



Toda la verdad sobre la dieta Dukan (Spanish Edition)

Álvaro Campillo

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Este libro es el estudio científico de recopilación, revisión, análisis y síntesis más completo realizado hasta el momento sobre las dietas cetogénicas, entre las que destaca la dieta Dukan.

El Dr. Campillo Soto ha contrastado las últimas investigaciones científicas para comprobar qué hay de cierto en los ataques que han padecido últimamente este tipo de dietas.

Sus conclusiones, explicadas con claridad y contundencia, reconocen que son la solución más rápida y eficaz para adelgazar y que no suponen ningún riesgo para la salud. Es más, estas dietas están recomendadas en la lucha y prevención de la diabetes, el Alzheimer, algunas enfermedades neurológicas o el cáncer, entre otras.

Álvaro Campillo(Cartagena, 1978)

Obtuvo el Doctorado Europeo en Medicina y Cirugía en la Universidad de Murcia. Se especializó en Cirugía General y Digestiva, y actualmente ejerce en el Hospital General Universitario JM Morales Meseguer de Murcia.

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