



HAY UNA CURA PARA LA DIABETES (Spanish Edition)

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Esta nueva versión de Hay una cura para la diabetes nos ofrece un enfoque innovador sobre la prevención y la cura de lo que el doctor Gabriel Cousens denomina «síndrome degenerativo de diabetes crónica». El autor expone los peligros del exceso de glucosa y de fructosa, que son la clave de la epidemia que afecta a casi trescientos cincuenta millones de personas. El programa de recuperación de la diabetes del doctor Cousens es el más exitoso que existe actualmente en el mundo. En este libro nos presenta su plan de tres semanas basado en una alimentación integral, con un índice entre moderado y bajo de carbohidratos de origen exclusivamente vegetal, a fin de revertir la diabetes y recuperar la salud fisiológica y el bienestar, restableciendo el ADN de la persona. Este programa hace que la insulina sea innecesaria a partir del cuarto día, volviendo a la normalidad los niveles de azúcar, lográndose en dos semanas una fisiología no diabética. Esta versión del libro, ampliamente revisada y aumentada, nos revela también los riesgos de una dieta excesivamente baja en colesterol y omega-3, e incluye más de 140 deliciosas recetas.



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