



La enzima prodigiosa: Una forma de vida sin enfermar (Spanish Edition)

Hiromi Shinya

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**La dieta del futuro que evitará enfermedades cardíacas, curará el cáncer, detendrá la diabetes tipo 2, combatirá la obesidad y prevendrá padecimientos crónico degenerativos
Más de dos millones de libros vendidos**

De acuerdo con el doctor Hiromi Shinya «tu cuerpo está diseñado para curarse a sí mismo»; la dieta que él propone ha curado a miles de pacientes sin recaídas. Cualquier persona, con independencia de su predisposición genética, puede ayudar a su cuerpo a evitar enfermedades cardíacas, obesidad, fibromas, estreñimiento, síndrome de colon irritable, enfermedad de Crohn, apnea del sueño y enfermedades autoinmunes. La clave está en el factor enzimático. Las enzimas son proteínas complejas que permiten el desarrollo de todas las funciones celulares.

La enzima prodigiosa revolucionará tu forma de ver el cuerpo humano, la medicina y la salud. Explica por qué alimentos considerados saludables como los lácteos son la causa de enfermedades crónicas. Detalla los procesos de destrucción enzimática generados por el alcohol, el tabaco y las grasas trans. Al cambiar pequeños hábitos hoy tendrás buena salud siempre.

El doctor Hiromi Shinya te enseñará cómo conservar el abastecimiento de las enzimas prodigiosas y revertir procesos degenerativos para fortalecer tus enzimas corporales y así gozar de buena salud hasta una edad avanzada.

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