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La Levadura De Cerveza (Spanish Edition)



Synopsis

Reconocida como medicamento desde hace más de 3000 años, mejora la piel, el cabello y las uñas. La farmacopea egipcia incluía la cerveza como un producto de belleza y también como remedio para prolongar la vida y combatir la anemia. El libro desgana cómo se obtiene, sus propiedades (vitaminas B1, B2, B3, B5, B6, B8, B9 y B12) y beneficios (estimula el sistema inmunológico, regula el sueño y el sistema nervioso, da mayor vitalidad...) Es tan rica en proteínas que se puede equiparar a la carne. Incluye recetas. / Recognized as a medicine for over 3,000 years, it improves skin, hair and nails. The Egyptian pharmacopoeia included beer as a beauty product and also as a remedy to prolong life and fight anemia. The book details out how to get its helpful properties and benefits. It is so rich in proteins that it can be compared to meat. This book includes recipes.

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