



# El secreto de la vida a base de plantas (Spanish Edition)

*Draco Rosa, Nena Niessen*

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**El reconocido cantante de rock Draco Rosa descubrió las maravillas de la alimentación a base de plantas luego de enfermarse de cáncer.** Al enterarse de la dura noticia, trabajó junto con su nutricionista Nena Niessen, también sobreviviente del cáncer, para apoyarse en una alimentación sana durante el proceso de tratamiento y recuperación. Su vida no volvió a ser la misma: aprendió a identificar los ingredientes beneficiosos de la comida para hacer sus propias recetas exaltando lo mejor de cada planta y dejando a un lado los ingredientes nocivos. Así se dio cuenta por experiencia propia del impacto que tiene la alimentación en la prevención y recuperación de enfermedades y el nivel de bienestar. Ahora Draco y Nena quieren difundir la nutrición a base de plantas como un arma fundamental en la lucha contra las enfermedades en general y el cáncer en particular. Para ello en este libro explican las propiedades nutricionales y curativas de cada planta, proponen un plan de desintoxicación y recopilan las mejores recetas que ellos mismos crearon para deleitar el paladar con una alimentación vegetariana sana. **ENGLISH DESCRIPTION** The renowned rock artist Draco Rosa discovered the wonders of a plantbased diet after being diagnosed with cancer. He worked hand-in-hand with his nutritionist, Nena Niessen, who is also a cancer survivor, to find strength through a healthy diet during the process of treatment and recovery. His life would never be the same: he learned to identify the beneficial ingredients in foods in order to make his own recipes, bringing out the best in every plant and leaving out harmful ingredients. As such, his first-hand experience helped him realize the impact that nutrition can have in the prevention and recovery from illness, as well as on one's general well-being. Now, Draco and Nena want to spread the word about plant-based nutrition as a fundamental weapon in the fight against illness in general and cancer in particular. In this book, they explain the nutritional and medicinal properties of each plant, propose a plan for detoxing your body, and compile their best recipes, which will delight your taste buds with a healthy vegetarian diet.

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