

La Dieta de Guadalupe, Programa lipo-reductor: Este programa de dieta esta destinado a eliminar el exceso de grasa que se encuentra acumulado en el cuerpo; disminuyendo el peso, reduciendo las medidas y mejorando la salud. La combinacion de alimentos que se utilizan para la preparacion de cada menu, obliga al organismo a utilizar las calorías que se encuentran acumuladas en forma de tejido adiposo, provocando la reduccion de masa corporal, moldeando la figura y bajando considerablemente el peso. Además, se produce una evidente reduccion del colesterol y triglicerido malo, normaliza los niveles altos de azucar en la sangre, estabiliza la presión arterial, mejorando de esta forma la calidad de vida.

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