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La Respuesta Esta En El Colageno Plus Vitae

Ana María Lajusticia Bergasa



La Respuesta Esta En El Colageno Plus Vitae:

La Respuesta Esta En El Colageno Ana Maria Lajusticia,2007-03-02 El col geno es una prote na que forma el tejido conectivo Es un componente fundamental de la piel y sobre todo de las articulaciones Sin embargo se sabe el hecho de que su deterioro provoca la falta de tersura y el envejecimiento prematuro de la piel Pero sobre todo provoca muchas de las lesiones musculares de tendones y ligamentos que hoy d a asolan principalmente a las personas que practican deportes ya sean aficionados o profesionales Cual es la causa de esta carencia C mo se puede prevenir y solucionar este problema En este libro la autora con su habitual estilo riguroso y did ctico explica de qu modo se puede afrontar este grave problema que adem s de lo mencionado provoca enfermedades tales como la artrosis y la osteoporosis Una obra con la que despu s de su lectura usted podr prevenir y mejorar todas las afecciones que el d ficit del col geno provoca La respuesta está en el colágeno Ana María Lajusticia Bergasa,2012-01-10 El col geno es una prote na que forma el tejido conectivo Es un componente fundamental de la piel y sobre todo de las articulaciones clave en el correcto funcionamiento de huesos tendones y m sculos Sin embargo es conocido el hecho de que su deterioro provoca la falta de tersura y el envejecimiento prematuro de la piel Pero sobre todo muchas de las lesiones musculares de tendones y ligamentos que hoy d a afectan principalmente a las personas que practican deportes ya sean aficionados o profesionales mujeres maduras y cada vez m s ni os

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