



El Metodo Sergio Rada, un estilo de vida (Spanish Edition)

Sergio Rada

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A través de décadas de trayectoria como profesional en medicina estética, el doctor Sergio Rada ha esculpido los cuerpos de modelos, reinas de belleza, actrices y celebridades. Su método de cuidado estético y reducción de peso, famoso por sus notables y permanentes resultados, ahora está al alcance de todos para que no solo mejoren su aspecto sino su salud y autoestima. Este libro es una guía estética para llegar a su peso y aspecto ideal, con consejos médicos, un detallado plan de alimentación, recetas y recomendaciones para el día a día. ¡ Serán cuatro semanas que transformarán su vida! // "Desde la primera vez que acudí a Sergio Rada logré adquirir unos conocimientos que me permiten cuidar mejor mi cuerpo y tener siempre el bienestar y aspecto que me hacen sentir bien. Sergio te propone un estilo de vida en el que no solamente mejora tu aspecto, sino también tu salud Tatiana de los Ríos// "Llevo doce años confiando en Sergio Rada ára el cuidado de mi salud y mi imagen porque su método es muy eficaz. Lo recomiendo por la credibilidad de sus resultador". Johana Bahamon// "Cuando me preguntan por Sergio Rada doy las mejores referencias, porque yo lo viví. Con responsabilidad, los resultados se ven de manera relativamente rápida y cuando se logra el objetivo la figura se conserva para toda la vida". Alejandra Azcárate.

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