



# **Cómo cura el kékfir (MANUALES INTEGRAL) (Spanish Edition)**

*Mercedes Blasco*

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## **Aprende a preparar y disfrutar del fermento medicinal en casa**

<> designa tanto a un producto láctico fermentado como a los nódulos que lo producen. También se puede producir kéfir a partir de agua o de té. El kéfir obtenido a partir de leche es una bebida con propiedades curativas que, en la dieta diaria, desempeña un importante papel como depuradora y regeneradora del organismo.

Entre las múltiples virtudes de este saludable alimento proveniente del Cáucaso, destacan el poder de regeneración de la flora intestinal, su acción antibiótica y antivírica y la mejora del aspecto físico, como reflejo de una buena salud. *Cómo cura el Kéfir* contiene instrucciones detalladas para su elaboración en las tres variantes y numerosas recetas culinarias, así como preparaciones de uso tópico.

## **Mercedes Blasco**

Licenciada en Filosofía y en Documentación. Es especialista en nutrición natural, colabora habitualmente con publicaciones sobre salud natural y tiene editados diversos libros sobre alimentación vegetariana.

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