



El secreto de la vida a base de plantas (Spanish Edition)

By Draco Rosa, Nena Niessen

Download now

Read Online →

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen

El reconocido cantante de rock Draco Rosa descubrió las maravillas de la alimentación a base de plantas luego de enfermarse de cáncer.

Al enterarse de la dura noticia, trabajó junto con su nutricionista Nena Niessen, también sobreviviente del cáncer, para apoyarse en una alimentación sana durante el proceso de tratamiento y recuperación. Su vida no volvió a ser la misma: aprendió a identificar los ingredientes beneficiosos de la comida para hacer sus propias recetas exaltando lo mejor de cada planta y dejando a un lado los ingredientes nocivos. Así se dio cuenta por experiencia propia del impacto que tiene la alimentación en la prevención y recuperación de enfermedades y el nivel de bienestar.

Ahora Draco y Nena quieren difundir la nutrición a base de plantas como un arma fundamental en la lucha contra las enfermedades en general y el cáncer en particular. Para ello en este libro explican las propiedades nutricionales y curativas de cada planta, proponen un plan de desintoxicación y recopilan las mejores recetas que ellos mismos crearon para deleitar el paladar con una alimentación vegetariana sana.

ENGLISH DESCRIPTION

The renowned rock artist Draco Rosa discovered the wonders of a plantbased diet after being diagnosed with cancer. He worked hand-in-hand with his nutritionist, Nena Niessen, who is also a cancer survivor, to find strength through a healthy diet during the process of treatment and recovery.

His life would never be the same: he learned to identify the beneficial ingredients in foods in order to make his own recipes, bringing out the best in every plant and leaving out harmful ingredients. As such, his first-hand experience helped him realize the impact that nutrition can have in the prevention and recovery from illness, as well as on one's general well being.

Now, Draco and Nena want to spread the word about plant-based nutrition as a

fundamental weapon in the fight against illness in general and cancer in particular. In this book, they explain the nutritional and medicinal properties of each plant, propose a plan for detoxing your body, and compile their best recipes, which will delight your taste buds with a healthy vegetarian diet.

 [Download El secreto de la vida a base de plantas \(Spanish E ...pdf](#)

 [Read Online El secreto de la vida a base de plantas \(Spanish ...pdf](#)

El secreto de la vida a base de plantas (Spanish Edition)

By Draco Rosa, Nena Niessen

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen

El reconocido cantante de rock Draco Rosa descubrió las maravillas de la alimentación a base de plantas luego de enfermarse de cáncer.

Al enterarse de la dura noticia, trabajó junto con su nutricionista Nena Niessen, también sobreviviente del cáncer, para apoyarse en una alimentación sana durante el proceso de tratamiento y recuperación. Su vida no volvió a ser la misma: aprendió a identificar los ingredientes beneficiosos de la comida para hacer sus propias recetas exaltando lo mejor de cada planta y dejando a un lado los ingredientes nocivos. Así se dio cuenta por experiencia propia del impacto que tiene la alimentación en la prevención y recuperación de enfermedades y el nivel de bienestar.

Ahora Draco y Nena quieren difundir la nutrición a base de plantas como un arma fundamental en la lucha contra las enfermedades en general y el cáncer en particular. Para ello en este libro explican las propiedades nutricionales y curativas de cada planta, proponen un plan de desintoxicación y recopilan las mejores recetas que ellos mismos crearon para deleitar el paladar con una alimentación vegetariana sana.

ENGLISH DESCRIPTION

The renowned rock artist Draco Rosa discovered the wonders of a plantbased diet after being diagnosed with cancer. He worked hand-in-hand with his nutritionist, Nena Niessen, who is also a cancer survivor, to find strength through a healthy diet during the process of treatment and recovery.

His life would never be the same: he learned to identify the beneficial ingredients in foods in order to make his own recipes, bringing out the best in every plant and leaving out harmful ingredients. As such, his first-hand experience helped him realize the impact that nutrition can have in the prevention and recovery from illness, as well as on one's general well being.

