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Jugoterapia (Spanish Edition)



Synopsis

Este no es otro libro de jugos, sino el resultado de toda la sabiduría y práctica que el doctor Jensen acumuló y regala ahora en este manual, para que el lector aprenda cuáles frutas y verduras, legumbres y semillas, necesita para obtener las vitaminas y minerales básicos, y para que conozca las más deliciosas combinaciones en jugos, cocteles, licuados, postres y helados.

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Customer Reviews

Es un libro que cuida de nuestra salud y nos ayuda a desintoxicar nuestro organismo, lo recomiendo ampliamente, yo lo he llevado a cabo y los jugos que estoy haciendo me han ayudado mucho. Lo recomiendo ampliamente

REALLY GOOD BOOKS! IT WAS A GIFT FOR MY MOTHER AND SHE WAS IMPRESSED. THEY ARE EVER HELPFUL BOOKS MY MOTHER OWNS A BUSINESS RELATED TO THIS

recomiendo este libro para todo aquel que desee un resumen sobre los jugos, muy bueno. quede satisfecho con su lectura.

It's a good book, with great juices to keep the health.....

VERY GOOD!!!

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