



El Poder Curativo De Los Pimientos/The Healing Powers of Peppers

Dave Dewitt, Melissa T. Stock, Kellye Hunter

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Mejore la circulación sanguínea. Defiéndase del resfriado. Ayude la digestión. Incremente el metabolismo. Baje el nivel del colesterol. Alivie el dolor.

El sabor picante de los pimientos tiene millones de fanáticos. Sin embargo, éstos suelen desconocer los cuantiosos beneficios terapéuticos que poseen los pimientos. Ahora, los autores de El poder curativo de los pimientos nos acaparan la atención con una abundancia de detalles científicos y médicos. Asimismo, nos brindan testimoniales de individuos que han sacado provecho de los maravillosos y saludables beneficios que da una vida basada en el pimiento. De hecho, los autores nos muestran cómo diversas culturas han tenido conocimientos del poder del pimiento por mucho tiempo, y por ende, le ofrecen al lector docenas de recetas terapéuticas para el alivio de una asombrosa cantidad de dolores y malestares físicos.

En estas páginas, el lector encontrará datos picantes e interesantes acerca del mundo de los pimientos. Además, los autores han añadido una sabrosa selección de recetas picantes y saludables que nos conducen a la buena salud y a una vida sana.

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