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LO MEJOR QUE PUEDES COMER / THE BEST THINGS YOU CAN EAT (PAPERBACK)



DEBOLSILLO, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. A partir de los últimos hallazgos científicos, el doctor David Grotto nos ofrece en Lo mejor que puedes comer un compendio irresistible de sabiduría nutricional. Este manual pone un alimento frente a otro y revela resultados sorprendentes que transformarían por completo tu dieta. Por ejemplo: - La guayaba y el pimiento rojo son las mejores fuentes de vitamina C. - El aceite de oliva ofrece la mejor protección contra...

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- Authored by David Grotto
- Released at 2017



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