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Giulia Enders

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Firmado por la joven científica Giulia Enders, cuya conferencia La digestión es la cuestión fue un fenómeno en YouTube. -Las últimas investigaciones científicas han demostrado que el cuidado del intestino es la clave para la salud integral de las personas. -Una explicación sencilla y entretenida, muy agradable de leer y comprensible para todos. El intestino, ese gran desconocido, la oveja negra entre los órganos, que quizá hasta ahora nos parecía más bien desagradable. Pero esta imagen, estimado lector, está a punto de cambiar. El sobrepeso, las depresiones y las alergias están estrechamente relacionados con una alteración del equilibrio de la flora intestinal. O dicho de otro modo: si queremos sentirnos bien en nuestro cuerpo, vivir más y ser más felices, debemos cuidar nuestro intestino. Así lo sugieren las investigaciones más recientes. En este libro, la joven científica Giulia Enders explica de forma entretenida cuán maravilloso y altamente complejo es el intestino. Es la clave del cuerpo y el alma, y nos aporta una perspectiva totalmente nueva... desde la puerta trasera de nuestro organismo.

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