Su guía personal hacia una salud óptima

Dr. Michael Colgan

LA NUEVA NUCION

Una medicina para el próximo milenio

Este es un programa de nutrición y un estilo de vida que podría perfectamente ser el modelo a seguir en el siglo XXI. Lo recomiendo a todas las personas que deseen lograr una buena salud y quieran incrementar su vitalidad.

Ben Weider, presidente del IFBB



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