

Acai, goji e mirtilli (Italian Edition)

Giuseppe Maffeis

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L'açai, originario del Brasile, disintossica e aiuta a perdere peso, protegge la circolazione e la pelle.

Il goji, proveniente dalla Cina, rallenta l'invecchiamento cellulare e potenzia l'attività cerebrale.

Il mirtillo, che cresce anche in Italia, difende i vasi sanguigni e la vista, contrasta infezioni e infiammazioni.

In questo libro i consigli per sfruttare questi frutti per la salute e la bellezza, con tante ricette sane e appetitose.



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