



## Frutoterapia. La Fruta, El Oro de Mil Colores (Frutoterapia / Fruit-Therapy)

*Albert Ronald Morales*

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### **Frutoterapia. La Fruta, El Oro de Mil Colores (Frutoterapia / Fruit-Therapy)** Albert Ronald Morales

This book offers readers the necessary information to introduce certain fruits in their diets. Based on their origins, usage, nutritional compounds, protection factors, shapes and even their colours fruits have several healing attributes. In this book readers will find recommendations to prevent allergies, diabetes, stress, arthritis or osteoporosis among others. The author responds to questions like: what do the fruit colours mean?, what are the fruit colours effects? and what are the different benefits fruit skins have.

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