



LA DIETA DE LAS PRINCESAS CHINAS (Plus Vitae) (Spanish Edition)

Arthur Rowshan

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¿Quieres de verdad adelgazar... O como siempre? La princesa Meifen no podía adelgazar a pesar de que su padre, el Emperador de China, mandó que la atendieran los mejores médicos y especialistas del reino.

Meifen hizo diferentes dietas, ejercicios, fue tratada con plantas y medicinas de todo tipo, se le prescribieron alimentos, se le prohibieron otros..., pero el resultado era siempre el mismo. Al principio adelgazaba unos kilos que, tiempo después, volvía a recuperar con la diferencia de que ganaba algún kilo y que cada vez se sentía más culpable y peor consigo misma.

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