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Alimentarse En El Camino: Viajando Ligero (Spanish Edition)

Roxanne Edrington

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¡Alimentarse en el camino es un hábito para un estilo de vida saludable que es importante dominar! Como sociedad hemos llegado a basarnos en comidas procesadas y convenientes para llevar. Al sacrificar la nutrición por la facilidad y accesibilidad, estamos ignorando las consecuencias a largo plazo sobre nuestra salud. Muchos problemas serios de salud son el resultado de malas elecciones hechas al comer en el camino. Algunos ejemplos son la hipertensión, el colesterol alto y la diabetes. ¡Este es un gran problema y se encuentra alrededor del mundo! Al aprender a hacer mejores elecciones sobre alimentación, podemos prevenir potencialmente e incluso revertir el hecho de que las enfermedades crónicas tomen el control de nuestras vidas. En este libro te enseñaré cómo alimentarte para el éxito. Ya sea que viajes por el camino comiendo en restaurantes, en aeropuertos o en hoteles, te voy a guiar para que tomes mejores decisiones para tu salud. Al seguir estos principios serás capaz de hacer simples cambios en tu plan de alimentación para estar saludable y tener más energía. ¡¡La gente que ha seguido estos lineamientos básicos se ha sentido fantásticamente!!

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