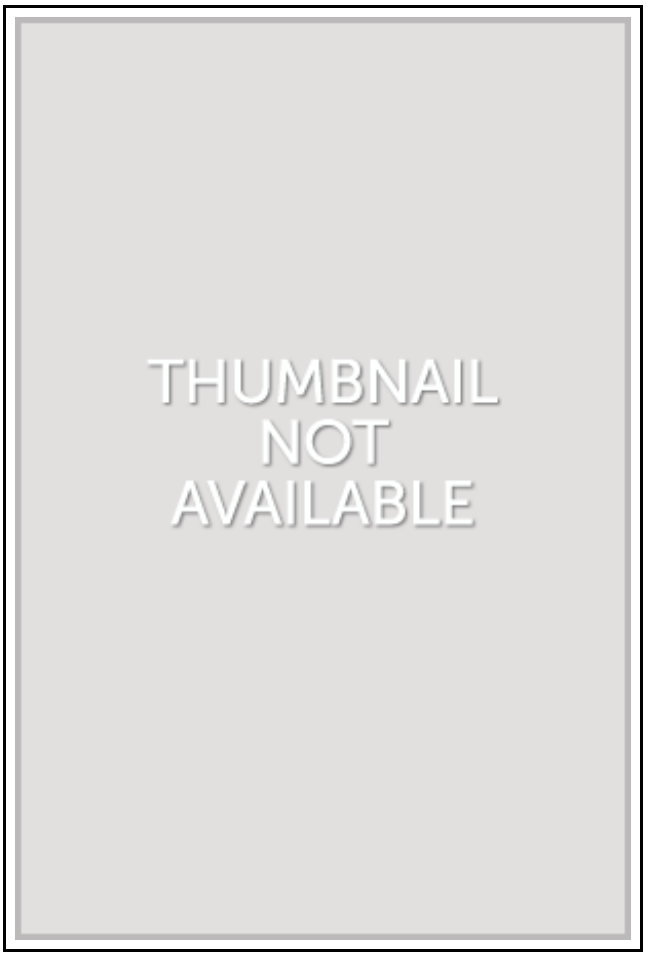
La Solucion del Azucar En La Sangre (the Blood Sugar Solution)



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(Ernest Vandervort)

LA SOLUCION DEL AZUCAR EN LA SANGRE (THE BLOOD SUGAR SOLUTION)

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Aguilar. Paperback. Book Condition: New. Paperback. 528 pages. Dimensions: 8.9in. x 5.9in. x 1.3in.Tienes sobrepeso Padeces de presin alta Tienes historia familiar de diabetes, obesidad o enfermedades cardiacas Si tu respuesta a alguna de estas preguntas es positiva, necesitas leer este libro! Investigaciones recientes revelan que la causa principal del sobrepeso, la diabetes, las enfermedades cardiacas, el cncer y otros males es el desbalance de insulina. Ms de cien millones de estadounidenses padecen este desequilibrio y muchos no lo saben. Por fortuna, este problema es reversible y el Dr. Mark Hyman te muestra cmo lograrlo con su programa integral de salud. En La solucin del azcar en la sangre el Dr. Hyman explica cmo equilibrar los niveles de insulina y de glucosa en la sangre; identifica los siete factores para lograr el bienestar y traza un plan de accin de seis semanas que te proporcionar todas las herramientas que necesitas para personalizar el programa. Recuperars tu salud, perders peso, prevendrs enfermedades y te sentirs como nunca antes! ENGLISH DESCRIPTION: In La solucin del azcar en la sangre, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellnessnutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind-and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, La solucin del azcar en la sangre is the fastest way to lose weight, prevent disease, and feel better than ever. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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