



Bases científicas para la restauración física y moral de una nación (Spanish Edition)

Mauricio González Arias

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El futuro inminente de las naciones yace en la construcción de seres humanos sanos y con un bello temple moral.

Esta obra describe las razones científicas por las cuales una dieta basada primordialmente en productos vegetales, aunada a un entrenamiento atlético, habilita el camino para ese objetivo. Latinoamérica tiene el enorme potencial de corregir su trayecto iniciando la edificación de una nación con una condición inigualable.<



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