



Le mille virtù di Melograno e Zenzero (Italian Edition)

Istituto Riza di Medicina Psicosomatica

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Il frutto del melograno è ricchissimo di sostanze preziose per la nostra salute, in particolare di antiossidanti naturali che proteggono le cellule dai danni dei radicali liberi e dall'invecchiamento. Inoltre i principi attivi contenuti nei suoi semi riducono il colesterolo e migliorano la circolazione.

Anche lo zenzero si è dimostrato molto utile per depurare l'organismo e ridurre le infiammazioni. Favorisce la digestione, regolarizza il livello degli zuccheri nel sangue e allevia i dolori reumatici. In più è un potente dimagrante perché riduce la fame, stimola il metabolismo e le funzioni bruciagrassi.

L'abbinamento fra melograno e zenzero è efficace soprattutto per perdere peso rapidamente, prevenire l'aterosclerosi e mantenere giovane la pelle.

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