



## Secretos de la gente sana: Cinco pasos para mejorar y conservar la salud (Spanish Edition)

*Julio Basulto, Ma. José Mateo*

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**Un libro repleto de ideas prácticas para tomar conciencia de nuestra salud, conservarla y mejorarla.**

Hoy en día la salud se confunde con la estética, con estar delgado, con tomar pastillas y ponerse cremas, como si toda la ayuda para mantenerse sano proviniera de la farmacia. En este libro, los autores nos recuerdan que la mayoría de nosotros nacemos llenos de salud. El secreto de las personas sanas consiste en conservar y aumentar la salud adquiriendo sencillos hábitos beneficiosos y evitando aquello que nos resulta dañino.

Con una sólida base científica y nutricional, este libro nos da las claves y los consejos para vivir una vida saludable sin grandes esfuerzos, exigentes dietas o productos farmacéuticos.

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