

Los Secretos De Sascha Fitness

Sascha Barboza

Vencí una metástasis en ganglios linfáticos y en sangre Dra. Blanca Alarcón Menjura, 2018-06-20 2a. edición. Cómo recuperar la salud y revertir el envejecimiento. “La palabra metástasis ya no significa muerte”, afirma la autora y doctora en nutrición Blanca Alarcón, quien libró una batalla por más de diez años con un cáncer metastásico en ganglios linfáticos y en sangre. Narra, desde su experiencia personal, cómo durante la cirugía, las radiaciones y los sucesivos diagnósticos desfavorables, sintió desfallecer y renunciar al deseo de vivir en múltiples ocasiones. En el proceso de su enfermedad llegó un momento en el que el tratamiento convencional ya no hizo efecto y fue desahuciada. En ese momento la autora se apropió de su tratamiento, diseñando un plan nutricional que combinó con terapias alternativas, haciendo énfasis en emociones, mente, espíritu y otros aspectos que forman parte del buen estilo de vida como la hidratación, ejercicio, vitaminas, entre otras, logrando así cambiar la expresión de sus genes para luego sanar completamente de esta enfermedad hace más de siete años. Su constante búsqueda de conocimientos y generosidad para compartirlos hace que la comunidad pueda gozar de una vida larga y saludable, sin dependencias, ni dolencias.

Los Secretos de Sascha Fitness Sascha Barboza, 2016-04-05 Con mas de 150 mil libros vendidos en Venezuela, Colombia, Peru, Ecuador, Espana, Mexico, Estados Unidos y Centroamerica, regresa regresa @SaschaFitness, el fenomeno editorial. Este amplio manual anima a los lectores -ya devotos comensales de sus consejos- a llevar una vida fitness no solo para verse bien en el espejo sino para tener mas salud, autoestima y vitalidad. Entra a la cotidianidad de Sascha y conoce su cocina, sus rutinas deportivas, el ABC de los alimentos, el correcto uso de los suplementos, sus respuestas a las preguntas frecuentes que le hacen en las redes sociales y la disciplina emocional que la acompaña para mantener hábitos saludable.

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Decoding **Los Secretos De Sascha Fitness**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal

expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Los Secretos De Sascha Fitness**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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