



Clean: El programa revolucionario para restaurar la capacidad natural autocurativa del cuerpo (Spanish Edition)

Alejandro Junger MD

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Cuántos de nosotros podríamos decir sinceramente que no padecemos de al menos uno de los siguientes problemas:

- Gripes o virus cada año
- Alergias o fiebre del heno
- Sobrepeso persistente
- Noches sin descanso
- Indigestión recurrente, estreñimiento o síndrome del intestino irritable
- Picores en la piel, acné u otros problemas del cutis
- Depresión, ansiedad o fatiga frecuente

Con su programa *Clean*, Alejandro Junger, M.D., cardiólogo y líder en el campo de la medicina integral, ofrece un revolucionario avance médico. El explica que la mayoría de estas dolencias tan comunes son consecuencia directa de la concentración de toxinas en nuestros cuerpos, acumuladas durante el curso de la vida diaria. Desarrollado por Dr. Junger, *Clean* es un programa dietético y mental que nos proporciona las herramientas necesarias para apoyar y reactivar a plena capacidad nuestros sistemas de detoxificación. Además, se incorpora fácilmente a un horario ocupado. El resultado es transformador: persistentes problemas de salud desaparecen, el sobrepeso se esfuma, y por primera vez en nuestras vidas, experimentamos lo que significa vivir de forma saludable.

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