



Spirulina, fucus e wakame: Le tre alghe più preziose (Italian Edition)

Giuseppe Maffei

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Le alghe sono dotate di virtù salutari straordinarie perché sono ricchissime di nutrienti e di sostanze che combattono il sovrappeso, l'aterosclerosi, la gastrite, l'osteoporosi, il diabete, le infiammazioni...

In particolare tre di esse si distinguono per le eccezionali proprietà benefiche: la Spirulina, il "supercibo" del futuro, il Fucus, l'alga del dimagrimento, e la Wakame, che brucia i grassi più dannosi.

In questo libro tutte le loro caratteristiche e i consigli per usare questi vegetali di mare per nutrirsi bene, perdere peso, curare i disturbi e per i più efficaci trattamenti di bellezza.

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