

# Dieta De Los 13 Dias Original Pdf

**Arno Schikowsky,Dr. Rudolf Binder,Christian Mörwald**

*La dieta de los 17 días* Mike Moreno,2011-10-05 Un método diseñado por un especialista para conseguir de forma rápida tu peso ideal. «Todo el mundo alguna vez se ha hecho la promesa de alimentarse mejor y hacer más ejercicio, pero la mayoría de las veces las buenas intenciones no son suficientes. Yo he incorporado hábitos saludables a mi vida diaria, a mi alimentación y a mi trabajo. Ahora tú también podrás hacerlo.» «He diseñado específicamente cada ciclo para mejorar los distintos sistemas del cuerpo, entre otras cosas, la digestión y el metabolismo. La dieta de los 17 días no sólo acelera la pérdida de peso y te inicia en el camino hacia la salud, sino que también hará que tu cuerpo sea más fuerte para luchar contra la grasa.» Dr. Mike Moreno Si necesitas perder peso de manera rápida y no dañar tu salud, este libro es para ti. A diferencia de otras dietas que hacen que te mueras de hambre para adelgazar a un ritmo frenético, La dieta de los 17 días se basa en un método testado que te permite perder peso y no recuperarlo nunca. Este sistema se ajusta a los ritmos de tu metabolismo y parte de ellos para ayudarte a quemar grasa en un protocolo de ciclos estructurado en 17 días. El objetivo en cada uno de estos periodos es cambiar el número de calorías y los alimentos que se comen. Esta variación, «confusión del cuerpo», hace que el metabolismo tenga que adivinar y no se acostumbre a la misma comida siempre. Así conseguiremos dos objetivos: combatir el tedio que implica seguir una dieta estricta y obtener resultados. El doctor Mike Moreno ha configurado una dieta que no depende de una escueta lista de alimentos permitidos, de ejercicio físico extenuante ni de recuentos de calorías poco realistas que te dejan hambriento y frustrado. La moderación y un tamaño adecuado de las porciones son factores clave en La dieta de los 17 días, el truco está en averiguar cuáles son los alimentos y el tipo de ejercicio que mejor se ajustan a tu estilo de vida real. La dieta de los 17 días es un plan sencillo con el que obtendrás grandes resultados, que serán duraderos si te ciñes a él y te dejas asesorar por el doctor. Tu salud y tu felicidad son importantes, así que sé fuerte, cree en ti mismo y empieza ahora la dieta de los 17 días, no te arrepentirás.

*21 Dias de Dieta Metabolica -El Original- (Espanol edicion)* Arno Schikowsky,Dr. Rudolf Binder,Christian Mörwald,2019

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