



## Cuida tu salud (Spanish Edition)

*Diane Marie Pérez Sandor*

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# Cuida tu salud (Spanish Edition)

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**Cuida tu salud (Spanish Edition)** Diane Marie Pérez Sandor

## **Una guía para prevenir enfermedades y tener una vida sana en familia**

La doctora Diane Pérez nos entrega en este libro los mejores consejos para mantener una buena salud y las recomendaciones más puntuales para prevenir enfermedades. Con un tono sencillo y ameno nos dice cómo lograr excelentes hábitos alimenticios, cómo enfrentar padecimientos comunes como resfriados o dolores de cabeza, cuello o espalda; qué hacer en casos de indigestión, qué medidas tomar ante una emergencia y numerosos tips de salud y prevención. Sin duda, un manual de salud indispensable en todos nuestros hogares.

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