



# **Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition)**

*Miquel Pros*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition)

*Miquel Pros*

**Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition)** Miquel Pros

## Los beneficios del cereal más completo

La avena es uno de los cereales más completos que podemos consumir. Sus cualidades energéticas y nutritivas la hacen única. Es rica en proteínas, hidratos de carbono, grasas y vitaminas B y E, además de en minerales y oligoelementos. Posee siete de los nueve aminoácidos esenciales para la vida y contiene sílice, un mineral que actúa como un superconductor que beneficia la electrobioquímica del organismo.

Su acción terapéutica es incomparable. La avena purifica, es fuente de energía, vitalidad y disminuye la ansiedad. Refuerza el sistema inmunitario y es muy eficaz como complemento de cualquier tratamiento médico. Acelera las recuperaciones posoperatorias y mejora la concentración. Sus sustancias mucilaginosas protegen el intestino y enriquecen la flora. Por todo ello, está considerada un alimento óptimo: facilita la digestión y regula los desequilibrios de peso.

Este libro presenta de manera clara y sencilla las propiedades de la avena, recomienda deliciosas recetas y ofrece una guía para seguir la monodieta de avena del Dr. Pros, una dieta depurativa y adelgazante.

## Dr. Miquel Pros

Es un médico naturista formado en Alemania, con más de treinta años de experiencia profesional. Su interés por la salud de las personas, en el sentido más amplio del término, le ha empujado a trascender muy a menudo su propia consulta médica. Por este motivo, además de trabajar desde siempre con un equipo interdisciplinar, ha sido el creador de dos proyectos totalmente innovadores en nuestro país: el primer Balneario Respiratorio urbano y el primer Jardín Terapéutico municipal, ambos en la ciudad de Barcelona. Y, más recientemente, ha abierto un centro de salud en plena naturaleza, en la provincia de Girona.

 [Download Cómo cura la avena \(MANUALES INTEGRAL\) \(Spanish E ...pdf](#)

 [Read Online Cómo cura la avena \(MANUALES INTEGRAL\) \(Spanish ...pdf](#)

## **Download and Read Free Online Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) Miquel Pros**

---

### **From reader reviews:**

#### **Freddy Lamberth:**

What do you about book? It is not important to you? Or just adding material when you require something to explain what the one you have problem? How about your extra time? Or are you busy man? If you don't have spare time to do others business, it is make you feel bored faster. And you have spare time? What did you do? Everyone has many questions above. They must answer that question simply because just their can do that will. It said that about book. Book is familiar on every person. Yes, it is suitable. Because start from on jardín de infancia until university need this Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) to read.

#### **Chris Manley:**

Now a day people who Living in the era just where everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the reply is reading a book. Examining a book can help men and women out of this uncertainty Information specifically this Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) book because this book offers you rich details and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it as you know.

#### **Helen McClain:**

Are you kind of hectic person, only have 10 or maybe 15 minute in your morning to upgrading your mind talent or thinking skill possibly analytical thinking? Then you have problem with the book as compared to can satisfy your small amount of time to read it because pretty much everything time you only find publication that need more time to be examine. Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) can be your answer since it can be read by anyone who have those short time problems.

#### **Mary Lewis:**

In this era which is the greater individual or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you are related is just spending your time almost no but quite enough to experience a look at some books. On the list of books in the top checklist in your reading list is usually Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition). This book and that is qualified as The Hungry Hillside can get you closer in getting precious person. By looking up and review this reserve you can get many advantages.

**Download and Read Online Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) Miquel Pros #OPF6EY2LQHZ**

## **Read Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros for online ebook**

Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros books to read online.

### **Online Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros ebook PDF download**

**Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros Doc**

**Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros Mobipocket**

**Cómo cura la avena (MANUALES INTEGRAL) (Spanish Edition) by Miquel Pros EPub**