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Sopa Quema Grasas Pílula Digital, 2024-03-26 Ingerir líquidos, principalmente agua, es fundamental para la salud y para el éxito de cualquier dieta. Pero, si el objetivo es perder peso, además del agua, también es importante invertir en cambios inteligentes en la alimentación, como la sustitución de un plato de arroz y frijoles por una sopa súper nutritiva y light. Por eso, la dieta de la sopa es una opción para quien desea adelgazar rápido. Esta dieta fue creada para ser utilizada por pacientes del Instituto del Corazón de San Pablo, los cuales precisaban adelgazar antes de realizarse cirugías en el corazón. Pero, el éxito fue tanto que acabó siendo incorporada por quien busca perder el exceso de grasas y desintoxicar el organismo.

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