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Haylie Pomroy, nota nutrizionista e autrice del bestseller La dieta del supermetabolismo, ha la ricetta giusta per ognuno di voi. Quando numerose malattie e le conseguenze di un incidente minacciavano la sua sopravvivenza, iniziò un viaggio di ricerca sul metabolismo e gli effetti del cibo che ha cambiato la sua vita.

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