



La Farmacia: Tu guía personal de salud: Consejos asombrosos de la farmaceutica mas respetada de Estados Unidos (Spanish Edition)

Suzy Cohen

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Suzy Cohen, farmacéutica por casi dos décadas, sabe que los medicamentos a menudo pueden ser invalorables. Pero también ha aprendido a "ver más allá de la píldora" y recomendar opciones naturales, que con frecuencia son tan buenas o mejores para la salud que los medicamentos tradicionales y no traen el riesgo de los efectos secundarios que generan ciertas drogas. En esta guía extensa y única, Cohen responde a preguntas tales como: Es útil o inútil tomar vitaminas en píldoras? Cómo puedo lograr que mi esposo/a deje de roncar? Existen alternativas a los antidepresivos? Qué tipo de protección existe contra los calores de la menopausia? Cómo puedo entrenar mi cuerpo para quemar grasas? Con La Farmacia: Tu guía personal de salud descubrirás como sentirte más joven y sano sin malgastar tu dinero, y encontrarás algunos secretos naturales bajo receta que te ayudarán a mantener un cuerpo saludable de por vida.

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