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En La Zona Con Omega 3 Rx (Spanish Edition)



Synopsis

La zona Omega 3 Rx aporta un novedoso enfoque científico que nos muestra como los alimentos afectan a las hormonas, y de que forma los procesos hormonales pueden ser manipulados para alcanzar todo nuestro potencial físico, mental y emocional. / In The Omega Rx Zone, Dr. Sears reveals a revolutionary new technological advance that helps treat chronic disease, improves athletic performance, and more. Pharmaceutical-grade fish oil has the potential to make you a more emotionally stable, healthier person by allowing your brain to work at peak efficiency.

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