



¿Que comeria Jesus?: El programa vital para comer bien, sentirse bien, y vivir mas (Spanish Edition)

Don Colbert

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El mercado cristiano está inundado de programas de dieta y ejercicios que dicen ser la forma de vivir y comer “como Dios manda” para tener salud.

Si bien algunos están basados en principios bíblicos, y algunos han demostrado ser efectivos para perder peso, ni uno solo nos dice lo que haría Jesús, y mucho menos lo que comería Jesús. En cambio, este amplio plan de comida examina la Biblia y revela lo que sabemos que Jesús comía y lo que por lógica podemos comenzar con confianza. Valiéndose de las investigaciones médicas, *¿Qué comería Jesús?* nos enseña y demuestra porque la dieta de Jesús es ideal también para el siglo 21.

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