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By P L Pellegrino

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand

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due best-seller "Mangiare crudo" e "Le 10 migliori ricette vegetariane per pigroni (come me)". Adesso li potrai leggere entrambi ad un prezzo agevolato: buona lettura! P.L.

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peso forma senza dover sottostare a una dieta ipo-calorica?

La dieta crudista permette molto più che un semplice

dimagrimento. Andiamo ad analizzare il perché. Chi pensa che

il significato di crudismo sia strettamente limitato a

dimagrimento e salute sbaglia, benché chi lo pratici non

abbia né problemi di grasso né di salute. Il crudismo, fintanto

che incentrato principalmente su frutta fresca, permette sì una

silhouette da invidiare, ma anche un perfetto stato di salute

per mente e corpo che in pochi conoscono e hanno

sperimentato, per di più raggiungibile con pochi sforzi. La mia

concezione di dieta crudista, che prevede la totale assenza di

cibi animali (ed è spesso indicata a livello internazionale come

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