



Frullati e succhi bruciagrassi: Bevande sane con frutta e verdura che disintossicano e snelliscono (Italian Edition)

By Istituto Riza di Medicina Psicosomatica



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I "concentrati" liquidi di frutta e verdura hanno un'azione depurativa e snellente: oltre a idratare l'organismo e soddisfare il gusto, consentono di fare il pieno di vitamine, fibre e sali minerali sazianti e dimagranti.

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