



El milagro probiótico (The Probiotic Promise: Simple Steps to Heal Your Body From the Inside Out) (Spanish Edition)

Michelle Schoffro Cook

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Aunque seguramente sabes cuán benéficos son los probióticos para tu salud gastrointestinal, lo más probable es que no sepas que, en realidad, tienen la asombrosa capacidad de curar un amplio espectro de enfermedades, desde alergias y artritis hasta depresión y obesidad.

Se ha demostrado que pueden inhibir el cáncer y las superbacterias resistentes a los antibióticos. Pero, ¿qué son los probióticos? Son bacterias y microorganismos benéficos que ayudan a mejorar la salud, estimular el sistema inmunológico, mejorar la digestión e incrementar la capacidad del cuerpo para prevenir o combatir enfermedades.

El estilo de vida moderno —nuestros malos hábitos y el uso excesivo de antibióticos, entre otros— ha desequilibrado el balance natural de las millones de bacterias benéficas y dañinas que habitan nuestro cuerpo, lo cual genera enfermedades y padecimientos que deterioran nuestro organismo y afectan nuestra vida diaria. En *El milagro probiótico*, la doctora Michelle Schoffro Cook, experta en salud y bienestar, sintetiza las investigaciones de vanguardia sobre el poder curativo de los probióticos y transforma estos hallazgos revolucionarios en un acercamiento práctico y fácil de seguir.

Descubrirás qué buscar en los probióticos, cómo identificar si los cultivos están verdaderamente “vivos”, qué cepas de bacterias son las mejores para una gama de condiciones de salud y cómo asegurarte de que permanezcan ilesos a través del tracto gastrointestinal. También aprenderás a incorporar más alimentos ricos en probióticos en tu vida diaria y encontrarás recetas sencillas para alimentos fermentados naturalmente —yogurt, miso, cremas, quesos, kéfir, kombucha...—, hechos en casa.

ENGLISH DESCRIPTION

You've heard how beneficial probiotics are for gut health; new research reveals that they can do much more! Probiotics can also improve a host of other conditions, from allergies to arthritis, depression to obesity—they have even been shown to inhibit cancer and antibiotic-resistant superbugs.

Now Dr. Michelle Schoffro Cook shares this groundbreaking research, demonstrating the link between gastrointestinal health and overall well-being. She offers concrete ways for you to use this extraordinary information, explaining how to use probiotics to address a range of medical issues. In this cutting-edge prescription for overall wellness, you'll discover: specific strains of probiotics and the more than 50 conditions they can help the benefits of incorporating probiotics into your day-to-day life how to select the best supplement for your health concerns tips for adding more probiotic-rich foods to your diet more than 30 delicious and nutritious probiotic-rich recipes.

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From reader reviews:

Amy Cason:

Reading can called imagination hangout, why? Because when you are reading a book especially book entitled El milagro probiótico (The Probiotic Promise: Simple Steps to Heal Your Body From the Inside Out) (Spanish Edition) your head will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every single word written in a publication then become one type conclusion and explanation that will maybe you never get before. The El milagro probiótico (The Probiotic Promise: Simple Steps to Heal Your Body From the Inside Out) (Spanish Edition) giving you an additional experience more than blown away your mind but also giving you useful data for your better life in this particular era. So now let us explain to you the relaxing pattern this is your body and mind will probably be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

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Do you one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you never know the inside because don't assess book by its deal with may doesn't work is difficult job because you are afraid that the inside maybe not because fantastic as in the outside appear likes. Maybe you answer may be El milagro probiótico (The Probiotic Promise: Simple Steps to Heal Your Body From the Inside Out) (Spanish Edition) why because the wonderful cover that make you consider in regards to the content will not disappoint you. The inside or content will be fantastic as the outside or even cover. Your reading 6th sense will directly show you to pick up this book.

John Charles:

Is it anyone who having spare time and then spend it whole day through watching television programs or just lying on the bed? Do you need something totally new? This El milagro probiótico (The Probiotic Promise: Simple Steps to Heal Your Body From the Inside Out) (Spanish Edition) can be the respond to, oh how comes? A book you know. You are thus out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these books have than the others?

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As a university student exactly feel bored to reading. If their teacher requested them to go to the library or to make summary for some publication, they are complained. Just small students that has reading's soul or real their leisure activity. They just do what the instructor want, like asked to go to the library. They go to generally there but nothing reading significantly. Any students feel that reading through is not important, boring and can't see colorful photographs on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. So , this El milagro probiótico (The Probiotic Promise: Simple Steps to Heal

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