

Descubra El Poder de los Jugos Para Bajar de Peso Mejores Recetas Para Bajar de Peso Ya! Pierda 10 Libras en Una Semana Spanish Edition



BOOK DETAILS

- Author : Mario Fortunato
- Pages : 130 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : Spanish
- ISBN : 1481254820

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BOOK SYNOPSIS

Informative, detailed, practical, complete and extremely motivating. All of these and many more adjectives describe Luz Maria Brisenos new book, nutritionist by excellence and host of a radio program. With regards to nutrition this book is a work of art, one which clearly, precisely, and directly promotes nutrition at all intensities and colors. You have in your hands a complete encyclopedia to be able to live a sane and healthy life through nutrition. Through the extensive content of this treasure you will discover that great body that now sleeps within you, waiting to awaken."

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