



Cómo cura la espirulina (MANUALES INTEGRAL) (Spanish Edition)

José T. Gállego

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Todos los beneficios de una microalga medicinal

La espirulina es un alga verdeazulada que crece en aguas ricas en sales minerales. Sus propiedades nutritivas son asombrosas. Es el alimento con mayor contenido en proteínas, por encima de la carne o la soja. Además es excepcionalmente rica en betacaroteno, vitamina B12 y el resto de vitaminas del grupo B, hierro, ácido gamma linolénico y minerales esenciales.

Su gran riqueza nutricional la convierte en un alimento-medicina, ya que ayuda a restituir estados carenciales, como falta de hierro, y funciona como complemento en dietas de adelgazamiento o como suplemento fortalecedor para personas mayores y niños en edad de crecimiento. Además, estimula el sistema inmunitario y protege contra el envejecimiento. El autor nos descubre la gran variedad de asombrosas propiedades de esta alga y nos explica además cómo cultivarla en casa de manera muy sencilla, junto con algunas ideas para incorporarla a nuestra dieta.

José T. Gállego, (Madrid, 1973)

Periodista y agricultor ecológico especializado en plantas medicinales. Ha publicado cientos de artículos sobre cultivo ecológico, y es autor de *El huerto ecológico en macetas* y *Cómo cura la espirulina*. Con el cambio de siglo, cansado de la ciudad, se trasladó al campo con su familia en busca de una vida sencilla en contacto con la naturaleza. Practica la agricultura ecológica y biodinámica, vive rodeado de animales y produce casi todos los alimentos que consume.

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