



El método CLEAN para el intestino / Clean Gut (Spanish Edition)

Alejandro Ph Junger

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El método definitivo para prevenir las enfermedades y mejorar radicalmente tu salud.

Hoy en día, la mayoría de los padecimientos diagnosticados encuentran su raíz en el intestino: un sistema poderoso y complicado diseñado para proteger y sanar nuestro organismo cada instante de nuestra vida. Tristemente casi todos tenemos dañado este sistema extraordinario, por lo que vamos por la vida sufriendo las consecuencias: las enfermedades crónicas van en aumento y todos parecen estar sufriendo de algo, realizándose exámenes y tomando medicamentos recetados o sin receta.

En El método CLEAN para el intestino, el autor de Clean -éxito en ventas del New York Times- nos brinda el programa más avanzado para eliminar desde los más pequeños hasta los más grandes problemas de salud: exceso de peso, dolor crónico, alergias, enfermedades del corazón, inflamación, desórdenes del sistema inmunológico y depresión.

Gracias al doctor Alejandro Junger, ya no tenemos que estar enfermos para recuperar la salud. En lugar de “tapar el sol con un dedo” tratando los síntomas conforme se manifiestan, este maravilloso libro nos da una estrategia preventiva para atacar las enfermedades antes de que se instalen en el intestino.

Sin importar cuál sea tu estado de salud actual, con este programa eliminarás padecimientos cotidianos, revertirás enfermedades crónicas y alcanzarás un estado de salud duradero.

English Description

In Clean Gut, Alejandro Junger, M.D, New York Times bestselling author of Clean and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of today's most-diagnosed ailments can be traced back to an injured and irritated gut. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day. And yet for far too many of us, this remarkable system is in disrepair, which leads to all kinds of health problems—from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: Clean Gut will help you put an end to everyday ailments, reverse chronic disease, and achieve true, long-lasting health.

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