



Equilibrio natural para el cuerpo de la mujer: Obtenga excelente salud de por vida (Spanish Edition)

Janet Maccaro PhD CNC

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¡Su salud es de vital importancia para usted y los que le rodean! La doctora Janet Maccaro ha creado un plano único que brinda información acerca de diez bloques de construcción esenciales para ayudarla a adquirir un estilo de vida equilibrado y libre de ansiedad, depresión, preocupación y enfermedades físicas.

Equilibrio natural para el cuerpo de la mujer está diseñado pra ser interactivo. Está escrito en forma de guía, con consejos para el mantenimiento de nuestros sistemas, la salud hormonal, la belleza, el control de peso, las situaciones en las relaciones y cualquier otro asunto que pueda encontrar en su diario vivir.

Con su estilo excepcional y franco, la Dra. Maccaro discute sobre:

- La importancia de realizarse pruebas preventivas de los siete sistemas que puedan salvar su vida
- Las encuestas sobre la salud emocional y las fascinantes autoevaluaciones que revelan sus opociones de estilos de vida
- Los protocolos simples que le ayudarán a fortalecer áreas débiles de su cuerpo
- Las claves acerca del gozo que brindan las relaciones saludables y cómo indentificar las que le agotan y envejecen
- Los consejos útiles para saber enfrentar dolencias comunes y prevenirlas

Equilibrio natural para el cuerpo de la mujer provee todos los ingredientes ncesarios para tener una vida equilibrada y vibrante, ¿qué espera para equilibrar la suya?

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