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## DIETA DE LA CLÍNICA MAYO

EL MÉTODO PARA  
ADELGAZAR DE LA CLÍNICA  
MÁS FAMOSA DEL MUNDO

## EL SECRETO PARA DORMIR BIEN

Y LEVANTARTE COMO  
NUEVA CADA MAÑANA

## DESENGÁNCHATE DEL AZÚCAR

VENCE LA DEPENDENCIA  
AL DULCE EN 5 DÍAS

## LOS HÁBITOS QUE MÁS CUIDAN TU CORAZÓN

Dos eminentes  
cardiólogos nos  
lo explican

## PLAN PARA DESHINCHARTE

CÓMO ACABAR CON EL 'EFECTO GLOBO'

*Sonsoles  
Ónega*

- Diagnósticos
- Tratamientos

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