



# **Remedios para los desórdenes de la tiroides de la Dama de los Jugos: Recetas de jugos, batidos y alimentos orgánicos (Spanish Edition)**

*Cherie Calbom*

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La tiroides es una de las glándulas más importantes del cuerpo, que ayuda a regular casi todos los demás sistemas. El tercer libro de la serie La dama de los jugos, Remedios para los desórdenes de la tiroide se centrará en la glándula tiroides, que está vinculada con el metabolismo y el apetito; cambios de humor; la aparición de cabello, piel, y uñas; músculos, problemas de las articulaciones, y más. Este libro incluirá:

- Tés curativos, zumos, y batidos
- Smoothies verdes que aportan un gran alcance de fitonutrientes y antioxidantes
- Recomendaciones de comida cruda
- Una sección de consejos sobre cómo elegir el mejor exprimidor y los mejores productos de electrónica, así como consejos para preparar, limpiar y almacenar sus zumos y batidos, y mucho más!

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