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Adiós Al Azúcar: Pierde Peso, Siéntete Bien Y Luce Más Joven (Spanish Edition)



Synopsis

Sugar is the new public enemy number one. In western countries, consumption of this substance has increased dramatically. A diet that is high in sugar can lead to diabetes, obesity and many other health problems. Excess sugar consumption of both the white powder put on the table as well as the high-fructose corn syrup hidden in our packaged foods is not only making us sick, but it's making us obese and aging our skin. In this book, nutritionist Brooke Alpert and dermatologist Patricia Farris team up to design a revolutionary program that helps minimize the sugar intake from your diet in order to recapture youthful skin and be in good health.

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