



El diario de mi detox (blanco y negro) (Spanish Edition)

Cecilia Ramírez Harris

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Esta es la edición blanco y negro con bellas fotografías en su interior de "El Diario De Mi Detox", una guía práctica con todos los secretos del proceso de desintoxicación con jugos verdes, creada por la experta en salud Cecilia Ramírez Harris. -Descubre todos los pasos a seguir antes y después del "Detox". -Recibe las herramientas necesarias para comenzar un nuevo estilo de vida lleno de salud, vitalidad y energía. -Aprende como sacarle provecho a los vegetales y las frutas para beneficiar tu salud y -Aprende a controlar tu peso de manera inteligente y saludable. -Incluye todo lo que necesitas saber para comenzar un detox: *Lista de compras *Equipo necesario *Recetas para hacer los jugos verdes *Recetas para hacer nutritivos batidos. También en "El Diario De Mi Detox", Cecilia te da las claves para desintoxicar tu mente y tus emociones.

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