



Todo sobre el Vegetarianismo (Spanish Edition)

Vida Sana

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Si ha comido carne toda la vida, el cambio a una dieta vegetariana puede ser algo que podría ser difícil de tolerar. También podría preguntarse por qué ni siquiera debería pensar en cambiar. Muchas personas tienen la imagen de no comer de esta manera para toda su vida, ¿por qué cambiar ahora? Hay muchas razones por las cuales usted puede decidir cambiar a una dieta vegetariana. En primer lugar, tal vez la que más fuerza tenga a la hora de cambiar de hábito alimenticio, es simplemente darse un vistazo en el espejo. La mayoría de las personas, a nivel mundial, no tienen un peso saludable y esta puede ser la razón número uno para ellos para decidirse a cambiar.

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