Now, Draco and Nena want to spread the word about plant-based nutrition as a fundamental weapon in the fight against illness in general and cancer in particular. In this book, they explain the nutritional and medicinal properties of each plant, propose a plan for detoxing your body, and compile their best recipes, which will delight your taste buds with a healthy vegetarian diet.

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen Bibliography

- Sales Rank: #269601 in Books
- Published on: 2015-07-28
- Original language: Spanish
- Number of items: 1
- Dimensions: 9.40" h x .40" w x 6.40" l, .70 pounds
- Binding: Paperback
- 250 pages

 **Download** [El secreto de la vida a base de plantas \(Spanish E ...pdf](#)

 **Read Online** [El secreto de la vida a base de plantas \(Spanish ...pdf](#)

Download and Read Free Online El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen

Editorial Review

About the Author

Draco Rosa nació en Nueva York. Formó parte del grupo juvenil Menudo, con otros cantantes famosos. Luego de actuar en varias películas logró como solista una exitosa carrera, grabando varios álbumes en inglés y español. Es compositor y productor para cantantes como Ricky Martin, Julio Iglesias y Ednita Nazario. Draco ha recibido varios premios Grammy y, después de ganar la batalla contra el cáncer, se consolidó como uno de los artistas latinoamericanos más completos: es músico, cantante, multi-instrumentista, poeta, pintor, bailarín, escritor y empresario.

Nena Niessen nació en El Sauce, Nicaragua. Es profesional de la salud en el área de nutrición y especialista en alimentación con base en plantas, de Cornell University. Nena ha sobrevivido dos veces al cáncer. Escribe artículos para revistas norteamericanas que promueven la salud y la nutrición. Cuenta con más de veinte años de experiencia como consejera nutricional para personalidades y artistas del mundo del espectáculo en los Estados Unidos. Su pasión más grande es ayudar a las personas a prevenir enfermedades, mantenerse sanas y recuperarse de penosas dolencias a través de hábitos saludables y la alimentación natural.

Users Review

From reader reviews:

Manuel Thomas:

Do you one of people who can't read satisfying if the sentence chained within the straightway, hold on guys that aren't like that. This El secreto de la vida a base de plantas (Spanish Edition) book is readable simply by you who hate those perfect word style. You will find the facts here are arrange for enjoyable examining experience without leaving also decrease the knowledge that want to give to you. The writer of El secreto de la vida a base de plantas (Spanish Edition) content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different available as it. So , do you continue to thinking El secreto de la vida a base de plantas (Spanish Edition) is not loveable to be your top listing reading book?

Nathan Lawhorn:

The knowledge that you get from El secreto de la vida a base de plantas (Spanish Edition) is the more deep you looking the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to be aware of but El secreto de la vida a base de plantas (Spanish Edition) giving you enjoyment feeling of reading. The article author conveys their point in certain way that can be understood by means of anyone who read the item because the author of this book is well-known enough. This specific book also makes your vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having that El secreto de la vida a base de plantas (Spanish Edition) instantly.

Thomas Carroll:

The reserve untitled El secreto de la vida a base de plantas (Spanish Edition) is the e-book that recommended to you to learn. You can see the quality of the publication content that will be shown to you. The language that article author use to explained their way of doing something is easily to understand. The article author was did a lot of study when write the book, therefore the information that they share for your requirements is absolutely accurate. You also might get the e-book of El secreto de la vida a base de plantas (Spanish Edition) from the publisher to make you a lot more enjoy free time.

Joyce Pippin:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love El secreto de la vida a base de plantas (Spanish Edition), you could enjoy both. It is great combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

Download and Read Online El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen #L8O5TR0E3YK

Read El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen for online ebook

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen books to read online.

Online El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen ebook PDF download

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen Doc

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen Mobipocket

El secreto de la vida a base de plantas (Spanish Edition) By Draco Rosa, Nena Niessen EPub