



# La dieta del genotipo (B de Books) (Spanish Edition)

*Peter J. D'Adamo*

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## **La dieta del genotipo (B de Books) (Spanish Edition)** Peter J. D'Adamo

Nuestra herencia genética es algo que no podemos modificar. Lo que sí podemos, sostiene el doctor D'Adamo, es potenciar al máximo nuestros genes favorables y minimizar la influencia de los negativos. El autor identifica seis tipos genéticos únicos: Cazador, Recolector, Maestro, Explorador, Guerrero y Nómada, y ofrece programas específicos para perder peso, disfrutar de una buena salud y prevenir enfermedades. En este libro encontrarás instrucciones para averiguar tu tipo genético, y un plan personalizado que te permitirá mejorar notablement tu salud, vivir más años y sentirte mejor que nunca.

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