



Que tus alimentos sean tu medicina (NO FICCIÓN 2 GENERAL) (Spanish Edition)

Felipe Hernández Ramos

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En estos últimos años la llamada Nutrición Celular Activa o Nutrición Ortomolecular ha cobrado un auge espectacular, fruto de sus incontestables éxitos. Este libro recoge algunas de las nociones fundamentales de estas técnicas saludables que se sustentan en la biología nutricional y la bioquímica, respaldando de manera científica la máxima hipocrática «que tu alimento sea tu medicina».

Felipe Hernández describe las razones por las que debemos cuidar la alimentación y suministrar un aporte adicional de nutrientes esenciales, además de desenmascarar algunos de los engaños dietéticos mejor camuflados de nuestro tiempo.

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