



## La enzima prodigiosa. (The Enzyme Factor: How to Live Long and Never Be Sick) (Spanish Edition)

By Hiromi Shinya

Debolsillo. Paperback. Condition: New. 436 pages. Dimensions: 7.5in. x 4.9in. x 0.6in. De acuerdo con el doctor Hiromi Shinya tu cuerpo est diseñado para curarse a s mismo; la dieta que l propone ha curado a miles de pacientes sin recadas. Cualquier persona, con independencia de su predisposicin gentica, puede ayudar a su cuerpo a evitar enfermedades cardiacas, obesidad, fibromas, estreimiento, sndrome de colon irritable, enfermedad de Crohn, apnea del sueo y enfermedades autoinmunes. La clave est en el factor enzimtico. Las enzimas son protenas complejas que permiten el desarrollo de todas las funciones celulares. En La enzima prodigiosa descubrirs por qu algunos alimentos considerados saludables como los lcteos son la causa de enfermedades crnicas. Tambin encontrars explicaciones detalladas sobre los procesos de destruccin enzimtica generados por el alcohol, el tabaco y las grasas trans. Al cambiar pequenos hbitos hoy, tendr buena salud siempre. ENGLISH DESCRIPTION He changed the world with the Shinya Technique for removing polyps through an endoscopy instead of invasive major abdominal surgery. Now Dr. Shinyas discovery of the bodys own miracle enzyme could once again revolutionize health care in America. Glowing, vital health is within your grasp, once you understand the key to lifes code - the enzyme...



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