



LA GORDURA NO ES SU CULPA: DESCUBRA SU TIPO METABOLICO Y LIBERESE DE LAS DIETAS PARA SIEMPRE (Spanish Edition)

LUDWIG JOHNSON

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TIENE MUCHA ANSIEDAD POR COMER HARINAS Y O DULCES? ENGORDA EN LA CINTURA? HA HECHO TODAS LAS DIETAS, ADELGAZA Y SIEMPRE VUELVE A ENGORDAR? TIENE EL METABOLISMO LENTO? RETIENE LIQUIDOS? ESTA CONSIDERANDO OPERARSE EL ESTOMAGO? HA PENSADO QUE SERA GORDO TODA LA VIDA? SI RESPONDIO AFIRMATIVAMENTE A ALGUNA DE ESTAS PREGUNTAS, ESTE LIBRO ES PARA USTED! CON SOLO DESCUBRIR SU TIPO DE METABOLISMO USTED PODRA ACELERAR SU METABOLISMO, TENER TOTAL CONTROL SOBRE LA COMIDA Y ADELGAZAR PARA SIEMPRE

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