



Mi Secreto Para Adelgazar y Estar Sano: El Salvado de Avena

By Dr. Pierre Dukan

Rba Libros. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 8.3in. x 5.6in. x 0.6in. Si hubiera que definir el secreto de la dieta Dukan en unas pocas palabras, estas serían el salvado de avena. La receta que se convertirá en uno de los pilares de su método de adelgazamiento y en uno de los tres elementos básicos de su plan de estabilización, la famosa torta Dukan, no es más que una variante de uno de los platos más sencillos y exquisitos del mundo, la crepe. **ENGLISH DESCRIPTION:** In this book, Dr Dukan reveals the secrets behind his magic ingredient: oat bran. Oat bran is a key component of The Dukan Diet, the unique 4-step programme which combines two steps to lose your unwanted weight and two steps to keep it off for good. Not only does it reduce hunger, it also helps to reduce cholesterol, prevent diabetes and cancer, as well as aiding digestion. By eating oat bran as part of The Dukan Diet weight-loss programme you can lose the weight you want like millions of others have around the world. Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight...



READ ONLINE
[8.24 MB]

Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created ebook. It's been printed in a remarkably straightforward way which is merely following I finished reading this ebook in which in fact altered me, altered the way I think.

-- **Arianna Witting**

An exceptional book as well as the font used was exciting to read. It is actually really intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- **Crystel Hagenes**