



Sin trigo, gracias. Recetas en 30 minutos (¡o menos!) (Spanish Edition)

William Davis

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Pierde peso y gana salud cocinando platos sin trigo ¡en un abrir y cerrar de ojos!

Siguiendo la estela de *Sin trigo, gracias*, el libro en el que el prestigioso cardiólogo William Davis explica con datos científicos y estudios recientes las graves consecuencias de tomar trigo en nuestra dieta hoy en día -al margen de padecer o no alergias o intolerancias-, llega *Sin trigo, Gracias. Recetas en 30 minutos ¡o menos!*, una puesta en práctica de la teoría del doctor para todos aquellos que deseen comer sano y rápido.

Este libro te ofrece **200 sencillas y rápidas recetas** que te ayudarán a ahorrar tiempo sin dejar de cuidar tu salud usando el método *Sin trigo, gracias*. Si estás muy ocupado para pasarte horas en la cocina pero quieres sentirte sano y comer bien, este es tu libro.

Comer sin trigo te ayuda, entre otras cosas, a:

- * Perder peso
- * Mejorar los síntomas de la diabetes tipo 2
- * Mejorar el colesterol y LDL
- * Preservar la densidad ósea y evitar la osteoporosis
- * Mejorar enfermedades de la piel como psoriasis úlceras o alopecia
- * Aliviar los síntomas de la artritis reumatoide

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