



Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition)

Miquel Pros

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Los beneficios del cereal más completo

La avena es uno de los cereales más completos que podemos consumir. Sus cualidades energéticas y nutritivas la hacen única. Es rica en proteínas, hidratos de carbono, grasas y vitaminas B y E, además de en minerales y oligoelementos. Posee siete de los nueve aminoácidos esenciales para la vida y contiene sílice, un mineral que actúa como un superconductor que beneficia la electrobioquímica del organismo.

Su acción terapéutica es incomparable. La avena purifica, es fuente de energía, vitalidad y disminuye la ansiedad. Refuerza el sistema inmunitario y es muy eficaz como complemento de cualquier tratamiento médico. Acelera las recuperaciones posoperatorias y mejora la concentración. Sus sustancias mucilaginosas protegen el intestino y enriquecen la flora. Por todo ello, está considerada un alimento óptimo: facilita la digestión y regula los desequilibrios de peso.

Este libro presenta de manera clara y sencilla las propiedades de la avena, recomienda deliciosas recetas y ofrece una guía para seguir la monodieta de avena del Dr. Pros, una dieta depurativa y adelgazante.

Dr. Miquel Pros

Es un médico naturista formado en Alemania, con más de treinta años de experiencia profesional. Su interés por la salud de las personas, en el sentido más amplio del término, le ha empujado a trascender muy a menudo su propia consulta médica. Por este motivo, además de trabajar desde siempre con un equipo interdisciplinar, ha sido el creador de dos proyectos totalmente innovadores en nuestro país: el primer Balneario Respiratorio urbano y el primer Jardín Terapéutico municipal, ambos en la ciudad de Barcelona. Y, más recientemente, ha abierto un centro de salud en plena naturaleza, en la provincia de Girona.

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Kathy Vaughn:

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Brandon Giles:

Playing with family inside a park, coming to see the sea world or hanging out with pals is a thing that usually you will have done when you have spare time, then why you don't try something that's really opposite from that. One activity that makes you not feel tired but still relaxing, thrilling like on a roller coaster you have been riding on and with additional details. Even if you love *Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition)*, you can enjoy both. It is an excellent combination, right, you still want to miss it? What kind of hangout type is it? Oh, it's a mind hangout. What? Still don't have it, oh, come on, it's identified as reading friends.

Stephen Lee:

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