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Arnaldo de Souza Vasconcellos



Dr Barakat Alimenta O Saud Vel Corpo E Mente Seja:

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Corpo Saudável, Mente Saudável Arnaldo de Souza Vasconcellos,2023-05-07 Corpo Saudável Mente Saudável Como Uma Dieta Balanceada Pode Melhorar Sua Saúde Mental Um Guia Prático Para Um Corpo Saudável e Uma Mente Saudável Alimente sua mente um guia prático que aborda a importância da alimentação saudável para a saúde mental e como essa prática pode melhorar a qualidade de vida Com linguagem acessível e dicas práticas o livro apresenta informações sobre os nutrientes essenciais para o bom funcionamento do cérebro e como montar um plano alimentar

equilibrado Além disso também aborda a relação entre a alimentação e transtornos mentais a importância da hidratação como preparar refeições saudáveis e saborosas como manter uma alimentação saudável em situações de estresse a relação entre alimentação e atividade física e como adaptar a alimentação para cada fase da vida Com bônus de receitas saudáveis e exercícios físicos para melhorar a saúde mental Alimente sua mente um guia completo para quem busca uma vida mais equilibrada e saudável

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