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Victoria Baras

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Antiaging Natural. No es solo una actitud, es un estilo de vida

El aumento de la esperanza de vida provoca un creciente interés por el *Antiaging*, una disciplina que utiliza nutrientes de gran poder regenerativo para tratar y prevenir los efectos del envejecimiento. La autora nos invita a tomar conciencia y asumir nuestra propia responsabilidad para cumplir años manteniendo la calidad de vida, desvela de forma práctica y rigurosa cómo envejece el cuerpo y nos proporciona las herramientas a nuestro alcance para ralentizar el proceso.

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