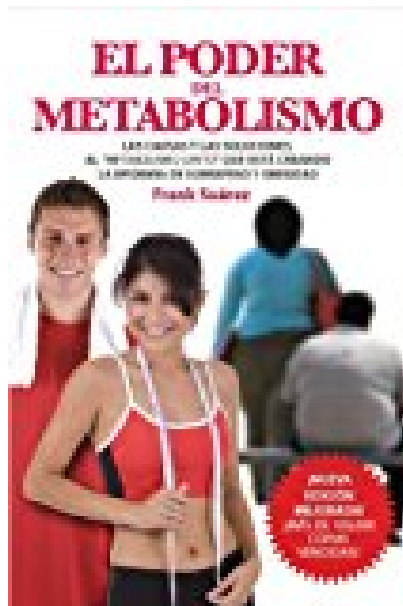


El Poder del Metabolismo Spanish Edition



BOOK DETAILS

- Author : Frank Suarez
- Pages : 362 Pages
- Publisher : Metabolic Press
- Language : Spanish
- ISBN :

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BOOK SYNOPSIS

Written by Frank Suarez, a Latin American expert in the field of metabolism and obesity, *The Power of Your Metabolism* is based on actual proven techniques to achieve weight loss, the natural way. The book is full of practical advice, a description of the easiest diet you can follow, and the successful habits of those thousands of people who have slimmed down with the authors help. It includes topics such as dehydration, problems with the thyroid gland system, how to determine hypothyroidism using the bodys temperature, food intolerances, candida albicans yeast, diabetes and hypoglycemia, medications that make you gain weight, how to cheat intelligently, and the wonder of adoptogens, among many others.
Spanish Version

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