



Una guía rápida de vitaminas, minerales y suplementos (Spanish Edition)

Helen Pensanti

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Hay miles de vitaminas, minerales y suplementos. ¡Todos dicen que mejorarán tu salud! Pero no todas esas cosas son buenas para ti. Tal vez tu cuerpo está tratando de enviarte un mensaje. ¿Lo estás escuchando? La doctora Pensanti ha investigado y ha hecho una lista en orden alfabético de los suplementos esenciales con información muy pertinente. Hasta podrás descubrir suplementos para enfermedades específicas al alcance de tus dedos y una fácil referencia con respuestas a preguntas como éstas:

- ¿Cuáles son los cinco mejores suplementos para alguien que sufre de una enfermedad del corazón o de cáncer?
- ¿Qué pasa si mi cuerpo no posee suficientes vitaminas y minerales?
- ¿Qué alimentos proveen estas vitaminas y minerales de manera natural?
- ¿Cuánto debo tomar y con qué frecuencia?
- ¿Hay alguna contraindicación?

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