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

By MARK HYMAN

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...

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