



La enzima prodigiosa. (The Enzyme Factor: How to Live Long and Never Be Sick) (Spanish Edition)

By Hiromi Shinya

Debolsillo. Paperback. Condition: New. 436 pages. Dimensions: 7.5in. x 4.9in. x 0.6in. De acuerdo con el doctor Hiromi Shinya tu cuerpo está diseñado para curarse a sí mismo; la dieta que él propone ha curado a miles de pacientes sin recadas. Cualquier persona, con independencia de su predisposición genética, puede ayudar a su cuerpo a evitar enfermedades cardíacas, obesidad, fibromas, estreñimiento, síndrome de colon irritable, enfermedad de Crohn, apnea del sueño y enfermedades autoinmunes. La clave está en el factor enzimático. Las enzimas son proteínas complejas que permiten el desarrollo de todas las funciones celulares. En La enzima prodigiosa descubrirás por qué algunos alimentos considerados saludables como los lácteos son la causa de enfermedades crónicas. También encontrarás explicaciones detalladas sobre los procesos de destrucción enzimática generados por el alcohol, el tabaco y las grasas trans. Al cambiar pequeños hábitos hoy, tendrás buena salud siempre. ENGLISH DESCRIPTION He changed the world with the Shinya Technique for removing polyps through an endoscopy instead of invasive major abdominal surgery. Now Dr. Shinya's discovery of the body's own miracle enzyme could once again revolutionize health care in America. Glowing, vital health is within your grasp, once you understand the key to life's code - the enzyme...



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