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Sommario/riassunto	<p>De la autora de los bestsellers internacionales La dieta del metabolismo acelerado y Quemalo. Un enfoque en la linea de todos los libros de Pomroy, que con su estilo unico nos ofrece un innovador plan para curar o tratar diversas enfermedades. ¿Sabias que hay ciertos alimentos que pueden hacerte un lifting mejor que un cirujano plastico? ¿Que los pepinos y la curcuma realzan tus pomulos y que el hummus fortalece tu piel? ¿Que el maiz tiene un fitonutriente que puede causar circulos negros y bolsas debajo de tus ojos? Haylie Pomroy sabe todo esto y mas, y con este nuevo libro nos revelara como la comida, gracias a su poder metabolico, es el mejor doctor. Preparate para convertir a los alimentos en medicina y a tu cocina en una farmacia en la que podras curar desde la gastritis y la fatiga cronica hasta la diabetes y el cancer. ¡Lo unico que tienes que hacer es comer!</p> <p>ENGLISH DESCRIPTION Haylie Pomroy, celebrated nutritionist, and #1 New York Times bestselling author of The Fast Metabolism Diet, shares a food prescription for the 7 most common ways your metabolism misfires and leads to exhaustion, excess weight, and illness. With her targeted eating plans you can feed your body back to a vibrant, energetic, and thriving state. When multiple health challenges threatened the author's life, it set her on an investigative journey that was life-changing--and lifesaving. In this book, she shares her personal story for the first time, as well as the powerful food programs she created based on the methods and</p>

philosophies that saved her life and helped her thrive. For decades now, these same food therapies have provided profound clinical results in her clinics where she's treated thousands of others. Our bodies are always talking, communicating their needs. We just need to learn how to listen. Sometimes they whisper to us--our energy is off, we just don't feel right, we have indigestion or IBS, or our body shape is morphing in ways we don't recognize or like. Sometimes our bodies speak up and change our biochemistry in order to get our attention, by pushing our cholesterol a little higher, making us irritable, reactive, or 'foggy.' At other times our bodies are screaming for help, we have become pre- or full-blown diabetic and our immune systems are confused and attacking us. Every one of these health signals hides a specific problem, and for which food, not drugs, is the answer. So, if you're suffering from GI issues, fatigue, out of whack hormones, mood and cognition difficulties, elevated cholesterol, blood sugar control problems, or an autoimmune problem, Food Rx has the solution for you.

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