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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 GIFT FOR MY MOTHER AND SHE WAS IMPRESSED. THEY ARE EVER HELPFUL BOOKS MY MOTHER OWN 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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