

## Corazon Sano = The Carbohydrate Addicts Healthy Heart Program (Spanish Edition)



A menudo, sin saberlo, la persona adicta a los hidratos de carbono tiene un desequilibrio hormonal que le impulsa a comer alimentos con grandes cantidades de azúcar. Esta dieta desequilibrada puede acabar produciendo diabetes, tensión alta, arterioesclerosis y problemas de corazón. Aprenda como regular sus niveles de insulina usando una dieta que, sin prohibirle nada en concreto, le ayudara a disminuir su atracción por los dulces y al mismo tiempo mejorar su salud y fortalecer su corazón.

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