



La solución del azúcar en la sangre (Spanish Edition)

Mark Hyman

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¿Sabías que las bacterias de tus intestinos equivalen a casi dos kilos de tu peso corporal? ¿Sabías que puedes eliminarlas a base de una dieta sana? *La solución del azúcar en la sangre* es un libro impactante, práctico y revelador.

El programa súper sano para perder peso, combatir las enfermedades y sentirse genial, ¡ahora! El Dr. Hyman revela que la solución secreta para perder peso y prevenir, no sólo la diabetes, también problemas cardíacos, demencia y cáncer, es mantener los niveles de insulina balanceados. El Dr. Hyman describe las claves para lograr una buena nutrición en un programa de sólo seis semanas:

- Estimular la nutrición
- Balancear hormonas.
- Prevenir la inflamación.
- Mejorar la digestión.
- Desintoxicar el cuerpo.
- Aumentar la energía metabólica.
- Relajar la mente.

La #diabesidad#, un término que describe el espectro completo de la disfunción metabólica, que comienza con niveles elevados de azúcar en la sangre y una resistencia débil a la insulina. Con el tiempo crece progresivamente hasta que se convierte en diabetes. Pero tú puedes ganar la batalla contra la diabesidad, no importa si has intentado luchar contra problemas de peso y azúcar toda tu vida, si ya has probado todas las dietas y no has tenido éxito, incluso si ya tomas medicinas para la diabetes, la presión alta, el colesterol, el azúcar alto, la depresión. En sólo seis semanas puedes balancear tus niveles de azúcar y disfrutar de una salud que nunca creíste posible.

Gracias al método creado por el Dr. Hyman puedes sanarte siguiendo cada paso de la guía que este libro pone en tus manos.

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