



## Comer para sanar (Spanish Edition)

*Karina Velasco*

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## **Comer para sanar (Spanish Edition)** Karina Velasco

Este libro explora algunas de las teorías y modelos de alimentación que funcionan para cualquier persona ya que se pueden adaptar a todos los estilos de vida y a todo tipo de cuerpo, además son sencillas y fáciles de aplicar.

Esta guía es una introducción al arte de la vida sana, y tiene como principal objetivo ayudar al lector a comenzar este camino de forma más fácil y sintiéndose apoyado con información sencilla y rápida que cambiará su percepción acerca de la salud.

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