



# La enzima prodigiosa: Una forma de vida sin enfermar (Spanish Edition)

*Hiromi Shinya*

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**La dieta del futuro que evitará enfermedades cardíacas, curará el cáncer, detendrá la diabetes tipo 2, combatirá la obesidad y prevendrá padecimientos crónico degenerativos  
Más de dos millones de libros vendidos**

De acuerdo con el doctor Hiromi Shinya «tu cuerpo está diseñado para curarse a sí mismo»; la dieta que él propone ha curado a miles de pacientes sin recaídas. Cualquier persona, con independencia de su predisposición genética, puede ayudar a su cuerpo a evitar enfermedades cardíacas, obesidad, fibromas, estreñimiento, síndrome de colon irritable, enfermedad de Crohn, apnea del sueño y enfermedades autoinmunes. La clave está en el factor enzimático. Las enzimas son proteínas complejas que permiten el desarrollo de todas las funciones celulares.

*La enzima prodigiosa* revolucionará tu forma de ver el cuerpo humano, la medicina y la salud. Explica por qué alimentos considerados saludables como los lácteos son la causa de enfermedades crónicas. Detalla los procesos de destrucción enzimática generados por el alcohol, el tabaco y las grasas trans. Al cambiar pequeños hábitos hoy tendrás buena salud siempre.

El doctor Hiromi Shinya te enseñará cómo conservar el abastecimiento de las enzimas prodigiosas y revertir procesos degenerativos para fortalecer tus enzimas corporales y así gozar de buena salud hasta una edad avanzada.

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