



A Enzima Prodigiousa - A Dieta do Futuro: Uma nova vida, sem doenças (Portuguese Edition)

Hiromi Shinya

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A dieta do futuro: Ajuda a prevenir: doenças cardíacas e degenerativas, cancro, diabetes e obesidade

O livro que revolucionará a sua forma de ver o corpo humano, a medicina e a saúde.

Mude pequenos hábitos hoje e ganhe uma nova vida.

O nosso corpo está desenhado para se curar a si próprio —é o que defende o Dr. Hiromi Shinya, reputado médico japonês com longa carreira internacional. A dieta que propõe neste livro curou já milhares de pacientes, de forma natural e sem recaídas. A sua filosofia é muito simples: qualquer pessoa, independentemente da sua predisposição genética, pode ajudar o seu corpo a evitar vários tipos de doenças, das mais comuns às mais graves. A chave do sucesso está no factor enzimático. Temos no corpo mais de 5000 enzimas, responsáveis pelas funções celulares do nosso organismo. Está na hora de conhecer e tirar proveito dos seus benefícios.

Com base na experiência acumulada ao longo de mais de quatro décadas, e depois de ter examinado e tratado mais de 300 000 pacientes, o Dr. Hiromi Shinya desenvolveu uma terapia baseada na geração corporal de uma enzima vital, à qual chamou enzima prodigiosa. Esta enzima, com o poder de reparar as nossas células, é a chave para a saúde e para a longevidade.

Desmascarando os mitos e os erros mais comuns do estilo de vida contemporâneo, este livro revolucionário propõe um regime alimentar detalhado rumo a uma vida longa e saudável.

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