



Hay una cura para la diabetes (Spanish Edition)

By Gabriel Cousens

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Esta nueva version de Hay una cura para la diabetes nos ofrece un enfoque innovador sobre la prevencion y la cura de lo que el doctor Gabriel Cousens denomina «síndrome degenerativo de diabetes crónica». El autor expone los peligros del exceso de glucosa y de fructosa, que son la clave de la epidemia que afecta a casi trescientos cincuenta millones de personas. El programa de recuperacion de la diabetes del doctor Cousens es el mas exitoso que existe actualmente en el mundo. En este libro nos presenta su plan de tres semanas basado en una alimentacion integral, con un indice entre moderado y bajo de carbohidratos de origen exclusivamente vegetal, la cual revierte la diabetes y recupera la salud fisiologica y el bienestar, restableciendo el ADN de la persona. Este programa hace que la insulina sea innecesaria a partir del cuarto día, al volver a la normalidad los niveles de azucar, lograndose en dos semanas una fisiologia no diabetica. Esta version del libro, ampliamente revisada y aumentada, nos revela tambien los riesgos de una dieta excesivamente baja en colesterol y omega-3, e incluye mas de 140 deliciosas recetas. / This new edition offers an innovative approach to the prevention and healing of what Dr. Gabriel Cousens calls chronic diabetes degenerative syndrome. Dr. Cousens exposes the dangers of excess glucose and fructose as the key causes of this seemingly unstoppable epidemic that affects more than twenty-five million Americans and 347 million people worldwide.

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Hay una cura para la diabetes (Spanish Edition) By Gabriel Cousens Bibliography

- Sales Rank: #718945 in Books
- Published on: 2014-08-30
- Original language: Spanish
- Number of items: 1
- Dimensions: 9.00" h x 1.40" w x 5.70" l,
- Binding: Paperback
- 672 pages

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Editorial Review

About the Author

Gabriel Cousens, M.D., is a medical doctor, psychiatrist, family therapist, and licensed homeopathic physician. He received his medical degree in 1969 from Columbia Medical School and completed his psychiatry residency in 1973. He was the chief mental health consultant for Sonoma County Operation Head Start and has served on the board of trustees of the American Holistic Medical Association. He speaks internationally on health topics and is the author of numerous books and articles. Dr. Cousens is the founder/director of the Tree of Life Rejuvenation Center, an innovative holistic retreat center for the renewal of body, mind, and spirit, based in Patagonia, Arizona.

Mark Mayell has written on natural medicine for twenty years. As the editor of Natural Health magazine, he guided it to become the leading national magazine of its kind. He is the author of four books, including Natural Energy. He is on the advisory board of the American Holistic Health Association and lives with his family in Wellesley, Massachusetts.

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