



Paquete Cerebro de pan + Recetario (Spanish Edition)

David Perlmutter

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#1 *The New York Times* Bestseller

Un paquete digital que reúne por primera vez el revolucionario *Cerebro de pan* y *Cerebro de pan. Las recetas*, su complemento ideal, con 150 exquisitos platillos, fáciles de preparar, que permitirán que la transición a una vida sin gluten sea sencilla y sin estrés.

El paquete digital incluye:

Cerebro de pan: En este libro revolucionario, que conquistó rápidamente el primer puesto de todas las listas de los más vendidos en Estados Unidos, el renombrado neurólogo David Perlmutter destapa un tema que ha estado enterrado en la literatura médica por demasiado tiempo: los carbohidratos están destruyendo nuestro cerebro. Con un revolucionario plan de 30 días, *Cerebro de pan* nos enseña cómo reprogramar nuestro destino genético para gozar de una vida plena.

Cerebro de pan. Las recetas: Con más de 150 recetas para ponerle fin al consumo de gluten, eliminar los antojos de azúcar, y establecer un nuevo repertorio de comidas para una vida sana y plena.

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