



El milagro probiótico: La guía definitiva para restaurar tu salud de adentro hacia afuera (Spanish Edition)

Michelle Schoffro Cook

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En *El milagro probiótico* la Dra. Michelle Schoffro Cook te invita a descubrir, a través de la mejor investigación científica de vanguardia, todas las funciones que los probióticos y cómo mejorarán tu salud y bienestar por siempre.

Aunque seguramente sabes cuán benéficos son los probióticos para tu salud gastrointestinal, lo más probable es que no sepas que, en realidad, tienen la asombrosa capacidad de curar un amplio espectro de enfermedades, desde alergias y artritis hasta depresión y obesidad. Se ha demostrado que pueden inhibir el cáncer y las superbacterias resistentes a los antibióticos.

Pero, ¿qué son los probióticos? Son bacterias y microorganismos benéficos que ayudan a mejorar la salud, estimular el sistema inmunológico, mejorar la digestión e incrementar la capacidad del cuerpo para prevenir o combatir enfermedades.

En *El milagro probiótico*, la doctora Michelle Schoffro Cook, experta en salud y bienestar, sintetiza las investigaciones de vanguardia sobre el poder curativo de los probióticos y transforma estos hallazgos revolucionarios en un acercamiento práctico y fácil de seguir. Descubrirás qué buscar en los probióticos, cómo identificar si los cultivos están verdaderamente "vivos", qué cepas de bacterias son las mejores para una gama de condiciones de salud y cómo asegurarte de que permanezcan ilesos a través del tracto gastrointestinal.

También aprenderás a incorporar más alimentos ricos en probióticos en tu vida diaria y encontrarás recetas sencillas para alimentos fermentados naturalmente -yogurt, miso, cremas, quesos, kéfir, kombucha- hechos en casa.

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