

*Qué NO hacer en*

## LA DIETA DEL METABOLISMO ACELERADO



**1. NO AL TRIGO**

**2. NO AL MAÍZ**



**3. NO A LA LECHE Y SUS DERIVADOS**

**4. NO A LA SOJA\***



**3. NO A LOS AZÚCARES REFINADOS**

**6. NO A LA CAFEÍNA**



**7. NO AL ALCOHOL**

**8. NO A LOS ZUMOS Y A LA FRUTA SECA O DESHIDRATADA**



**9. NO A LOS EDULCORANTES ARTIFICIALES**

**10. NO A LA COMIDA DIETÉTICA O LIGHT**



# La Dieta Del Metabolismo Acelerado

**Victor M. Corman**



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