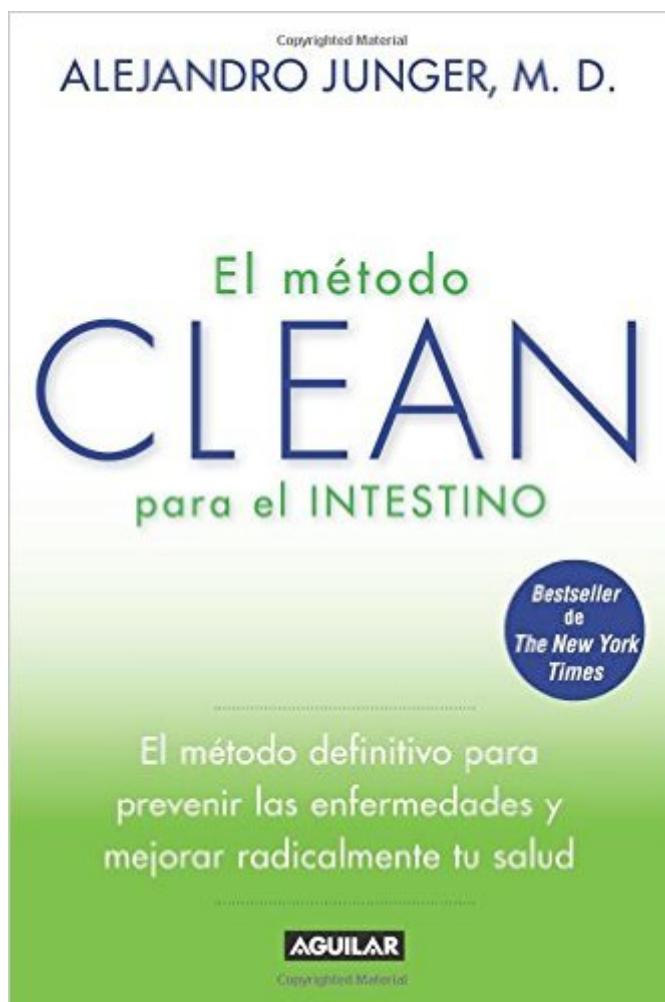


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# El MÃ©todo CLEAN Para El Intestino / Clean Gut (Spanish Edition)



## Synopsis

El mÃ©todo definitivo para prevenir las enfermedades y mejorar radicalmente tu salud.Hoy en dÃ-a, la mayorÃ-a de los padecimientos diagnosticados encuentran su raÃ-z en el intestino: un sistema poderoso y complicado diseÃ±ado para proteger y sanar nuestro organismo cada instante de nuestra vida. Tristemente casi todos tenemos daÃ±ado este sistema extraordinario, por lo que vamos por la vida sufriendo las consecuencias: las enfermedades crÃnicas van en aumento y todos parecen estar sufriendo de algo, realizÃ¡ndose exÃ¡menes y tomando medicamentos recetados o sin receta.En El mÃ©todo CLEAN para el intestino, el autor de Clean -Ã©xito en ventas del New York Times- nos brinda el programa mÃ¡s avanzado para eliminar desde los mÃ¡s pequeÃ±os hasta los mÃ¡s grandes problemas de salud: exceso de peso, dolor crÃnico, alergias, enfermedades del corazÃ-n, inflamaciÃ-n, desÃ>rdenes del sistema inmunolÃ-gico y depresiÃ-n.Gracias al doctor Alejandro Junger, ya no tenemos que estar enfermos para recuperar la salud. En lugar de Ã¢ncârâ“tapar el sol con un dedoÃ¢ncârâ? tratando los sÃ-ntomas conforme se manifiestan, este maravilloso libro nos da una estrategia preventiva para atacar las enfermedades antes de que se instalen en el intestino.Sin importar cuÃ¡l sea tu estado de salud actual, con este programa eliminarÃ¡s padecimientos cotidianos, revertirÃ¡s enfermedades crÃnicas y alcanzarÃ¡s un estado de salud duradero.ReseÃ±as:Â«El mÃ©todo CLEAN para el intestino es Â¡absolutamente fantÃstico!... es una guÃ-a valiosa a un estilo de vida duradero y sostenible de salud y felicidad. Bravo.Â»Jeremy London, MD, cirujano cardiovascular, torÃ-jcico y vascular en Savannah Vascular and Cardiac InstituteÂ«El Dr. Junger acertÃ-talmente en El mÃ©todo CLEAN para el intestino. El primer paso para sanar tu salud es sanar tu intestino. Si tÃº o alguien que conoces quiere alcanzar un estado de salud Ãptimo, leer este libro es esencial.Â»Amy Myers, MD, fundadora y directora clÃ-nica de Austin UltraHealthÂ«El mÃ©todo CLEAN para el intestino del Dr. Junger es sorprendente. Este programa claro y completo encaja perfectamente con mÃ©todos espirituales y nutricionales holÃ-sticos, empÃ-ricos y probados para lograr que el microbioma, nuestra microcomunidad interna, vuelva a ponerse de nuestro lado para lograr una existencia dichosa.Â»Robert Thurman, Profesor Jey Tsong Khapa del programa de estudios budistas de Columbia University y cofundador de Tibet House. ENGLISH DESCRIPTION In Clean Gut, Alejandro Junger, M.D, New York Times bestselling author of Clean and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of todayâ™s most-diagnosed ailments can be traced back to an injured and irritated gut. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day.Â And yet for far too many of us, this remarkable system is in

disrepair, which leads to all kinds of health problems; from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: Clean Gut will help you put an end to everyday ailments, reverse chronic disease, and achieve true, long-lasting health.

## **Book Information**

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## **Customer Reviews**

Este libro ha cambiado mi vida. parece dÃ©cil al principio pero luego del dÃ©a 7 uno se empieza a sentir increÃble. voy por el dÃ©a 62 y me vida ha cambiado por completo, ya perdÃ© 53 libras, y me siento mejor que nunca. Mi colesterol bajo a 164, estoy lleno de energÃa y vitalidad.

Amazing ideas to use. It's been very effective in lower my bloating. I've already purchased a second book for a friend who wanted to know what "diet" I was using.

love

Impossible de hacer! Poco serio! No me gustÃ© el libro!

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