



Balance: El poder de una vida balanceada (Spanish Edition)

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Una Vida Balanceada / Living Balanced Stacey A. Kimbrell, 2008-09-01 Porque America es considerada una de las naciones mas enfermas del mundo Porque americanos estan constantemente laboreando con sus pesos corporal Quienes son los que ganan con estas situaciones Living Balanced revela la fuente de la mayoria de estas dolencias que estan activamente corriendo ahora en los Estados Unidos y como evitar que esto le pase a usted La autora Stacey Kimbrell expone el terror que esta pasando en nuestras tiendas de combustibles La norma establecida de la dieta Americana que consiste de alimentos ya preparados y empaquetados conteniendo productos quimicos toxicos que pueden tener un mal efecto a lo largo de su salud Estos productos con sus ingredientes hechos a mano de obra estan cruzando las fronteras y los ciudadanos de otras naciones ya estan experimentando las mismas situaciones de salud igual a los americanos Lo que usted no sabe le puede danar a usted Este guia de referencia esta designada para ayudarle durante su vida diaria para cuando empiece a hacer los cambios positivos para mejorar su salud y bien estar Usted va a aprender cuales son los productos quimicos toxicos que estan en sus alimentos tintorerias y productos faciales y como reemplazar estos productos con sustitutos Los lectores reciben instrucciones paso a paso para preparar los productos de limpieza de la casa con seguridad y con menos gastos Living Balanced tambien explicara las formas de limpiar y eliminar de su cuerpo toxinas y tambien Candida proveyer formas de balancear los niveles de pH y ayudarles hacia un cuerpo y un estilo de vida mas saludable La mejor salud empieza al hacer unas decisiones sabias que puede conducir a una vida mas bien balanceada

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