

THE FORMULA ALMODOVAR

The 10 must-have nutritional supplements when you reach your 40s

The definitive book on what nutritional supplements will help those have turned 40 to improve their physical, intellectual, sexual, and mental capacities.

"AHORA EMPIEZA LO MEJOR... SI SABES CÓMO CUIDARTE"

LA FÓRMULA

ALMODÓVAR

LOS 10 SUPLEMENTOS NUTRICIONALES IMPRESCINDIBLES

A PARTIR DE LOS 40 MIGUEL ÁNGEL ALMODÓVAR

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Around the age of 40 our physical capacity, our intellectual and sexual output, our good mood, and our expectations begin to decrease. To avoid this, we should decidedly and firmly supply our body ten essential substances that have no side effects. In this way, we will increase our muscular strength, memory, and intellectual capacity; will improve our sex life; will expand our bone articulation; and will help ourselves recover the joy for life.

Just because you have hit your 40s does not mean that you should throw in the towel.

Rather, you should learn to realize that this is the beginning of the most creative, happy, and energetic period of our lives.

Now begins the best...that is, if you know how to take care of yourself

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The author



Miguel Ángel Almodóvar. Miguel Ángel Almodóvar has a degree in Political Science and Sociology (with a specialization in human ecology and population), has a Certification of the High Council for Scientific Research, and is a journalist and writer. He has participated in different specialized programs on radio and TV, including Vinos y Restaurantes, Aceite, Distribución y Consumo, Carácter, A tu salud, VS. During 9 seasons he was responsible for the popular gastronomic program. España paso a plato (broadcast on Tele 5 y Antena 3) and received the Alimentos de España Award in 2003 for "effectively combining Spanish gastronomy and products with the culture, landscape and society, as well as for the promotion of healthy and balanced nutrition." He is the author of the books, Cómo curan los alimentos; Rutas con sabor; El discreto encanto de la alcachofa; Valores terapéuticos y nutricionales del vino; El hambre en España: Una historia de la alimentación (Winner of the Gourmand World Cookbook Award 2003, in the category of best book of gastronomic literature in Spain); Armas de varón: Mujeres que se hicieron pasar por hombre; and Griñón en clave de coliflor. In 2007 he published The Kitchen of El Cid with Ediciones Nowtilus.

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