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O autor de best-sellers do The New York Times mergulha nos pormenores de como dominar um estilo de vida sem grãos, incluindo dicas de como sobreviver aos sintomas da síndrome de abstinência do trigo e o que fazer se a perda de peso estacionar. Informações úteis, um prático guia de compras e uma coleção exclusiva de receitas destinadas a resolver problemas fazem deste livro o guia definitivo para a vida sem grãos. Saúde total também inclui depoimentos de pessoas que recuperaram a saúde e a vida ao passar a viver sem grãos.

Title	: Saúde total
Author	: William Davis
Categoria	: Medicina
Publicado	: 17/08/2016
Editora	: WMF Martins Fontes
Vendedor	: Bookwire Brazil Distribuicao de Livros Digitais LTDA.
Páginas impressas	: 443 páginas
File Size	: 3.37MB

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