



Cerebro de pan. Las recetas (Spanish Edition)

David Perlmutter

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Cerebro de pan. Las recetas (Spanish Edition) David Perlmutter
Bestseller de *The New York Times*.

Más de 150 recetas libres de gluten que transformarán tu salud y cambiarán tu vida.

El complemento ideal de *Cerebro de pan*, que te ayudará a eliminar los antojos de azúcar y establecer un nuevo repertorio de comidas para una vida sana y plena.

Cerebro de pan, bestseller instantáneo, nos demostró que si comemos los alimentos adecuados podemos determinar cómo funcionará nuestro cerebro el próximo año, en cinco años y por el resto de nuestra vida. En esta ocasión, el doctor Perlmutter nos ofrece más de 150 exquisitos platillos que mantendrán la vitalidad de nuestro cerebro, nos ayudarán a estar en forma, disminuirán el riesgo -y la necesidad de tratamiento- de trastornos como el alzheimer, la depresión y la epilepsia, y aliviarán algunos padecimientos cotidianos como el dolor de cabeza crónico, el insomnio, la ansiedad y los "momentos de ancianidad".

Las comidas contenidas en este libro son saludables, deliciosas y fáciles de preparar, por lo que permitirán que la transición a una vida sin gluten sea sencilla y sin estrés. Encuentra la clave para preparar:

- Huevos benedictinos con panqueques de calabacín
- Omelette de cebolla rostizada con chutney de cebolla y jitomate seco
- Sopa de coco con pollo
- Hummus de coliflor,,
- Hamburguesas de salmón con salsa tártara
- Pierna de cordero horneada con salsa de jengibre
- Pastel de chocolate y almendra

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