

Giulia Enders

LA DIGESTIÓN ES LA CUESTIÓN

Descubre los secretos
del intestino, el órgano
más infravalorado
del cuerpo humano

URANO

Nueva
edición
revisada y
ampliada



9.
edición

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La digestión es la cuestión Giulia Enders, 2015 El intestino ese gran desconocido la oveja negra entre los rganos que quiz hasta ahora nos parec a m s bien desagradable Pero esta imagen estimado lector est a punto de cambiar El sobrepeso las depresiones y las alergias est n estrechamente relacionados con una alteraci n del equilibrio de la flora intestinal O dicho de otro modo si queremos sentirnos bien en nuestro cuerpo vivir m s y ser m s felices debemos cuidar nuestro intestino As lo sugieren las investigaciones m s recientes En este libro la joven cient fica Giulia Enders explica de forma entretenida cu n maravilloso y altamente complejo es el intestino Es la clave del cuerpo y el alma y nos aporta una perspectiva totalmente nueva desde la poerta trasera de nuestro organismo P 4 of cover **Digestión es la cuestión** Giulia Enders, 2015-07-20 Firmado por la joven cient fica Giulia Enders cuya conferencia La digesti n es la cuesti n fue un fen meno en YouTube Las ltimas investigaciones cient ficas han demostrado que el cuidado del intestino es la clave para la salud integral de las personas Una explicaci n sencilla y entretenida muy agradable de leer y comprensible para todos Nueva edici n revisada y aumentada El intestino ese gran desconocido la oveja negra entre los rganos que quiz hasta ahora nos parec a m s bien desagradable Pero esta imagen estimado lector est a punto de cambiar El sobrepeso las depresiones y las alergias est n estrechamente relacionados con una alteraci n del equilibrio de la flora intestinal O dicho de otro modo si queremos sentirnos bien en nuestro cuerpo vivir m s y ser m s felices debemos cuidar nuestro intestino As lo sugieren las investigaciones m s recientes En este libro la joven cient fica Giulia Enders explica de forma entretenida cu n 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 En esta nueva edici n la autora incluye un nuevo cap tulo con los ltimos hallazgos cient ficos sobre el mundo de los microbios

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