

El poder curativo de los alimentos (Spanish Edition)

By Annemarie Colbin

Discussing how to be healthy in the modern world, this perceptive guide attempts to answer why people still suffer from serious illnesses during a time of advanced medicine, and it provides the pros and cons of all diets. Eating healthy is the first step in improving health.

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El poder curativo de los alimentos (Spanish Edition) by By Annemarie Colbin ebook read online.
pdetail:

- Sales Rank: #4028395 in Books
- Brand: Brand: Circulo de Lectores
- Published on: 2008-03-04
- Original language: Spanish
- Number of items: 1
- Dimensions: 8.50" h x .70" w x 5.50" l,
- Binding: Paperback
- 347 pages

editorial:

About the Author

Annemarie Colbin was raised in a vegetarian household and became a professional chef, driven by her desire to achieve well-being through food. She is the founder and director of the Natural Gourmet Cookery School in New York City. She has had many articles published in newspapers and magazines, including *Cosmopolitan*, the *New York Times*, and the *New York Daily*, and she is the author of *The Book of Whole Meals*. She lives in New York City.

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