



# **La Dieta Flexitariana: Disfruta las Ventajas del Vegetarianismo... ¡sin Renunciar al Placer de la Carne! (Spanish Edition)**

*Beatriz Rada*

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**¿Qué es la dieta flexitariana?** Lo mejor de dos mundos. Los días que escoges eres vegetariano y el resto incluyes la carne de tu preferencia. Esta flexibilidad enriquece tu dieta con alimentos integrales provenientes de plantas y preserva tu libertad de comer carne cuando te apetezca.

**Disfruta estos beneficios:** (1) obtén un peso saludable y mantenlo para siempre; (2) aprende a diferenciar los alimentos naturales que te benefician de la comida ultra-procesada que te perjudica; (3) protege tu salud, disminuyendo el riesgo de sufrir enfermedades del corazón, diabetes y cáncer; (4) descubre los secretos de los pueblos más longevos del mundo y súmale años a tu vida.

**¿Grasas o carbohidratos?** Puedes disfrutar de ambos. Lo importante es su calidad.

**¡Incluye Atención Plena!** Añade placer al acto de comer, utilizando principios de meditación budista.

**Únete a la defensa del planeta:** reduciendo la carne contribuirás a combatir el cambio climático y la devastación ambiental que amenaza la Tierra.

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