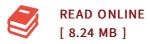




Mi Secreto Para Adelgazar y Estar Sano: El Salvado de Avena

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 seran el salvado de avena. La receta que se convertira en uno de los pilares de su mtodo de adelgazamiento y en uno de los tres elementos bsicos de su plan de estabilizacin, la famosa torta Dukan, no es ms que una variante de uno de los platos ms sencillos y exquisitos del mundo, la crpe. 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 weightloss 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...



Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehended every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally 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