



La cura para la fatiga: Descubre cómo combatir la fatiga y recuperar tu vitalidad (Spanish Edition)

Dr. Sohene Roked

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Aumenta drásticamente tu energía y termina con el *cansancio crónico*

¿Necesitas tomar café o té para despertar?

¿Te sientes cansado sin razón aparente?

¿Estás completamente estresado al final de la semana o incluso al final del día?

Si tu respuesta a cualquiera de estas preguntas es sí, entonces es el momento de tomar el control de tu salud con La cura para la fatiga, una guía poderosa que te ayudará a:

- elegir una dieta y una rutina de ejercicio adecuadas para restaurar los niveles de energía;
- descubrir los mejores suplementos para sentirte bien y lucir joven;
- equilibrar tus hormonas y mejorar tu salud intestinal para estar realmente sano, por dentro y por fuera;
- dormir el tiempo suficiente para levantarte radiante al día siguiente, y
- acabar con tu adicción al azúcar y a los alimentos procesados que no te nutren realmente.



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Bernadine Williams:

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love La cura para la fatiga: Descubre cómo combatir la fatiga y recuperar tu vitalidad (Spanish Edition), you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't understand it, oh come on its identified as reading friends.

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