

Dietox Resetea tu cuerpo



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DIETOX RESETEA TU CUERPO



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AMAT EDITORIAL, 2016. Condition: Nuevo. Si quieres ser la mejor versión de ti mism@ tenemos un plan para ti, divertido y fácil de llevar a cabo. Una fórmula que se convertirá en tu nuevo estilo de vida sin apenas darte cuenta. Este no es un libro más sobre alimentación saludable, no vamos a repetirte lo que ya sabes ni vamos a tratarte como si fuera fácil resistirse a las tentaciones. Pecar de vez en cuando es normal, ¡somos humanos! Pero cuando nos damos una alegría, luego toca ser responsables ya que no somos perfectos. Dietox te ofrece un plan para compensar los excesos del fin de semana o para marcar el inicio de un estilo de vida saludable, ya que el día cero antes de una dieta es importantísimo. Podrás ponerte a punto antes de un evento o de las vacaciones e incluso perder peso, porque ¿quién no quiere quitarse algún kilo de vez en cuando? Sabemos que comer sano cada día sin excepciones a veces es complicado, pero Dietox es un plan fácil, divertido, cómodo y saludable que ha ayudado ya a miles de personas en todo el mundo a resetear su cuerpo. Apúntate a un nuevo estilo de vida que va más allá de lo físico.

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